

Matthew Jason Zawadzki, PhD

359B SSM Building • University of California, Merced • Merced, CA 95343
 Cell: (347) 804-8023 • Office: (209) 228-4787 • email: mzawadzki@ucmerced.edu
 website: <http://faculty.ucmerced.edu/mzawadzki>
 orcid.org: 0000-0001-6968-084X

Educational History

- 2012 PhD Social Psychology and Women's Studies, Concentration in Social, Cognitive, Affective Neuroscience, The Pennsylvania State University
- 2009 MS Psychology, The Pennsylvania State University
- 2006 MA Quantitative Methods in the Social Sciences, Columbia University
- 2004 BA Psychology and Philosophy, Iona College, *Summa Cum Laude*

Professional Experience

- 2014-present Assistant Professor, School of Social Science, Humanities and Arts, University of California, Merced
- 2012-2014 Post-Doctoral Fellow, Department of Biobehavioral Health, The Pennsylvania State University (Mentor: Dr. Joshua Smyth)
- 2012 Graduate Research Assistant, Department of Biobehavioral Health, The Pennsylvania State University (Mentor: Dr. William Gerin)
- 2008-2012 Graduate Research Assistant, Department of Psychology, The Pennsylvania State University (Mentor: Dr. Stephanie Shields)
- 2006-2008 Teaching Assistant, Department of Psychology, The Pennsylvania State University

Academic Honors and Awards

- 2014 Young Investigator Colloquium, American Psychosomatic Society
- 2012 NIH Summer Institute on Social and Behavioral Intervention Research, Columbia University
- 2012 Outstanding Publication by a Psychology Graduate Student (Zawadzki, Graham, & Gerin, 2012), Department of Psychology, The Pennsylvania State University
- 2012 Graduate Student Exhibition Best Poster Award, The Pennsylvania State University
- 2010 Geis Dissertation Fellowship, Honorable Mention, Society for the Psychology of Women
- 2009 Precourt Energy Efficiency Center Fellow, Stanford University

- 2008-2011 Carolyn Wood Sherif Travel Award, Department of Psychology, The Pennsylvania State University
- 2004 *Psi Chi*, National Honor Society in Psychology
- 2004 Medal for Excellence in the Behavioral and Social Sciences, Iona College
- 2004 *Delta Epsilon Sigma* Honor Society, Iona College

Research Interests

My research examines how stress contributes to the development and progression of chronic disease, with a focus on cardiovascular disease and its psychosocial predictors. Among potential mechanisms linking stress to health, I examine the interactive effects of thoughts and emotions focusing largely on the role that perseverative cognitions, such as rumination and worry, has in creating, exacerbating, and extending physiological, psychological, and emotional responses to stressful experiences. An emerging focus of my work involves designing, implementing, and testing non-pharmacological psychosocial interventions aimed at improving cardiovascular health and overall well-being. More specifically, my research activities explore this focus on stress, perseverative cognitions, and health in three overlapping areas:

- How do perseverative cognitions function as a mechanism to create and extend stress responses and impact cardiovascular health and its predictors?
- Do the relationships between stress, perseverative cognitions, and health observed in the laboratory and in survey studies translate to everyday life?
- Can non-pharmacological psychosocial interventions be developed that have long-term positive effects on health and well-being?

Funded Research

Active Awards

“Mobile, Web-based Behavioral Intervention for Improving Caregiver Well-being”; R01, National Institute of Aging (National Institutes of Aging); Co-Investigator (PI: B. Mausbach, PhD); \$2,566,418; 09/21/2018 – 08/31/2023.

“Examining How Stress and Perseverative Cognitions Contribute to Poor Cardiovascular Health and Ways to Intervene”; Loan Repayment Program Renewal, National Health, Lung, and Blood Institute (National Institutes of Health); Principal Investigator; \$25,396; 10/01/2018 – 07/31/2020.

“Everyday Stress Response Targets in the Science of Behavior Change”; Science of Behavior Change: Assay Development and Validation for Stress Reactivity and Stress Resilience Targets (UH2/UH3), National Institute of Aging (National Institutes of Health); Co-Investigator (PI: D. Almeida, PhD); \$5,240,686; 09/30/2015 – 06/30/2020.

“Financial Stress, Health, and Behavior in California’s Central Valley”; University of California, Merced Graduate Division’s Interdisciplinary Small Grants Program; Co-

Principal Investigator (Co-PI: E. Denny; Co-PI: I. Yen); \$2760; 07/01/2019 – 05/15/2020.

“Health in the Valley Study”; University of California, Academic Senate Faculty Research Grant; Co-Principal Investigator (Co-PI: J. Howell; D. Wiebe); \$15000; 07/01/2020 – 06/30/2021.

Pending Awards

“Leisure as a Protective Factor against Everyday Risk for Cardiovascular Disease”; American Heart Association; Principal Investigator; \$299,515.

“Variability in the Perception to Risk of Smoking”; Tobacco-Related Disease Research Program; Principal Investigator; \$743,521.

Completed Awards

“A Dimensional Approach to Studying Leisure and Its Impact on Cardiovascular Health”; Seed Grant, University of California Intercampus Consortium on Health Psychology; Principal Investigator; \$10,000; 07/01/2017 – 06/30/2019.

“Work and Stress Study”; Seed Grant, Healthy Campus Network, University of California, San Francisco; Principal Investigator; \$5,000; 03/01/2018 – 7/31/2019.

“Why Are You Smoking Now? Examining How Smoking Expectancies Vary at the Person, Day, and Momentary Levels and What Predicts that Variance”; Academic Senate Faculty Research Grant, University of California; Principal Investigator; \$5,000; 05/01/2016 – 05/31/2018.

“Forging Relationships between UC Merced and the Merced Homeless Community: Understanding the Needs of the Homeless”; Blum Center, University of California, Merced; Principal Investigator; \$5,000; 06/01/2016 – 06/01/2017.

“Examining How Perseverative Cognitions Contribute to Poor Cardiovascular Health”; Loan Repayment Program, National Health, Lung, and Blood Institute (National Institutes of Health); Principal Investigator; \$37,372; 07/01/2015 – 06/30/2017.

“Reducing Under-diagnosis of CHD for Older Women”; Grants-In-Aid Program, Society for the Psychological Study of Social Issues; Principal Investigator; \$2,000; 01/01/2015 – 12/31/2015.

“Validation of Salivary to Blood-based Inflammatory Markers and Associations with Psychosocial and Immune Health Indicators”; Social Science Research Institute, The Pennsylvania State University; Co-Investigator (PI: J. Graham, PhD); \$4,940; 07/01/2012 – 06/30/2013.

“Examining an Intervention to Reduce Under-diagnosis for CHD for Older Women”; College of Liberal Arts Dissertation Support Grant, The Pennsylvania State University; Principal Investigator; \$2,000; 09/01/2010 – 08/31/2011.

“Skilled Self-Labeling in the Doctor-Patient Context”; Social Science Research Institute, The Pennsylvania State University; Co-Investigator (PI: S. Shields, PhD); \$5,000; 08/01/2008 – 07/31/2009.

“Examining the Relationship between Touch, Levels of Arousal, and Desire to Affiliate”; Graduate Research Grant, National *Psi Chi*; Principal Investigator; \$1,500; 05/01/2008 – 4/30/2009.

Publications

*Denote student/trainee author

Scott, S. B., Sliwinski, M. J., **Zawadzki**, M. J., Stawski, R., Kim, J., Marcusson-Clavertz, D., Lanza, S., Conroy, D., Buxton, O., Almeida, D. M., & Smyth, J. M. (in press). A coordinated analysis of variance in affect in daily life. *Assessment*. doi: 10.1177/1073191118799460

Almeida, D. M., Marcusson-Clavertz, D., Conroy, D. E., **Zawadzki**, M. J., Kim, J., & Smyth, J. M. (2020). Everyday stress components and physical activity: Examining reactivity, recovery and pileup. *Journal of Behavioral Medicine*, 43, 108-120. doi: 10.1007/s10865-019-00062-z

Johnson, K. T., Merritt, M. M., **Zawadzki**, M. J., Di Paolo, M. R., & Ayazi, M. (2019). Cardiovascular and affective responses to speech and anger: Proactive benefits of a single brief session of mindfulness meditation. *Journal of Applied Biobehavioral Research*, 24(3), e12167. doi: 10.1111/jabr.12167

Potter, L.N., **Zawadzki**, M.J., Eccleston, C.P., Cook, J.E., Snipes, S.A., Sliwinski, M.J., & Smyth, J.M. (2019). The intersections of race, gender, age, and socioeconomic status: Implications for reporting discrimination and attributions to discrimination. *Stigma and Health*, 4(3), 264-281. <https://doi.org/10.1037/sah0000099>

Zawadzki, M. J., Scott, S. B., Almeida, D. M., Lanza, S. T., Conroy, D. E., Sliwinski, M. J., Kim, J., Marcusson-Clavertz, D., Stawski, R., Green, P. M., Sciamanna, C. N., & Smyth, J. M. (2019). Understanding stress reports in daily life: A coordinated analysis of factors associated with the frequency of reporting stress. *Journal of Behavioral Medicine*, 42, 545-560. doi: 10.1007/s10865-018-00008-x

Stawski, R. S., Scott, S. B., **Zawadzki**, M. J., Sliwinski, M. J., Marcusson-Clavertz, D., Kim, J., Lanza, S. T., Green, P. A., Almeida, D. M., & Smyth, J. M. (2019). Age differences in everyday stressor-related negative affect: A coordinated analysis. *Psychology and Aging*, 34, 91-105. doi: 10.1037/pag0000309

Zawadzki, M. J., Sliwinski, M. J., & Smyth, J. M. (2018). Perseverative cognitions and stress exposure: Comparing relationships to psychological health across a diverse adult sample. *Annals of Behavioral Medicine*, 52, 1060-1072. doi: 10.1093/abm/kay009

Cundiff, J. L., Danube, C. L., **Zawadzki**, M. J., & Shields, S. A. (2018). Testing an intervention for recognizing and reporting subtle gender bias in promotion and tenure decisions. *The Journal of Higher Education*, 89, 611-636. doi: 10.1080/00221546.2018.1437665

- Shields, S. A., McCormick, C., Diciccio, E., & **Zawadzki**, M. J. (2018). Demonstrating the cumulative effects of unconscious bias with WAGES-Academic (Workshop Activity for Gender Equity Simulation): Short and long-term impact on faculty and administrators. *Journal of Women and Minorities in Science and Engineering*, *24*, 147-163. doi: 10.1615/JWomenMinorScienEng.2018014113
- Smyth, J. M., Sliwinski, M. J., **Zawadzki**, M. J., Scott, S. B., Conroy, D. C., Lanza, S. T., ... Almeida, D. M. (2018). Everyday stress response targets in the science of behavior change. *Behaviour Research and Therapy*, *101*, 20-29. doi: 10.1016/j.brat.2017.09.009
- Zawadzki**, M. J., Boals, A., Mathews, N., Schuler, K., Southard-Dobbs, S., & Smyth, J. M. (2018). The relationship between perseverative cognitions and mental and physical health complaints among college students. *Cogent Psychology*, *5:1*, 1-11. doi:10.1080/23311908.2018.1475878
- Merritt, M. M., **Zawadzki**, M. J., Di Paolo, M. R., Johnson, K. T., & Ayazi, M. (2017). Dimensions of self-selected leisure activities, trait coping and their relationships with sleep quality and depressive symptoms. *Leisure Studies*, *36*, 838-851. doi: 10.1080/02614367.2017.1310283
- Zawadzki**, M. J., Smyth, J. M., Sliwinski, M. J., Ruiz, J. M., & Gerin, W. (2017). Revisiting the lack of association between affect and physiology: Contrasting between-person correlation and within-person coupling. *Health Psychology*, *36*, 811-818. doi: 10.1037/hea0000466
- Bernstein, M. J., **Zawadzki**, M. J., Benfield, J. A., Juth, V., & Smyth, J. M. (2017). Social interactions in daily life: Examining within-person associations between social interactions and mood, physical status, stress, and cortisol. *Journal of Social and Personal Relationships*. doi: 10.1177/0265407517691366
- Zawadzki**, M. J., Small*, A. K., & Gerin, W. (2017). Ambulatory blood pressure variability: A conceptual review. *Blood Pressure Monitoring*, *22*, 53-58. doi: 10.1097/MBP.0000000000000230
- Freireich, F. V., Vartanian, L. R., **Zawadzki**, M. J., Grisham, J. R., & Touyz, S. W. (2017). Psychological need satisfaction, control, and disordered eating. *British Journal of Clinical Psychology*, *56*, 53-68. doi: 10.1111/bjc.12120
- Smyth, J., **Zawadzki**, M., J., 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*, 320-331. doi: 10.1007/s10865-016-9790-2
- Zawadzki**, M. J., Mendiola*, J., Walle, E. A., & Gerin, W. (2016). Between-person and within-person approaches to the prediction of ambulatory blood pressure: The role of affective valence and intensity. *Journal of Behavioral Medicine*, *39*, 757-766. doi: 10.1007/s10865-016-9746-6
- Damaske, S., **Zawadzki**, M. J., & Smyth, J. M. (2016). Stress at work: Differential experiences of high versus low SES workers. *Social Science & Medicine*, *156*, 125-133. doi: 10.1016/j.socscimed.2016.03.010

- Smyth, J. M., & **Zawadzki**, M. J. (2016). Behavioral medicine. In H. S. Friedman (Ed.), *Encyclopedia of mental health* (2nd Edition) (pp. 156-162). Waltham, MA: Academic Press.
- Coleman, S. R. M., **Zawadzki**, M. J., Heron, K. E., Vartanian, L. R., & Smyth, J. M. (2016). Self-focused and other-focused resiliency: Plausible mechanisms linking early family adversity to perceived stress, subjective health, and health behaviors. *Journal of American College Health*, *64*, 85-95. doi: 10.1080/07448481.2015.1075994
- Graham-England, J. E., **Zawadzki**, M. J., Slavish, D. C., & Smyth, J. M. (2016). Depressive symptoms and momentary mood predict momentary pain among rheumatoid arthritis patients. *Annals of Behavioral Medicine*, *50*, 12-23. doi: 10.1007/s12160-015-9723-2
- Zawadzki**, M. J. (2015). Rumination is independently associated with poor psychological health: Comparing emotion regulation strategies. *Psychology & Health*, *30*, 1146-1163. doi: 10.1080/08870446.2015.1026904
- Zawadzki**, M. J., Smyth, J. M., & Costigan, H. J. (2015). Real-time association between engaging in leisure and daily health and well-being. *Annals of Behavioral Medicine*, *49*, 605-619. doi: 10.1007/s12160-015-9694-3
- Becker, J. C., **Zawadzki**, M. J., & Shields, S. A. (2014). Confronting and reducing sexism: A call for research on intervention. *Journal of Social Issues*, *70*, 603-614. doi: 10.1111/josi.12081
- Cundiff, J. L., **Zawadzki**, M. J., Danube, C. L., & Shields, S. A. (2014). Using experiential learning to increase the recognition of everyday sexism as harmful: The WAGES intervention. *Journal of Social Issues*, *70*, 703-721. doi: 10.1111/josi.12087
- Vartanian, L. R., Smyth, J. M., **Zawadzki**, M. J., Heron, K. E., & Coleman, S. R. M. (2014). Early adversity, personal resources, body shape concerns, and disordered eating. *International Journal of Eating Disorders*, *47*, 620-629. doi: 10.1002/eat.22313
- Damaske, S., Smyth, J. M., & **Zawadzki**, M. J. (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. doi: 10.1016/j.socscimed.2014.04.047
- Smyth, J., **Zawadzki**, M. J., Santuzzi, A. M., & Filipkowski, K. B. (2014). Examining the effects of perceived social support on momentary mood and symptom reports in asthma and arthritis patients. *Psychology & Health*, *29*, 813-831. doi: 10.1080/08870446.2014.889139
- Zawadzki**, M. J., Shields, S. A., Danube, C. L., & Swim, J. K. (2014). Reducing the endorsement of sexism using experiential learning: The Workshop Activity for Gender Equity Simulation (WAGES). *Psychology of Women Quarterly*, *38*, 75-92. doi: 10.1177/0361684313498573
- Zawadzki**, M. J., Smyth, J. M., Merritt, M. 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. doi: 10.1093/ajh/hpt118

- Zawadzki, M. J., & Smyth, J. M.** (2013). Teaching and learning guide for stress and health: A structural and functional analysis of chronic stress. *Social and Personality Psychology Compass, 7*, 502–506. doi: 10.1111/spc3.12034
- Smyth, J.M., **Zawadzki, M.J.**, & Gerin, W. (2013). Stress and disease: A structural and functional analysis. *Social and Personality Psychology Compass, 7*, 217-227. doi: 10.1111/spc3.12020
- Zawadzki, M. J., Vandekar, L., Smyth, J. M., 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. doi: 10.1097/MBP.0b013e32835f4fc7
- Zawadzki, M. J., Graham, J. E., & Gerin, W.** (2013). Rumination and anxiety mediate the effect of loneliness on depressed mood and sleep quality in college students. *Health Psychology, 32*, 212-222. doi: 10.1037/a0029007
- Zawadzki, M. J., Gerin, W., & Li, L.** (2013). Cardiovascular recovery. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine*. SpringerReference (www.springerreference.com). Springer-Verlag Berlin Heidelberg.
- Zawadzki, M. J., Warner, L. R., & Shields, S. A.** (2013). Sadness is believed to signal competence when displayed with passionate restraint. *Social Psychology, 44*, 219-230. doi: 10.1027/1864-9335/a000106
- Gaspar, K., & **Zawadzki, M. J.** (2013). Want information? How mood and performance perceptions alter the perceived value of information and influence information-seeking behaviors. *Motivation and Emotion, 37*, 308-322. doi: 10.1007/s11031-012-9304-7
- Bloodhart, B., Swim, J. K., & **Zawadzki, M. J.** (2013). Spreading the eco-message: Using proactive coping to aid eco-rep behavior change programming. *Sustainability, 5*, 1661-1679. doi: doi:10.3390/su5041661
- Zawadzki, M. J., Danube, C. L., & Shields, S. A.** (2012). How to talk about gender inequity in the workplace: Using WAGES as an experiential learning tool to reduce reactance and promote self-efficacy. *Sex Roles, 67*, 605-616. doi: 10.1007/s11199-012-0181-z
- Gerin, W., **Zawadzki, M. J.**, Brosschot, J. F., Thayer, J. F., Christenfeld, N. J. S., Campbell, T. S., & Smyth, J. M. (2012). Rumination as a mediator of chronic stress effects on hypertension: A causal model. *International Journal of Hypertension, 2012*, 1-9. doi: 10.1155/2012/453465
- Zawadzki, M. J., Graham, J. W., & Gerin, W.** (2012). Increasing the validity and efficiency of blood pressure estimates using ambulatory and clinic measurements and modern missing data methods. *American Journal of Hypertension, 25*, 764-769. doi: 10.1038/ajh.2012.40
- Shields, S.A. & **Zawadzki, M. J.** (2012). Theories of emotion, history of. In R. W. Rieber (Ed.), *Encyclopedia of the history of psychological theories* (pp. 1088-1105). Springer Science and Business Media.
- Gerin, W., & **Zawadzki, M. J.** (2012). Stress and blood pressure dysregulation. In V. S. Ramachandran (Ed.), *Encyclopedia of human behavior* (2nd Edition).

- Shields, S. A., **Zawadzki**, M. J., & Johnson, R. N. (2011). The impact of the Workshop Activity for Gender Equity Simulation in the Academy (WAGES-Academic) in demonstrating cumulative effects of gender bias. *Journal of Diversity in Higher Education*, 4, 120-129. doi: 10.1037/a0022953
- Espinosa, R., Spruill, T. M., **Zawadzki**, M. J., Vandekar, L., Paz Garcia-Vera, M., Sanz, J., Pickering, T. G., Linden, W. L., & Gerin, W. (2011). Can blood pressure measurements taken in the physician's office avoid the "white coat" bias? *Blood Pressure Monitoring*, 16, 231-237. doi: 10.1097/MBP.0b013e32834b45d2

Manuscripts under Review:

*Denotes student/trainee author; +Denotes corresponding author

- Arroyo*, A. C., Winter, S., Depaoli, S., & **Zawadzki**, M. J. Psychosocial factors and academic performance: Comparing first- and continuing-generation college students. *Journal of Diversity in Higher Education*.
- Gavrilova*, L., & **Zawadzki**+ M. J. Negative emotions and ambulatory blood pressure: Testing state and trait influences of anxiety, anger, and sadness. *Journal of Behavioral Medicine*.
- Hussain*, M., Howell, J. L., Johnson, A. E., Hua, J., Peek, M. K., & **Zawadzki**, M. J. Experienced discrimination relates to greater physical activity among Latinos adults: Findings from the Texas City Stress and Health Study. *Journal of Racial and Ethnic Health Disparities*.
- Hussain*, M., Howell, J. L., Peek, M. K., Stowe, R. P., & **Zawadzki**, M. J. Psychosocial stressors predict lower cardiovascular disease risk among Mexican-Americans living in a high-risk community: Findings from the Texas City Stress and Health Study. *Psychosomatic Medicine*.
- Hussain*, M., Johnson, A. Hua, J., Hinojosa, B., & **Zawadzki**, M. J., & Howell, J. L. When belongingness backfires: Experienced discrimination predicted increased cardiometabolic risk among college students high in social belonging. *Journal of Behavioral Medicine*.
- Hussain*, M., Kho, C., Main, A., & **Zawadzki**+, M. J. Horizontal collectivism moderates the relationship between in-the-moment social connections and well-being among Latino/a college students. *Journal of Immigrant and Minority Health*.
- Kho*, C., & **Zawadzki**+, M. J. Does stress generalize across culture: A multidimensional and dynamic model of culture and stress. *Revise and Resubmit. Social and Personality Psychology Compass*.
- Zawadzki**+, M. J., & Gavrilova*, L. All the lonely people: Comparing the effects of rumination about social and non-social stress on affect and blood pressure reactivity and recovery. *Psychosomatic Medicine*.

Manuscripts in Preparation:

*Denotes student/trainee author; +Denotes corresponding author

- Gavrilova*, L., & **Zawadzki**, M. J. Testing the effects of avoidance, approach, and mindful coping approaches on mental and physical health.
- Halliday*, D., **Zawadzki**, M. J., & Song, A. V. Variability in the perception to the risks and benefits of smoking.
- Johnson, K. T., Merritt, M. M., **Zawadzki**, M. J., Di Paolo, M. R., & Ayazi, M. Self-selected ambulatory blood pressure dipping: A within-person randomized field experiment.
- Kho*, C., Main, A., **Zawadzki**⁺, M. J. Culture in everyday life: An ecological momentary assessment approach to understanding culture.
- Ochoa Sierra*, E., Kim*, W. K., & **Zawadzki**⁺, M. J. Comparing objective and subjective social status relationships with mental health by age for college students.
- Small*, A. K., & **Zawadzki**, M. J. Individual differences are related to ambulatory blood pressure mean more than variability.
- Smyth, J. M., **Zawadzki**, M. J., Marcusson-Clavertz, D., Kim, J., Scott, S., Johnson, J. A., Stawski, R., Almeida, D. M., & Sliwinski, M. J. Computing components of everyday stress responses: Exploring conceptual challenges and new opportunities.
- Smyth, J. M., **Zawadzki**, M. J., Johnson, J. A., & Sliwinski, M. J. Perseverative cognition as a common pathway linking stress exposure and multiple health indicators.
- Yung*, S. T., **Zawadzki**⁺, M. J. Loneliness and psychological distress among Hispanic college students at a day-to-day level.
- Zawadzki**, M. J. Ambulatory blood pressure mean and variability are independent predictors of left ventricular mass.
- Zawadzki**⁺, M. J., Gavrilova, L. & Llera, S. Is rumination bad for your health? Comparing trait and momentary assessments of rumination on negative mood and ambulatory blood pressure.
- Zawadzki**⁺, M. J., Gavrilova*, L., & Spruill, T. M. Is ambulatory blood pressure variability reproducible? Testing whether levels of variability are stable over time.
- Zawadzki**⁺, M. J., Hussain, M., Kho, C., & Ramirez Loyola, M. Comparing multidimensional facets of stress with emotional, social, and subjective well-being using ecological momentary assessment.
- Zawadzki**⁺, M. J., Kho*, C., & Small*, A. K. Applying a cultural lens to understanding the relationships between stress and psychological health.
- Zawadzki**, M. J., Marcusson-Clavertz, D., Zoccola, P. M., & Smyth, J. M. The impact of stressful thoughts and momentary stress perceptions on mood and restrictions in everyday life for adults with rheumatoid arthritis or asthma.
- Zawadzki**⁺, M. J., Small*, A. K., & Mausbach, B. T. Leisure in daily life: Examining the momentary and person level effects of leisure on subjective well-being among caregivers.
- Zawadzki**⁺, M. J., Small*, A. K., & Mendiola*, J. M. Examining the effect of the occurrence, type, and quality of momentary social experiences on affect and blood pressure. *Revise and Resubmit.*

Paper and Symposium Presentations:

- Gavrilova*, L., & **Zawadzki**, M. J. (October 2020). Assessing Adaptive Cognitive Styles in Daily Life and Their Association with Emotional Well-Being. Paper to be presented at the upcoming annual meeting of the Western Psychological Association, San Francisco, CA.
- Reyes*, S. R., Gavrilova*, L., & **Zawadzki**, M. J. (October 2020). Differences in emotional reactivity after exposure to stressful life events among adults. Paper to be presented at the upcoming annual meeting of the Western Psychological Association, San Francisco, CA.
- Small*, A. S., & **Zawadzki**, M. J. (October 2020). The relationships between everyday stress and key cardiovascular outcomes: A systematic review. [Paper presentation]. American Psychosomatic Society, Long Beach, CA. https://psychosomatic.org/wp-content/uploads/2020/03/APS_ProgramBOOK_2020_REV.pdf (Conference canceled)
- Zawadzki**, M. J., Shields, S. A., & Haidet, P. M. (March 2020). Beliefs about patient's emotions attenuate the diagnosis of coronary artery disease [Paper presentation]. American Psychosomatic Society, Long Beach, CA. https://psychosomatic.org/wp-content/uploads/2020/03/APS_ProgramBOOK_2020_REV.pdf (Conference canceled)
- Gavrilova*, L., & **Zawadzki**, M. J. (April 2019). Testing the effects of avoidance, approach, and mindful coping approaches on mental and physical health. Paper presented at the annual meeting of the Western Psychological Association, Pasadena, CA.
- Ochoa Sierra*, E., Kim*, W. K., & **Zawadzki**, M. J. (April 2019). Comparing objective and subjective social status relationships with mental health by age for college students. Paper presented at the annual meeting of the Western Psychological Association, Pasadena, CA.
- Hussain*, M., & **Zawadzki**, M. J., (March 2019). Linking perceived and neighborhood stress and cardiovascular risk as a function of acculturation and socioeconomic status in Mexican Americans: Implications for the Latinx health paradox. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
- Merritt, M. M., **Zawadzki**, M. J., Johnson, K. T., DiPaolo, M. R., & Ayazi, M. (March 2019). Leisure promotes ambulatory blood pressure dipping: A within-person randomized field experiment. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
- Small*, A. K., & **Zawadzki**, M. J. (March 2019). The relationship between trait hostility and ambulatory blood pressure and momentary affective health varies by location. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
- Zawadzki**, M. J. (March 2019). Is rumination bad for your health? Comparing trait and momentary assessments of rumination on ambulatory blood pressure. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
- Kho*, C., & **Zawadzki**, M. J. (February 2019). Culture as a dynamic process: Examining associations with stress and health in everyday life. Paper presented at the annual Social

Personality and Health network health preconference at the meeting of the Society for Personality and Social Psychology, Portland, OR.

Zawadzki, M. J., & Gavrilova*, L. (February 2019). All the lonely people: Comparing social- and non-social-focused mental stress on blood pressure recovery. Paper presented at the annual Social Personality and Health network health preconference at the meeting of the Society for Personality and Social Psychology, Portland, OR.

Zawadzki, M. J., Almeida, D. M., & Smyth, J. M. (August 2017). Assessing stress: Do temporal features or age influence reported stressor frequency? Oral presentation in symposium on *Coordinated Analysis of Ecological Momentary and Daily Diary Studies of Everyday Stress and Affect*, presented at the biennial meeting of the International Association of Gerontology and Geriatrics, San Francisco, CA.

McCormick-Huhn, K., **Zawadzki, M. J., & Shields, S. A.** (July 2017). Never let them see you sweat: Acknowledging contextualized nervousness does not buffer perceptions of competence in a job interview. Paper presented at the biennial International Society for Research on Emotion, St. Louis, MO.

Zoccola, P. M., Dickerson, S., **Zawadzki, M. J., & Hamilton, K.** (March 2017). Using ecological momentary assessment to examine gender differences in trait rumination, momentary distress, and diurnal cortisol in daily life. Oral presentation in symposium on *Health-relevant social environment sampling techniques*, presented at the annual meted of the American Psychosomatic Society, Seville, Spain.

Zawadzki, M. J., Small, A. K., & Gerin, W. (December 2016). The importance of ambulatory blood pressure variability: Examining its psychosocial predictors and relationships with a marker of cardiovascular disease. Oral presentation in symposium on *Cardiovascular Regulation and Its Outcomes*, presented at the biennial International Congress of Behavioral Medicine, Melbourne, Australia.

Damaske, S., Smyth, J. M., & **Zawadzki, M. J.** (August 2015). Stress at work: Differential experiences of high versus low income workers. Paper presented at the American Sociological Association, Chicago, IL.

Zawadzki, M. J., Mendiola, J., & Gerin, W. (June 2015). Valence and arousal in daily life differentially predict ambulatory blood pressure. Paper presented at the biennial meeting of the Society for Ambulatory Assessment, State College, PA.

Mendiola, J., **Zawadzki, M. J., & Gerin, W.** (June 2015). A multilevel approach to modeling social interactions, positive affect, and blood pressure in daily life. Paper presented at the biennial meeting of the Society for Ambulatory Assessment, State College, PA.

Juth, V., **Zawadzki, M. J., & Smyth, J. M.** (June 2015). Cumulative stress from recent life events moderates the relationship between daily stress and cortisol. Paper presented at the biennial meeting of the Society for Ambulatory Assessment, State College, PA.

Zawadzki, M. J., Smyth, J. M., & Gerin, W. (August 2014). Examining the importance of rumination as a maladaptive regulation strategy. Paper presented at the biennial meeting of the International Congress of Behavioral Medicine, Gronigen, Netherlands.

- Damaske, S., Smyth, J. M., & **Zawadzki**, M. J. (August 2014). Has work replaced home as a haven? Examining Arlie Hochschild's time bind proposition. Paper presented at the annual American Sociological Association, San Francisco, CA.
- Zawadzki**, M. J., & Shields, S. A. (August 2013). Acknowledging emotion in context: Skilled self-labeling boosts observers' perceptions of emotional protagonists' competence. Oral presentation in symposium on *Social Impact of Emotion Labels*, presented at the annual meeting of the International Society for Research on Emotion, University of California, Berkeley.
- Warner, L. R., & **Zawadzki**, M. J. (August 2013). Hijacked subjectivity: Reactions to other's labels of our emotions. Oral presentation in symposium on *Social Impact of Emotion Labels*, presented at the annual meeting of the International Society for Research on Emotion, University of California, Berkeley.
- Zawadzki**, M. J., Smyth, J. M., Merritt, M. M., & Gerin, W. (March 2013). Self-reported engagement in self-selected activities predicts lower ambulatory blood pressure. Paper presented at the annual meeting of the American Psychosomatic Society, Miami, FL.
- Zawadzki**, M. J., Smyth, J. M., Sliwinski, M. J., & Gerin, W. (March 2013). Revisiting the lack of correspondence between self-reported affect and physiology. Paper presented at the annual meeting of the American Psychosomatic Society, Miami, FL.
- Bloodhart, B., Swim, J. K., & **Zawadzki**, M. J. (November 2011). Spreading the eco-message: An applied social networking and proactive coping program to promote environmental behavior in university residence halls. Paper presented at the annual meeting of the Behavior, Energy, and Climate Change, Washington D. C.
- Graham, J. W., **Zawadzki**, M. J., & Gerin, W. (August 2011). Clinic and ambulatory BP measurement: A valid and cost-effective approach using the two-method measurement design. Paper presented at the annual meeting of the American Psychological Association, Washington D. C.
- Zawadzki**, M. J., Shields, S. A., Danube, C. L., & Swim, J. K. (August 2011). Using experiential learning to reduce sexism: WAGES increases knowledge, changes attitudes and influences behaviors. Oral presentation in symposium on *How Can We Reduce Sexist Beliefs and Behavior? Interventions that Work*, presented at the annual meeting of the American Psychological Association, Washington D. C.
- Shields, S. A., Warner, L. R., & **Zawadzki**, M. J. (July 2011) Beliefs about other's emotion regulation. Oral presentation in symposium on *Individual Differences in Emotion Regulation*, presented at the biennial meeting of the International Society for Research on Emotion, Kyoto, Japan.
- Shields, S. A., & **Zawadzki**, M. J. (June 2010). Interventions with STEM faculty: WAGES-Academic as experience-based learning. Oral presentation in symposium on *Promoting Women's Advancement in STEM Fields through Targeted Interventions*, presented at the biennial meeting of the Society for the Psychological Study of Social Issues, New Orleans, LA.
- Shields, S. A., & **Zawadzki**, M. J. (August 2007). Intersections of gender and emotion: Using emotion language as a power move. Oral presentation in symposium on *Gender and*

Social Power: Expectations and Consequences, presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Poster Presentations:

- Alvarado*, G., Gavrilova*, L., **Zawadzki**, M. J. (October 2020). The relation between perceived stress, burnout and worry on sleep quality. Poster to be presented at the upcoming annual meeting of the Western Psychological Association, San Francisco, CA.
- Zawadzki**, M. J. (March, 2020). Ambulatory Blood Pressure Mean and Variability are Independent Predictors of Left Ventricular Mass [Poster presentation]. American Psychosomatic Society, Long Beach, CA. https://psychosomatic.org/wp-content/uploads/2020/03/APS_ProgramBOOK_2020_REV.pdf (Conference canceled)
- Arroyo*, A. C., Winter, S., Depaoli, S., & **Zawadzki**, M. J. (May 2019). Psychosocial traits and academic performance: First- and continuing-generation college students. Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Herring-Alderete*, S., Sanchez*, S., Gavrilova*, L. G., & **Zawadzki**, M. J. (April 2019). The effects of positive versus negative cognitive patterns on anxiety and depression in college students. Poster presented at the annual meeting of the Western Psychological Association, Pasadena, CA.
- Garcia*, P., & **Zawadzki**, M. J. (April 2019). Social support buffers depression particularly for Hispanics. Poster presented at the annual meeting of the Western Psychological Association, Pasadena, CA.
- Gavrilova*, L., & **Zawadzki**, M. J. (March 2019). Predicting ambulatory blood pressure in everyday life: comparing the effects of state and trait anxiety and sadness. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
⁺*Selected as citation poster.*
- Zawadzki**, M. J., Hussain*, M., & Kho*, C. (March 2019). Comparing multidimensional facets of stress with emotional, social, and subjective well-being using ecological momentary assessment. Poster presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada
- Johnson, K. T., Merritt, M. M., **Zawadzki**, M. J., Di Paolo, M. R., & Ayazi, M. (March 2018). Cardiovascular and affective responses to neutral speech and anger: Benefits of a single brief session of mindfulness meditation. Poster presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- Gavrilova*, L., Spruill, T. M., & **Zawadzki**, M. J. (April 2018). Evaluating the reproducibility of ambulatory blood pressure variability. Poster presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- Small*, A. K., **Zawadzki**, M. J., & Mausbach, B. T. (April 2018). Examining the momentary effects of social and active leisure on affective well-being in caregivers. Poster presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.

- Williams, P. G., Curtis, B. J., **Zawadzki**, M. J., Suchy, Y., Rau, H. K., Jones, C. R., & Anderson, J. S. (June, 2017). Are short sleepers who deny dysfunction more dysfunctional than normal sleepers? Poster to be presented at the annual meeting of the Association for Research in Personality, Sacramento, CA.
- Small*, A. K., **Zawadzki**, M. J., & Gerin, W. (March, 2017). Psychosocial factors and ambulatory blood pressure indices. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Johnson, J. A., **Zawadzki**, M. J., & Smyth, J. M. (March 2017). Intra-individual variability in momentary cortisol in a sample of working adults: Relationships to perceived stress and affective valence and arousal. Poster presented at the annual conference of the American Psychosomatic Society, Seville, Spain.
- Potter, L., **Zawadzki**, M. J., Eccleston, C., Cook, J., Snipes, A., Sliwinski, M. & Smyth, J. (March 2017). Prevalence and attributions of perceived discrimination: An intersectional approach. Poster presented at the annual conference of the American Psychosomatic Society, Seville, Spain.
- Cundiff, J., **Zawadzki**, M. J., Danube, C. L., & Shields, S. A. (January 2017). Using experiential learning to teach about gender bias. Poster presented at the annual conference of the National Institute for Teaching of Psychology, St. Pete Beach, FL.
- McCormick, K. T., **Zawadzki**, M. J., & Shields, S. A. (January 2017). Acknowledging contextualized emotion: How to maintain perceptions of competence when displaying emotion. Poster presented at the annual meeting for the Social for Personality and Social Psychology, San Antonio, TX.
- Zawadzki**, M. J., Smyth, J. M., & Sliwinski, M. J. (December 2016). Stressful thoughts, unhealthy lives: Examining the role of perseverative cognitions on psychological and physical health. Poster presented at the biannual International Congress of Behavioral Medicine, Melbourne, Australia.
- Merritt, M. M., **Zawadzki**, M. J., & Di Paolo, M. R. (March 2016). Want better sleep and less depression? Put more distracting activity in your life. Poster presented at the annual meeting for the American Psychosomatic Society, Denver, CO.
- Merritt, M. M., & **Zawadzki**, M. J. (June 2015). The challenges of ecologically valid interventions: Discussing compliance and non-adherence in a pilot study testing the effects of self-selected activities in everyday life. Poster presented at the biennial meeting of the Society for Ambulatory Assessment, State College, PA.
- Zawadzki**, M. J., & Smyth, J. M. (March 2015). Comparing stressful thoughts and stressful experiences: One's thoughts independently predict affect and restrictions in daily life for patients with chronic disease. Poster presented at the annual meeting for the American Psychosomatic Society, Savannah, GA.
- Zawadzki**, M. J., Smyth, J. M., Juth, V., & Sciamanna, C. N. (March 2015). Global life satisfaction predicts ambulatory health in daily life. Poster presented at the annual meeting for the American Psychosomatic Society, Savannah, GA.
- Graham-Engeland, J. E., **Zawadzki**, M. J., Slavish, D. C., & Smyth, J. M. (March 2015). Depressive symptoms and mood (positive and negative) predict momentary pain among

- rheumatoid arthritis patients. Poster presented at the annual meeting for the American Psychosomatic Society, Savannah, GA.
- Juth, V., **Zawadzki**, M. J., & Smyth, J. M. (March 2015). Self-reported sleep quality of the past week predicts subsequent health in daily life. Poster presented at the annual meeting for the American Psychosomatic Society, Savannah, GA.
- McCormick, K., Diccico, E., Shields, S. A., & **Zawadzki**, M. J. (June 2014). Faculty and administrators' evaluation of the Workshop Activity for Gender Equity Simulation in the Academy (WAGES-Academic). Poster presented at the biennial meeting for the Society for the Psychological Study of Social Issues, Portland, OR.
- Zawadzki**, M. J., Smyth, J. M., & Sliwinski, M. J. (April 2014). Perseverative cognitions mediate the relationship between life stress and psychological health and well-being. Poster presented at the annual meeting for the Society for Behavioral Medicine, Philadelphia, PA.
- Costigan, H. J., **Zawadzki**, M. J., & Smyth, J. M. (April 2014). The relation of leisure activity to ambulatory mood, stress, heart rate and cortisol in daily life. Poster presented at the annual meeting for the Society for Behavioral Medicine, Philadelphia, PA.
- Merritt, M. M., **Zawadzki**, M. J., DiPaolo, M., & Hodge, M. (March 2013). Striving at low childhood socioeconomic status predicts reduced vascular recovery to post-anger recall rumination, but not distraction. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.
- Coleman, S. R. M., **Zawadzki**, M. J., Heron, K. E., & Smyth, J. M. (March 2013). Early adversity, resiliency, and health outcomes. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.
- Heron, K. E., Vartanian, L., **Zawadzki**, M. J., & Smyth, J. M. (March 2013). Effects of early family adversity on resiliency factors, body image, and unhealthy eating and weight control behaviors. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.
- Shields, S. A., **Zawadzki**, M. J., & Danube, C. L. (November 2011). Gender equity in the workplace: Using WAGES as an experiential learning tool to reduce reactance and promote feelings of challenge over threat. Poster presented at the annual meeting of the NSF ADVANCE program, Alexandria, VA.
- Zawadzki**, M. J., Graham, J. E., & Gerin, W. (April 2011). The loneliness-depression link: Examining the mediating roles that loneliness and anxiety play. Poster presented at the annual meeting of the Society for Behavioral Medicine, Washington D. C.
- Zawadzki**, M. J., Graham, J. E., & Gerin, W. (March 2011). Examining the role that rumination and anxiety have in connecting loneliness with poor sleep quality and perceived chronic stress. Poster presented at the annual meeting of the American Psychosomatic Society, San Antonio, TX.
- Zawadzki**, M. J., Graham, J. W., & Gerin, W. (March 2011). Valid and cost-effective BP measurement via the two-method measurement design. Poster presented at the annual meeting of the American Psychosomatic Society, San Antonio, TX.

- Shields, S. A., & **Zawadzki**, M. J. (March 2011). Workshop activity for gender equity simulation (WAGES-Academic). Poster presented at the annual meeting of the Association for Women in Psychology, Philadelphia, PA.
- Warner, L. R., **Zawadzki**, M. J., & Shields, S. A. (February 2011). Channeling your feelings: Lay perceptions of how intense emotion can facilitate competence. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Zawadzki**, M. J., & Shields, S. A. (February 2011). Labeling another's emotion: Examining the effect of emotion labeling as a power move. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Zawadzki**, M. J., Shields, S. A., & Johnson, R. N. (June 2010). Using WAGES to raise awareness of and reduce sexism. Poster presented at the biennial meeting of the Society for the Psychological Study of Social Issues, New Orleans, LA.
+Received Honorable Mention for Best Poster.
- Zawadzki**, M. J., Rockower, N. M., Lopez, R. E., Spruill, T. M., & Gerin, W. (March 2010). Why doesn't self-reported affect correspond to cardiovascular responses? Poster presented at the annual meeting of the American Psychosomatic Society, Portland, OR.
- Espinosa, R., **Zawadzki**, M. J., Rockower, N. M., Spruill, T. M., Garcia-Vera, M. P., Sanz, J., et al. (March 2010). Can blood pressure measurements taken in the physicians' office avoid the white coat bias? Poster presented at the annual meeting of the American Psychosomatic Society, Portland, OR.
- Espinosa, R., Rockower, N. M., Spruill, T. M., **Zawadzki**, M. J., Pickering, T. G., & Gerin, W. (March 2010). Personality predictors that discriminate masked hypertension from "true" hypertension. Poster presented at the annual meeting of the American Psychosomatic Society, Portland, OR.
- Zawadzki**, M. J., & Shields, S. A. (January 2010). Using need for affiliation to predict perceptions of touch as a personal space interaction or invasion. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Zawadzki**, M. J., & Gasper, K. (February 2009). Happy moods make negative feedback a positive: Examining the effect of mood on receiving negative feedback. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa Bay, FL.
- Warner, L. R., **Zawadzki**, M. J., & Shields, S. A. (February 2009). Hijacking subjectivity: Reactions to others' labels of one's own emotions. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa Bay, FL.
- Zawadzki**, M. J., Warner, L. R., & Shields, S. A. (February 2008). Demonstrating competence through expressing emotion: Examining a passionate restraint display. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- Gamble, C. N., & **Zawadzki**, M. J. (April 2007). Women are "emotional" because animals are "instinctual": An ecofeminist theory of emotion. Poster presented at the annual meeting of Psychology and Social Justice, New York, NY.

Scharf-Matlick, A., Kim, K. R., Maloney, T. M., **Zawadzki, M. J.**, & Chong, M. (August 2004). A developmental examination of religiosity and spirituality. Poster presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Zawadzki, M. J., & Kim, K. R. (April 2004). Gender roles and self-disclosing differences among American and Australian populations. Poster presented at the annual meeting of the Eastern Psychological Association, Washington D.C.

Zawadzki, M. J., & Kim, K. R. (April 2002). Color and TAT perception. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, MA.

Invited Presentations at Professional Meetings

June 2019, “Ambulatory measures and stress”, California Health Collaborative/ University of California, Merced & Nicotine and Cannabis Policy Center Information Exchange Meeting, Merced, CA.

September 2017, “The impact of leisure on health and wellness”, Peer Educators Program, Merced, CA.

January 2017, “Stressful thoughts, unhealthy lives”, Annual Symposium for the Child and Family, Merced, CA.

November 2016, “Creating effective slides when teaching”, Graduate Pedagogical Association, University of California, Merced.

October 2016, “What is stress, why is it bad, and what can we do about it”, Minority Association of Pre-medical Students, University of California, Merced.

September 2016, “Comparing between-person and within-person research approaches: A tale of three studies”, Health Psychology Colloquium, University of California, Merced.

April 2015, “Self-selected leisure activities as an ideographically tailored stress reduction and mood enhancing intervention”, Health Psychology Colloquium, University of California, Merced.

Professional Memberships

2018-present Society for Ambulatory Assessment

2015-present American Heart Association

2011-present Society for Behavioral Medicine

2010-present American Psychosomatic Society

2006-present Society for Personality and Social Psychology

2013 International Society for Research on Emotion

2011 American Psychological Association

2010-2012 Society for the Psychological Study of Social Issues

Professional Service**Department Level**

- UC Intercampus Consortium on Health Psychology, Organizer (June 2019-present)
- American Psychological Association Division 38 panelist on “What is Health Psychology and How to Become a Psychologist”, University of California, Merced (April 2019)
- Psi Chi/ Psychology Club Professor Panel, University of California, Merced (April 2019)
- Quantitative Psychology Job Search Committee, University of California, Merced (Fall 2018)
- Human Health Science Strategic Academic Focusing Initiative Job Search Committee, University of California, Merced (May 2017)
- Organized Health Psychology Colloquium, University of California, Merced (Fall 2016-Spring 2018)
- Developed and organized three-part seminar series on Intensive Longitudinal Data, University of California, Merced (Fall 2016-Fall 2017)
- Psychological Sciences Admissions and Scholarship Committee, University of California, Merced (Fall 2016-Spring 2018)

University Level

- Healthy Campus Network, UC Systemwide (Spring 2019-present)
- Staff & Faculty Wellbeing Council, Co-Chair, University of California, Merced (Spring 2019-present)
- Institutional Review Board member, University of California, Merced (Fall 2016-present)
- Health Campus Network, University of California, Merced (Spring 2018-Spring 2019)
- Reviewed abstracts for continuing fellowships, University of California, Merced (January 2018)
- A.C.C.E.S.S.; “Psychology. Real Alumni. Real Talk”; Moderator (October 2017)

Professional Level

- American Psychosomatic Society program committee (Spring 2019-present)
- Reviewed abstracts for the 2018 & 2019 Health Decision-Making Special Interest Group Outstanding Trainee, Society for Behavioral Medicine
- Reviewed abstracts for the 2015, 2016, and 2017 meetings of the American Psychosomatic Society
- Systematic review subcommittee for the National Institutes of Health, Science of Behavior Change Initiative (Spring 2016-Fall 2016)
- Served on the Program Committee for the 2015 meeting of the Society for Ambulatory Assessment. In addition to general duties, organized and moderated an invited

symposium on “Identifying, Explicating, and Diagnosing Mental Disorders: Applying Ambulatory Assessment to Improve Clinical Care”

Co-editor for a special in the *Journal of Social Issues* (2014) titled “Confronting and Reducing Sexism: Creating Interventions that Work”

Ad Hoc Reviewing: *American Journal of Hypertension, Annals of Behavioral Medicine, Australian Journal of Psychology, Blood Pressure Monitoring, British Journal of Health Psychology, Clinical Gerontologist, Counseling Psychology, Emotion, European Journal of Social Psychology, Frontiers in Neuroscience, Health Psychology, Health Psychology Review, International Journal of Aging and Human Development, International Journal of Behavioral Medicine, International Journal of Psychology, International Journal of Psychophysiology, Journal of American College Health, Journal of Behavioral Medicine, Journal of Experimental Social Psychology, Journal of Personality, Journal of Psychosomatic Research, Journal of Radical Pedagogy, Journal of Social and Clinical Psychology, Journal of Social and Personal Relationships, Journal of Social Psychology, Journal of the American Society of Hypertension, Leisure Sciences, Medical Education, Personality and Social Psychology Bulletin, Psychiatry Research, Psychological Science, Psychology & Health, Psychology of Women Quarterly, Psychosomatic Medicine, Sex Roles, Social and Personality Psychology Compass, Social Psychology, Social Cognition, Social Science & Medicine*

Other

Reviewed abstracts for Research Methods Workshop, California State University, Fresno (April 2015)

Elected Graduate Student Representative of the Social Area, The Pennsylvania State University (Fall 2011 - Spring 2012)

Student Training

Post-Doctoral Training

Maryam Hussain (UC Merced, Co-Mentor; September 2018-present)

Graduate Student Advisor

Amber Arroyo (UC Merced, Advisor)

Doctoral Candidacy Committee (January 2019-present)

Larisa Gavrilova (UC Merced; Advisor)

Predissertation Committee (September 2016-June 2018)

Doctoral Candidacy Committee (June 2018-present)

Jennifer Mendiola (UC Merced; Co-Advisor)

Doctoral Committee (September 2015-December 2016)

Amanda Small (UC Merced; Advisor)

Predissertation Committee (September 2015-February 2018)

Doctoral Candidacy Committee (February 2018-June 2019)

Doctoral Committee (June 2019-present)

Graduate Student Committees

Ashley Baker (UC Merced; Member)

Predissertation Committee (April 2015-April 2017)

Master's Thesis (April 2017-May 2018)

Avia Gray (UC Merced; Member)

Predissertation Committee (March 2018-present)

Deanna Halliday (UC Merced; Member)

Predissertation Committee (August 2018-present)

W. Kyle Hamilton (UC Merced; Member)

Predissertation Committee (January 2016-March 2018)

Jacqueline Hua (UC Merced; Member)

Predissertation Committee (February 2018-present)

Angela Johnson (UC Merced; Member)

Predissertation Committee (April 2019-present)

Carmen Kho (UC Merced; Member)

Predissertation Committee (April 2015-January 2017)

Doctoral Candidacy Committee (January 2017-August 2017)

Doctoral Committee (August 2017-present)

Won (Kay) Kim (UC Merced; Member)

Predissertation Committee (April 2016-April 2017)

Doctoral Candidacy Committee (April 2017-December 2018)

Doctoral Committee (December 2018-present)

Gracy Mantoan (UC Merced; Member)

Doctoral Candidacy Committee (January 2017-August 2017)

Doctoral Committee (August 2017-present)

Daniel Mello (UC Merced; Member)

Doctoral Candidacy Committee (December 2016-August 2016)

Doctoral Committee (August 2016-May 2019)

Maria Ramirez Loyola (UC Merced)

Predissertation Committee (March 2017-December 2018)

Master's Committee (November 2017-December 2018)

Doctoral Candidacy Committee (December 2018-present)

Holly Rus (UC Merced, Member)

Doctoral Candidacy Committee (April 2015-May 2015)

Doctoral Committee (May 2015-July 2018)

Cynthia Spivey (UC Merced; Member)

Master's Committee (October 2018-December 2018)

Shun (Tammy) Ting Yung (UC Merced; Member)

Predissertation Committee (March 2017-July 2018)

Doctoral Candidacy Committee (July 2018-present)

Graduate Research Supervision (non-committee related)

Deanna Halliday (UC Merced; Supervisor; April 2017-present)

Carmen Kho (UC Merced; Supervisor; April 2015-present)

Won (Kay) Kim (UC Merced; Supervisor; September 2018-March 2019)

Jennifer Mendiola (UC Merced; Supervisor; October 2014-August 2015)

Maria Ramirez Loyola (UC Merced; Supervisor; February 2019-present)

Shun (Tammy) Ting Yung (UC Merced; Supervisor; April 2017-present)

Undergraduate Research Supervision

Gino Acevedo (UC Merced; Fall 2017, Fall 2018-Spring 2019); Xochilt Alcala Quinonez (UC Merced; Fall 2018-Spring 2019); Giovanni Alvarado (UC Merced; Spring 2019-Summer 2019); Anne Andaya (UC Merced; Spring 2015-Spring 2016); Ted Baza (UC Merced; Spring 2018); Marina Bojorquez (UC Merced; Spring 2019); Monica Calderon (UC Merced; Spring 2019); Valeria Cervantes (UC Merced; Fall 2018-Spring 2019); Paloma Cortez (UC Merced; Spring 2018); Bianca de los Santos (UC Merced; Spring 2019); Gabriela Diaz (UC Merced; Fall 2018-Spring 2019); Dannavie Faye Abenojar (UC Merced; Fall 2018-Spring 2019); Pedro Garcia (UC Merced; Spring 2018-Spring 2019); Angelica Gomez (UC Merced; Summer 2019); Monica Gomez (UC Merced; Spring 2019); Jessica Gonzalez (UC Merced; Spring 2019); Savannah Gracie Briggs (UC Merced; Spring 2016); Sydney Herring-Alderete (UC Merced; Fall 2017-Spring 2019); Genesis Hester (UC Merced; Spring 2019); Trixy Ibis (UC Merced; Spring 2019); Kareena Karki (UC Merced; Fall 2018); Lydia Kim (UC Merced; Spring 2019); Esther Lapite (UC Merced; Spring 2019); Hanul (Sky) Lim (UC Merced; Spring 2019); Bobby Lui (UC Merced; Spring 2016); Destiny Macedo (UC Merced; Spring 2019); Viviana Martinez (UC Merced; Fall 2017-Spring 2018); Stephen Maxey (UC Merced; Spring 2015-Fall 2015); Zhane

Mejino (UC Merced; Fall 2018-Spring 2019); Rachel Needham (UC Merced; Fall 2018-Spring 2019); Elizabeth Ochoa Sierra (UC Merced; Fall 2017-Spring 2019); Chloe Pertierra (UC Merced; Spring 2019); Carson Potter (UC Merced; Spring 2019); Patricia Razo (UC Merced; Fall 2018); Stephanie Reyes (UC Merced; Summer 2019); Elizabeth Sanchez (UC Merced; Spring 2019); Jessica Sanchez (UC Merced; Spring 2019); Sylvia Sanchez (UC Merced; Fall 2017-Fall 2018); Maria Talamantes (UC Merced; Fall 2018-Spring 2019); Salvador Tinoco Jaramillo (UC Merced; Spring 2017); Dewey Tran (UC Merced; Fall 2016-Spring 2017); Charles Udeze (UC Merced; Spring 2019); Stephanie Villagran (UC Merced; Fall 2016); Jose Vivaldo (UC Merced; Spring 2019); Julie Von Berckefeldt (UC Merced; Spring 2015-Fall 2015); Taylor Washington (UC Merced; Fall 2016); Corey Wilson (UC Merced; Spring 2019); Alyssa Young (UC Merced; Fall 2016-Spring 2017); Jose Canela Zamudio (UC Merced; Fall 2016).

Professional Development

QuickStart Community-Based Participatory Research Training, California Breast Cancer Research Program and Tobacco-Related Disease Research Program, May 2019-January 2020.

Teaching Experience

Psychology of Gender (undergraduate level course), University of California, Merced, Spring 2018.

Stress, Coping, and Health (graduate level course), University of California, Merced: Fall 2017.

Social Psychology (undergraduate level course), University of California, Merced: Fall 2014, Spring 2015, Spring 2016 (two sections), Spring 2017, Spring 2018.

Health Interventions (graduate level course), University of California, Merced: Fall 2015, Fall 2016; Spring 2019.

Research Design and Methodology (graduate level course), University of California, Merced: Spring 2017, Fall 2018.

Guest Lectures in Professional Seminar (Spring 2015, Spring 2016, Fall 2016; UC Merced), Research Design & Methodology (Spring 2016; UC Merced), Introduction to Biobehavioral Health (Spring 2013 and Fall 2014; Penn State), Psychology and Gender (Spring and Fall 2012; Penn State), Research Strategies for Studying Biobehavioral Health (Fall 2011; Penn State), Psychological Interventions in Childhood (Spring 2007; Penn State), and Advanced Methods in Psychology (Fall 2006; Penn State).

Teaching Assistant, Psychology as a Science and Profession, The Pennsylvania State University, Fall 2007 & Spring 2008. (Supervisor: Dr. Andrew Peck).

Teaching Assistant, Introduction to Psychology, The Pennsylvania State University, Spring 2007 (Supervisor: Prof. Thomas Tiegs) & Fall 2008 (Supervisor: Dr. Andrew Peck).

Teaching Assistant, Psychological Interventions in Childhood, the Pennsylvania State University, Spring 2007 (Supervisor: Dr. Sandra Azar).

Teaching Assistant, Advanced Methods in Psychology, The Pennsylvania State University, Fall 2006 (Supervisor: Dr. James Farr).