

BRETT Q. FORD

CURRICULUM VITAE

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ACADEMIC POSITIONS

- 2023 – **Associate Professor** – Department of Psychology, University of Toronto
- 2016 – 23 **Assistant Professor** – Department of Psychology, University of Toronto
- 2017 – **Associated Graduate Faculty** – Graduate Department of Psychological Clinical Science; University of Toronto Scarborough (UTSC)

EDUCATION

- 2016 **Ph.D. University of California, Berkeley**
Social-Personality Psychology; Limited Clinical Training Program
- 2010 **M.A. Boston College**
Social-Personality Psychology
- 2009 **B.A. Boston College**
Psychology Honors Program; *Magna Cum Laude, Phi Beta Kappa*

AWARDS AND FELLOWSHIPS

- 2024 **Early Career in Affective Science Award, Society for Affective Science** – Honor recognizing scientific contributions and early evidence of impact for affective scientists within 10 years of their PhD
- 2023 **Fellow, Association for Psychological Science** – Status awarded to scholars who have made sustained outstanding contributions to the science of psychology in the areas of research, teaching, service, and/or application, with an outstanding record of contributions to diversity and inclusion within the field of psychological science
- 2022 **Janet Taylor Spence Award for Transformative Early Career Contributions, Association for Psychological Science** – Early-career award for creative and innovative work with significant impact on the field of psychological science
- 2022 **Dean's Special Merit Award** – University of Toronto recognition for faculty based on significant performance in research and valuable contributions to service [*also received in 2019 & 2021*]
- 2021 **Pre-Tenure Faculty Research Award** – Annual award given to one pre-tenure research faculty member in the social sciences for demonstrating an outstanding research record and substantial contributions to UTSC and the tri-campus University of Toronto
- 2020 **Carnegie Fellow Nominee** – One of two University of Toronto nominees for the Andrew Carnegie Fellows Program, which supports high-caliber scholarship in the social sciences and humanities that addresses important and enduring issues confronting society

- 2017 **Rising Star, Association for Psychological Science** – Award given to recent Ph.D.'s who have demonstrated promise for research excellence based on significant publications, recognitions, and discoveries
- 2016 **Best Flash Talk Award, Society for Affective Science** – Award given to the top flash talks presented at the annual meeting of the Society for Affective Science
- 2015 **Rising Star, Association for Research in Personality** – Award in which junior personality scientists are selected to present their work in a featured Rising Star symposium at the biannual conference for the Association for Research in Personality
- 2015 **Best Poster Award, Society for Affective Science** – Poster award given to top 5% of posters presented at the annual meeting of the Society for Affective Science
- 2013-14 **Departmental Summer Fellowships** (Univ. California, Berkeley) Departmental fellowship to support doctoral candidates during the summer based on competitive applications and the student's scholarly record
- 2013 **Koshland Departmental Semester Fellowship** – (Univ. California, Berkeley) Departmental fellowship to support doctoral candidates during the academic year based on competitive applications and the student's scholarly record
- 2012-15 **NIH Predoctoral Training Consortium in Affective Science** – Competitive program funded by the National Institutes of Health designed to provide fellows with interdisciplinary training in affective science across multiple institutions and mentorships (5T32MH020006)
- 2012 **Outstanding Teaching Assistant Award** – Departmental award recognizing doctoral candidates for outstanding teaching assistantship (University of Denver, where doctoral training occurred between 2010-2012)
- 2011 **Summer Institute in Social Psychology** – Competitive summer program for predoctoral social psychology students
- 2011 **Outstanding Service Award** – Departmental award recognizing doctoral candidates for outstanding service to the psychology department (Univ. Denver)
- 2011 **Graduate Studies Doctoral Fellowship for Inclusive Excellence** – (Univ. Denver) University fellowship based on the nomination of one's department and one's contribution to the diversity and inclusive excellence of the university
- 2009 **Scholar of the College** – University designation for students who excelled in their undergraduate studies and who completed substantial, independent work for their honors thesis (Boston College)
- 2009 **McCarthy Award in the Social Sciences** – University award for Scholar of the College project judged to be most distinguished in the social sciences (Title: *What do People Want to Feel? Emotion Regulation as a Function of Utility*) (Boston College)
- 2008 **Peter Gray Award for Outstanding Creative Achievement in Psychology** – Annual award for sophomore or junior Psychology major who has manifested unusual intellectual curiosity, independence, and creativity (Boston College)

RESEARCH FUNDING

- 2022-27 **P.I., Early Researcher Award**
 Project Title: *Promoting Action in the Face of Racial Injustice: The Pitfalls and Promise of Emotion Regulation*
 Amount: \$140,000 CAD

- 2018-23 **P.I., Social Sciences and Humanities Research Council (SSRHC) Insight Grant**
Project Title: *When is emotion regulation adaptive versus maladaptive? A multi-method examination*
Amount: \$232,139 CAD
- 2022-23 **Co-P.I., Social Sciences and Humanities Research Council (SSRHC) Institutional Grant**
Project Title: *What is Peace?*
Amount: \$1,100 CAD
- 2021-22 **P.I., Social Sciences and Humanities Research Council (SSRHC) Institutional Grant**
Project Title: *How do Racialized People Protect Themselves Against the Chronic Stress of Racism? Examining Emotion Regulation as a Key Resilience Factor*
Amount: \$1,150 CAD
- 2020-22 **P.I., University of Toronto Scarborough Research Competitiveness Grant**
Project Title: *Promoting action in the face of racial injustice: The promise and pitfalls of emotion regulation*
Amount: \$9,992 CAD
- 2017-22 **P.I., Canadian Foundation for Innovation and Ontario Research Fund Infrastructure Grant**
Project Title: *Affective Science & Health Laboratory: Integrated and Dynamic Assessment of Experience, Behavior, and Physiology*
Amount: \$250,000 CAD
- 2017-23 **P.I., Connaught New Researcher Award**
Project Title: *Can emotion regulation counteract the harmful effects of stress exposure? The role of reappraisal in protecting individual's emotional and physiological outcomes*
Amount: \$35,000 CAD
- 2020-21 **P.I., Social Sciences and Humanities Research Council (SSRHC) Institutional Grant**
Project Title: *Promoting Justice in an Unjust World: The Pitfalls and Promise of Emotion Regulation*
Amount: \$2,120 CAD
- 2018-21 **Co-PI., Mind & Life Institute PEACE Grant**
Project Title: *Can Emotional Acceptance Promote Political Action? Leveraging Contemplative Science to Promote Positive Social Action*
Amount: \$25,000 USD
- 2018-19 **P.I., University of Toronto International Research Collaboration Fund**
Project Title: *Pathways to positive social action: Examining the costs and benefits of emotion regulation*
Amount: \$2,500 CAD
- 2017-18 **P.I., University of Toronto Scarborough Research Competitiveness Grant**
Project Title: *How can Black Americans be protected against the chronic stress of racism? Examining emotion regulation as a key resilience factor*
Amount: \$9,950 CAD
- 2017-18 **P.I., Social Sciences and Humanities Research Council (SSRHC) Institutional Grant**
Project Title: *When is emotion regulation adaptive versus maladaptive? Examining emotion polyregulation*
Amount: \$1,025 CAD
- 2012 **P.I., Greater Good Science Center Hornaday Graduate Research Grant**
Project Title: *The Impact of Social Environment and Individual Sensitivity on Adults' Well-Being*
Amount: \$3,000 USD

RESEARCH INTERESTS

My research examines what people believe about emotions and how people manage their emotions. Using multi-method and interdisciplinary approaches, I strive to understand both the benefits and the costs of striving to feel good.

BOOKS

1. Gross, J. J. & **Ford, B. Q.** (Eds). (2023). Handbook of Emotion Regulation (3rd edition). New York, NY: Guilford.

PEER-REVIEWED PUBLICATIONS

Notes about authorship:

- Following the field's norms, a first authorship signifies I was the primary driver of the research and writing process; second authorship or last (senior) authorship signifies I was a strong driver of the research and writing process and worked closely with the first-author throughout the process.
- Two asterisks (**) denote a student for a project in which I was the primary advisor
- One asterisk (*) denotes a student for a project in which I was a co-mentor
- An underline denotes an equal contribution across authors

1. Kyle, K.*, **Ford, B. Q.**, & Willroth, E. (accepted). Personality Trait Change Across A Major Global Stressor. *Personality and Social Psychology Bulletin*.
2. **Ford, B. Q.**, Feinberg, M., Lassetter, B.**, Thai, S., & Gatchpazian, A.** (2023). The Political is Personal: The Costs of Daily Politics. *Journal of Personality and Social Psychology*, 125, 1–28. Authors contributed equally

***Received the “Editor’s choice” recognition**, granted “based on the discretion of the editor if the paper offers an unusually large potential impact to the field and/or elevates an important future direction for science”
3. Ladis, I.*, Toner, E. R., Daros, A. R., Daniel, K., Boukhechba, M., Chow, P. I., Barnes, L. E., Teachman, B. A., & **Ford, B. Q.** (2023). Assessing emotion polyregulation in daily life: Who uses it, when is it used, and how effective is it? *Affective Science*, 4, 248–259.
4. Lwi, S.*, **Ford, B. Q.**, & Levenson, R. (2023). Cultural differences in caring for people with dementia: A pilot study of Chinese American caregivers, concern about losing face, and implications for caregiver loneliness. *Clinical Gerontologist*, 46, 207-222.
5. Okafor, G. N.*, **Ford, B. Q.**, Antonoplis, S., Reina, A., Lutfeali, S., & Shallcross, A. J. (2023). Measuring Mindfulness in Black Americans: A Psychometric Validation of the Five Facet Mindfulness Questionnaire. *Mindfulness*, 14, 565–581. <https://www.researchsquare.com/article/rs-1325638/v1>
6. Smith, A.**, Young, G.,** & **Ford, B. Q.** (2023). The interpersonal correlates of believing emotions are controllable. *Motivation & Emotion*, 47, 323–332.
7. Uusberg, A., **Ford, B. Q.**, Uusberg, H., & Gross, J. J. (2023). Reappraising reappraisal: An expanded view. *Cognition and Emotion*, 37, 357-370.
8. Werner, K. M.** & **Ford, B. Q.** (2023). Self-control: An integrative framework. *Social and Personality Psychology Compass*, 17, e12738.

9. Willroth, E.**, Smith, A.**, Graham, E. K., Mroczek, D. K., Shallcross, A. J., & **Ford, B. Q.** (2023). Emotional responses to a global stressor: Average patterns and individual differences. *European Journal of Personality, 37*, 418-434.
10. **Ford, B. Q.**, Green, D. J., & Gross, J. J. (2022). White fragility: An emotion regulation perspective. *American Psychologist, 77*(4), 510–524.
11. Sisson, N. M.**, Willroth, E.**, Le, B. M., & **Ford, B. Q.** (2022). The benefits of living with close others: A longitudinal examination of mental health before and during a global stressor. *Clinical Psychological Science, 10*, 1083-1097.
12. Werner, K. M.**, Inzlicht, M., & **Ford, B. Q.** (2022). Whither inhibition? *Current Directions in Psychological Science, 31*, 333-339.
13. Willroth, E. C.**, Gatchpazian, A.**, Lassetter, B.**, Thai, S., Feinberg, M. & **Ford, B. Q.** (2022). The insulating function of sleep for well-being: Daily sleep attenuates the link between momentary affect and global well-being. *Affective Science, 3*, 318-329.
14. Gruber, J., Mendle, J., Lindquist, K., Schmader, T., Clark, L. A., Bliss-Moreau, E., Akinola, M., Atlas, L., M. Barch, D. M., Barrett, L. F., Borelli, J., Brannon, T., Bunge, S., Campos, B., Cantlon, J., Carter, R., Carter-Sowell, A., Chen, S., Craske, M., Crum, A., Cuddy, A. J., Davachi, L., Duckworth, A., Dutra, S. J., Eisenberger, N. I., Ferguson, M., **Ford, B. Q.**, Fredrickson, B., Goodman, S., Gopnik, A., Greenaway, V. P., Harkness, K., Hebl, M., Heller, W., Hooley, J., Jampol, L., Johnson, S., Joormann, J., Kinzler, K., Kober, H., Kring, A., Paluck, B. L., Lombrozo, T., Lourenco, S. F., McRae, K., Monin, J., Moskowitz, J. T., Natsuaki, M., Oettingen, G., Pfeifer, J., Prause, N., Saxbe, D., Smith, P. K., Spellman, B., Sturm, V., Teachman, B., Thompson, R., Weinstock, L., & Williams, L. A. (2021). The future of women in psychological science. *Perspectives in Psychological Science, 16*, 483-516.
15. Niculescu, I.*, Quirt, H., Arora, T., Borsook, T., Green, R., **Ford, B. Q.** & Iaboni, A. (2021). Ecological momentary assessment of depression in people with advanced dementia: A pilot study. *JMIR: Aging, 4*, e29021.
16. Slovak, P., **Ford, B. Q.**, Widen, S., Roquet, C. D., Theofanopoulou, N., Gross, J. J., Hankin, B., & Klasnja, P. (2021). An In-situ, Child-led Intervention To Promote Emotion Regulation Competence in Middle Childhood: Protocol For an Exploratory Randomised Control Trial. *JMIR: Research Protocols*.
17. Smith, A.**, Willroth, E.**, Gatchpazian, A.**, Shallcross, A. J., Feinberg, M., & **Ford, B. Q.** (2021). Coping with health threats: The costs and benefits of managing emotions. *Psychological Science, 32*, 1011-1023.
***Won the University of Toronto Scarborough psychology department's best paper award (2022)**
18. Willroth, E.**, Smith, A.**, Shallcross, A. J., Graham, E. K., Mroczek, D. K., & **Ford, B. Q.** (2021). The health behavior model of personality in the context of a public health crisis. *Psychosomatic Medicine, 83*, 363-367.
19. Zerwas, F.** & **Ford, B. Q.** (2021). The paradox of pursuing happiness. *Current Opinion in Behavioral Sciences, 39*, 106-112.
20. Brown, C.,* Van Doren, N., **Ford, B. Q.**, Mauss, I. B., Sze, J. W. & Levenson, R. (2020). Coherence between subjective experience and physiology in emotion: Individual differences and implications for well-being. *Emotion, 20*, 818-829.
21. Feinberg, M., **Ford, B. Q.**, & Flynn, F. (2020). Rethinking reappraisal: The double-edged sword of regulating negative emotions in the workplace. *Organizational Behavior and Human Decision Processes, 161*, 1-19.
22. **Ford, B. Q.** & Feinberg, M. (2020). Coping with politics: The benefits and costs of emotion regulation. *Current Opinion in Behavioral Sciences, 34*, 123-128.

23. **Ford, B. Q.**, Feinberg, M., Lam, P.,* Mauss, I. B., & John, O. P. (2019). Using reappraisal to regulate negative emotion after the 2016 U.S. presidential election: Does emotion regulation trump political action? *Journal of Personality and Social Psychology*, *117*, 998-1015.
24. **Ford, B. Q.** & Gross, J. J. (2019). Why beliefs about emotion matter: An emotion regulation perspective. *Current Directions in Psychological Science*, *28*, 74-81.
25. **Ford, B. Q.**, Gross, J. J., & Gruber, J. (2019). Broadening our field of view: The role of emotion polyregulation. *Emotion Review*, *11*, 197-208.
26. **Ford, B. Q.** & Troy, A. S. (2019). Reappraisal reconsidered: A closer look at the costs of an acclaimed emotion regulation strategy. *Current Directions in Psychological Science*, *28*, 195-203.
27. Gentzler, A., Palmer, C., **Ford, B. Q.**, Moran, K., & Mauss, I. B. (2019). Valuing happiness in youth: Associations with depressive symptoms and well-being. *Journal of Applied Developmental Psychology*, *62*, 220-230.
28. **Ford, B. Q.**, Lam, P.,* John, O., & Mauss, I. B. (2018). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Journal of Personality and Social Psychology*, *115*, 1075-1092. Authors contributed equally
29. **Ford, B. Q.**, Lwi, S.,* Hankin, B., Gentzler, A. & Mauss, I. B. (2018). The cost of believing emotions are uncontrollable: Youths' beliefs about emotion predict emotion regulation and depressive symptoms. *Journal of Experimental Psychology: General*, *47*, 1170-1190.
30. Lwi, S.,* Ford, B. Q., Casey, J., Miller, B. & Levenson, R. (2017). Poor caregiver mental health predicts mortality of patients with neurodegenerative disease. *Proceedings of the National Academy of Sciences*, *114*, 7319-7324. Authors contributed equally
31. **Ford, B. Q.**, Karnilowicz, H. R.,* & Mauss, I. B. (2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. *Emotion*, *17*, 905-911.
32. Troy, A. S., **Ford, B. Q.**, McRae, K., Zorolia, P., & Mauss, I. B. (2017). Change the things you can: Effective emotion regulation is most beneficial in low socioeconomic contexts. *Emotion*, *17*, 141-154.
33. Waugh, C. E., Zorolia, P., Mauss, I. B., Lumian, D., **Ford, B. Q.**, Davis, T., Ciesielski, B. G., Sams, K. V., & McRae, K. (2016). Emotion regulation changes the duration of the BOLD response to emotional stimuli. *Social Cognitive and Affective Neuroscience*, *11*, 1550-1559.
34. Werner, G. G.,* **Ford, B. Q.**, Mauss, I. B., Schabus, M., Blechert, J., & Wilhelm, F. (2016). Cardiac vagal control and depressive symptoms: The moderating role of sleep quality. *Behavioral Sleep Medicine*, *15*, 451-465.
35. **Ford, B. Q.**, Dmitrieva, J. O., Heller, D., Chentsova-Dutton, Y., Grossmann, I., Tamir, M., Uchida, Y., Koopmann-Holm, B., Uhrig, M., Floerke, V.,* Bokhan, T., & Mauss, I. B. (2015). Culture shapes whether the pursuit of happiness predicts higher or lower well-being. *Journal of Experimental Psychology: General*, *144*, 1053-1062.
36. **Ford, B. Q.**, Mauss, I. B., & Gruber, J. (2015). Valuing happiness is associated with bipolar disorder. *Emotion*, *15*, 211-222.
37. Kim, M., **Ford, B. Q.**, Mauss, I. B., & Tamir, M. (2015). Knowing when to seek anger: Psychological health and context- sensitive emotional preferences. *Cognition and Emotion*, *29*, 1126-1136.
38. Shallcross, A. J., Gross, J. J., Visvanathan, P. D., Kumar, N., Pastva, A., **Ford, B. Q.**, Dimidjian, S., Shirk, S. R., Holm-Denoma, J., Goode, K., Cox, E., Chaplin, W., & Mauss, I. B. (2015). Relapse prevention in major depressive disorder: Mindfulness-based cognitive therapy versus an active control condition. *Journal of Consulting and Clinical Psychology*, *83*, 964-975.

39. Werner, G. G.,* **Ford, B. Q.**, Schabus, M., Mauss, I. B., Blechert, J., & Wilhelm, F. (2015). High cardiac vagal control during wakefulness predicts better subjective and objective sleep quality. *Biological Psychology, 106*, 79-85.
40. Davis, T. S., Mauss, I. B., Lumian, D., Troy, A. S., Shallcross, A. J., Zarolia, P., **Ford, B. Q.**, & McRae, K. (2014). Emotional reactivity and emotion regulation among adults with a history of self-harm: Laboratory self-report and functional MRI evidence. *Journal of Abnormal Psychology, 123*, 499-509.
41. **Ford, B. Q.**, Mauss, I. B., Troy, A. S., Smolen, A., & Hankin, B. (2014). Emotion regulation protects children from risk associated with 5-HTT gene and stress. *Emotion, 14*, 930-939.
42. **Ford, B. Q.** & Tamir, M. (2014). Preferring familiar emotions: As you want (and like) it? *Cognition and Emotion, 28*, 311-324.
43. **Ford, B. Q.**, Shallcross, A. J., Mauss, I. B., Floerke, V. A.*, & Gruber, J. (2014). Desperately seeking happiness: Valuing happiness is associated with symptoms and diagnosis of depression. *Journal of Social and Clinical Psychology, 33*, 890-905.
44. Hopp, H., Shallcross, A. J., **Ford, B. Q.**, Troy, A. S., Floerke, V.A.*, Wilhelm, F., & Mauss, I. B. (2013). High vagal tone protects against future depressive symptoms under conditions of social support. *Biological Psychology, 93*, 143-149.
45. Kogan, A., Gruber, J., Shallcross, A., **Ford, B. Q.**, & Mauss, I. B. (2013). Too much of a good thing? Cardiac vagal tone's non-linear relationship with well-being. *Emotion, 13*, 599-604.
46. Shallcross, A., **Ford, B. Q.**, Floerke, V. A.*, & Mauss, I. B. (2013). Getting better with age: The relationship between age, acceptance and negative affect. *Journal of Personality and Social Psychology, 104*, 734-749.
47. Tamir, M., **Ford, B. Q.**, & Gilliam, M. (2013). Evidence for utilitarian motives in emotion regulation. *Cognition and Emotion, 27*, 483-491.
48. Tamir, M., **Ford, B. Q.**, & Ryan, E. (2013). Nonconscious goals can shape what people want to feel. *Journal of Experimental Social Psychology, 49*, 292-297.
49. Weisbuch, M., Lamer, S., & **Ford, B. Q.** (2013). Memory for eye gaze: Accuracy, bias, and the role of facial emotion. *Social Cognition, 31*, 686-695.
50. **Ford, B. Q.** & Tamir, M. (2012). When getting angry is smart: Emotional preferences and emotional intelligence. *Emotion, 12*, 685-689.
51. **Ford, B. Q.**, Tamir, M., Gagnon, S. A., Taylor, H. A., & Brunyé, T. T. (2012). The angry spotlight: Trait anger and selective attention to rewards. *European Journal of Personality, 26*, 90-98.
52. Tamir, M. & **Ford, B. Q.** (2012a). When feeling bad is expected to be good: Emotion regulation and outcome expectancies in social conflicts. *Emotion, 12*, 807-816.
53. Tamir, M. & **Ford, B. Q.** (2012b). Should people pursue feelings that feel good or feelings that do good? Emotional preferences and well-being. *Emotion, 12*, 1061-1070.
54. **Ford, B. Q.**, Tamir, M., Brunyé, T. T., Shirer, W. R., Mahoney, C. R., & Taylor, H. A. (2010). Keeping your eyes on the prize: Anger and visual attention to threats and rewards. *Psychological Science, 21*, 1098-1105.
55. Tamir, M. & **Ford, B. Q.** (2009). Choosing to be afraid: Preferences for fear as a function of goal pursuit. *Emotion, 9*, 488-497.

INVITED REVIEW PAPERS & BOOK CHAPTERS

56. **Ford, B. Q.** (accepted). The costs of striving to feel good. In J. J. Gross & B. Q. Ford (Eds.) *Handbook of Emotion Regulation (3rd edition)*. New York, NY: Guilford.
57. **Ford, B. Q.** (2019). Pursuing positive emotion: When and why could wanting to feel happy be linked to psychopathology? In J. Gruber (Ed.) *Oxford Handbook of Positive Emotion and Psychopathology* (pp. 13-26) Oxford University Press.
58. **Ford, B. Q.** & Gross, J. J. (2018). Emotion regulation: Why beliefs matter. *Canadian Psychology*, 59, 1-15.
59. Levenson, R., Lwi, S.*, Brown, C.*, **Ford, B. Q.**, Otero, M., & Verstaen, A. (2016). Emotion. In J. T. Cacioppo, L. G. Tassinary, and G. G. Berntson (Eds.) *Handbook of Psychophysiology (4th Ed)* (pp. 444-464). Cambridge University Press. Authors contributed equally
60. **Ford, B. Q.** & Mauss, I. B. (2015). Culture and emotion regulation. *Current Opinion in Psychology*, 3, 1-5.
61. **Ford, B. Q.** & Mauss, I. B. (2014). The paradoxical effects of pursuing positive emotion: When and why wanting to feel happy backfires. In J. Gruber and J. Moskowitz (Eds.) *Positive Emotion: Integrating the Light Sides and Dark Sides* (pp. 363-381). Oxford University Press.
62. **Ford, B. Q.** & Mauss, I. B. (2014). Emotion Experience and Well-Being. In E. Diener & R. Biswas-Diener (Eds.), *Noba textbook series: Psychology*. Champaign, IL: Diener Education Fund Publishers.

Google Scholar Statistics (as of March 4, 2024):

h-index: 36

i10-index: 48

Total Citation Count: >500

MANUSCRIPTS UNDER REVIEW

63. Gatchpazian, A.**, Shallcross, A. J., Troy, A. S., Kalinowski, J., & **Ford, B. Q.** (revise & resubmit) Resilience in the face of discrimination: Emotional acceptance buffers the link between discrimination and poor health.
64. Lassetter, B.,** Feinberg, M., Thai, S., & **Ford, B. Q.** (under review). Political Shocks: Understanding Major Political Events from an Affective Science Lens.
65. Zerwas, F. K.*, **Ford, B. Q.**, John, O. P., & Mauss, I. B. (revise & resubmit). Two approaches to happiness: Concern about happiness but not aspiring to happiness is linked with negative meta-emotions and worse well-being.
66. Zhao, Y.,** Sisson, N. M.,** Smith, A. M.,** & **Ford, B. Q.** (revise & resubmit). Managing loved ones' emotions: The promise and pitfalls of reappraisal. *Emotion*.
67. Zhao, Y.,** Zerwas, F.,* Sisson, N. M.,** & **Ford, B. Q.** (accepted proposal). The interpersonal risks of valuing happiness: Links to interpersonal emotion regulation and close others' mental health.

INVITED MANUSCRIPTS & ACCEPTED PROPOSALS IN PREPARATION

68. Willroth, E. C.*, **Ford, B. Q.**, Troy, A. S., Butler, E. & Mauss, I. B. (registered replication accepted). Preregistered replication of "The wisdom to know the difference: Strategy-situation fit in emotion regulation in daily life is associated with well-being". *Psychological Science*.

INVITED TALKS

1. **Ford, B. Q.** (October, 2023). The costs and benefits of striving to feel good. *Princeton University*, Summit on Affective Science.
2. **Ford, B. Q.** (April, 2023). The costs and benefits of striving to feel good. *University of Maryland*, Departmental Colloquium series.
3. **Ford, B. Q.** (June, 2023). Panelist on “The Pursuit of Happiness (and Political Engagement)”. *SNF Agora Symposium on Mental Health and Democratic Agency*. Athens, Greece.
4. **Ford, B. Q.** (April, 2023). The costs and benefits of striving to feel good. *Northeastern University*, Departmental Colloquium series.
5. **Ford, B. Q.** (April, 2023). The costs and benefits of striving to feel good. *University of California, San Diego*, Rady Business School Colloquium series.
6. **Ford, B. Q.** (Nov, 2022). The costs and benefits of striving to feel good. *University of Texas, Austin*, Social Area Colloquium series.
7. **Ford, B. Q.** (May, 2022). The costs and benefits of striving to feel good. *York University & University of Toronto Social-Personality Area conference*, keynote speaker.
8. **Ford, B. Q.** (March, 2022). The costs and benefits of striving to feel good. *University of Manitoba*, Spring Research Colloquium.
9. **Ford, B. Q.** (October, 2021). Striving to feel good: The costs and benefits of emotion regulation. *The Contentment Foundation*, ContentMentor series.
10. **Ford, B. Q.** (October, 2020). Coping with stress: The trade-offs of emotion regulation. *Harvard University*, Social Area Colloquium.
11. **Ford, B. Q.** (February, 2019). Managing the daily stress of politics: The trade-offs of emotion regulation. *Emotion Preconference, Society for Personality and Social Psychology*, Portland, OR.
12. **Ford, B. Q.** (January, 2019). The political is personal: Managing the stress of politics. *Storytelling for Social Change*, UTSC Women & Gender Studies, Toronto, ON.
13. **Ford, B. Q.** (October, 2018). Striving to feel good: The costs and benefits of emotion regulation. Keynote speaker, *Ryerson University, 10th Annual Psychology Research Symposium*, Toronto, Ontario.
14. **Ford, B. Q.** (April, 2018). How does reappraisal promote well-being? The central role of positive emotional responses to stress. *Positive Emotion Preconference, Society for Affective Science*, Los Angeles, CA.
15. **Ford, B. Q.** (December, 2017). Striving to feel good: The costs and benefits of emotion regulation. *York University, Social Psychology Colloquium Series*, Toronto, Ontario.
16. **Ford, B. Q.** (October, 2017). Striving to feel good: The costs and benefits of emotion regulation. *University of Toronto, Social Psychology Colloquium Series*, Toronto, Ontario.
17. **Ford, B. Q.** (June, 2017). Thinking about feelings: How do our thoughts about emotions influence the emotions we feel and our psychological health? *California State University, San Bernadino Psychology Colloquium Series*, San Bernadino, California.
18. **Ford, B. Q.** (November, 2016). Thinking about feelings: How do our thoughts about emotions influence the emotions we feel and our psychological health? *University of Waterloo Psychology Colloquium Series*, Waterloo, Ontario.
19. **Ford, B. Q.** (May, 2016). Graduate Student Address. Psychology Department Graduate Commencement; *University of California, Berkeley*.

20. **Ford, B. Q.** & Mauss, I. B. (June, 2015). The consequences of what emotions people want to feel: Upsides of preferring unpleasant emotions and downsides of preferring pleasant emotions. Rising Star symposium at the *Association for Research in Personality*, St. Louis, MO.
21. **Ford, B. Q.** (April, 2014). What do people want to feel? Hedonic and instrumental motives in emotion regulation. *Osher Lifelong Learning Institute Science of the Greater Good Speaker Series*; Berkeley, CA.

CONFERENCE ORGANIZING

1. **Emotion Regulation Pre-Conference, *Society for Affective Science*.**
 - a. (March, 2024). Co-organized with Emily Willroth. New Orleans, LA.
 - b. (April, 2023). Co-organized with James Gross and Gal Sheppes. Long Beach, CA.
 - c. (April, 2020). Co-organized with James Gross, Maital Neta, and Gal Sheppes. San Francisco, CA. [Delayed until 2023 due to the COVID-19 pandemic]
 - d. (March, 2019). Co-organized with James Gross and Gal Sheppes. Boston, MA.
2. **Emotion Pre-Conference, *Society for Personality and Social Psychology*.**
 - a. (February, 2024). Co-organizing with Amit Goldenberg and Adrienne Wood. San Diego, CA.
 - b. (February, 2023). Co-organized with Bonnie Le and Amit Goldenberg. Atlanta, GA.
 - c. (February, 2022). Co-organized with Elise Kalokerinos and Bonnie Le. [Virtual]

SYMPOSIA CHAIRED

1. Willroth, E.* & **Ford, B. Q.** (February, 2020). Emotion Regulation Flexibility: Theoretical, Experimental, and Individual Difference Perspectives. *Society for Personality and Social Psychology*, New Orleans, LA.
2. **Ford, B. Q.** (October, 2019). Reappraisal Reconsidered: A Closer Look at the Costs of an Acclaimed Emotion-Regulation Strategy. *Society for Experimental Social Psychology*, Toronto, ON, Canada.
3. **Ford, B. Q.** (February, 2018). Emotion & Politics: The Inextricable Link. *Society for Personality and Social Psychology*, Atlanta, GA.

REFEREED SYMPOSIA PRESENTATIONS

1. Zhao, Y.,** Impett, E. A., Sisson, N. M., Johnson, M. D., & **Ford, B. Q.** (March, 2024). Is it the thought that counts? A dyadic, longitudinal investigation of attempted and successful interpersonal emotion regulation. *Society for Affective Science*. Annual Conference in New Orleans, Louisiana.
2. Jeong, J.,** Zhao, Y.,** & **Ford, B. Q.** (March, 2024). Big Five Traits Predict What Strategies People Use to Manage Their Loved Ones' Emotions. *SAS*. Annual Conference in New Orleans, Louisiana.
3. **Ford, B. Q.** [Discussant] (March, 2024). Emerging research on emotion beliefs: Considering daily life, culture, and biology. *Society for Affective Science*. Annual Conference in New Orleans, Louisiana.
4. **Ford, B. Q.** & Gatchpazian, A.** (February, 2024). White Fragility: An Emotion Regulation Perspective. *Society for Personality and Social Psychology*, Annual Conference in San Diego, California.

5. Zhao, Y.,** Sisson, N. M., Zerwas, F. K., & **Ford, B. Q.** (February, 2024). The interpersonal risks of valuing happiness: Links to other-focused emotion regulation and close others' mental health. *SPSP (Society for Personality and Social Psychology) Annual Conference* in San Diego, California.
6. Werner, K. M.,* **Ford, B. Q.**, Friese, M., & Hofmann, W. (2023, May). Harnessing the power of motivation to promote lasting behaviour change. Paper submitted to the 8th International Self-Determination Theory Conference, Orlando, FL.
7. Zhao, Y.,** Impett, E. A., Sisson, N. M.,* & **Ford, B. Q.** (Mar, 2023). I'm Just Trying to Help: Links Between Regulating a Romantic Partner's Emotions and Partner Mental Health in a Longitudinal Dyadic Study. Flash Talk at the *Society for Affective Science Annual Conference* in Long Beach, California.
8. Sisson, N. M.*, Le, B. M., Nelson-Coffey, S. K., Coffey, J. K., **Ford, B. Q.**, & Impett, E. A. (2023, March). *Pursuing children's happiness: Impacts of parents' happiness parenting goals on child, parent, and relational well-being*. Biennial Meeting of the Society for Research in Child Development, Salt Lake City, Utah.
9. Sisson, N. M.*, Le, B. M., Nelson-Coffey, S. K., Coffey, J. K., **Ford, B. Q.**, & Impett, E. A. (2023, February). Pursuing children's happiness before and during the pandemic: Impacts of parents' striving for children's happiness on child, parent, and relational well-being. Happiness and Well-Being Preconference, Society for Personality and Social Psychology.
10. Leonhardt, N. D.,* Stellar, J. E., **Ford, B. Q.**, Van Cappellen, P., & Impett, E. A. (2023, February). "It's hard to shake God's hand": Paying gratitude back versus forward. Society for Personality and Social Psychology, Atlanta, GA, United States.
11. Zhao, Y.,** Sisson, N. M.,** Smith, A. M.,** & **Ford, B. Q.** (Feb, 2023). The Risks of Helping a Loved One Reappraise the Pandemic. *Society for Personality and Social Psychology*, Atlanta, Georgia.
12. Werner, K. M.,** **Ford, B. Q.**, Friese, M., & Hofmann, W. (2022, October). *Motivational dynamics of self-control*. Society for Experimental Social Psychology, Philadelphia, PA.
13. Smith, A.**, Werner, K.** & **Ford, B. Q.** (July, 2022). *The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States*. SPSP Summer Psychology Forum, Minneapolis, MN.
14. Smith, A.,** Werner, K.** & **Ford, B. Q.** (June, 2022). The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States. Society for the Psychological Study of Social Issues, San Juan, PR.
15. Smith, A.**, & **Ford, B. Q.** (May, 2022). When good beliefs go bad: The interpersonal costs of believing emotions are controllable. Association for Psychological Science, Chicago, IL.
16. Werner, K. M.,** Gross, J. J., & **Ford, B. Q.** (2022, May). A polyregulation approach to regulating desires. Annual Meeting for the Society for the Study of Motivation, Chicago, IL.
17. Werner, K. M.,** Gross, J. J., & **Ford, B. Q.** (2022, April). A polyregulation approach to regulating desires. Annual Convention for the Society of Affective Science, Virtual.
18. Zhao, Y.** & **Ford, B. Q.** (February, 2022). Using reappraisal to manage others' emotions can help or hurt: A longitudinal dyadic study. Emotion Preconference, Society for Personality and Social Psychology (virtual).
19. Javeed, A.,** Gatchpazian, A.,** Green, D., Gross, J., & **Ford, B. Q.** (February, 2022). To engage or disengage: Reappraisal tactic usage and anti-racist action after anti-Black racism. Society for Personality and Social Psychology, San Francisco, CA.
20. Smith, A.**, Werner, K.** & **Ford, B. Q.** (February, 2022). The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States. Society for Personality and Social Psychology, San Francisco, CA.

21. Werner, K. M.** & **Ford, B. Q.** (2022, February). Comparing measures of strategy repertoire in the regulation of desires. *Society of Personality and Social Psychology*, San Francisco, CA.
22. **Ford, B. Q.**, Zhao, Y.,** Smith, A.**, & Gatchpazian, A.** (February, 2022). Coping with stress: The powerful role of believing emotions can change in times of stress. *Society for Personality and Social Psychology*, San Francisco, CA.
23. Javeed, A.,** Gatchpazian, A.,** Green, D., & **Ford, B. Q.** (March, 2021). From the screens to the streets: Do emotional responses to witnessing discrimination impair anti-racist action? *Scarborough Campus Student Union Undergraduate Research Symposium*, Toronto, ON. (virtual).
***Won 2nd place**
24. Javeed, A.,** Gatchpazian, A.,** Green, D., & **Ford, B. Q.** (April, 2021). From the screens to the streets: Do emotional responses to witnessing discrimination impair anti-racist action? *University of Toronto Scarborough Undergraduate Poster Forum*, Toronto, ON. (virtual).
25. Wu, R.,* Werner, K. M.,** & **Ford, B. Q.** (2021). The more the better? Examining the relation between strategy repertoire and goal attainment. Undergraduate Research Forum at University of Toronto Scarborough [Virtual].
***Won 2nd place**
26. Wu, R.* , Werner, K. M.** , & **Ford, B. Q.** (2021, May). The benefits of having a well-equipped strategy toolbox during goal pursuit. *Association for Psychological Science* [Virtual].
27. Werner, K. M.** , & **Ford, B. Q.** (2021, May). Abandoning willpower: An alternative approach to self-control. *Annual Meeting for the Society for the Study of Motivation* [virtual].
28. Gatchpazian, A.** , Shallcross, A. J., Troy, A. S., Kalinowski, J., & **Ford, B. Q.** (2021, April). Resilience in the face of discrimination: Emotional acceptance buffers the link between discrimination and worse health. *Society for Affective Science* [virtual].
29. Smith, A. M.** , Willroth, E. C.** , Gatchpazian, A.** , Shallcross, A., Feinberg, M., & **Ford, B. Q.** (2021, April). Coping with Health Threats: The costs and benefits of managing emotions. *Society for Affective Science* [virtual].
30. **Ford, B. Q.**, Feinberg, M., Thai, S., Gatchpazian, A.** , & Lassetter, B.** (February, 2021). The Political is Personal. *Society for Personality and Social Psychology* [virtual].
31. Gatchpazian, A.** , Shallcross, A. J., Troy, A. S., Kalinowski, J., & **Ford, B. Q.** (February, 2021). Resilience in the face of discrimination: Emotional acceptance buffers the link between discrimination and poor health. *Society for Personality and Social Psychology* [virtual].
32. Sisson, N. M.* , Willroth, E. C.* , Le, B. M., & **Ford, B. Q.** (February, 2021). Does living with close others jeopardize or protect well-being in the face of COVID-19? A seven-wave longitudinal study. Well-being Preconference Meeting at the *Society for Personality and Social Psychology* [virtual].
33. Smith, A. M.** & **Ford, B. Q.** (April, 2020). When “good” beliefs go bad: Upsides and downsides of believing emotions are controllable. *Society for Affective Science*, San Francisco, CA. [virtual; canceled]
34. Smith, A. M.** & **Ford, B. Q.** (February, 2020). When “good” beliefs go bad: Upsides and downsides of believing emotions are controllable. Emotion Preconference Meeting at the *Society for Personality and Social Psychology*, New Orleans, LA.
35. **Ford, B. Q.**, Troy, A. S. & Feinberg, M. (February, 2020). Reconsidering reappraisal: The trade-offs of an acclaimed emotion-regulation strategy. *Society for Personality and Social Psychology*, New Orleans, LA.
36. **Ford, B. Q.**, Feinberg, M., Thai, S. & Gatchpazian, A.** (October, 2019). Managing the daily stress of politics: Emotion Regulation’s Trade-offs. *Society for Experimental Social Psychology*, Toronto, ON, Canada.

37. **Ford, B. Q.**, Feinberg, M., & Thai, S. (July, 2019). Managing the daily stress of politics. *International Society for Research on Emotion*, Amsterdam, Netherlands.
 38. **Ford, B. Q.**, Feinberg, M., & Thai, S. (May, 2019). Managing the daily stress of politics: Emotion regulation's trade-offs. *Association for Psychological Science*, Washington, D. C.
 39. Brown, C.* , Van Doren, N., **Ford, B. Q.**, Mauss, I. B., Sze, J. W. & Levenson, R. (April, 2018). The functional value of emotion coherence: Greater coherence between physiology and subjective experience is associated with greater well-being. *Society for Affective Science*, Los Angeles, CA.
 40. **Ford, B. Q.**, & Feinberg, M. (April, 2018). A dark side of reappraisal: Down-regulating moral emotions facilitates unethical behavior. *Society for Affective Science*, Los Angeles, CA.
 41. **Ford, B. Q.**, Feinberg, M., Lam, P.* , Mauss, I. B., & John, O. P. (February, 2018). Using reappraisal to regulate negative emotion after the 2016 U.S. presidential election: Does individual emotion regulation trump collective political action? *Society for Personality and Social Psychology*, Atlanta, GA.
 42. **Ford, B. Q.** (October, 2017). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Society for Experimental Social Psychology*, Boston, MA.
 43. Karnilowicz, H. R.* , **Ford, B. Q.**, & Mauss, I. B. (June, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Association for Research in Personality*, Davis, CA.
 44. **Ford, B. Q.**, & Karnilowicz, H. R.* (May, 2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. *Association for Psychological Science*, Boston, MA.
 45. **Ford, B. Q.**, Lam, P.* , John, O., & Mauss, I. B. (April, 2017). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Society for Affective Science*, Boston, MA.
 46. Gentzler, A. L., Huta, V., Delong, K., Moran, K., **Ford, B. Q.**, & Mauss, I. B. (April, 2017). Kids just want to have fun: Examining hedonic motives in youth. *Society for Affective Science, Positive Emotion Preconference*, Boston MA.
 47. Karnilowicz, H. R.* , **Ford, B. Q.**, & Mauss, I. B. (April, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Society for Affective Science*, Boston, MA.
 48. **Ford, B. Q.**, Mauss, I. B., & Gruber, J. (May, 2016). Valuing happiness is associated with bipolar disorder. *Association for Psychological Science*, Chicago, IL.
 49. Troy, A. T., **Ford, B. Q.**, & Mauss, I. B. (May, 2016). Cognitive reappraisal is more beneficial for people from lower than from higher socioeconomic status. *Association for Psychological Science*, Chicago, IL.
 50. **Ford, B. Q.**, Hankin, B., Gentzler, A. & Mauss, I. B. (March, 2016). When children believe emotions cannot change: Children's entity beliefs predict greater depression via less effective emotion regulation. *Society for Affective Science*, Chicago, IL.
- *Won best flash-talk award**
51. Troy, A. T., **Ford, B. Q.**, & Mauss, I. B. (March, 2016). Cognitive reappraisal is more beneficial for people from lower than from higher socioeconomic status. *Society for Affective Science*, Chicago, IL.
 52. **Ford, B. Q.**, Mauss, I. B. & Troy, A. (Jan, 2016). The benefits of emotion regulation depend on its context: Reappraisal is more beneficial for people from lower than from higher socioeconomic status. *Society for Personality and Social Psychology*, San Diego, CA.
 53. **Ford, B. Q.**, Mauss, I. B., & Gruber, J. (April, 2015). Valuing happiness predicts bipolar disorder. *Society for Affective Science, Positive Emotion Preconference*, Oakland, CA.

54. **Ford, B. Q.**, & Mauss, I. B. (Feb, 2015). Controlling the uncontrollable? The psychological health implications of holding conflicting beliefs about emotions. *Society for Personality and Social Psychology, Emotion Preconference*, Long Beach, CA.
55. **Ford, B. Q.**, Werner, G. G.* & Mauss, I. B. (Feb, 2015). Better sleep quality is associated with more effective emotion regulation. *Society for Personality and Social Psychology*, Long Beach, CA.
56. McRae, K., Waugh, C. E., Mauss, I. B., Zorola, I. B., Lumian, D., **Ford, B. Q.**, Davis, T., & Ciesielski, B. G. (Feb, 2015). Thought curtails emotion: Cognitive reappraisal decreases the duration of emotional responding in the brain. *Society for Personality and Social Psychology*, Long Beach, CA.
57. Werner, G. G.*, **Ford, B. Q.**, Mauss, I. B., Blechert, J., Schabus, M., & Wilhelm, F. (Sept, 2014). High cardiac vagal control during wakefulness predicts better subjective and objective sleep quality. *European Sleep Research Society*, Tallinn, Estonia.
58. **Ford, B. Q.**, & Mauss, I. B. (April, 2014). Controlling the uncontrollable? The psychological health implications of holding conflicting beliefs about emotions. *Association for Psychological Science*, San Francisco, CA.
59. Lam, P.*, Mauss, I., **Ford, B.Q.**, Anderson, C., & Roy, J. (Feb, 2014). Affective correlates of emotion goal pursuit: Pursuing happiness versus accepting one's emotions. *Society for Personality and Social Psychology, Emotion Preconference*, Austin, TX.
60. **Ford, B. Q.**, Eng, J., Heller, D., Chentsova-Dutton, Y., Grossmann, I., Tamir, M., Floerke, V.*, Uchida, Y., Bokhan, T., Chang, Y., & Mauss, I. B. (Feb, 2014). When and where is the pursuit of happiness detrimental to psychological well-being? A cross-cultural examination. *Society for Affective Science, Positive Emotion Preconference*, Washington D.C.
61. Leshin, J. C.***, **Ford, B. Q.**, Eng, J., & Mauss, I. B. (July, 2013). Emotion regulation and well-being: Believing emotions can change and knowing when and how to change them. *Summer Research Opportunity Program Conference*, Berkeley, CA.
62. Mauss, I. B., Shallcross, A., & **Ford, B. Q.** (May, 2013). Getting better with age: The role of acceptance in emotional well-being across adulthood. *Association for Psychological Science*, Washington D.C.
63. McRae, K., Gross, J. J., Mauss, I. B., Williams, L., Ochsner, K., Davis, T. S., Lumian, D., Zorola, P., **Ford, B. Q.**, Rekshan, W., & Cooper, N. (April, 2013). Individual and group differences in emotion regulation. *Social and Affective Neuroscience Society*, San Francisco, CA.
64. **Ford, B. Q.** (Feb, 2013). One step at a time: Unpacking the emotion regulation process from antecedents to outcomes. *Institute of Personality & Social Research Colloquium*, Berkeley, CA.
65. **Ford, B. Q.**, Mauss, I. B., Troy, A. S., Smolen, A., & Hankin, B. (Jan, 2013). Can adaptive emotion regulation buffer G x E risk? Reappraisal moderates the link between serotonin-transporter gene expression, stress, and depression. *Society for Personality and Social Psychology, Emotion Preconference*, New Orleans, LA.
66. McRae, K., Mauss, I. B., Ciesielski, B. G., Zorola, P., **Ford, B. Q.**, & Davis, T. (Jan, 2012). Cognitive emotion regulation in recently stressed women: Differential effects of increasing positive affect and decreasing negative affect. *Society for Personality and Social Psychology*, San Diego, CA.
67. Mauss, I. B., Shallcross, A., **Ford, B. Q.**, & Floerke, V. A.* (Sept, 2011). The role of acceptance in emotional well-being across the life span. *Society for Psychophysiological Research*, Boston, MA.
68. Tamir, M. & **Ford, B. Q.** (Jan, 2011). Is seeking happiness always adaptive? Emotional preferences and well-being. *Society for Personality and Social Psychology Conference*, San Antonio, TX.
69. Tamir, M. & **Ford, B. Q.** (Feb, 2009). What will I get out of it? Expected utility and preferences for anger. *Society for Personality and Social Psychology Conference*, Tampa, FL.

CONFERENCE POSTERS

1. Lassetter, B., Feinberg, M., Thai, S., & **Ford, B. Q.** (2024, February). Political shocks: Understanding major political events through an affective science lens. Political Psychology Preconference of the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
2. Gatchpazian, A.,** Javeed, A., Green, D. J., Gross, J. J., & **Ford, B. Q.** (2023, March). Affective responses to anti-Black racism shape collective action. Society for Affective Science. Long Beach, CA, US.
3. Werner, K. M.,* **Ford, B. Q.**, Friese, M., & Hofmann, W. (2023, March). Motivation and perception of desire. Poster accepted to the Annual Convention for the Society of Affective Science, Long Beach, CA.
4. Hargrove, R., Young, G., Mauss, I. B., **Ford, B. Q.**, Alloy, L., Borelli, J. L., Bullock, B., Holley, S. R., Ibonie, S. G., Kamble, S., LeMoult, J., Mason, L., Moriarty, D., Nusslock, R., Okuma, A., Rutledge, R., Strauss, G., Villaueva, C. M., Weinstock, L. & Gruber, J. (2022, April). Suicidal ideation and bipolar disorder risk and mood severity in emerging adults. University of Colorado Undergraduate Research Day, Boulder, CO.
5. Palmer-Dyer, J.,** Zhao, Y.** & **Ford, B. Q.** (March, 2022). What is peace? Theories of peace and implications for collective action. Poster presented at *Society for Affective Science Annual Conference*.
6. Werner, K. M.,* Liu, Z. V., & **Ford, B. Q.** (2022, March). Regulatory flexibility promotes positive emotional experiences and well-being during goal pursuit. Positive Emotions Preconference at the Annual Convention for the Society of Affective Science, Virtual.
7. Zhao, Y.** & **Ford, B. Q.** (March, 2022). Using reappraisal to manage others' emotions can help or hurt: A longitudinal dyadic study. *Society for Affective Science Annual Conference* (virtual).
8. Smith, A.,** Werner, K.** & **Ford, B. Q.** (March, 2022). The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States. Society for Affective Science, San Francisco, CA.
9. Aiyadurai, A.,** Danielson, D. K., & **Ford, B. Q.** (February, 2022). Educators' attitudes towards emotions and responses to children's emotions. *Society for Personality and Social Psychology Conference* , San Francisco, CA.
10. Chen, J.,** Zhao, Y.,** & **Ford, B. Q.** (February, 2022). Coping with discrimination: A focus on Asian Americans and their mental health. Emotion Preconference, Society for Personality and Social Psychology (virtual).
11. Glinski, S., Smith, A. L., Werner, K. M.*, Duckworth, A. L., & **Ford, B. Q.** (2022, February). Approaching success: Comparing approach versus avoidance strategies during goal pursuit. Motivation Science Pre-Conference; Society of Personality and Social Psychology, San Francisco, CA.
12. Glinski, S., Smith, A., Werner, K. M.**, Kalokerinos, E. K., Duckworth, A. L., & **Ford, B. Q.** (February, 2022). Choosing how to regulate: Conflict intensity influences strategy selection during self-control. *Society of Personality and Social Psychology*, San Francisco, CA.
13. Gatchpazian, A.,** Javeed, A.,** Green, D., Gross, J., & **Ford, B. Q.** (February, 2022). Affective responding to anti-Black racism: How emotional experiences shape collective action. *Society for Personality and Social Psychology*.
14. Kyle, K. M.,** Willroth, E. C., & **Ford, B. Q.** (February, 2022). Examining Personality Trait Change Across a Major Global Stressor. *Society for Personality and Social Psychology Conference*, San Francisco, CA.
15. Liu, Z. V., Nerenberg, A., Werner, K. M.**, Duckworth, A. L., & **Ford, B. Q.** (2022, February). Exploring the relation between regulatory flexibility and well-being. Happiness and Well-Being Pre-Conference. Society of Personality and Social Psychology, San Francisco, CA.

16. Sisson, N. M.,* Le, B., M., Nelson-Coffey, K., Coffey, J. K., **Ford, B. Q.**, & Impett, E. A. (2022, February). The pursuit of children's happiness: The impact of parents' happiness parenting goals on child, parent, and relational well-being. *Society of Personality and Social Psychology*, San Francisco, CA.
17. Smith, A., Glinski, S., Werner, K. M.**, Hofmann, W., **Ford, B. Q.**, & Duckworth, A. L. (February, 2022). Motivational determinants of self-control: How doing what you "want" vs. "should" influences the need for self-control. *Society of Personality and Social Psychology*, San Francisco, CA.
18. Smith, A. L., Glinski, S., Werner, K. M.*, Duckworth, A. L., & **Ford, B. Q.** (2022, February). The essential role of motivation and conflict during self-control: An internal meta-analysis. *Motivation Science Pre-Conference; Society of Personality and Social Psychology*, San Francisco, CA.
19. Hoelscher, E., Villanueva, C.M., Silverman, L., Weinstock, L., **Ford, B. Q.**, Gruber, J., (2021, September) Maladaptive Beliefs about Emotional Wellness Associated with Increased Bipolar Risk and Symptom Dimensions During Emerging Adulthood. *Society for Research in Psychopathology (SRP), virtual poster conference due to COVID-19*
20. Wu, R.**, Werner, K. M.**, & **Ford, B. Q.** (2021, May). A toolbox approach to healthier eating: Examining the relation between motivation, strategy repertoire, and eating behaviours. Poster to be presented at the 13th Annual Meeting for the Society for the Study of Motivation. [virtual].
21. Park, Y. W., Wilson, T., Shaffer, E., **Ford, B. Q.**, Mauss, I. B., & Gentzler, A. (April, 2021). Mechanisms underlying the association between excessively valuing happiness and depressive symptoms among adolescents. *Society for Research in Child Development* [virtual].
22. Javeed, A.**, Gatchpazian, A.**, Green, D. & **Ford, B. Q.** (February, 2021). From the screens to the streets: Do emotional responses to witnessing discrimination impair anti-racist action? Poster to be presented at the annual conference of the *Society for Personality and Social Psychology* [virtual].
23. Sisson, N. M.,* Gatchpazian, A.,** Smith, A. M.,** & **Ford, B. Q.** (February, 2021). The impact of striving for a romantic partner's happiness and meaning in life on partner well-being. *Society for Personality and Social Psychology* [virtual].
24. Smith, A. M.**, Willroth, E. C.*, Gatchpazian, A.**, Shallcross, A., Feinberg, M., & **Ford, B. Q.** (February, 2021). Coping with Health Threats: The costs and benefits of managing emotions. *Society for Personality and Social Psychology*, Emotion Preconference [virtual]
25. Wu, R.*, Werner, K. M.** & **Ford, B. Q.** (February, 2021). The more the better? Examining the relation between strategy repertoire and goal attainment. Poster to be presented at the annual conference of the *Society for Personality and Social Psychology* [virtual].
26. Patel, P., **Ford, B. Q.**, & Troy, A. S. (February, 2020). Flavors of happiness: Personality shapes what types of positive emotion people want to feel and how they pursue it. Poster submitted to the Emotion pre-conference of the *Society for Personality and Social Psychology*, New Orleans, LA.
27. Gatchpazian, A.** & **Ford, B. Q.** (February, 2020). Going with your gut: How does believing emotions are helpful vs. harmful shape the decision-making process? Poster to be presented at the *Society for Personality and Social Psychology*, New Orleans, LA.
28. Niculescu I.,* Quirt H., Arora T., Green R., **Ford B. Q.**, Iaboni A. (October, 2019). Design and Evaluation of an Ecological Momentary Assessment Tool for Assessing Depression in Dementia. *Canadian Conference on Dementia (CCD)*. University of Toronto, ON.
29. Gatchpazian, A.** & **Ford, B. Q.** (March, 2019). Going with your gut: How does believing emotions are helpful vs. harmful shape the decision-making process? *Society for Affective Science*, Boston, MA.
30. Sharma, I., Zerwas, F.*, **Ford, B. Q.** & Mauss, I. B. (May, 2018). Examining the Associations Between Two Facets of Valuing Happiness and Emotion Regulation Strategies. *Association for Psychological Science*, San Francisco, CA.

31. Wang, A.** & **Ford, B. Q.** (May, 2018). Advancing the study of emotion regulation choices: Development of a behavioral individual difference measure of strategy selection. *Association for Psychological Science*, San Francisco, CA.
32. Zerwas, F.*, **Ford, B. Q.**, & Mauss, I. B. (April, 2018) Unpacking the downside of valuing happiness: Capturing concern about happiness versus need for happiness. *Society for Affective Science*, Los Angeles, CA.
33. Lwi, S.*, **Ford, B. Q.**, & Levenson, R. (April, 2018). A unique challenge for Chinese caregivers of patients with Neurodegenerative Disease: How the motivation to avoid losing face contributes to caregiver loneliness. *Society for Affective Science*, Los Angeles, CA.
34. Karnilowicz, H. R.*, **Ford, B. Q.**, & Mauss, I. B. (June, 2017). Control yourself! Parents' beliefs that 3 year old children can control their emotions are linked with maladaptive responses to their children's emotions. *Association for Research in Personality*, Sacramento, CA.
35. Karnilowicz, H. R.*, **Ford, B. Q.**, & Mauss, I. B. (January, 2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. *Society for Personality and Social Psychology*, San Antonio, TX.
36. Willroth, E. C.*, **Ford, B. Q.**, Troy, A. S., & Mauss, I. B. (January, 2017) Context-appropriate reappraisal during daily stressors is associated with better psychological health. *Society for Personality and Social Psychology*, San Antonio, TX.
37. Lam, P.*, **Ford, B. Q.**, John, O. P., & Mauss, I. B. (January, 2016). Emotional acceptance longitudinally predicts better well-being: The role of emotional responses to daily stressors. *The Emotion Preconference of the Society for Personality and Social Psychology Conference*, San Diego, CA.
38. **Ford, B. Q.**, John, O., Gonzalez, F., & Mauss, I. B. (April, 2015). How does adaptive emotion regulation promote greater well-being? The role of positive emotional responses to daily stressors. *The Society for Affective Science*, Oakland, CA.
***Won best poster award**
39. Leshin, J. C.*, **Ford, B. Q.**, Eng, J., & Mauss, I. B. (May, 2014). Emotion regulation and well-being: Believing emotions can change and knowing when and how to change them. *The Association for Psychological Science*, San Francisco, CA
40. **Ford, B. Q.**, Davis, T. S., Hankin, B., Shallcross, A., Troy, A. S., & Mauss, I. B. (April, 2014). Controlling the uncontrollable? Psychological health implications of entity beliefs about emotion in the context of emotion control norms. *The Society for Affective Science*, Washington, D.C.
41. Troy, A. S., **Ford, B. Q.**, Davis, T. S., & Mauss, I. B. (April, 2014). Change the things you can: Effective emotion regulation is beneficial in low, but not high, socioeconomic contexts. *The Society for Affective Science*, Washington, D. C.
42. Lorenz, B.**, **Ford, B. Q.**, & Mauss, I. B. (May, 2014). How feeling bad for people promotes feeling good in general: Empathy promotes higher positive emotion through daily positive experiences. *Psychology Undergraduate Research Conference, University of California, Berkeley*.
43. **Ford, B. Q.**, Mauss, I. B., & Gruber, J. (September, 2013). Valuing positive emotion is associated with risk for and diagnosis of bipolar. *The Society for Research in Psychopathology*, Oakland, CA.
44. Leshin, J. C.**, **Ford, B. Q.**, Eng, J., & Mauss, I. B. (August, 2013). Emotion regulation and well-being: Believing emotions can change and knowing when and how to change them. *Summer Research Opportunity Program Conference*, Berkeley, CA.
45. Davis, T. S., Lumian, D., Mauss, I. B., Zarolia, P., **Ford, B. Q.**, McRae, K. (April, 2013). Cognitive reappraisal ability among adults with a history of deliberate self-harm: Evidence from an fMRI study. *Annual Meeting of the Social & Affective Neuroscience Society*, San Francisco, CA.

46. Lamer, S. A., Weisbuch, M., Lagerwaard, A., **Ford, B. Q.**, & Kikuchi, M. (February, 2013). Accuracy and bias for eye gaze memory: Role of social ecology and motivation. *Society for Personality and Social Psychology Conference*, New Orleans, LA.
47. Davis, T. S., **Ford, B. Q.**, Riese, M., McRae, K., Zanolia, P., Butler, E., Mauss, I. B. (February, 2013). Look on the bright side: Effects of positive reappraisal training on psychological health. *Society for Personality and Social Psychology, Emotion Pre-Conference*, New Orleans, LA.
48. Shallcross, A. J., Shirk, S. R., Dimidjian, S., Gross, J. J., Holm-Denoma, J., Visvanathan, P. D., Cox, E., Goode, K., **Ford, B. Q.**, & Mauss, I. B. (May, 2012). Mindfulness based cognitive therapy vs. an active control condition: Preliminary results from a randomized clinical trial. *International Symposia for Contemplative Studies Conference*, Denver, CO.
49. **Ford, B. Q.**, Hopp, H., Shallcross, A. J., Troy, A. S., Floerke, V. A.*, Wilhelm, F. H., & Mauss, I. B. (January, 2012). Higher cardiac vagal control is associated with better psychological health under conditions of greater social support: A prospective study. *Society for Personality and Social Psychology Conference*, San Diego, CA.
50. Floerke, V. A. *, **Ford, B. Q.**, & Mauss, I. B. (January, 2012). The interaction between valuing and defining happiness predicts psychological health. *Society for Personality and Social Psychology Conference*, San Diego, CA.
51. **Ford, B. Q.** & Tamir, M. (February, 2011). When getting angry is smart: Emotional preferences and emotional intelligence. *Society for Personality and Social Psychology Conference*, San Antonio, TX.
52. Shallcross, A.J., **Ford, B. Q.**, Floerke, V. A.* & Mauss, I. B. (January, 2011). Getting better with age: Acceptance mediates age-related decreases in negative affect. *Society for Personality and Social Psychology Emotion Preconference*, San Antonio, TX.
53. **Ford, B. Q.**, Hopp, H., Shallcross, A. J., Troy, A. S., Wilhelm, F. H., & Mauss, I. B. (September, 2011). Higher cardiac vagal control is associated with better psychological health under conditions of greater social support. *Society for Psychophysiological Research Conference*, Boston, MA.
54. **Ford, B. Q.**, Tamir, M., Brunyé, T. T., Shirer, W. R., Mahoney, C. R., & Taylor, H. A. (January, 2010). The angry spotlight: The effects of anger on selective attention to threats and reward. *Society for Personality and Social Psychology Conference*, Las Vegas, NV.
55. **Ford, B. Q.**, Shirer, W. R., Brunyé, T. T., Mahoney, C. R., Taylor, H. A., & Tamir, M. (June, 2009). The angry spotlight: Selective visual attention to rewards in anger. *The Neuroscience of Emotion: From Reaction to Regulation*, Research Conference, Tufts University, MA.
56. **Ford, B. Q.** & Tamir, M. (April, 2009). What do people want to feel? Emotion regulation as a function of utility. *Boston Undergraduate Research Symposium*, Harvard University, MA.
57. **Ford, B. Q.** & Tamir, M. (January, 2009). Choosing to be afraid: Preferences for fear as a function of goal pursuit. *Society for Personality and Social Psychology Conference*, Tampa, FL.
58. **Ford, B. Q.** & Tamir, M. (May, 2008). Running scared: Emotional preferences as a function of approach and avoidance goals. *Psychology Undergraduate Research Conference*, Boston College, MA.

SELECT NEWS COVERAGE

Popular Press

- “Lean in to negative emotions. It’s the healthy thing to do” (April 21, 2023). *New York Times*.
- “The political is personal” (April 3, 2023). *Psychology Today*.

- “Don’t Chase Happiness If You Want to Be Happy, Says New Mental Health Research” (July 22, 2022). *Forbes*.
- “Trying to stay optimistic is doing more harm than good” (Jan. 14, 2021). *Bloomberg*.
- “Democratic voters are still waiting to unclench” (November 14, 2020). *Washington Post*.
- “Nearly half of the US may be mourning the election. Here’s what can help.” (Nov. 10, 2020). *CNN*.
- “Surviving 2020’s election countdown with your sanity intact” (Oct. 27, 2020). *CNN*.
- “Time to ditch ‘toxic positivity,’ experts say: It’s okay not to be okay” (Aug. 19, 2020). *Washington Post*.
- “How anger can be put to good use” (July 23, 2020). *BBC Future*.
- “Forget happiness, and accept your negative feelings instead” (March 1, 2019). *Chicago Tribune*.
- “Self-Compassion Reduced Negative Mood Over Time” (Dec. 25, 2018). *Psychology Today*.
- “Can Emotions Be Controlled?” (Nov. 27, 2018). *Psychology Today*.
- “La science des émotions” (Nov. 9, 2018). *Le Devoir*.
- “Why are we so angry?” (Oct.31, 2018). *BBC Radio 4*.
- “Accepting Your Darkest Emotions is the Key to Psychological Health” (July 23, 2017). *Quartz*.
- “Why Chasing Happiness Might be Making you Miserable” (Oct. 12, 2015). *Time Magazine*, p. 28.
- “The Rationality of Rage” (Sept. 20, 2015). *New York Times*, p. SR9.
- “Go Forth In Anger” (March 11, 2014). *Psychology Today*.
- “Finding Happiness In Angry Music” (Sept. 9, 2013). *The Atlantic*.
- “In Pursuit of Happiness” (Feb./March 2013). *Cosmos*, p. 74.
- “Do Get Mad” (Feb. 9, 2013). *New Scientist*, p. 48.
- “High on Anxiety” (Feb. 14, 2011). *Newsweek*, p. 10.
- “For Daily Use” (Oct. 9, 2010). *Science News Magazine*, p. 4.
- “Anger Focuses Attention on Rewards, Not Threats: Study” (Aug. 13, 2010). *HealthDay*.
- “The Benefits of Blowing Your Top” (July 6, 2010). *New York Times*, p. D1.

Monographs:

- “No Hard Feelings: The Secret Power of Embracing Emotions at Work” (2019). Penguin Press, USA.
- "Lost Connections: Uncovering the Real Causes of Depression – and the Unexpected Solutions" (2016). Bloomsbury USA.
- "America the Anxious: How Our Pursuit of Happiness is Creating a Nation of Nervous Wrecks" (2016). St. Martin's Press.
- “The Good News About What’s Bad for You... The Bad News About What’s Good for You...” (2015). Flatiron Books. ISBN: 978-1250063809.

SUPERVISING AND MENTORING

Current & Former Students for whom I am/was a <i>Primary Supervisor</i>		
Student Name	Details of Supervision	Current Role
Post-Doctoral Fellows		
Tony Gutentag	2021 – 2023; Univ. Toronto	Senior lecturer at Tel Aviv Univ. (tenure-track position)
Kaitlyn Werner	2020 – 2022; Univ. Toronto <i>SSHRC Banting Fellowship</i>	Post-doctoral fellow at Univ. Oregon
Graduate Students		
Yitong Zhao	2018 – current; Univ. Toronto	Ph.D. Student at Univ. Toronto
Angela Smith	2018 – current; Univ. Toronto <i>Franco Vaccarino Scholarship</i>	Ph.D. Student at Univ. Toronto
Arasteh Gatchpazian	2018 – 2023; Univ. Toronto <i>Ontario Graduate Scholarship</i>	Ph.D. Student at Univ. Toronto
Katrien Koolen	2013 – 2014; UC Berkeley Visiting MA student from Vrije Universiteit Brussel	Post-doctoral fellow at Vrije Universiteit Brussel
Undergraduate Honours Thesis Students		
Jinglei Chen	2021 – current; Univ. Toronto	MA student at Boston College
Ali Javeed	2020 – current; Univ. Toronto <i>University of Toronto Excellence Award</i> <i>UTSC Thesis day finalist</i> <i>Thesis presentation SCSU 2nd prize</i>	Ph.D. Student at New York University
Angela Wang	2017-2019; Univ. Toronto	M.A. student at Ontario Institute for Studies in Education
Stephanie Yu	2012 – 2014; UC Berkeley	Ph.D. student at UCLA
Undergraduate Summer Fellowship or Independent Study Students		
Jenna Louise-Palmer	2021 – current; York Univ. Visiting student in the Summer Research Opportunity Program	Resident Director at University
Kalista Kyle	2021 – current; Univ. Toronto Budding Scholar Award winner	Undergrad at UTSC
Aghilan Aiyadurai	2021 – current; Univ. Toronto	Undergrad at UTSC
Matthew Yau	2018 – 2021; Univ. Toronto	Masters student in data science at UBC Okanagan
Joseph Leshin	2013 – 2014; UC Berkeley Visiting student in the Summer Research Opportunity Program	Ph.D. student at University of North Carolina

Current & Former Students for whom I am/was a <u>Co-Mentor</u>		
Student Name	Details of Mentorship	Current Role
Post-Doctoral Fellows		
Emily Willroth	2018 – 2022; Co-mentor during student’s Ph.D. at UC Berkeley and post-doc at Northwestern Univ.	Asst. Prof at Washington University at St. Louis
Gabriela Werner	2014 – 2015; Tertiary dissertation advisor for visiting scholar at UC Berkeley	Research Staff at Ludwig-Maximilians-University Munich
Graduate Students		
Louisa You	2022 – current; Outside project supervisor at Univ. Toronto	Ph.D. Student at Univ. Toronto
Natalie Sisson	2019 – current; Outside project supervisor at Univ. Toronto	Ph.D. Student at Univ. Toronto
Bethany Lassetter	2018 – current; Co-mentor during student’s Ph.D. at U of T	Post-doctoral fellow at NYU
Gold Okafor	2020 – current; Co-mentor during student’s Ph.D. at UC Berkeley	Ph.D. Student at UC Berkeley
Casey Brown	2018 – 2020; Co-mentor during student’s Ph.D. at UC Berkeley	Asst Prof at Georgetown University
Helena Karnilowicz	2018 – 2021; Co-mentor during student’s Ph.D. at UC Berkeley	Ph.D. Student at UC Berkeley
Felicia Zerwas	2018 – current; Co-mentor during student’s Ph.D. at UC Berkeley	Ph.D. Student at UC Berkeley
Sandy Lwi	2016 – 2019; Co-mentor during student’s post-doc at San Francisco VA Medical Center	Research Psychologist at Martinez VA
Undergraduate Honours Thesis Students		
Raymond Wu	2020 – current; Univ. Toronto; co-mentored with post-doctoral fellow <i>Psi Chi Research Award</i> <i>UTSC Thesis day 2nd place winner</i>	Undergraduate at Univ. Toronto (UTSC) [In the fall: Ph.D. Student at University of British Columbia]
Phoebe Lam	2012 – 2016; UC Berkeley; Secondary senior thesis advisor for honors student <i>Highest Honors; Departmental citation award</i>	Ph.D. student at Northwestern University
Victoria Floerke	2011 – 2012; Univ. Denver; Secondary senior thesis advisor for honors student	Ph.D. (2020, Tufts University); Currently affiliated faculty at Metropolitan State Univ.

MASTERS AND DISSERTATION COMMITTEES

- **Masters Committee Member**

Nicole Cosentino (Dept of Clinical Science; University of Toronto)

Iulia Niculescu (Rehabilitation Sciences Institute; University of Toronto)

Louisa You (Dept of Psychology; University of Toronto)

- **Supervisory Dissertation Committee Member:**

Natalie Sisson (Dept of Psychology; University of Toronto)

Nathan Leonhardt (Dept of Psychology; University of Toronto, graduated 2022)

Yi Yang Teoh (Dept of Psychology; University of Toronto)

Bethany Lassetter (Dept of Psychology; University of Toronto, graduated 2022)

Stephanie Schwartz (Dept of Psychology; University of Toronto)

Rebecca Horne (Dept of Psychology; University of Toronto, graduated 2022)

Philip Desormeau (Dept of Clinical Science; University of Toronto, graduated 2022)

Matthew Quitasol (Dept of Clinical Science; University of Toronto, graduated 2021)

Gregory Williams (Dept of Clinical Science; University of Toronto, graduated 2020)

Zoë Francis (Dept of Psychology; University of Toronto, graduated 2020)

R. Thora Bjornsdottir (Dept of Psychology; University of Toronto, graduated 2019)

- **Non-Supervisory Dissertation Examiner:**

Mengxi (Vickie) Dong (Dept of Psychology; University of Toronto; graduated 2021)

Jonas Osmani (Institute of Medical Science; University of Toronto; graduated 2020)

Claire Midgley (Dept of Psychology; University of Toronto; graduated 2018)

Jenna Gilchrist (Dept of Exercise Science; University of Toronto; graduated 2017)

Jessica Maxwell (Dept of Psychology; University of Toronto; graduated 2017)

Alexander Daros (Dept of Psychology; University of Toronto; graduated 2017)

TEACHING EXPERIENCE

2022-23	Giving Academic Talks: Principles and Practicalities [workshop] – Co-creator and Instructor
2019-21	The Psychology of Emotion – (Univ. Toronto) Undergraduate Course Instructor
2020	The Psychology of Emotion Regulation – (Univ. Toronto) Graduate Course Instructor
2017-18	Emotion Regulation – (Univ. Toronto) Undergraduate Course Instructor
2016	Personality – (Univ. California, Berkeley) Graduate Student Instructor, Guest Lecturer
2014	Social Psychology – (Univ. California, Berkeley) Guest Lecturer
2013	Human Emotion – (Univ. California, Berkeley) Graduate Student Instructor, Guest Lecturer
2012	Personality – (Univ. Denver) Teaching Assistant, Guest Lecturer
2009-10	Social Psychology – (Boston College) Recurring Guest Lecturer
2009	Emotion – (Boston College) Teaching Assistant

CAMPUS AND COMMUNITY SERVICE

- 2023- **Acting Associate Chair, Undergraduate** – (Univ. Toronto Scarborough) Departmental leadership position with a portfolio that covers the psychology department’s undergraduate programs.
- 2020- **Member, Steering Committee for Equity, Diversity, and Inclusivity** – (Univ. Toronto) Committee to assess, improve, and sustain EDI goals in the University of Toronto, Scarborough Psychology department
- 2020-22 **Member, Trainee Affairs Committee** – (Univ. Toronto) Committee to improve the graduate and post-doctoral student experience at the University of Toronto, Scarborough
- 2019 **Social-Personality Area Representative, Social Science and Humanities Research Council Doctoral Fellowship Committee** – (Univ. Toronto) Adjudicator for SSHRC doctoral fellowship applications
- 2019-20 **Member, Progression Through the Ranks Working Group** – (Univ. Toronto) Committee designed to revise procedures surrounding the psychology department’s annual faculty evaluation procedure at the University of Toronto, Scarborough
- 2018-21 **Assessment Consultant** – Collaborated with a local Family Resource Centre to assess, evaluate, and improve an intervention program they are using to enhance well-being in youths throughout the local community.
- 2018-19 **Member, Undergraduate Curriculum Committee** – (Univ. Toronto) Committee designed to address curriculum mapping across undergraduate courses in the Psychology and Mental Health Studies programs at the University of Toronto, Scarborough
- 2017-19 **Member, Undergraduate Curriculum Committee for Learning Expectations** – (Univ. Toronto) Committee designed to address learning expectations across undergraduate courses in the Psychology and Mental Health Studies programs at the University of Toronto, Scarborough
- 2013-14 **Member, Graduate Student Admissions Committee** – (Univ. California, Berkeley) Graduate student committee designed to assist the recruitment of incoming graduate students
- 2012-13 **Student Representative, Faculty Search** – (Univ. California, Berkeley) Student representative for Psychosocial and Biological Processes in Health and Disease faculty search
- 2010-12 **Member, Undergraduate Affairs Committee** – (Univ. Denver) Faculty and graduate student committee designed to assist the development of the undergraduate psychology program

REVIEWING AND EDITING

- **Journal Editorial Board:**
 - 2018 – 20 *Journal of Personality and Social Psychology*
 - 2017 – *Emotion*
 - 2019 *Affective Science*
- **Ad Hoc Journal Reviewer:**
 - Behaviour Research and Therapy; Clinical Psychological Science; Cognition & Emotion; Cognitive Therapy and Research; Comprehensive Psychiatry; Current Directions in Psychological Science; Emotion; Emotion Review; European Journal of Personality; Journal of Experimental Psychology: General; Journal of Personality and Social Psychology; Journal of Research in Personality; Personality and Individual Differences; Personality and Social Psychology Bulletin; Perspectives in Psychological Science; Proceedings of the Nat’l Academy of Sciences; Psychological Assessment; Psychological Science;*

Psychoneuroendocrinology; Psychophysiology; Social Cognitive and Affective Neuroscience; Social and Personality Psychology Compass; Social Psychological and Personality Science; Trends in Cognitive Science

- **Ad Hoc Grant Reviewer:**

Natural Sciences and Engineering Research Council Discovery Grant

United States – Israel Binational Science Foundation

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- American Psychological Association
- Association for Psychological Science
- Association for Research in Personality
- International Society for Research on Emotion
- Society for Personality and Social Psychology
- Society for Psychophysiological Research
- Society for Affective Science
- Society for Research in Psychopathology