

Curriculum Vitae

Personal Information

Name: Joshua Morrison Smyth
Address: Department of Biobehavioral Health
231 Biobehavioral Health Building
Pennsylvania State University
University Park, PA 16802, USA
Phone: (814) 863-8402
Electronic mail: jms1187@psu.edu
Website: sites.psu.edu/shadelab/

Education

Ph.D. Health and Social Psychology, Stony Brook University (1998)
Concentration in Quantitative Methods
Advisor: Arthur Stone
M.A. Psychology, Stony Brook University (1994)
B.A. Cognitive Science, Vassar College (1991)

Professional Experience

2017- Distinguished Professor of Biobehavioral Health and Medicine, Pennsylvania State University and Hershey Medical Center
2015-2017 Academic Director, Survey Research Center, Pennsylvania State University
2015 Acting Co-Director, Clinical and Translational Sciences Institute [CTSI], Pennsylvania State University (01/01/15-06/30/15)
2014- Associate Director, Social Science Research Institute, Pennsylvania State University (Acting Director, 01/01/15-06/30/15)
2014- Associate Director, Children Youth and Family Consortium, Pennsylvania State University (Acting Director, 01/01/15-06/30/15)
2012- Faculty Affiliate, Methodology Center, Pennsylvania State University
2011-2017 Professor of Biobehavioral Health and Medicine, Pennsylvania State University and Hershey Medical Center
2011-2014 Founding Academic Director, *Dynamic Real-time Ecological Ambulatory Methodologies* [DREAM] Initiative, Pennsylvania State University
2009-2011 Trustee Professor, Department of Psychology, Syracuse University
2008-2011 Affiliated Researcher, Center for Integrated Healthcare, Veterans Affairs
2007-2009 Trustee Associate Professor, Department of Psychology, Syracuse University
2004-2007 Director of Graduate Training, Social Psychology Area, Syracuse University
2003-2007 Associate Professor, Department of Psychology, Syracuse University
2002-2011 Adjunct Faculty, Department of Psychiatry, SUNY Upstate Medical University
2000-2011 Senior Scientist, Center for Health and Behavior, Syracuse University
2000-2003 Assistant Professor, Department of Psychology, Syracuse University
1999-2003 Lecture Faculty, Mind Matters/Cortext Seminars
1999-2000 Adjunct, Division of Psychiatry-Behavioral Science, Department of Neuroscience, University of North Dakota School of Medicine and Health Sciences.
1999-2000 Research Scientist, Neuropsychiatric Research Institute, Fargo, ND
1998-2000 Assistant Professor, Department of Psychology, North Dakota State University
1996-1998 Project Director, Department of Psychiatry, Stony Brook University
1992-1996 Graduate Research Assistant, Department of Psychiatry, Stony Brook University
1991-1992 Behavioral Technician, New Medico Skilled Rehabilitation, Northampton, MA

Honors and Awards

2017	Fellow, Royal Society of Medicine
2017	Distinguished Professor, Pennsylvania State University
2017	Faculty Scholar Medal, Social and Behavioral Sciences, Pennsylvania State University
2016	Fellow, Society of Behavioral Medicine
2014	Fellow, Academy of Behavioral Medicine Research
2008	Excellence in Graduate Education Faculty Recognition Award, Syracuse University
2007	Trustee Professorship, Syracuse University
2003	Society of Behavioral Medicine Early Career Award
1999	Departmental Teaching Award
1998-1999	Society of Behavioral Medicine Outstanding Dissertation Award
1998	American Psychosomatic Society Scholarship Award
1997	American Psychological Association Dissertation Research Award
1996, 1997	National Service Award, Psi Chi National Honor Society in Psychology
1996	Research Experience for Undergraduates, Service Award
1996	Nominated by Department for APA Division I National Teaching Award
1993, 1994	Washburn Fellowship Recipient for Outstanding Graduate Work
1991	Exceptional Service Award, Hudson River Psychiatric Institute
1990	Dana Grant Recipient for Independent Undergraduate Research, "Expert systems and expert language: The use of a visual interface"

Research Overview

Most broadly I am interested in the application of the biopsychosocial model to meaningful health-related processes, contexts, and outcomes. Three more narrowly defined areas – and the integration between them – comprise the bulk of my research program: (1) What are the effects of experiencing stress or trauma on psychological and physical well-being, and under what circumstances (and to what degree) can we observe such effects? (2) Can we assess stress, affect, physiology, and health in an ecologically relevant manner that facilitates our understanding of biopsychosocial processes as they unfold in time and in context? Furthermore, how can this approach (i.e., dynamic within person data capture) allow testing of novel practical and theoretical perspectives (including “psychologically” personalized medicine)? (3) Can psychological interventions improve health and well-being, both in healthy individuals and individuals with existing physical or psychiatric illness? My current work in this domain explores ‘just-in-time’ and dynamically adaptive interventions that are delivered in real-time in daily life using ambulatory methods.

Research Grants

“The role of executive cognition and stress physiology in school-based intervention outcomes in low income urban youth” Social Science Research Institute, Pennsylvania State University. Co-investigator (PI: D. Fishbein, PhD). \$20,000., 01/01/18 - 12/31/18.

“Predicting alcohol use and alcohol use disorder symptoms from subjective responses to alcohol in a laboratory social setting” NIH/NIAAA. Co-investigator (PI: K. Creswell, PhD). \$1,898,998. 09/10/17 - 05/31/22.

"Cognitive changes associated with hormonal treatment for breast cancer" Penn State Health &

Environment seed grant. Co-Investigator (PI: S. Berenbaum, PhD). \$78,528. 07/01/17 - 06/30/18.

“Reducing attrition in STEM doctoral education: a longitudinal investigation using momentary assessment and social psychological intervention.” National Science Foundation. Co-Principal Investigator (PI: J. Cook, Ph.D.). \$1,364,976. 05/15/2017 - 04/30/2022.

“Using an environmental justice lens: An integrated pest management and mHealth program aimed to reduce pesticides exposures for vulnerable Hispanic mushroom farmers in Pennsylvania” Penn State Health & Environment seed grant. Co-Investigator (PI: S.A. Snipes, PhD). \$50,000. 07/01/17 - 06/30/18.

“Ambulatory and ecological cognitive assessment” Project #3 of Einstein Aging Study. NIH/NIA P01. Co-Investigator (PI: M. Sliwinski, PhD). \$3,225,288 project #3 total costs; Einstein Aging Study (P01) total costs \$12,204,697., 09/01/16 - 05/31/21.

“Feasibility and acceptability of mind-body strategies to increase physical activity and reduce health disparities in rural breast cancer survivors” Penn State Cancer Institute, Pennsylvania Department of Health, CURE program. Co-Investigator (PI: S. Mama, PhD). \$60,000., 01/01/17-12/31/17.

"Using serious game technology to improve sensitivity to eye gaze in autism" NIH-NIMH R61-R33. Co-Investigator (PI: S. Scherf, PhD). \$2,730,741., 08/01/16 - 07/31/21. [R33 contingent upon meeting R61 milestones]

“Penn State Clinical and Translational Science Institute” NIH-NCATS. Co-Investigator, Key Function Area Co-Lead (PI: L. Sinoway, MD). \$20,032,795. 09/15/16 - 08/31/20.

“Combining continuous alcohol monitoring, ecological momentary assessment, and intensive longitudinal data analysis to inform mobile prevention of heavy drinking in young adults” Pennsylvania State University Methodology Center. Co-Investigator (PI: M. Russell, Ph.D.). \$25,000., 08/01/16 - 07/31/17.

“Effects of cigarette availability on neural and subjective sensitivity to rewards” NIH-NIDA R01. Co-Investigator (PI: S. Wilson, PhD). \$1,507,005., 04/01/16 - 03/31/20.

“Examining the Healthy Parks criteria tools & informing baseline indicators of health” Pennsylvania State University Institutes of Energy and the Environment. Co-Investigator (PI: D. Taff, PhD). \$23,975., 03/28/16 - 06/30/17.

“Ecological Momentary Assessment of cannabis use effects in young adults” NIH-NIDA R01. Co-Investigator (PI: E. Ansell, PhD). \$2,653,160., 01/01/16 - 12/31/20.

“The stress of obesity stigma” Australian Research Council. Co-Investigator (PI: L. Vartanian, PhD). \$288,000. [AUD], 01/01/16-12/31/2018.

“Everyday stress response targets in the science of behavior change” NIH-NIA UH2-UH3. Co-Principal Investigator (MPI: J. Smyth, PhD & D. Almeida, PhD). \$5,240,686., 09/30/2015 - 06/30/2020. [UH3 contingent upon meeting UH2 milestones]

“Integrating patient-centered exercise coaching into primary care to reduce fragility fracture” PCORI. Co-Investigator (PI: C. Sciamanna, MD). \$13,950,066., 09/01/15 - 08/31/20.

“Using dynamical systems modeling to understand the effects of an individually tailored prenatal weight gain intervention on fetal growth and postnatal obesity risk” NIH-NHLBI R56. Co-Investigator (PI: J. Williams, PhD). \$505,355., 09/01/15 - 08/31/20.

“Mechanisms of mindfulness training and stress reduction” NIH-NCCIH R21. Site Principal Investigator (PI: J.D. Creswell, PhD). \$422,106., 05/01/15 - 04/30/17.

“fMRI Neurofeedback and decision-making in habitual cigarette smokers” NIH-NCI R21. Co-Investigator (PI: S. Wilson, PhD). \$411,124., 09/01/14 - 08/31/16.

“Development of visitor-based acoustical indicators and standards” National Parks Service. Co-Investigator (PI: P. Newman, PhD). \$187,792., 07/01/13 - 06/30/16.

“Extending control systems engineering to develop adaptive mHealth interventions” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PIs: C. Lagoa, PhD, & D. Conroy, PhD). \$20,000., 01/07/14 - 01/06/15.

“Control systems engineering for optimizing a prenatal weight gain intervention” NIH-NHLBI R01. Co-Investigator (PI: D. Downs, PhD). \$1,787,231., 08/15/13 - 05/31/18.

“Towards a systems approach to understanding the acoustic environment” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: P. Newman, PhD). \$5,000., 12/15/13 - 12/14/14.

“Using online learning technology to improve social skills for individuals with autism” Center for Online Innovation in Learning, Pennsylvania State University. Co-Investigator (PI: S. Scherf, PhD). \$49,811., 09/01/13 - 08/31/14.

“How pain, mood, stress, social and health behavior, and inflammation are connected in undergraduate students with and without chronic pain” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: J. Graham, PhD). \$4,978., 06/01/13 - 05/31/13.

“Developing a real-time, ecologically sensitive physical activity intervention using smartphones and bluetooth-enabled pedometers: feasibility and initial efficacy” National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant UL1 TR000127 to Pennsylvania State University. Co-Investigator (PI: K. Heron, PhD). \$61,622., 02/20/13 - 02/28/14.

“Feasibility of using system science and e-health technology to develop an individually-tailored, behavioral intervention to manage prenatal weight gain” National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant UL1 TR000127 to Pennsylvania State University. Co-Investigator (PI: D. Downs, PhD). \$68,000., 02/20/13 - 02/28/14.

“Enhancing the sustainability of weight loss and healthy diet of low income Pennsylvania residents through mobile phone-enabled social interactions” National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant UL1 TR000127 to Pennsylvania State University. Co-Investigator (PIs: J. Yen, PhD, C. Sciamanna, MD). \$72,000., 02/20/13 - 02/28/14.

“Using Ecological Momentary Assessment to evaluate the effectiveness of a novel neurofeedback intervention for smokers: A pilot randomized controlled trial” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: S. Wilson, PhD). \$19,857., 03/01/13 - 02/28/14.

“Impact of an online positive affect journaling intervention in cancer survivors” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: C. Sciamanna, MD). \$25,000., 02/01/13 - 01/31/14.

“Enhancing smokers’ control over brain reward circuitry using FMRI neurofeedback” Pennsylvania Department of Health, CURE program. Co-investigator (PI: S. Wilson, PhD). \$68,689. 01/01/13 - 12/31/13.

“Feasibility of integrating innovative mobile phone technology for delivering strong healthy women preconceptional intervention to overweight & obese women in underserved rural & urban central PA communities” Clinical and Translational Science Institute, Pennsylvania State University. Co-Investigator (PI: D. Downs, PhD). \$31,690., 11/01/12 - 10/31/13.

“Inflammatory mediators of stress and cognitive aging” NIH-NIA R01. Co-Investigator (Co-PIs: J. Graham, PhD, & C. Engeland, PhD). \$1,954,676., 07/01/12 - 06/30/17.

“Social vigilance and atherosclerotic risk” NIH-NHLBI R01. Site Principal Investigator (PI: J. Ruiz, PhD). \$1,625,005., 07/01/12 - 06/30/15.

“Validity and clinical utility of intensive repeated measures assessment” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: K. Levy, PhD). \$25,898., 09/01/12 - 09/01/13.

“Validation of salivary to blood-based inflammatory markers and associations with psychosocial and immune health indicators” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: J. Graham, PhD). \$4,940., 07/12/12 - 07/11/13.

“Occupant health and behavior” US Department of Energy, NETL. Co-Investigator (PI: B. Orland, PhD). \$471,161., 02/01/2012-01/31/2013. Subcontract from parent grant: “Greater Philadelphia Innovation Cluster for Energy Efficient Buildings: A U.S. DOE Energy Innovation HUB” US Department of Energy, NETL. \$18,431,524., 02/01/11 - 01/31/16.

“Inflammatory mediators of psychological stress and cognitive aging” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: J. Graham, PhD). \$23,863., 10/01/11 - 09/30/12.

“Stress, unconstructive repetitive thought and cognitive aging” NIH-NIA R01. Co-Investigator (PI: M. Sliwinski, PhD). \$2,685,055., 04/15/11 - 03/31/16.

“Stress, aging, and working memory” NIH-NIA R01. Site Principal Investigator (PI: M. Sliwinski, PhD). \$2,490,864., 06/01/06 - 05/31/13.

“Ecologically valid disordered eating prevention program for at-risk college women” NIH-NIMH F31. Faculty Mentor (PI: K. Heron, PhD). \$81,812., 01/15/09 - 01/14/11.

“Agonistic stress and CVD risk in young adults” NIH-NHLBI R01. Co-Investigator (PI: C. Ewart, PhD). \$1,911,825., 8/8/07 - 4/30/11.

“Expressive writing: Complementary treatment for diabetes” NIH-NCCAM R01. Principal Investigator. \$1,531,250., 07/01/04 - 06/31/10.

“The Einstein aging study” subcontract to NIH-NIA P01. Co-Investigator (subcontract PI: M. Sliwinski, PhD; parent PI: R. Lipton, MD). \$220,000., 04/16/04 - 09/30/09.

“Agonistic stress, coping, and CVD risk in urban youth” NIH-NHLBI R01. Co-Investigator (PI: C. Ewart, PhD). \$1,494,287., 01/01/04 - 12/31/08.

“Writing about stressful life events as a supplemental treatment for chronic illness” NIH-NHLBI R01. Principal Investigator. \$880,775., 03/01/01 - 02/28/08.

“Eating disorders and impulsivity: a longitudinal study” NIH-NIMH R01. Co-Investigator (PI: S. Wonderlich, PhD). \$422,350., 08/01/00 - 07/30/04.

“Effects of written disclosure on post-disaster psychological adjustment and symptomatology” Quick Response Grant Program, Natural Hazards Center. Principal Investigator, \$6,030., 01/21/99 - 12/15/00.

“Follow-up on the structured writing task in rheumatoid arthritis: A study of the feasibility of videotaped instructions for use in medical practices” Fetzer Institute. Co-Investigator (PI: J. Broderick, PhD). \$86,000., 08/01/99 - 12/15/01.

“The effect of structured writing on traumatic memories” ND EPSCoR NIH Idea program [Seed grant program]. Principal Investigator, \$10,000., 02/17/99 - 07/15/99.

“Does a structured writing intervention lead to symptom reduction in post-traumatic stress disorder patients?” Neuropsychiatric Research Institute. Principal Investigator, \$6,000., 01/15/99 - 12/15/99.

“Written emotional expression: Effects on symptoms, disease status, and hpa axis in patients with rheumatoid arthritis or asthma” Fetzer Institute. Co-Investigator and Project Director (PI: A. Stone, PhD). \$139,392., 06/30/96 - 05/30/98.

Current Work: Manuscripts under Review or in Preparation

(*indicates work conducted with student/trainee author)

Smyth, J., *Heron, K., Trief, P., Ulbrecht, J., & Wallston, K. Expressive writing in patients with diabetes: Initial benefit and efficacy of booster sessions.

Cavigelli, S., Bao, A., Bourne, R., Caruso, M., Caulfield, J., Chen, M., & **Smyth, J.** Timing matters: The interval between acute stressors within chronic mild stress affects health-related physiology in male rats.

Smyth, J., *Nazarian, D., & Sliwinski, M. Expressive writing and health in patients with chronic asthma or rheumatoid arthritis: Short-term and long-term effects.

Sliwinski, M., Freed, S., Scott, S., **Smyth, J.**, & Almeida, D. Chronic stress moderates age differences in emotional well-being: A test of strength and vulnerability integration (SAVI).

Zawadzki, M., Boals, A., *Mathews, N., *Liu, K., *Southard-Dobbs, S., Johnson, J., & **Smyth**, J. Perseverative cognitions, post-traumatic stress disorder, and mental and physical health among college students.

Ruiz, J., Hamann, H., **Smyth**, J., & *Garza, M. Social vigilance and cardiovascular response: Moderating effects of the social target's affiliative behavior and relevance.

Hyun, J., Sliwinski, M., Almeida, D., **Smyth**, J., & Scott, S. The effects of intelligence and age on work-related emotional distress.

Neubauer, A., Scott, S., Sliwinski, M., & **Smyth**, J. Convergence of aggregated momentary and retrospective affect ratings in everyday life across the life span.

Conroy, D., Yang, C., Lanza, S., **Smyth**, J., & Lagoa, C. Temporal dynamics of treatment receipt in a text message intervention for physical activity.

Ruiz, J., Johnson, J., Boals, A., Wrape, E. & **Smyth**, J. Acute posttraumatic stress disorder symptoms following an adverse cardiac event: Prevalence, progression, and the role of narrative centrality.

Materia, F., **Smyth**, J., Heron, K., Hillemeier, M., Feinberg, M., Fonzi, P., & Downs, D. Preconceptual health behavior change in women with overweight and obesity: Prototype for SMART Strong Healthy Women intervention.

Zhaoyang, R., Sliwinski, M., Martire, L., & **Smyth**, J. Social interactions and physical symptoms in daily life: Quality matters for older adults, quantity matters for younger adults.

Reichenberger, J., Richard, A., **Smyth**, J., Fischer, D., Pollatos, O., & Blechert, J. It's craving time: Time of day effects on momentary hunger and desire to eat in daily life.

Conroy, D., Lagoa, C., Yang, C., Hojjatinia, S, **Smyth**, J., Lanza, S. Personalized models of physical activity responses to text message micro-interventions: A proof-of-concept application of control systems engineering methods.

Downs, D., Williams, J., Rivera, D., **Smyth**, J., Rolls, B., Hohman, E., McNitt, K., Kunselman, A., Stetter, C., Pauley, A., & Leonard, K. Individually-tailored, adaptive intervention to manage gestational weight gain: Protocol for a randomized controlled trial in women with overweight and obesity.

Neubauer, A., **Smyth**, J., & Sliwinski, M. Age differences in proactive coping with minor hassles in daily life.

Scott, S., Kim, J., **Smyth**, J., Almeida, D., & Sliwinski, M. Compounding effects of forecasted and reported stressors on negative affect.

Hyun, J., Sliwinski, M., & **Smyth**, J. Waking up on the wrong side of the bed: The effects of anticipatory stress on working memory.

Slavish, D., Sliwinski, M., **Smyth**, J., Almeida, D., Lipton, R., Katz, M., & Graham-Engeland, J. Neuroticism, rumination, negative affect, and sleep quality: Examining between- and within-person associations.

Lindsay, E., Chin, B., Greco, C., Young, S., Brown, K., Wright, A., **Smyth, J.**, Burkett, D., & Creswell, J.D. How mindfulness training promotes positive emotions: Dismantling monitoring and acceptance in two randomized controlled trials.

Scott, S., Sliwinski, M., Zawadzki, M., Stawski, R., Kim, J., Marcusson-Clavertz, D., Lanza, S., Conroy, D., Buxton, O., Almeida, D., & **Smyth, J.** A coordinated analysis of variance in affect in daily life.

Stawski, R., Scott, S., Zawadzki, M., Sliwinski, M., Marcusson-Clavertz, D., Kim, J., Lanza, S., Green, P., Almeida, D., & **Smyth, J.** Age differences in everyday stressor-related negative affect: A coordinated analysis.

Zawadzki, M., Scott, S., Almeida, D., Lanza, S., Conroy, D., Sliwinski, M., Kim, J., Marcusson-Clavertz, D., Stawski, R., Green, P., Sciamanna, C. & **Smyth, J.** Measuring stress in everyday life: Testing the impact of temporal features, question type, and study design on levels of reporting.

Lanza, S., Scott, S., Almeida, D., **Smyth, J.**, Sliwinski, M. Finite mixture modeling to understand within-person affect variability: Characterizing a contextualized stress response.

Zawadzki, M., Juth, V., Buxton, O., & **Smyth, J.** Sleep habits and momentary states of intra- and inter-personal well-being in daily life.

Downs, D., **Smyth, J.**, Heron, K., Feinberg, M., Hillemeier, M., Fonzi, P., & Wales, F. Beliefs about using smartphones for health behavior change: An elicitation study with overweight and obese rural women.

Muñoz, E., Stawski, R., Sliwinski, M., **Smyth, J.**, MacDonald, S. The ups and downs of cognitive function: Neuroticism and negative affect drive performance inconsistency.

Publications

(*h*-index = 54, *i10*-index = 116, >12,000 total citations [Google Scholar])

<https://scholar.google.com/citations?user=yIKhsI8AAAAJ&hl=en>

<https://www.ncbi.nlm.nih.gov/sites/myncbi/joshua.smyth.1/bibliography/52494247/public/?sort=date&direction=descending>

(*indicates work conducted with student/trainee author)

Arigo, D., Cornell, M., & **Smyth, J.** (in press). Social comparisons in adults with type 2 diabetes: patients' reasons for target selection. *Psychology & Health*.

*Hyun, J., Sliwinski, M., Almeida, D., **Smyth, J.**, & Scott, S. (in press). The moderating effects of aging and cognitive abilities on the association between work stress and negative affect. *Aging & Mental Health*.

*Mathur, A., Graham-Engeland, J., *Slavish, D., **Smyth, J.**, Lipton, R., Katz, M., & Sliwinski, M. (in press). Recalled early life adversity and pain: The role of mood, sleep, optimism, and control. *Journal of Behavioral Medicine*.

Zawadzki, M., Sliwinski, M., & **Smyth**, J. (in press). Perseverative cognitions and stress exposure: Comparing relationships to psychological health across a diverse adult sample. *Annals of Behavioral Medicine*.

Auer, B., Sciamanna, C., **Smyth**, J., Truica, C., Cream, L., & Mukherjee, D. (in press). Group problem-solving gameplay for mental health? Interest among primary care patients. *Preventing Chronic Disease*.

Vartanian, L., Hayward, L., **Smyth**, J., Paxton, S., & Touyz, S. (in press). Risk and resiliency factors related to body dissatisfaction and disordered eating: The identity disruption model. *International Journal of Eating Disorders*.

Smyth, J., Sliwinski, M., Zawadzki, M., Scott, S., Conroy, D., Lanza, S., Marcusson-Clavertz, D., Kim, J., Stawski, R., Stoney, C., Buxton, O., Sciamanna, C., Green, P., & Almeida, D. (in press). Everyday stress response targets in the science of behavior change. *Behavior Research and Therapy*.

Zhaoyang, R., Sliwinski, M., Martire, L., & **Smyth**, J. (in press). Age differences in adults' daily social interactions: An Ecological Momentary Assessment study. *Psychology and Aging*.

*Potter, L., Brondolo, L., & **Smyth**, J. (in press). Biopsychosocial correlates of discrimination in daily life: A review. *Stigma and Health*.

Fuller-Tyszkiewicz, M., Richardson, B., Lewis, V., **Smyth**, J., & Krug, I. (in press). Do women with greater trait body dissatisfaction experience body dissatisfaction states differently? An experience sampling study. *Body Image*.

Scott, S., Muñoz, E., Mogle, J., Gamaldo, A., **Smyth**, J., Almeida, D., & Sliwinski, M. (in press). Psychosocial neighborhood context predicts severity and response to daily stressors. *Social Science & Medicine*.

*Reichenberger, J., **Smyth**, J., & Blechert, J. (in press). Fear of evaluation unpacked: Day to day correlates of fear of negative and positive evaluation. *Anxiety, Stress, & Coping*.

Ma, J., Lewis, M., & **Smyth**, J. (in press). Translational behavioral medicine for population and individual health: Gaps, opportunities and vision for practice-based translational behavior change research. *Translational Behavioral Medicine*.

Neubauer, A., **Smyth**, J., & Sliwinski, M. (in press). When you see it coming: Stressor anticipation modulates stress effects on negative affect. *Emotion*.

Phibbs, S., Stawski, R., MacDonald, S., Munoz, E., **Smyth**, J., & Sliwinski, M. (in press). The influence of social support and perceived stress on response time inconsistency. *Aging and Mental Health*.

*Potter, L., Zawadzki, M., Eccleston, C., Cook, J., Snipes, A., Sliwinski, M., & **Smyth**, J. (in press). The intersections of race, gender, age, and SES: Implications for reporting discrimination and attributions to discrimination. *Stigma and Health*.

Williams, L., Pines, A., Goldstein-Piekarski, A., Rosas, L., Kullar, M., Sacchet, M., Gevaert, O., Bailenson, J., Lavori, P., Dagum, P., Wandell, B., Greenleaf, W., Suppes, T., Perry, M., **Smyth**, J., Lewis, M., Venditti, E., Snowden, M., Simmons, J., & Ma, J. (in press). The

ENGAGE study: integrating neuroimaging, virtual reality and smartphone sensing to understand self-regulation for managing depression and obesity in a precision medicine model. *Behavior Research and Therapy*.

Arigo, D., Juth, V., Trief, P., Wallston, K., Ulbrecht, J., & **Smyth, J.** (in press). Unique relations between post-traumatic stress disorder symptoms and patient functioning in Type 2 diabetes. *Journal of Health Psychology*.

Boehmer, J., Buck, H., Foy, A., Black, S., Pogash, R., Eismann, R., Balaban, E., Chan, J., Kunselman, A., Pinter, A., **Smyth, J.**, Lloyd, T. (in press). The Penn State Heart Assistant: A pilot study of a web-based intervention to improve self-care of heart failure patients. *Health Informatics Journal*.

Mogle, J., Muñoz, E., Hill, N., **Smyth, J.**, & Sliwinski, M. (in press). Daily memory lapses in adults: Characterization and influence on affect. *Journal of Gerontology: Psychological Sciences*.

*MacLean, R., Pincus, A., **Smyth, J.**, Geier, C., & Wilson, S. (in press). Extending the Balloon Analogue Risk Task to assess naturalistic risk taking via a mobile platform. *Journal of Psychopathology and Behavioral Assessment*.

Vartanian, L., Pinkus, R., & **Smyth, J.** (in press). Experiences of weight stigma in everyday life: Implications for health motivation. *Stigma and Health*.

Heron, K., *Miadich, S., Everhart, R., & **Smyth, J.** (in press). Ecological momentary assessment and related intensive longitudinal designs in family and couples research. In B. Fiese, K. Deater-Deckard, M. Celano, E. Joyriles, & M. Whisman (Eds.), *APA handbook of contemporary family psychology*.

Juth, V., Arigo, D., & **Smyth, J.** (in press). Expressive writing. In M. Robbins & K. Sweeney (Eds.), *Encyclopedia of Health Psychology*. Wiley.

Bernstein, M., Zawadzki, M., Juth, V., Benfield, J., & **Smyth, J.** (2018). Social interactions in daily life: Within-person associations between momentary social experiences and psychological and physical health indicators. *Journal of Social and Personal Relationships*, 35(3), 372-394.

*Majd, M., Graham-Engeland, J., **Smyth, J.**, Sliwinski, M., Lipton, R., Katz, M., & Engeland, C. (2018). Distinct inflammatory response patterns are evident among men and women with higher depressive symptoms. *Physiology & Behavior*, 184, 108-115.

*Lindsay, E., Young, S., **Smyth, J.**, Brown, K. & Creswell, D. (2018). Acceptance lowers stress reactivity: dismantling mindfulness training in a randomized controlled trial. *Psychoneuroendocrinology*, 87, 63-73.

Finan, P., Carroll, P., Moscou-Jackson, G., Martel, M., Campbell, C., Pressman, A., **Smyth, J.**, Tremblay, J., Lanzkron, S., & Haythornthwaite, J. (2018). Daily opioid use fluctuates as a function of pain, catastrophizing, and affect in patients with sickle cell disease: an electronic daily diary analysis. *The Journal of Pain*, 19(1), 46-56.

*Slavish, D., Sliwinski, M., **Smyth, J.**, Almeida, D., Lipton, R., Katz, M., & Graham-Engeland, J. (2018). Neuroticism, rumination, negative affect, and sleep quality: Examining between- and within- person associations. *Personality and Individual Differences*, 123, 217-222.

Sliwinski, M., Mogle, J., Hyun, J., Munoz, M., **Smyth, J.**, & Lipton, R. (2018). Reliability and construct validity of ambulatory cognitive assessments. *Assessment, 25*(1), 14-30.

Smyth, J., Juth, V., Ma, J., & Sliwinski, M. (2017). A slice of life: Ecologically valid methods for research on social relationships and health across the lifespan. *Social and Personality Psychology Compass, 11*:e12356. <https://doi.org/10.1111/spc3.12356>

Ruiz, J., Taylor, D., Uchino, B., Smith, T., Allison, M., Ahn, C., Johnson, J., **Smyth, J.** (2017). Evaluating the longitudinal risk of social vigilance on atherosclerosis. Study protocol for the North Texas Heart Study. *BMJ Open, 7*(8), e017345.

*MacLean, R., Martino, S., Carroll, K., **Smyth, J.**, Pincus, A., & Wilson, S. (2017). Momentary associations between reported craving and valuing health in daily smokers. *Nicotine and Tobacco Research, 19*(6), 716-722.

Heron, K., Everhart, R., McHale, S., & **Smyth, J.** (2017). Using mobile technology-based Ecological Momentary Assessment [EMA] methods with youth: A systematic review and recommendations. *Journal of Pediatric Psychology, 42*(10), 1087-1107.

Zawadzki, M., **Smyth, J.**, Sliwinski, M., Gerin, W. & Ruiz, J. (2017). Revisiting the lack of association between affect and physiology: Contrasting between-person and within-person analyses. *Health Psychology, 36*(8), 811-818.

Sciamanna, C., Mowen, A., Kraschnewski, J., **Smyth, J.**, Rovniak, L., Conroy, D., Kearcher, K., Redman, C., Silvis, M., Auer, B., Wang, M., & Lehman, E. (2017). Why just exercise if you can play? Interest in a modified sports program to enhance physical activity among primary care patients. *Preventive Medicine Reports, 8*, 273-278.

Smyth, J., Zawadzki, M., Juth, V., & Sciamanna, C. (2017). Global life satisfaction predicts ambulatory affect, stress, and cortisol in daily life in working adults. *Journal of Behavioral Medicine, 40*(2), 320-331.

*Dietch, J., Taylor, D., **Smyth, J.**, Ahn, C., Smith, T., Uchino, B., Allison, M., & Ruiz, J. (2017). Gender and racial/ethnic differences in sleep duration in the North Texas heart study. *Sleep Health, 3*(5), 324-327.

Pool, A., Kraschnewski, J., Poger, J., **Smyth, J.**, Stuckey, H., Craig, T., Lehman, E., Yang, C., & Sciamanna, C. (2017). Impact of online patient reminders to improve asthma care: A randomized controlled trial. *PLOS ONE, 12*(2), e0170447.

Taff, B., Costigan, H., Newman, P., Mowen, A., **Smyth, J.**, & Newman, S. (2017). Civil war buff, to just buff: Examining communication strategies to influence physical activity behaviors in Gettysburg national military park. *Recreation, Parks, and Tourism in Public Health, 1*(1), 81-102.

Scott, S., Ram, N., **Smyth, J.**, Almeida, D., & Sliwinski, M. (2017). Age differences in negative emotional responses to daily stressors depend on time since event. *Developmental Psychology, 53*, 177-190.

Sciamanna, C., **Smyth, J.**, Doerkson, S., Richard, B., Kraschnewski, J., Mowen, A., Hickerson, B., Rovniak, L., Lehman, E., & Yang, C. (2017). Physical activity mode and mental

distress in adulthood. *American Journal of Preventive Medicine*, 52(1), 85-93.

Filipkowski, K., Heron, K., & **Smyth**, J. (2016). Early adverse experiences and health: The transition to college. *American Journal of Health Behavior*, 40(6), 717-728.

Smyth, J. & Heron, K. (2016). Is providing mobile interventions “just-in-time” helpful? An experimental proof of concept study of just-in-time intervention for stress management. *Wireless Health*, 89-95. doi: 10.1109/WH.2016.7764561

Vartanian, L., Froreich, F., & **Smyth**, J. (2016). A serial mediation model testing early adversity, self-concept clarity, and thin-ideal internalization as predictors of body dissatisfaction. *Body Image*, 19, 98-103.

Pennebaker, J. & **Smyth**, J. (2016). *Opening up by writing it down: How expressive writing improves health and eases emotional pain*. New York, NY: Guilford.

*Mercincavage, M., **Smyth**, J., Strasser, A., & Branstetter, S. (2016). Reduced nicotine content expectancies affect initial responses to smoking. *Tobacco Regulatory Science*, 2(4), 309-316.

Ashour, M., Bekiroglu, K., Yang, C., Lagoa, C., Conroy, D., **Smyth**, J., & Lanza, S. (2016). On the mathematical modeling of the effect of treatment on human physical activity. *Proceedings of the IEEE Conference on Control Applications (CCA)*, 1084-1091. doi:10.1109/CCA.2016.7587951

Snipes, S., *Montiel-Ishino, F., **Smyth**, J., Murphy, D., Miranda, P., Davis, L., & Migrant Head Start. (2016). User perceptions of ¡Protéjase!: an intervention designed to increase protective equipment use among Mexican immigrant and Mexican American farmworkers. *Journal of Medical Internet Research: mHealth and uHealth*, 4(2), e28.

Damaske, S., Zawadzki, M., & **Smyth**, J. (2016). Stress at work: Differential experiences of high versus low SES workers. *Social Science & Medicine*, 156, 125-133.

Graham-Engeland, J., Zawadzki, M., *Slavish, D., & **Smyth**, J. (2016). Depressive symptoms and momentary mood predict momentary pain among rheumatoid arthritis patients. *Annals of Behavioral Medicine*, 50, 12-23.

Uchino, B., Ruiz, J., Smith, T., **Smyth**, J., Taylor, D., Allison, M., & Ahn, C. (2016). Ethnic/racial differences in the association between social support and levels of C-reactive proteins in the North Texas Heart study. *Psychophysiology*, 53, 64-70.

*Coleman, S., Zawadzki, M., Heron, K., & **Smyth**, J. (2016). Self-focused and other-focused resiliency: Plausible mechanisms linking early family adversity to health problems in college women. *Journal of American College Health*, 64(2), 85-95.

Arigo, D., & **Smyth**, J. Expressive Writing. (2016). In H. Friedman (Ed.), *Encyclopedia of mental health* (2nd Edition) (pp. 204-210). Elsevier.

Smyth, J., & Zawadzki, M. (2016). Behavioral medicine. In H. Friedman (Ed.), *Encyclopedia of mental health* (2nd Edition) (pp. 156-162). Elsevier.

Russell, M., Smith, T., & **Smyth**, J. (2016). Anger expression, momentary anger, and symptom severity in patients with chronic disease. *Annals of Behavioral Medicine*, 50(2), 259-271.

*Mercincavage, M., **Smyth, J.**, Branstetter, S., & Catley, D. (2016). Exploring the Severity of Dependence Scale (SDS) as a possible measure of nicotine dependence. *Substance Abuse, 37*(2), 323-329.

*Arigo, D., **Smyth, J.**, & Suls, J. (2015). Perceptions of similarity and response to selected comparison targets in type 2 diabetes. *Psychology & Health, 30*(10), 1206-1220.

Uchino, B., Ruiz, J., Smith, T., **Smyth, J.**, Taylor, D., Allison, M., & Ahn, C. (2015). The strength of family ties: Perceptions of network relationship quality and levels of C-reactive proteins in the North Texas Heart study. *Annals of Behavioral Medicine, 49*(5), 776-781.

Zawadzki, M., **Smyth, J.**, & *Costigan, H. (2015). Real-time associations between engaging in leisure and daily health and well-being. *Annals of Behavioral Medicine, 49*(4), 605-615.

*Juth, V., **Smyth, J.**, Lepore, S., & Carey, M. (2015). Social constraints are associated with negative psychological and physical adjustment in bereavement. *Applied Psychology: Health and Well-Being, 7*(2), 129-148.

Snipes, S., **Smyth, J.**, Murphy, D., Davis, L., Miranda, P., & *Montiel-Ishino, F. (2015). Provision increases reported PPE use for Mexican immigrant farmworkers: An mHealth pilot study. *Journal of Occupational and Environmental Medicine, 57*, 1343-1346.

*Potter, L., Wallston, K., Trief, P., Ulbrecht, J., Juth, V., & **Smyth, J.** (2015). Attributing discrimination to weight: Associations with well-being, self-care, and disease status in patients with type 2 diabetes mellitus. *Journal of Behavioral Medicine, 38*, 863-875.

*Slavish, D., Graham-Engeland, J., **Smyth, J.**, & Engeland, C. (2015). Salivary markers of inflammation in response to acute stress. *Brain, Behavior, & Immunity, 44*, 253-269.

Moscou-Jackson, G., Finan, P., Campbell, C., **Smyth, J.**, Haythornthwaite, J. (2015). The effect of sleep continuity on pain in adults with sickle cell disease. *The Journal of Pain, 16*(6), 587-593.

Kaptein, A., Meulenberg, F., & **Smyth, J.** (2015). A breath of fresh air: Images of respiratory illness in novels, poems, films, music, and paintings. *Journal of Health Psychology, 20*(3), 246-258.

Scott, S., Graham-Engeland, J., Engeland, C., **Smyth, J.**, Almeida, D., Katz, M., Lipton, R., Mogle, J., Ram, N., *Munoz, E., & Sliwinski, J. (2015). The effects of stress on cognitive aging, physiology and emotion (ESCAPE) Project. *BMC Psychiatry, 15*:146.

Kaptein, A., **Smyth, J.**, & Panush, R. (2015). Wolf - living with SLE in a novel. *Clinical Rheumatology, 34*(5), 887-890.

*Arigo, D., **Smyth, J.**, Haggerty, K., & Raggio, G. (2015). The social context of the relationship between glycemic control and depressive symptoms in type 2 diabetes. *Chronic Illness, 11*(1), 33-43.

Whyte, E., **Smyth, J.**, & Scherf, S. (2015). Designing serious game interventions for individuals with autism. *Journal of Autism and Developmental Disorders, 45*. 3820-3831.

Heron, K., Scott, S., Sliwinski, M., & **Smyth**, J. (2014). Eating behaviors and negative affect in college women's everyday lives. *International Journal of Eating Disorders*, 47(8), 853-859.

Everhart, R., Fiese, B., & **Smyth**, J. (2014). Family functioning and treatment adherence in children and adolescents with cystic fibrosis. *Pediatric Allergy, Immunology, and Pulmonology*, 27, 82-86.

Benfield, J., Taff, D., Newman, P., & **Smyth**, J. (2014). Natural sound facilitates mood recovery. *Ecopsychology*, 6, 183-188.

Korten, N., Sliwinski, M., Comijs, H., & **Smyth**, J. (2014). Mediators of the relationship between life events and memory functioning in a community sample of adults. *Applied Cognitive Psychology*, 28, 626-633.

Vartanian, L., Pinkus, R., & **Smyth**, J. (2014). The phenomenology of weight stigma in everyday life. *Journal of Contextual Behavioral Science*, 3, 196-202.

Wilson, S., **Smyth**, J., & *MacLean, R. (2014). Integrating ecological momentary assessment and functional brain imaging methods: new avenues for studying and treating tobacco dependence. *Nicotine & Tobacco Research*, 16, 102-110.

Damaske, S., **Smyth**, J., & Zawadzki, M. (2014). Has work replaced home as a haven? Re-examining Arlie Hochschild's time bind proposition with objective stress data. *Social Science & Medicine*, 115, 130-138.

Vartanian, L., **Smyth**, J., Zawadzki, M., Heron, K. & *Coleman, S. (2014). Early adversity, personal resources, body dissatisfaction, and disordered eating. *International Journal of Eating Disorders*, 47, 620-629.

Smyth, J., Zawadzki, M., Santuzzi, A. & *Filipkowski, K. (2014). Examining the effects of perceived social support on momentary mood and symptom reports in asthma and arthritis patients. *Psychology & Health*, 29, 813-831.

*Slepian, M., Oikawa, M., & **Smyth**, J. (2014). Suppressing thoughts of evaluation while being evaluated. *Journal of Applied Social Psychology*, 44, 31-39.

*Arigo, D., Suls, J., & **Smyth**, J. (2014). Social comparisons and chronic illness: Research synthesis and clinical implications. *Health Psychology Review*, 8, 154-214.

Ewart, C., *Elder, G., & **Smyth**, J. (2014). How neighborhood disorder increases blood pressure in youth: Agonistic striving and subordination. *Journal of Behavioral Medicine*, 37, 113-126.

Smyth, J. & Heron, K. (2014). Ecological Momentary Assessment [EMA] in family research. In S. McHale, P. Amato, & A. Booth (Eds.), *Emerging methods in family research* (pp 145-162). New York: Springer.

Kaptein, A., Meulenberg, F., & **Smyth**, J. (2013). Do art lovers make better doctors? *The Lancet Respiratory Medicine*, 1, 769-770.

Scherf, K., **Smyth**, J., & Delgado, M. (2013). The amygdala: An agent of change in adolescent neural networks. *Hormones and Behavior*, 64, 298-313.

Zawadzki, M., Vandekar, L., **Smyth**, J., Haas, D., & Gerin, W. (2013). An extended validation of the ScottCare 320 ambulatory blood pressure monitor: Recommendations for clinical application. *Blood Pressure Monitoring*, 18, 151-155.

*Munoz, E., Sliwinski, M., **Smyth**, J., Almeida, D., & King, H. (2013). Intrusive thoughts mediate the association between neuroticism and cognitive function. *Personality and Individual Differences*, 55, 898-903.

*Heron, K. & **Smyth**, J. (2013). Body image discrepancy and negative affect in women's everyday lives: An ecological momentary assessment evaluation of self-discrepancy theory. *Journal of Social and Clinical Psychology*, 32, 276-295.

Smyth, J., Zawadzki, M., & Gerin, W. (2013). Stress and disease: a structural and functional analysis. *Social and Personality Psychology Compass*, 7, 217-227.

Zawadzki, M., & **Smyth**, J. (2013). Teaching and learning guide for stress and disease: A structural and functional analysis. *Social and Personality Psychology Compass*, 7, 502-506. doi:10.1111/spc3.12020

Vartanian, L. & **Smyth**, J. (2013). Primum non nocere: Obesity stigma and public health. *Journal of Bioethical Inquiry*, 10, 49-57.

Zawadzki, M., **Smyth**, J., Merritt, M., & Gerin, W. (2013). Absorption in self-selected activities is associated with lower ambulatory blood pressure but not for high trait ruminators. *American Journal of Hypertension*, 26, 1273-1279.

*Heron, K., & **Smyth**, J. (2013). Is intensive measurement of body image reactive? A two-study evaluation using ecological momentary assessment suggests not. *Body Image*, 10, 35-44.

*Nazarian, D. & **Smyth**, J. (2013). An experimental test of instructional manipulations in expressive writing interventions: Examining processes of change. *Journal of Social and Clinical Psychology*, 32, 71-96.

*Heron, K., **Smyth**, J., *Akano, E., & Wonderlich, S. (2013). Assessing body image in young children: a preliminary study of racial and developmental differences. *SAGE Open*, 3, 1-7.

Kaptein, A., Lyons, A., Clayton, J., Pearson, S., Clayton, E., van der Geest, S., Haan, J., Meulenberg, F., & **Smyth**, J. (2012). Storying stories. *Medical Education Development*, 2, 24 - 26.

Gerin, W., *Zawadzki, M., Brosschot, J., Thayer, J., Christenfeld, N., Campbell, T., & **Smyth**, J. (2012). Rumination as a mediator of chronic stress effects on hypertension: A causal model. *International Journal of Hypertension*. DOI: 10.1155/2012/453465

*Filipkowski, K., & **Smyth**, J. (2012). Plugged in but not connected: Individuals' views of and responses to online and in-person ostracism. *Computers in Human Behavior*, 28, 1241-1253.

Smyth, J., Pennebaker, J., & *Arigo, D. (2012). What are the health effects of disclosure? In A. Baum & T. Revenson (Eds.), *Handbook of Health Psychology* (2nd ed., pp. 175-192). New York, NY: Taylor & Francis.

Ewart, C., *Elder, G., & **Smyth, J.** (2012). How implicit motives and everyday self-regulatory abilities shape cardiovascular risk in youth. *Annals of Behavioral Medicine, 43*, 286-98.

*Arigo, D., *Anskis, A., & **Smyth, J.** (2012). Psychiatric comorbidities in women with celiac disease. *Chronic Illness, 8*, 45-55.

*Arigo, D., & **Smyth, J.** (2012). The benefits of expressive writing on sleep difficulty and appearance concerns for college women. *Psychology & Health, 27*, 210-226.

Smyth, J., & *Heron, K. (2012). Health psychology. In M. Mehl & T. Conner (Eds.), *Handbook of research methods for studying daily life* (pp. 569-584). New York, NY: Guilford.

Ewart, C., *Elder, G., **Smyth, J.**, Sliwinski, M., & Jorgensen, R. (2011). Do agonistic motives matter more than anger? Three studies of cardiovascular risk in adolescents. *Health Psychology, 30*, 510-524.

Exline, J., Park, C., **Smyth, J.**, & Carey, M. (2011). Anger toward God: social-cognitive predictors, prevalence, and links with adjustment to bereavement and cancer. *Journal of Personality and Social Psychology, 100*, 129-148.

O'Neill, R., **Smyth, J.**, & *MacKenzie, M. (2011). Systems-centered functional subgrouping links the member to the group dynamics and goals: How-to and a pilot study. *Group, 35*, 105-121.

Sharifabad, M., Hurewitz, A., Spiegler, P. Bernstein, M., Feuerman, M., & **Smyth, J.** (2010). Written disclosure therapy for patients with chronic lung disease undergoing pulmonary rehabilitation. *Journal of Cardiopulmonary Rehabilitation and Prevention, 30*, 340-345.

*Nazarian, D., & **Smyth, J.** (2010). Context moderates the effects of an expressive writing intervention: A randomized two-study replication and extension. *Journal of Social and Clinical Psychology, 29*, 903-929.

Smyth, J., & *Filipkowski, K. (2010). Coping with stress. In D.P. French, A.A. Kaptein, K. Vedhara, & J. Weinman (Eds.), *Health psychology* (2nd ed., pp. 271-282). Oxford, England: BPS Blackwell.

*Juth, V., **Smyth, J.**, Thompson, K., & *Nodes, J. (2010). The influence of physical and social environmental factors on alcohol related legal infractions among college students. *Journal of College Student Development, 51*, 373-384.

*Filipkowski, K., **Smyth, J.**, Rutchick, A., Santuzzi, A., Adya, M., Petrie, K., & Kaptein, A. (2010). Do healthy people worry? Modern health worries, subjective health complaints, perceived health, and health care utilization. *International Journal of Behavioral Medicine, 17*, 182-188.

Cromer, L., & **Smyth, J.** (2010). Making meaning of trauma: Trauma exposure doesn't tell the whole story. *Journal of Contemporary Psychotherapy, 40*, 65-72.

*Everhart, R., **Smyth, J.**, Santuzzi, A., & Fiese, B. (2010). Reported quality of life in asthma: Does it have ecological validity? *Respiratory Care, 55*, 427-432.

*Heron, K., & **Smyth**, J. (2010). Ecological Momentary Interventions: Incorporating mobile technology into psychosocial and health behavior treatments. *British Journal of Health Psychology*, 15, 1-39.

Eccleston, C., **Smyth**, J., & Lopoo, L. (2010). Unraveling the race paradox of achievement and self-views. *Social Psychology of Education: An International Journal*, 13, 1-18.

Sliwinski, M., Almeida, D., **Smyth**, J., & *Stawski, R. (2009). Intraindividual change and variability in daily stress processes: Findings from two measurement-burst diary studies. *Psychology and Aging*, 24, 828-840.

Lewandowski, L., Rieger, B., **Smyth**, J., *Perry, L., & *Gathje, R. (2009). Measuring post-concussion symptoms in adolescents: Feasibility of ecological momentary assessment. *Archives of Clinical Neuropsychology*, 24, 791-796.

Rutchick, A., **Smyth**, J., & Konrath, S. (2009). Seeing red (and blue): Effects of Electoral College depictions on political group perception. *Analyses of Social Issues and Public Policy*, 9, 269-282.

*Stawski, R., Sliwinski, M., & **Smyth**, J. (2009). The effects of acute psychosocial stress on episodic memory. *European Journal of Cognitive Psychology*, 21, 897-918.

Smyth, J., Wonderlich, S., Sliwinski, M., Crosby, R., Mitchell, J., Engel, S., & *Calogero, R. (2009). Ecological momentary assessment of affect, stress, and binge-purge behaviors: Day of week and time of day effects in the natural environment. *International Journal of Eating Disorders*, 42, 429-436.

Rutchick, A., **Smyth**, J., Lopoo, L., & Dusek, J. (2009). Great Expectations: The biasing effects of reported child behavior problems on educational expectancies and subsequent academic achievement. *Journal of Social and Clinical Psychology*, 28, 392-413.

Smyth, J. & *Arigo, D. (2009). Recent evidence supports emotion regulation interventions for improving health in at-risk and clinical populations. *Current Opinion in Psychiatry*, 22, 205-210.

Jorgensen, R. & **Smyth**, J. (2009). Psychosocial distress predicts diabetes: Is additional research warranted? *Diabetic Medicine*, 26, 191-192. [comment]

Crosby, R., Wonderlich, S., Engel, S., Simonich, H., **Smyth**, J., & Mitchell, J. (2009). Daily mood patterns and bulimic behaviors in the natural environment. *Behavior Research and Therapy*, 47, 181-188.

*Juth, V., **Smyth**, J., & Santuzzi, A. (2008). How do you feel? Self-esteem predicts affect, stress, social interaction and symptom severity during daily life in patients with chronic illness. *Journal of Health Psychology*, 13, 884-894.

Smyth, J., *Hockemeyer, J., *Heron, K., Wonderlich, S., & Pennebaker, J. (2008). Prevalence, type, disclosure, and severity of trauma and adverse events in college students. *Journal of American College Health*, 57, 69-76.

*Everhart, R., Fiese, B., & **Smyth**, J. (2008). A cumulative risk model for predicting caregiver quality of life in pediatric asthma. *Journal of Pediatric Psychology*, 33, 809-818.

Smyth, J., Webb, M., & Oikawa, M. (2008). Self-report of cancer-related behaviors. In M. Gerrard and K.D. McCaul, (Eds.), *Health behavior constructs and measures*. National Cancer Institute Website: <http://www.cancercontrol.cancer.gov/constructs>

Smyth, J., *Heron, K., Wonderlich, S., Crosby, R., & Thompson, K. (2008). A prospective study of the influence of reported trauma on eating disturbance. *International Journal of Eating Disorders, 41*, 195-202.

Smyth, J., *Nazarian, D., & *Arigo, D. (2008). Expressive writing in the clinical context. In Denollet, J., Nyklicek, I., & Vingerhoets, A. (Eds.) *Emotion regulation: Conceptual and clinical issues* (pp. 215-233). New York, NY: Springer.

Smyth, J., *Hockemeyer, J., & *Tulloch, H. (2008). Expressive writing and post-traumatic stress disorder: Effects on trauma symptoms, mood states, and cortisol reactivity. *British Journal of Health Psychology, 13*, 85-93.

*Nazarian, D. & **Smyth, J. (2008).** Expressive writing. In W. O'Donohue and N, Cummings (Eds.) *Evidence-based adjunctive treatments* (pp. 221-241). New York, NY: Elsevier, Inc.

*Stawski, R., Sliwinski, M., Almeida, D., & **Smyth, J. (2008).** Reported exposure and emotional reactivity to daily stressors: The roles of adult-age and global perceived stress. *Psychology and Aging, 23*, 52-61.

*Junghänel, D., **Smyth, J., & *Santner, L. (2008).** Linguistic dimensions of psychopathology: A quantitative analysis. *Journal of Social and Clinical Psychology, 27*, 36-55.

Smyth, J. & Pennebaker, J. (2008). Exploring the boundary conditions of expressive writing: In search of the right recipe. *British Journal of Health Psychology, 13*, 1-7.

Smyth, J., Wonderlich, S., *Heron, K., Sliwinski, M., Crosby, R., Mitchell, J., & Engel, S. (2007). Daily and momentary mood and stress predict binge eating and vomiting in bulimia nervosa patients in the natural environment. *Journal of Consulting and Clinical Psychology, 75*, 629-638.

Smyth, J. (2007). Massively multiplayer online role-playing games [MMORPGS], reported health, and social behavior. *Cyberpsychology & Behavior, 10*, 717-721.

Engel, S., Boseck, J., Crosby, R., Wonderlich, S., Mitchell, J., **Smyth, J., Miltenberger, R., & Steiger, H. (2007).** The relationship of momentary anger and impulsivity to bulimic behavior. *Behavior Research and Therapy, 45*, 437-447.

Smyth, J., *Nazarian, D., Kimura, H., & Oikira, M. (2007). The writing cure: How expressive writing promotes health. *The Japanese Journal of Research on Emotion, 14*, 140-154.

Smyth, J., & *Heron, K. (2007). Ecological momentary assessment. In N.J. Salkind (Ed.), *Encyclopedia of measurement and statistics* (Vol 1, pp. 297-298). Thousand Oaks, CA: SAGE Publications.

Wonderlich, S., Crosby, R., Engel, S., Mitchell, J., **Smyth, J., & Miltenberger, R. (2007).** Personality-based clusters in bulimia nervosa: Differences in clinical variables and ecological momentary assessment. *Journal of Personality Disorders, 21*, 340-57.

Smyth, J., & *Terry, C. (2007). Self-report. In N.J. Salkind (Ed.), *Encyclopedia of Measurement and Statistics* (Vol 1, pp. 877-888). Thousand Oaks, CA: SAGE Publications.

Wonderlich, S., Rosenfeldt, S., Crosby, R., Mitchell, J., Engel, S., **Smyth, J., & Miltenberger, R.** (2007). The effects of childhood trauma on daily mood lability and comorbid psychopathology in bulimia nervosa. *Journal of Traumatic Stress, 20*, 77-87.

*Stawski, R., Sliwinski, M., & **Smyth, J.** (2006). Stress-related cognitive interference predicts cognitive function in old age. *Psychology and Aging, 21*, 535-544.

Smyth, J., & *Nazarian, D. (2006). Development and preliminary results of a self-administered intervention for individuals with Fibromyalgia syndrome: A multiple case control report. *Explore: The Journal of Science and Healing, 2*, 426-431.

Sliwinski, M., **Smyth, J., Hofer, S., & *Stawski, R.** (2006). Intraindividual coupling of daily stress and cognition. *Psychology and Aging, 21*, 545-557.

*Nazarian, D., **Smyth, J., & Sliwinski, M.** (2006). A naturalistic study of ambulatory asthma severity and reported avoidant coping styles. *Chronic Illness, 2*, 51-58.

Myers, T., Wonderlich, S., Crosby, R., Mitchell, J., Steffen, K., **Smyth, J., & Miltenberger, R.** (2006). Is multi-impulsive bulimia a distinct type of bulimia nervosa?: Psychopathology and EMA findings. *International Journal of Eating Disorders, 39*, 655-661.

Thompson, K., Leinfelt, F., & **Smyth, J.** (2006). Self-reported official trouble and official arrest: Validating a piece of the Core Alcohol and Drug Survey. *Journal of Substance Use, 11*, 23-36.

Sliwinski, M., **Smyth, J., *Stawski, R., & *Wasylyshyn, C.** (2005). Stress and working memory: Between-person and within-person relationships. In R. Engle, G. Sedek, U. von Hecker, & D. McIntosh (Eds.), *Cognitive limitations in aging and psychopathology: Attention, working memory, and executive functions* (pp. 73-96). Cambridge: Cambridge University Press.

Exline, J., **Smyth, J., *Gregory, J., *Hockemeyer, J., *Tulloch, H.** (2005). Religious framing by individuals with PTSD when writing about traumatic experiences. *International Journal of the Psychology of Religion, 15*, 17-34.

*Collins, S., Carey, K., & **Smyth, J.** (2005). Relationships of linguistic and motivation variables with drinking outcomes following two mailed brief interventions. *Journal of Studies on Alcohol, 66*, 526-535.

Lepore, S., & **Smyth, J.** (Eds.). (2004). Hi-kki Ryo-hou. Kyoto: Kita-oji Shobo. Masao Yogo, Kenji Sato, Kazuaki Kawano, Hideki Ohira, & Shintaro Yukawa (Eds.). Japanese translation of *The writing cure: How expressive writing promotes health and emotional well-being* (2002). Washington, DC: American Psychological Association Press.

Mullen, B., & **Smyth, J.** (2004). Immigrant suicide rates as a function of ethnophaulisms: Hate speech predicts death. *Psychosomatic Medicine, 66*, 343-348.

Christensen, A., Martin, R., & **Smyth, J.** (Eds.). (2004). *Encyclopedia of health psychology*. New York, NY: Kluwer Academic Press.

Smyth, J., & *Nazarian, D. (2004). Disclosure and health. In A. Christensen, R. Martin, & J. Smyth (Eds.), *Encyclopedia of health psychology* (pp 86-89). New York, NY: Kluwer Academic Press.

*Neal, D., & **Smyth, J. (2004).** Treatment efficacy versus effectiveness. In A. Christensen, R. Martin, & J. Smyth (Eds.), *Encyclopedia of health psychology* (pp. 323-324). New York, NY: Kluwer Academic Press.

Christensen, A., Martin, R., & **Smyth, J. (2004).** Encyclopedia of health psychology: Preface. In A. Christensen, R. Martin, & J. Smyth (Eds.), *Encyclopedia of health psychology* (p. v). New York, NY: Kluwer Academic Press.

Simonich, H., Wonderlich, S., Crosby, R., **Smyth, J.**, Thompson, K., Redlin, J., Mitchell, J., Haseltine, B. (2004). The use of ecological momentary assessment approaches in the study of sexually abused children. *Child Abuse and Neglect*, 28, 803-809.

*Tulloch, H., McCaul, K., Miltenberger, R., & **Smyth, J. (2004).** Partner communication and condom use among college couples. *Journal of American College Health*, 52, 263-267.

Broderick, J., Stone, A., **Smyth, J.**, & Kaell, A. (2004). The feasibility and effectiveness of an expressive writing intervention for rheumatoid arthritis via home-based videotaped instructions. *Annals of Behavioral Medicine*, 27, 50-57.

Smyth, J., & Stone, A. (2003). Ecological momentary assessment research in behavioral medicine. *Journal of Happiness Studies*, 4, 35-52. [Special issue on Ecological Momentary Assessment]

Smyth, J., & *Helm, R. (2003). Focused expressive writing as self-help for stress and trauma. *Journal of Clinical Psychology*, 59, 227-235.

Miltenberger, R., Redlin, J, Crosby, R., *Stickney, M., Mitchell, J., Wonderlich, S., Faber, R., & **Smyth, J. (2003).** Direct and retrospective assessment of factors contributing to compulsive buying. *Journal of Behavior Therapy & Experimental Psychiatry*, 34, 1-9.

Thompson, K., Crosby, R., Wonderlich, S., Mitchell, J., Redlin, J, Demuth, G., **Smyth, J.**, & Haseltine, B. (2003). Psychopathology and sexual trauma in childhood and adulthood. *Journal of Traumatic Stress*, 16, 35-38.

*Deaver, C., Miltenberger, R., **Smyth, J.**, *Meidinger, A., & Crosby, R. (2003). An evaluation of affect and binge eating. *Behavior Modification*, 27, 578-599.

Smyth, J., *Anderson, C., *Hockemeyer, J., & Stone, A. (2002). Does emotional non-expressiveness or avoidance interfere with writing about stressful life events? An analysis in patients with chronic illness. *Psychology & Health*, 17, 561-569.

*Wegner, K., **Smyth, J.**, Crosby, R., Wittrock, D., Wonderlich, S., & Mitchell, J. (2002). An evaluation of the relationship between mood and binge eating in the natural environment using ecological momentary assessment. *International Journal of Eating Disorders*, 32, 352-361.

*Hockemeyer, J., & **Smyth, J. (2002).** Evaluating the feasibility and efficacy of a self-administered manual-based stress management intervention for individuals with asthma:

Results from a controlled study. *Behavioral Medicine*, 27, 161-172.

Lepore, S., & Smyth, J. (Eds.). (2002). *The writing cure: How expressive writing promotes health and emotional well-being*. Washington, DC: American Psychological Association Press.

Lepore, S., & Smyth, J. (2002). The writing cure: An overview. In S. Lepore & J. Smyth (Eds.), *The writing cure: How expressive writing promotes health and emotional well-being* (pp. 3-14). Washington, DC: American Psychological Association press.

Smyth, J., & Catley, D. (2002). Translating research into practice: Potential of expressive writing in the field. In S. Lepore & J. Smyth (Eds.), *The writing cure: How expressive writing promotes health and emotional well-being* (pp. 199-214). Washington, DC: American Psychological Association Press.

Lepore, S., Greenberg, M., *Bruno, M., & Smyth, J. (2002). Expressive writing and health: Self-regulation of emotion-related experience, physiology, and behavior. In S. Lepore & J. Smyth (Eds.), *The writing cure: How expressive writing promotes health and emotional well-being* (pp. 99-118). Washington, DC: American Psychological Association Press.

Smyth, J., *Hockemeyer, J., *Anderson, C., *Strandberg, K., *Koch, M., O'Neill, K., & McCammon, S. (2002). Structured writing about a natural disaster buffers the effects of intrusive thoughts on negative affect and physical symptoms. *Australasian Journal of Disaster and Trauma Studies*, 1. Available: <http://www.massey.ac.nz/~trauma/issues/2002-1/smyth.htm>

Mitchell, J., Redlin, J., Wonderlich, S., Crosby, R., Faber, R., Miltenberger, R., Smyth, J., *Stickney, M., Gosnell, B., Burgard, M., & Lancaster, K. (2002). The relationship between compulsive buying and eating disorders. *International Journal of Eating Disorders*, 32, 107-111.

Smyth, J., Wonderlich, S., Crosby, R., Miltenberger, R., Mitchell, J., & Rorty, M. (2001). The use of ecological momentary assessment approaches in eating disorder research. *International Journal of Eating Disorders*, 30, 83-95.

Wonderlich, S., Crosby, R., Mitchell, J., Thompson, K., Redlin, J., Demuth, G., Smyth, J., & Haseltine, B. (2001). Eating disturbance and sexual trauma in childhood and adulthood. *International Journal of Eating Disorders*, 30, 401-412.

Wonderlich, S., Crosby, R., Mitchell, J., Thompson, K., Smyth, J., Redlin, J., & Jones-Paxton, M. (2001). Sexual trauma and personality: Developmental vulnerability and additive effects. *Journal of Personality Disorders*, 15, 496-504.

Smyth, J., *True, N., & *Souto, J. (2001). Effects of writing about traumatic experiences: The necessity for narrative structuring. *Journal of Social & Clinical Psychology*, 20, 161-172.

Smyth, J., *Litcher, L., Hurewitz, A., & Stone, A. (2001). Relaxation training and cortisol secretion in adult asthmatics. *Journal of Health Psychology*, 6, 217-227.

Wonderlich, S., Crosby, R., Mitchell, J., Thompson, K., Roberts, J., Demuth, G., & Smyth, J. (2001). Pathways mediating sexual abuse and eating disturbance in children. *International Journal of Eating Disorders*, 29, 270-279.

Stone, A., Schwartz, J., Smyth, J., Kirschbaum, C., Cohen, S., Hellhammer, D., &

Grossman, S. (2001). Individual differences in the diurnal cycle of salivary free cortisol: A replication of flattened cycles for some individuals. *Psychoneuroendocrinology*, *26*, 295-306.

Smyth, J., & Pennebaker, J. (2001). The health effects of disclosure. In A. Baum, T. Revenson, & J. Singer (Eds.), *The handbook of health psychology* (pp. 339-348). Mahwah, NJ: Lawrence Erlbaum Associates.

Smyth, J., & L'Abaté, L. (2001). Using workbooks to promote health: Examining their efficacy. In L. L'Abaté & M. Torem (Eds.), *Distance writing and computer assisted intervention in psychiatry and mental health* (pp. 77-92). Westport, CT: Ablex Publishing.

Stone, A., **Smyth, J.**, Kaell, A., & Hurewitz, A. (2000). Structured writing about stressful events: Exploring potential psychological mediators of positive health effects. *Health Psychology*, *19*, 619-624.

Smyth, J., Gould, O., & Slobin, K. (2000). The role of narrative in medicine: A multi-theoretical perspective. *Advances in Mind-Body Medicine*, *16*, 186-193.

Smyth, J., & Greenberg, M. (2000). Scriptotherapy: The effects of writing about traumatic events. In J. Masling & P. Duberstein (Eds.), *Psychodynamic perspectives on sickness and health* (pp. 121-154). Washington, DC: American Psychological Association Press.

Stone, A., **Smyth, J.**, Hurewitz, A., & Kaell, A. (1999). Symptom reduction after writing about stressful experiences. *Journal of the American Medical Association*, *282*, 1811-1812. [comment]

Smyth, J., Stone, A., Hurewitz, A., & Kaell, A. (1999). Effects of writing about stressful experiences on symptom reduction in patients with asthma or rheumatoid arthritis: A randomized trial. *Journal of the American Medical Association*, *281*, 1304-1309.

Smyth, J., *Soefer, M., Hurewitz, A., Stone, A. (1999). The effect of tape-recorded relaxation training on well-being, symptoms, and peak expiratory flow rate in adult asthmatics: a pilot study. *Psychology & Health*, *14*, 487-501.

Glaser, R., Friedman, S., **Smyth, J.**, Ader, R., Bijur, P., Brunell, P., Cohen, N., Krilov, L., Lifrak, S., Stone, A., & Toffler, P. (1999). The differential impact of training stress and final examination stress on herpes virus latency at the United States military academy at West Point. *Brain, Behavior, and Immunity*, *13*, 240-251.

Smyth, J. (1999). Written disclosure: Evidence, potential mechanism, and potential treatment. *Advances in Mind-Body Medicine*, *15*, 179-184.

Gorin, A., **Smyth, J.**, Wiesberg, J., Affleck, G., Tennen, H., Urrows, S., & Stone, A. (1999). Rheumatoid arthritis patients show weather sensitivity in daily life, but the relationship is not clinically significant. *Pain*, *81*, 173-177.

Smyth, J., *Soefer, M., Hurewitz, A., *Kliment, A., & Stone, A. (1999). Daily psychosocial factors predict levels and diurnal cycles of asthma symptomatology and peak flow. *Journal of Behavioral Medicine*, *22*, 179-193.

Smyth, J., & Pennebaker, J. (1999). Sharing one's story: Translating emotional experiences into words as a coping tool. In C.R. Snyder (Ed.), *Coping: The psychology of what*

works (pp. 70-89). New York: Oxford University Press.

Smyth, J., Ockenfels, M., Porter, L., Kirschbaum, C., Hellhammer, D., & Stone, A. (1998). Stressors and mood measured on a momentary basis are associated with salivary cortisol secretion. *Psychoneuroendocrinology, 23*, 353-370.

Smyth, J. (1998). Written emotional expression: Effect sizes, outcome types, and moderating variables. *Journal of Consulting and Clinical Psychology, 66*, 174-184.

Wortman, P., **Smyth, J., Langenbrunner, J., & Yeaton, W. (1998).** The utility of clinical consensus panels and research synthesis: A comparison of results assessing carotid endarterectomy. *International Journal of Technology Assessment in Health Care, 14*, 109-122.

Smyth, J., Ockenfels, M., Gorin, A., Catley, D., Porter, L., Kirschbaum, C., Hellhammer, D., & Stone, A. (1997). Individual differences in the diurnal cycle of cortisol. *Psychoneuroendocrinology, 22*, 89-105.

Wortman, C. & **Smyth, J. (1997).** Using one's own passion and undergraduate teaching assistants to transform the large lecture-only introductory psychology course. In R. Sternberg's (Ed.), *Teaching introductory psychology: Survival tips from the experts* (pp. 163-180). Washington, DC: American Psychological Association Press.

Stone, A., **Smyth, J., Pickering, T., & Schwartz, J. (1996).** Daily mood variability: Shapes of diurnal patterns and determinants of diurnal patterns. *Journal of Applied Social Psychology, 26*, 1286-1305.

Stone, A. & **Smyth, J. (1996).** Are we ready for the spectrum model of emotions? *Advances: The Journal of Mind-Body Health, 12*, 35-38.

Yeaton, W., Langenbrunner, J., **Smyth, J., & Wortman, P. (1995).** Exploratory research synthesis: Methodological considerations for addressing limitations in data quality. *Evaluation and the Health Professions, 18*, 283-303.

Ockenfels, M., Porter, L., **Smyth, J., Kirschbaum, C., Hellhammer, D., & Stone, A. (1995).** Effect of chronic stress associated with unemployment on salivary cortisol: Overall cortisol levels, diurnal rhythm, and acute stress reactivity. *Psychosomatic Medicine, 57*, 460-467.

Student Training & Mentoring

Undergraduate theses

- Nodes, J. (2000) Environmental and social factors predicting alcohol related legal infractions in college students. [North Dakota State University; Advisor]
- Jorgenson, R. (2000) The influence of early trauma on college students: Academic performance, health, retention, and social adjustment. [North Dakota State University; Advisor]
- Carr, S. (2000) Examining the effects of narrative when writing on traumatic experiences. [North Dakota State University; Advisor]
- Gaudy, J. (2001) The impact of past trauma and PTSD symptoms on social and cognitive task performance. [Syracuse University; Advisor]
- Lewis, E. (2004) Salivary cortisol levels are correlated with performance on a

- prefrontal cortex task. [Bates College; Committee member]
- Heron, K. (2004) The role of attribution change in a structured writing task for college students. [SUNY Binghamton; Committee member]
- Santner, L. (2004) Word use among psychiatric patients compared to a non-psychiatric population. [Syracuse University; Advisor]
- Costa, V. (2005) A grimace within the heart: Emotional suppression during sustained affective picture processing. [Syracuse University; Advisor]
- Andersson, M. (2006) Can writing heal writers? Investigating the health effects of autobiographical perspective in a sample of creative writers. [Knox College; Committee member]
- Juth, V. (2006) A systematic review of expressive writing intervention studies: Examining location. [Syracuse University; Advisor]
- Christian, S. (2007) The media's influence in everyday life on women's perception of body image. [Syracuse University; Advisor]
- Slepian, M. (2009) On controlling your thoughts: Suppression of evaluation and communication. [Syracuse University; Advisor]
- Zaverukha, J. (2015) Soundscapes: The effects of natural sound and unnatural noise on heart rate, positive affect and negative affect, in relation to stress recovery. [Pennsylvania State University; Advisor]
- Hanna, S. (2018) *In progress.* [Pennsylvania State University; Advisor]
- Haddad, T. (2019) *In progress.* [Pennsylvania State University; Advisor]

MS theses

- Wegner, K. (1999) A naturalistic investigation of binge eating behavior and the potential influence of stress, mood, coping effectiveness and restraint from eating. [North Dakota State University; Advisor]
- Hockemeyer, J. (2000) Self-administered stress management for chronic illness. [North Dakota State University; Advisor]
- Anderson, C. (2000) Hassles and uplifts: Are there differential effects of disclosure? [North Dakota State University; Advisor]
- Gregory, J. (2000) The human dimension of divine forgiveness: Facilitators, barriers, and belief-related outcomes. [North Dakota State University; Advisor]
- Tulloch, H. (2000) The role of communication in condom use. [North Dakota State University; Committee member]
- Deaver, C. (2000) An intensive examination of affect during binge eating. [North Dakota State University; Committee member]
- Spagnola, M. (2003) Children's perceptions of family process and severity of pediatric trauma. [Syracuse University; Committee member]
- Stawski, R. (2004) Stress and cognitive functioning: Implications for cognitive compromise in response to mild psychosocial stress. [Syracuse University; Committee member]
- Nazarian, D. (2005) The role of context in the feasibility and effectiveness in an expressive writing intervention. [Syracuse University; Advisor]
- Heron, K. (2006) Examining self-discrepancy theory and body image in an ecologically valid manner. [Syracuse University; Advisor]
- Everhart, R. (2006) Depression and cumulative risk as predictors of caregivers' quality of life in pediatric asthma. [Syracuse University; Committee member]
- Arigo, D. (2007) Application of a structured expressive writing intervention to the

- body image and weight concerns of college females. [Syracuse University; Advisor]
- Filipkowski, K. (2007) Parental gender role attitudes and children's extracurricular activities: The role of stereotypical beliefs in predicting child involvement. [Syracuse University; Advisor]
- Seigers, D. (2008) The effects of stress and performance feedback on smoking related and affective variables. [Syracuse University; Committee member]
- Elder, G. (2009) Goal-oriented strivings: Socio-cognitive mechanisms of interpersonal functioning and cardiovascular risk processes [Syracuse University; Committee member]
- Kraynak, L. (2010) Coping with negative feedback in the health domain: Are race differences in coping related to weight disparities among blacks and whites? [Syracuse University; Committee member]
- Mercincavage, M. (2012) Time to first cigarette predicts cessation outcomes in adolescent smokers. [Pennsylvania State University; Committee member]
- Coleman, S. (2013) Early family adversity, psychosocial resiliency, subjective health and well-being. [Pennsylvania State University; Advisor]
- Potter, L. (2014) Attributing discrimination to weight: Associations with well-being, self-care, and disease status in patients with type 2 diabetes mellitus. [Pennsylvania State University; Advisor]
- Ashe, M. (2016) Testing the efficacy of choice bundling using Ecological Momentary Assessment. [Pennsylvania State University; Committee member]

Dissertations

- Pace, B. (2001) Written emotional expression and smoking cessation. [Fielding Institute; Committee member]
- Collins, S. (2003) Weighing the pros and cons: Evaluating decisional balance as a brief motivational intervention for at-risk college drinkers. [Syracuse University; Committee member]
- Baikie, K. (2003) Rewriting trauma: How and for whom does the writing paradigm work? [Macquai University (Australia); External reviewer]
- Douglas, M. (2004) The moderating effect of family rituals on asthma symptoms in the context of high and low expressed emotion. [Syracuse University; Committee member]
- Muellerleile, P. (2004) Social learning theory and intimate partner violence: Time series analysis of the effects of the OJ Simpson trial. [Syracuse University; Committee member]
- Rice, D. (2004) The social cognition of ingroup and outgroup faces: The paradox of categorization and recognition. [Syracuse University; Committee member]
- Howell, K. (2005) "Quest for the Code" to improve health and wellbeing of children with asthma: A technology and family based intervention study. [Syracuse University; Committee member]
- Stawski, R. (2006) Examination of the effects of stress and stress-reactivity on selective attention performance. [Syracuse University; Committee member]
- Nazarian, D. (2009) An experimental manipulation of mechanisms that underlie written emotional disclosure. [Syracuse University; Advisor]
- Jordan, N. (2009) This is why we play the game: A quantitative study of attachment style and social anxiety's impact on participation in online gaming

relationships. [Syracuse University; Committee member]

Everhart, R. (2010) Family functioning and treatment adherence in adolescents with Cystic Fibrosis. [Syracuse University, Co-Advisor]

Filipkowski, K. (2010) Implications of in-person versus online exclusion: Do method and gender influence individuals' response to exclusion? [Syracuse University; Advisor]

Mogle, J. (2011) Assessing everyday cognitive functioning: Using ecological momentary assessment (EMA) to understand real-world cognitive demands. [Syracuse University; Committee member]

Heron, K. (2011) Do ecological momentary interventions [EMI] improve the efficacy of a body dissatisfaction and disordered eating treatment for college women? An ecological momentary assessment [EMA] study [Syracuse University; Advisor]

Arigo, D. (2012) Social comparison by patients with type 2 Diabetes Mellitus: Individual differences, motivations, and responses associated with behaviorally-demonstrated target preference. [Syracuse University; Advisor]

Slavish, D. (2017) The role of neuroticism in exposure and reactivity to daily experiences and nightly sleep quality. [Pennsylvania State University; Committee member]

Dahl, J. (2017) Women's under-confidence and men's over-confidence in STEM. [Pennsylvania State University; Committee member]

Coleman, S. (2018) *In progress.* [Pennsylvania State University; Advisor]

Potter, L. (2018) *In progress.* [Pennsylvania State University; Advisor]

Majd, M. (2019) *In progress.* [Pennsylvania State University; Committee member]

Materia, F. (2020) *In progress.* [Pennsylvania State University; Advisor]

Ulpe, R. (2021) *In progress.* [Pennsylvania State University; Advisor]

Post-doctoral Fellows supervised (and topical area)

Oikawa, M. (2007-2008) Applied social psychology. (Now assistant professor at Doshisha University, Japan.)

Zawadzki, M. (2012-2014) Biobehavioral processes, emotion, and health. (Now assistant professor at University of California, Merced.)

Juth, V. (2014-2015) Stress and health in daily life. (Now research faculty at the University of California, Irvine.)

Marcusson-Clavertz, D. (2016-present) Thoughts and health: Relating mind-wandering, rumination, perseverative cognition to health behaviors and indicators.

Kim, J. (2016-present) Ecological Momentary Assessment and just-in-time adaptive interventions [JITAI].

Johnson, J. (2016-present) Biopsychosocial influences on stress, inflammation, and clinical outcomes.

Teaching Experience

All courses listed were developed and solo taught as semester long courses during the academic year. Independent studies and research supervision are not listed.

Mean instructor ratings are provided (5-point scale is 1=poor, 3=average, 5=excellent; 7-point scale is 1=lowest rating, 7=highest rating), as well as the number of semesters I have taught each class.

Undergraduate

Introductory psychology (4 semesters; mean instructor rating=4.7/5)
Social psychology (2 semesters; mean instructor rating=4.6/5)
Statistics (2 semesters; mean instructor rating=4.1/5)
Cognitive science (1 semester; instructor rating=4.8/5)
Cognitive psychology (1 semester; instructor rating=4.5/5)
Research methodology (1 semester; instructor rating=4.3/5)
Health psychology (10 semesters; mean instructor rating=4.6/5)
Health psychology laboratory (3 semesters; mean instructor rating=4.5/5)
Experimental social psychology (2 semesters; mean instructor rating=4.4/5)
Introduction to Biobehavioral Health (5 semesters; mean instructor rating=6.0/7)

Graduate

Health psychology (2 semesters; mean instructor rating=4.7/5)
Social psychology (1 semester; instructor rating=4.6/5)
Emotions seminar (1 semester; instructor rating=4.4/5)
Research methods (1 semester; instructor rating=4.6/5)
Teaching seminar (1 semester; instructor rating=5.0/5)
Self-report and EMA seminar (1 semester; instructor rating=4.5/5)
Methodological issues in research design (1 semester; instructor rating=7.0/7)

Selected Professional Service

Editorial Service

Founding Editor (Health Section), 2006-2010, *Social and Personality Psychology Compass*
Associate Editor, 2006-2012, *British Journal of Health Psychology*
Co-Editor, Special Issue on Expressive Writing, 2007
Editorial Board Member, 2010-2016, *Health Psychology*
Co-Editor, Special Issue on Health Behavior in the Information Age, 2017-2018, *Journal of Healthcare Informatics Research*

Selected Editorial Referee Experience

<i>Annals of Behavioral Medicine</i>	<i>Clinical Psychology Review</i>
<i>Annals of Internal Medicine</i>	<i>Cognition and Emotion</i>
<i>Anxiety Stress and Coping</i>	<i>Cognitive Therapy and Research</i>
<i>Appetite</i>	<i>Contemporary Clinical Trials</i>
<i>Archives of Pediatrics & Adolescent Medicine</i>	<i>Counseling Psychologist</i>
<i>Australian Journal of Psychology</i>	<i>Current Directions in Psychological Science</i>
<i>Basic and Applied Social Psychology</i>	<i>Cyberpsychology, Behavior, & Social Networking</i>
<i>Behavior Research and Therapy</i>	<i>Developmental and Behavioral Pediatrics</i>
<i>Behavior Therapy</i>	<i>Emotion</i>
<i>Biopsychosocial Medicine</i>	<i>European Child & Adolescent Psychiatry</i>
<i>Body Image</i>	<i>Experimental Psychology</i>
<i>British Journal of Clinical Psychology</i>	<i>Frontiers in Psychology</i>
<i>British Journal of Health Psychology</i>	<i>Health Psychology</i>
<i>Canadian Journal of Behavioral Science</i>	<i>Health Psychology Review</i>
<i>Clinical Psychological Science</i>	

Human Communication Research
International Journal of Preventive Medicine
International Journal of Psychology
International Journal for the Psychology of Religion
International Journal of Research & Method in Education
Journal of Abnormal Psychology
Journal of the American Medical Association
Journal of Behavioral Medicine
Journal of Behavioral Pediatrics
Journal of Clinical Oncology
Journal of Clinical Psychology
Journal of Consulting and Clinical Psychology
Journal of Contemporary Psychotherapy
Journal of Counseling Psychology
Journal of Experimental Psychology: General
Journal of Health Psychology
Journal of Medical Internet Research
Journal of Personality
Journal of Personality and Social Psychology
Journal of Psychosomatic Research
Journal of Research in Personality
Journal of Social and Clinical Psychology
Journal of Traumatic Stress

Nicotine and Tobacco Research
Obesity Reviews
Pain
Pediatrics
Perspectives on Psychological Science
Personality and Social Psychology Bulletin
PLOS One
Psychiatry Journal
Psychology & Health
Psychological Assessment
Psychological Bulletin
Psychological Methods
Psychological Review
Psychological Science
Psycho-Oncology
Psychophysiology
Psychosomatic Medicine
Respiratory Medicine
Review of General Psychology
Social and Personality Psychology Compass
Supportive Care in Cancer
Stress and Health
Surgery for Obesity and Related Diseases
Traumatology

Professional Society Service

American Psychosomatic Society
Trainee Committee student co-chair (1996-1998)
Membership Committee co-chair (2004-2006)
Program Committee (2003-2004, 2008-2009)
Council Member (2007-2010)
Annual Meeting Program Chair (2010-2011)
Awards Committee (2010-2011)
Society of Behavioral Medicine
Nominating Committee (2003-2004)
Awards Subcommittee (2004)
American Psychological Association, Division 38
Search Committee Member for *Health Psychology* Editor (2009)
Society for Ambulatory Assessment
Executive Committee (2014-2017)
Conference organizer and Chair: International meeting (2015)
President (2017- Present)

Selected International Service

Invited Keynote Address at the Annual Meeting of the Japanese Society for Research on Emotion, Nagoya, Japan (2005)
Invited Keynote Address at the Annual Meeting of the Japanese Association for Health Psychology, Kyoto, Japan (2006)
Conference co-organizer: Doshisha Symposium of Behavioral Medicine, Kyoto, Japan (2008)

Keynote Address at the Doshisha Symposium of Behavioral Medicine, Kyoto, Japan (2008)
Invited Keynote Address for Unifob Health and University of Bergen, Bergen, Norway (2009)
Invited Keynote Address for the Society of Ambulatory Assessment, Amsterdam, The Netherlands (2013)
Invited Keynote Address for the German Society for Behavior Therapy and Behavioral Medicine, Mainz, Germany (2016)
Invited Keynote Address for the International Conference for Writing Interventions for Mental Health, Glasgow, Scotland (to be given; March 2018)

Grant Reviewing

Review committee member:

Behavioral Medicine, Interventions, and Outcomes Study Section, National Institutes of Health, 2006-2008. [Ad hoc 2009, 2011, 2013, 2016]
[Chair] Special Emphasis Panel, Development and Social Psychology, National Institutes of Health, 2009.

Additional ad hoc grant reviewing:

National Institutes of Health
National Science Foundation
Department of Defense, United States Government
William T Grant Foundation
The Canada Foundation for Innovation
Board of Regents, State of Louisiana
Anthony Marchionne Foundation
Wayne State University
City University of New York

Scientific Advisory Boards

Society for Ambulatory Assessment (2008-Present) www.ambulatory-assessment.org
Foundation for Art & Healing (2009-Present) www.artandhealing.org
bLife/Signal Patterns (2010-2015) www.signalpatterns.com
Canary Health (2015-Present) <http://www.canaryhealth.com/>

Representative University Service

Additional university service details, including committee memberships and related activities not listed herein, are available upon request.

Departmental undergraduate committee
Undergraduate statistics/methodology curricular evaluation committee
Developed and administered a departmental undergraduate "exit" survey
McNair scholars program faculty
Doctoral program development committee (member, chair)
Departmental program evaluation model and database development
Director, graduate program in social psychology (additionally including program self-study, mission statement development, faculty hiring plan, graduate curricular review)
Graduate student ombudsman
Department academic planning committee
Department governance committee (member, chair)
Graduate admissions committee

Graduate program accreditation committee
Faculty handbook committee (co-chair)
Faculty promotion and tenure review committee (member, chair)
College committee on faculty recruitment and retention
Departmental executive committee
Departmental research infrastructure committee
Department colloquium committee (member, chair)
Faculty mentor for many junior colleagues (including many faculty development grants, e.g., NIH K)
Search committees (~20 searches as member or chair - including interdisciplinary, interdepartmental, cluster, department head, and other 'atypical' searches)
College representative for "Speaking of Science" panel discussion with William Safire and Oliver Sacks, Syracuse University
Developed University consortium on the study of social issues and social problems (Psychology, Maxwell school Center for Policy Research, the Newhouse school for communication, and the Burton Blatt Institute for disabilities research, law, and policy), Syracuse University
Presidential task force on child abuse, Pennsylvania State University
Executive council, Vice President of Research and Graduate Studies, Pennsylvania State University
University health sciences council, Pennsylvania State University
Strategic planning experience
 Department strategic planning committee
 College strategic planning committee
 University strategic planning committee
 University strategic plan, Enhancing Health pillar, steering committee co-chair