



Jenkins, B. N., Hunter, J. F., **Cross, M. P.**, Acevedo, A. M., & Pressman, S. D. (2018). When is affect variability bad for health? The association between affect variability and immune response to the influenza vaccination. *Journal of Psychosomatic Research*, *104*, 41-47. doi:10.1016/j.jpsychores.2017.11.002

Hunter, J., F., **Cross, M. P.**, & Pressman, S. D. (2018). The associations between positive affect and health: Findings and future directions. In C.R. Snyder, S. J. Lopez, L. M. Edwards, and S. C. Marques (Eds.), *The Oxford Handbook of Positive Psychology*, 3<sup>rd</sup> Edition. doi:10.1093/oxfordhb/9780199396511.013.61

**Cross, M. P.**, & Pressman, S. D. (2017). Understanding the connections between positive affect and health. In C. L. Cooper and J. C. Quick (Eds.), *The Wiley Handbook of Stress and Health: A Guide to Research and Practice*.

Pressman, S. D., Kraft, T. L., & **Cross, M. P.** (2015). It's good to do good and receive good: The impact of a "pay it forward" style kindness intervention on giver and receiver well-being. *Journal of Positive Psychology*, *10*(4), 293-302. doi:10.1080/17439760.2014.965269

### **Manuscripts Under Review**

**Cross, M. P.**, \*Gheorma, L., & Pressman, S. D. Contrasting experimentally device-manipulated and device-free smiles. Revise and resubmit. *Frontiers in Emotion Science*.

### **Manuscripts in Preparation**

**Cross, M. P.**, Acevedo, A. M., Leger, K. A., & Pressman, S. D. How and why smiling could influence physical health.

\*Smirnova, M., **Cross, M. P.**, McKenna, C., Faraci, D. C., Ditto, P. H., & Pressman, S. D. The effects of smiling on cheating behavior.

Acevedo, A. M., **Cross, M. P.**, Hunter, J. F., Jenkins, B. N., & Pressman, S. D. Calming the pain: The association between specific positive affect subtypes and the pain response.

### **HONORS AND AWARDS**

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Dean's Dissertation Writing Fellowship (\$12,885) 2019  
School of Social Ecology  
University of California, Irvine

Outstanding Mentoring Award (\$200) 2014, 2015, 2016, 2017, 2019  
School of Social Ecology, University of California, Irvine

<p>Carol Kupers Whalen Graduate Research Award (\$1,000)  Department of Psychological Science  University of California, Irvine  <i>Awarded to a graduate student who is conducting innovative research on a fundamental question in health psychology and contributes to the department beyond his or her own work</i></p>	2018
<p>Travel Grant (\$400)  Associated Graduate Students, University of California, Irvine</p>	2014, 2015, 2018
<p>Dissertation Research Award (\$1,000)  American Psychological Association  <i>Awarded to students whose dissertation research reflects excellence in scientific psychology</i></p>	2017
<p>Multidisciplinary Design Program (\$2,000)  Undergraduate Research Opportunities Program  University of California, Irvine  <i>Awarded to projects that provide an environment for undergraduate students to develop the multidisciplinary skills and knowledge that will propel them into further studies or careers in fields that explore the connections between different disciplines</i></p>	2017
<p>Dissertation Data Collection Stipend (\$1,000)  School of Social Ecology, University of California, Irvine</p>	2017
<p>La Verne Noyes Fellowship (\$3,000)  University of California, Irvine  <i>Awarded to an academically superior graduate student who is a direct descendant of a World War I U.S. Navy or Army veteran</i></p>	2016
<p>Alison Clarke-Stewart Excellence in Research Award (\$500)  Department of Psychological Science  University of California, Irvine  <i>Awarded to the graduate student who submitted the best second year project; given to a paper that was creative, original, theoretically and practically strong, and reflected a large amount of independent work by the student</i></p>	2015
<p>Graduate Research Fellowship Program Honorable Mention  National Science Foundation</p>	2015

## **TEACHING EXPERIENCE**

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### **Instructor at the University of California, Irvine**

Mean ratings are from student course evaluations.

<b>Course</b>	<b>Date</b>	<b>Mean Rating</b>	<b>Course Enrollment</b>
Human Stress	Spring 2019	6.03 out of 7	252 students
	Spring 2018	6.11 out of 7	230 students
Health Psychology	Summer 2018	8.5 out of 9	39 students

### **Teaching Assistant at the University of California, Irvine**

Mean ratings are from student course evaluations.

<b>Course</b>	<b>Date</b>	<b>Mean Rating</b>	<b>Course Enrollment</b>
Health Psychology	Fall 2017	5.94 out of 7	369 students
	Spring 2017	6.19 out of 7	341 students
	Winter 2016	5.58 out of 7	349 students
	Spring 2015	6.08 out of 7	388 students
	Fall 2014	5.82 out of 7	356 students
	Winter 2014	6.11 out of 7	367 students
Human Stress	Fall 2018	6.47 out of 7	137 students
	Fall 2013	5.65 out of 7	341 students
Positive Psychology	Fall 2016	6.15 out of 7	252 students
	Spring 2016	6.14 out of 7	284 students
Psychology Fundamentals	Winter 2017	5.63 out of 7	437 students
Naturalistic Field Research	Fall 2015	6.54 out of 7	23 students
Gerontology	Winter 2015	6.26 out of 7	96 students
Environmental Psychology	Spring 2014	5.80 out of 7	386 students

## **MENTORSHIP**

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I have worked closely with eight undergraduate honors students. The following are the honors students I have worked with, their current positions, and the awards they won under my mentorship.

Grace Kim (2018-present)

*Current position:* Public Health Studies undergraduate student at the University of California, Irvine

*Title of honors thesis:* *The Connections between Personality Traits and Pain Tolerance*

Jeanne Kim (2018-present)

*Current position:* Psychology and Social Behavior undergraduate student at the University of California, Irvine

*Title of honors thesis:* *The Connections between Anxiety Sensitivity and Pain Tolerance*

Katlyn King (2016-2017)

*Current position:* Demography and Social Analysis Master's student at the University of California, Irvine

Title of honors thesis: *Facial Attraction and Academic Success: Does Beauty Trump Brains?*

Social Ecology Excellence in Research Distinction (Spring, 2017)

Summer Undergraduate Research Opportunities Program (Summer, 2016; \$1,800)

Lauren Hofschneider (2015-2016)

*Current position:* Health Psychology Ph.D. student at the University of California, Los Angeles

Title of honors thesis: *Risky Business: The Influence of Smiling on Risky Decision-Making*

Social Ecology Excellence in Research Distinction (Spring, 2016)

Summer Undergraduate Research Opportunities Program (Summer, 2015; \$1,700)

Mikaela Grimm (2015-2016)

*Current position:* Counseling Master's student at California State University, Fullerton

Title of honors thesis: *The Influence of Smiling on Blood Pressure*

Clint McKenna (2014-2015)

*Current position:* Social Psychology Ph.D. student at the University of Michigan

Title of honors thesis: *The Influence of Smiling on Evaluating Moral Foundation Transgressions*

Social Ecology Excellence in Research Distinction (Spring, 2015)

Psychology and Social Behavior Excellence in Research Award (Spring, 2015)

Summer Undergraduate Research Opportunities Program (Summer, 2014; \$1,500)

Mary Smirnova (2014-2015)

*Current position:* Lab manager for the Trauma and Health Research on Immunity, Vitality, and Emotions Lab at the University of California, San Francisco

Title of honors thesis: *Can Smiling Make You Cheat? The Impact of Smiling on Moral Behavior*

Social Ecology Excellence in Research Distinction (Spring, 2015)

Daniel Faraci (2014-2015)

*Current position:* Clinical Psychology Ph.D. student at the University of South Florida

Title of honors thesis: *The Influence of Smiling on Moral Decision-Making*

Social Ecology Excellence in Research Distinction (Spring, 2015)

Summer Undergraduate Research Opportunities Program (Summer, 2014; \$1,500)

## **CONFERENCE PRESENTATIONS**

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*\*Denotes an undergraduate student I directly supervised in research*

### **Invited Academic Talks**

**Cross, M. P.** (March, 2019). *Careers in teaching psychosomatic medicine*. 77<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.

### **Submitted/Reviewed Academic Talks**

Jenkins, B. N., **Cross, M. P.**, Goldstein, A., Kraft-Feil, T. L., Rasmussen, H., Scheier, M. F., & Pressman, S. D. (March, 2019). *The stress buffering effect of positive affect on sleep: Considering arousal level of positive affect*. Paper presentation at the 77<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.

Jenkins, B. N., Hunter, J. F., **Cross, M. P.**, Acevedo, A. M., & Pressman, S. D. (April, 2018). *Mean positive affect moderates the association between positive affect variability and immune response to the influenza vaccination*. Paper presentation at the Positive Emotion Preconference at the 5<sup>th</sup> Annual Meeting of the Society for Affective Science, Los Angeles, CA.

Pressman, S. D., Acevedo, A. M., **Cross, M. P.**, Hunter, J. F., & Jenkins, B. N. (April, 2018). *Keep calm and fight pain: How arousal matters in the positive affect-pain connection*. Paper presentation at the 5<sup>th</sup> Annual Meeting of the Society for Affective Science Annual Conference, Los Angeles, CA.

**Cross, M. P.**, & Pressman, S. D. (March, 2018). *The case for including facial expressions in affect and health research*. Paper presentation at the 76<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.

**Cross, M. P.**, Kraft, T. L., & Pressman, S. D. (April, 2016). *The impact of a “pay it forward” style kindness intervention on giver and receiver wellbeing*. Paper presentation at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.

Pressman, S. D., & **Cross, M. P.** (March, 2016). *Say cheese! The association between smiles in student identification photographs and frequency of health care center visits*. Paper presentation at the Positive Emotion Preconference at the 3<sup>rd</sup> Annual Meeting of the Society for Affective Science, Chicago, IL.

**Cross, M.**, Brooks, K., & Robles, T. (April, 2012). *We get by with a little help from our friends: The relationship between types of social support and emotion*. Paper presentation at the Berkeley Interdisciplinary Research Conference at UCB, Berkeley, CA.

### Chaired Symposia

**Cross, M. P.** (March, 2019). HIV. 77<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.

**Cross, M. P.** (March, 2018). Pain and physical symptoms. 76<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.

### Poster Presentations

\*Khan, A., Olah, M., \*Palmer, S., \*Smith, J., \*Resendiz, E., **Cross, M. P.**, & Pressman, S. D. The relationship between personality and facial expression adherence. Poster presentation at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.

\*Kim, G. J., \*Singh, T., \*Hollas, K., \*Tran, T., \*Chen, S., \*Corona, R., **Cross, M. P.**, & Pressman, S. D. (May, 2018). *An analysis of Cyberball as an effective social exclusion tool*. Poster presentation at the 30<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, CA.

\*Dominguez Ortega, D., \*Zheng, Z., \*Chen, S., \*Singh, T., \*Galstyan, E., \*Gheorma, L., **Cross, M. P.**, & Pressman, S. D. (April, 2017). *A comparison of manipulated and natural smile facial muscle activation*. Poster presentation at the 97<sup>th</sup> Annual Convention of the Western Psychological Association, Sacramento, CA.

**Cross, M. P.**, Acevedo, A. M, Hunter, J. F., & Pressman, S. D. (March, 2017). *Smile while your heart is breaking? The protective cardiovascular effects of smiling during social exclusion*. Poster presentation at the 75<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.

Hunter, J. F., Hooker, E., Acevedo, A. M., **Cross, M. P.**, \*Wong, E. & Pressman, S. D. (March, 2017). *Is your smartphone a digital security blanket? How phone use and availability influences salivary alpha amylase and exclusion reports during social stress*. Poster presentation at the 75<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.

Acevedo, A. M., Leger, K., \*Shader, J., Hunter, J. F., **Cross, M. P.**, & Pressman, S. D. (March, 2017). *Keep calm and carry on: Low arousal positive affect is associated with higher parasympathetic function and no sympathetic activation during responses to pain*. Poster presentation at the 75<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.

\*Dominguez Ortega, D., \*Singh, T., \*Zhang, S., \*Koh, S. E., \*Carcano, A., \*Gheorma, L., **Cross, M. P.**, & Pressman, S. D. (March, 2017). *Using psychophysiological methods to understand the effects of different positive facial expression manipulations*. Poster presentation at the 38<sup>th</sup> Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.

- \*Hofschneider, L., \*Grimm, M., \*Wang, H. D., \*King, K., \*Ochiai, K., \*Ong, P., **Cross, M. P.**, & Pressman, S. D. (March, 2017). *Do loneliness and self-esteem alter the influence of self-affirmation on stress recovery?* Poster presentation at the 38<sup>th</sup> Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.
- Urban, E. J., Cochran, K. J., Acevedo, A., **Cross, M. P.**, Pressman, S. D., & Loftus, E. F. (January, 2017). *Underestimating pain: Memory blindness for a self-reported painful experience.* Poster presentation at the 18<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, San Antonio, TX.
- Chase, D., **Cross, M. P.**, & Pressman, S. D. (April, 2016). *Do personality traits predict health care seeking behaviors in college students?* Poster presentation at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
- \*Gheorma, L., \*Carcano, A., \*Koh, S., \*Nguy, C. T., \*Ortega, D. D., \*Shader, J., **Cross, M. P.**, Pressman, S. D. (April, 2016). *The smile stick: The validation of a new method of smile inducement.* Poster presentation at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
- Limas, I., Villarreal, B. J., **Cross, M. P.**, & Heckhausen, J. (April, 2016). *Academic stress, motivation, and mental and physical health in university students.* Poster presentation at the 96<sup>th</sup> Annual Convention of the Western Psychological Association, Long Beach, CA.
- Cross, M. P.**, & Pressman, S. D. (March, 2016). *Does a smile a day keep the doctor away? The connections between facial expressions in student identification photographs and health care center visitation.* Poster presentation at the 74<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO.
- Cross, M. P.**, \*Gheorma, L., \*Hofschneider, L., \*Grimm, M., & Pressman, S. D. (January, 2016). *Does a smile a day keep the doctor away? The connections between facial expressions in student identification photographs and health care center visitation.* Poster presentation at the 17<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
- \*Smirnova, M., \*McKenna, C., \*Faraci, D. C., **Cross, M. P.**, Pressman, S. D., & Ditto, P. H. (January, 2016). *The influence of smiling on cheating.* Poster presentation at the 17<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
- \*Faraci, D. C., \*McKenna, C., \*Smirnova, M., **Cross, M. P.**, Pressman, S. D., & Ditto, P. H. (January, 2016). *The influence of smiling on moral decision making.* Poster presentation at the 17<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
- \*McKenna, C., \*Smirnova, M., \*Faraci, D. C., **Cross, M. P.**, Pressman, S. D., & Ditto, P. H. (January, 2016). *The influence of smiling on evaluating moral foundation transgressions.* Poster presentation at the 17<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.



- Cross, M. P., \*Faraci, D. C., \*Milligan, S., \*Gheorma, L., & Pressman, S. D.** (March, 2015). *Fake smiles = worse health: The connection between smile type in student photos and physical health.* Poster presentation at the 73<sup>rd</sup> Annual Scientific Meeting of the American Psychosomatic Society, Savannah, GA.
- \*Faraci, D. C., \*Milligan, S., \*Gheorma, L., **Cross, M. P.,** & Pressman, S. D. (February, 2015). *The connections between smile intensity in student ID photos and health.* Poster presentation at the 16<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, Long Beach, CA.
- Cross, M. P.,** Kraft, T. L., & Pressman, S. D. (February, 2015). *It's good to do good and receive good: The impact of a "pay it forward" style intervention on giver and receiver wellbeing.* Poster presentation at the 16<sup>th</sup> Annual Meeting of the Society for Personality & Social Psychology, Long Beach, CA.
- Cross, M. P.,** Kraft, T. L., & Pressman, S. D. (February, 2015). *It's good to do good and receive good: The impact of a "pay it forward" style intervention on giver and receiver wellbeing.* Poster presentation at the Happiness and Well-being Pre-Conference, Society for Personality & Social Psychology, Long Beach, CA.
- Cross, M. P., \*Estevez Cores, S. M., \*Bower, A. H., & Pressman, S. D.** (March, 2014). *What types of social relationship variables are associated with respiratory sinus arrhythmia?* Poster presentation at the 72<sup>nd</sup> Annual Scientific Meeting of the American Psychosomatic Society in San Francisco, CA.
- Leger, K. A., **Cross, M. P.,** & Pressman, S. D. (March, 2014). *The relationship between self-rated health, heart rate, and heart rate variability in healthy young adults.* Poster presentation at the 72<sup>nd</sup> Annual Scientific Meeting of the American Psychosomatic Society in San Francisco, CA.
- Cross, M.,** Brooks, K., & Robles, T. (May, 2012). *We get by with a little help from our friends: The relationship between types of social support and emotion.* Poster presentation at the Psychology Undergraduate Research Conference at UCLA, Los Angeles, CA.
- Cross, M.,** Frazier, M., Galligan, M., Vishnevsky, R., Thom, E., & Sandhofer, C. (2011, May). *Examining the relationship between word learning and experience within categories.* Poster presentation at the Psychology Undergraduate Research Conference at UCLA, Los Angeles, CA.
- Cross, M.,** Frazier, M., Galligan, M., Vishnevsky, R., Thom, E., & Sandhofer, C. (May, 2011). *Examining the relationship between word learning and experience within categories.* Poster presentation at the Symposium on Cognitive and Language Development at California State University Los Angeles, Los Angeles, CA.

## **ADDITIONAL RELEVANT WORK EXPERIENCE**

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Lab Manager and Research Coordinator 2012 – 2013  
 Social Neuroscience Laboratory, UCLA  
 Principal Investigator: Shelley E. Taylor, Ph.D.

- Coordinated an NIA-funded study investigating the physiological correlates of psychological vulnerabilities to fraud across the lifespan
- Assisted in writing and editing *Health Psychology*, 9th edition, by Dr. Shelley E. Taylor
- Supported lab publications by conducting literature reviews, providing editing assistance, and coordinating submissions
- Developed and submitted research study protocols to Federal grant institutions (NIH, NSF) and UCLA's Institutional Review Board

## **PROFESSIONAL SERVICE**

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American Psychosomatic Society Emerging Leaders Committee 2017 – present  
*Responsible for promoting the development of early career members and trainees as scholars and leaders in psychosomatic medicine*

American Psychosomatic Society Program Committee 2017 – 2019  
*Responsible for developing the academic portions of the Annual Meeting*

Mentor for the International Medicine Education and Development Club at the University of California, Irvine 2018 – 2019  
*Serve as a mentor for two undergraduate students who are interested in careers in the health sciences*

### **Ad Hoc Reviewer**

Journal of Personality and Social Psychology

## **DEPARTMENTAL SERVICE**

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Clinical Neuropsychology and Aging Faculty Search Committee Member 2018  
 University of California, Irvine

Department of Psychological Science  
 University of California, Irvine  
 NSF GRFP Internal Review Committee 2018  
 School of Social Ecology  
 University of California, Irvine

Graduate Recruitment Chair  
Department of Psychological Science  
University of California, Irvine  
*Responsible for coordinating the interview weekend for potential  
future graduate students* 2016 – 2017

Social Chair  
Department of Psychological Science  
University of California, Irvine  
*Responsible for planning community-building events for faculty  
and graduate students* 2014 – 2016

**PROFESSIONAL AFFILIATIONS**

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American Psychosomatic Society 2013 – present

American Psychological Association 2017 – present  
Division 2, Society for the Teaching of Psychology  
Division 38, Health Psychology