

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- Academic Director, Survey Research Center, Pennsylvania State University
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)
2015 Acting Co-Director, Clinical and Translational Sciences Institute [CTSI], Pennsylvania State University (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

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

"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). \$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). \$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.

“Everyday stress response targets in the science of behavior change” NIH-NIA UH2-UH3. Co-Principal investigator (MPI: 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). \$191,922., 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-Principal Investigator (PIs: C. Lagoa, PhD, D. Conroy, PhD, & S. Lanza, 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.E. 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: Brian 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). \$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; parent PI: R. Lipton, PhD). \$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, Ph.D.). \$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, Ph.D.). \$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, Ph.D.). \$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, Ph.D.). \$139,392., 06/30/96 - 05/30/98.

Current Work: Manuscripts Under Review or in Preparation

(*indicates work conducted with student author)

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

Sliwinski, M., **Smyth, J.**, Stawski, R., & Almeida, D. Short-term and long-term variability and change in emotional states and their association with health and social connections in older adults.

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

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

Snipes, S., **Smyth, J.**, Murphy, D., Davis, L., Miranda, P., & Migrant Head Start. An integrated "PPE" and mHealth intervention to improve pesticide safety among Mexican immigrant farmworkers.

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).

Smyth, J., Jorgenson, R., *Hockemeyer, J., & Gerin, W. Cross-task stability of salivary cortisol and subjective stress reactivity.

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

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

Phibbs, S., Stawski, R., MacDonald, S., Munoz, E., **Smyth, J.**, & Sliwinski, M. The influence of social support and perceived stress on cognitive performance: Response time inconsistency as a novel indicator.

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

Finan, P., Moscou-Jackson, G., Martel, M., Campbell, C., **Smyth, J.**, & Haythornthwaite, J. Sleep continuity amplifies the beneficial effects of daily positive affect regulation on pain in sickle cell disease.

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

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

Scott, S., Muñoz, E., Mogle, J., Gamaldo, A., **Smyth, J.**, Almeida, D., & Sliwinski, M. Psychosocial neighborhood context predicts severity and response to daily stressors.

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

Lindsay, E., Young, S., **Smyth, J.**, Brown, K. & Creswell, D. Learning acceptance lowers stress reactivity: Dismantling the components of mindfulness training in a randomized controlled trial.

Heron, K., Everhart, R., McHale, S., & **Smyth, J.** Using mobile technology-based Ecological Momentary Assessment [EMA] methods with youth: A systematic review and recommendations.

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.

MacLean, R., Pincus, A., **Smyth, J.**, Geier, C., & Wilson, S. Assessing naturalistic risk taking using a novel mobile balloon analogue risk task.

*Dietch, J., Taylor, D., **Smyth, J.**, Ahn, C., Smith, T., Uchino, B., Allison, M., & Ruiz, J. Brief report: Sex and racial/ethnic differences in sleep duration in the North Texas Heart Study.

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 = 48, i10-index = 99, ~10,000 total citations [Google Scholar])
<https://scholar.google.com/citations?user=yIKhsI8AAAAJ&hl=en>

(*indicates work conducted with student author)

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*.

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

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

Pool, A., Kraschnewski, J., Poger, J., **Smyth, J.**, Stuckey, H., Craig, T., Lehman, E., Yang,

C., & Sciamanna, C. (in press). Impact of online patient reminders to improve asthma care: A randomized controlled trial. *PLOS ONE*.

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

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

Smyth, J. & Heron, K. (in press). Is providing mobile interventions “just-in-time” helpful? An experimental proof of concept study of just-in-time intervention for stress management. *Proceedings of the IEEE Wireless Health Conference*.

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

Sciamanna, C., **Smyth, J.**, Doerkson, S., Richard, B., Kraschnewski, J., Mowen, A., Hickerson, B., Rovniak, L., Lehman, E., & Yang, C. (in press). The association between physical activity context and mental distress in adulthood. *American Journal of Preventive Medicine*.

Smyth, J., Juth, V., Sliwinski, M. (in press). Thin-slice methods for research on the role of social relationships in healthy aging. White paper commissioned by the National Institute of Aging, National Institutes of Health, on “New methods in research on the role of intimate and family relationships in health at older ages.”

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.

Filipkowski, K., Heron, K., & **Smyth, J.** (in press). Early adverse experiences and health: The transition to college. *American Journal of Health Behavior*.

Sliwinski, M., Mogle, J., Hyun, J., Munoz, M., **Smyth, J.**, & Lipton, R. (in press). Reliability and construct validity of ambulatory cognitive assessments. *Assessment*.

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.

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.

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.

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 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 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 physical well-being 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*

Snipes, S., **Smyth**, J., Murphy, D., Davis, L., Miranda, P., & *Montiel-Ishino, F. (2015). Provision increases reported PPE use for Mexican immigrant farmworkers. *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 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.

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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). The 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]

Hatchard, N. (2018)

In progress. [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]

Coleman, S. (2018) *In progress.* [Pennsylvania State University; Advisor]
Potter, L. (2019) *In progress.* [Pennsylvania State University; Advisor]
Materia, F. (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.)
Kim, J. (2016-present) Ecological Momentary Assessment and just-in-time adaptive interventions [JITAI].
Marcusson-Clavertz, D. (2016-present) Thoughts and health: Relating mind-wandering, rumination, perseverative cognition to health behaviors and indicators.
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

Social psychology (1 semester; instructor rating=4.6/5)
Health psychology (2 semesters; mean instructor rating=4.7/5)
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*

Selected Editorial Referee Experience

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

Chair, Program Committee (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)

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)

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

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, 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, steering committee (co-chair)