**Catherine Nicole Marie Ortner**

Thompson Rivers University, 805 TRU Way, Kamloops, BC V2C 0C8

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**EMPLOYMENT**

2016-Present **Associate Professor (Tenured) (and Department Chair, June 2021-present); Psychology Department, Thompson Rivers University, Kamloops, BC**

June 2019-May 2020 **Maternity/parental Leave**

July-Dec 2018 **Sabbatical Leave**

August 2015-July 2016 **Maternity/parental Leave**

2013-2015 **Assistant Professor (Tenure-Track); Psychology Department, Thompson Rivers University, Kamloops, BC**

2008-2013 **Assistant Professor (Limited-Term Contract); Psychology Department, Thompson Rivers University, Kamloops, BC**

2006-2008 **Intake Worker, Mental Health Programs, IHA, Cranbrook, BC**

2001-2006 **Research Assistant, Sessional Instructor, Teaching Assistant, Department of Psychology, University of Toronto, ON**

1999-2001 **Teaching Assistant, Psychology Department, Queen’s University, ON**

1998-1999 **Research Assistant, Psychology Department, Queen’s University, ON**

**EDUCATION**

2006 **Doctor of Philosophy,** University of Toronto, Toronto, Ontario

Thesis: Effects of mindfulness meditation training on emotion flexibility

Supervisor: Dr. Philip David Zelazo

2001 **Master of Arts,** Clinical Psychology, Queen's University, Kingston, Ontario

Thesis: Alcohol and impulsivity: A re-examination of the effects of alcohol intoxication on delay discounting in humans

Supervisor: Dr. Mary C. Olmstead

1998 **Psychology B.Sc. (Honours) - First Class,** University of Edinburgh, Scotland

Thesis: Effects of alcohol and benzodiazepines on episodic and semantic memory

Supervisors: Dr. Peter Wright, Dr. Brian Tiplady

**PUBLICATIONS** (\* denotes student co-author; º denotes Open Access journal)

Peer-reviewed journal articles—Published:

**Ortner, C. N. M.**, \*Stoney, M., & \*Horst, A. (2023). Reappraisal affordances: A replication of Suri et al. (2018) and investigation of alternate predictors of reappraisal choice. *Cognition and Emotion*, 37(5), 1006-1013. doi: 10.1080/02699931.2023.2216446.

**Ortner, C. N. M.**, \*Chadwick, L., & \*Pennekamp, P. (2022). Do motives matter? Short- and long-term motives as predictors of emotion regulation in everyday life. *Emotion, 22*(7), 1625-1638. DOI: 10.1037/emo0000989

**Ortner, C. N. M.**, \*Grapes A., & \*Stoney, M. (2021). The effect of temporal goals on emotion regulation choice: A replication and extension. *Cognition and Emotion, 35*(6), 1248-1255. https://doi.org/10.1080/02699931.2021.1937947

**Ortner C. N. M.** & \*Pennekamp, P. (2020). Emotion malleability beliefs and event intensity and importance predict emotion regulation in daily life. *Personality and Individual Differences, 159*. https://doi.org/10.1016/j.paid.2020.109887

Williams, J., Huggins, C., Zupan, B., Willis, M., Van Rheenen, T., Sato, W., Palermo, R. **Ortner, C.**, ... Lowe, L. (2020). A sensorimotor control framework for understanding emotional communication and regulation. *Neuroscience and Biobehavioral Reviews, 112*, 503-518. https://doi.org/10.1016/j.neubiorev.2020.02.014

**Ortner, C. N. M.**, \*Chadwick, L., & \*Wilson, A. (2018). Think ahead before you regulate: A focus on future consequences predicts adaptive down-regulation of negative emotions. *Motivation and Emotion*, *42*, 896-908, https://doi.org/10.1007/s11031-018-9705-3

**Ortner, C. N. M**., \*Corno, D., \*Fung, T. Y., & \*Rapinda, K. (2018). The roles of hedonic and eudaimonic motives in emotion regulation. *Personality and Individual Differences*, *120*, 209–212. https://doi.org/10.1016/j.paid.2017.09.006

**Ortner, C. N. M.**, \*Briner, E. L., & Marjanovic, Z. (2017). Believing is doing: Emotion regulation beliefs predict emotion regulation behavioral choices and subsequent subjective well-being. º*Europe’s Journal of Psychology, 13*(1). https://doi.org/10.5964/ejop.v13i1.1248

**Ortner, C. N. M.**, **\***Ste Marie, M., & \*Corno, D. (2016). Cognitive costs of reappraisal depend on both emotional stimulus intensity and individual differences in habitual reappraisal. º*Plos One*, *11*(12), e0167253. http://doi.org/10.1371/journal.pone.0167253

**Ortner, C. N. M.** (2015). Divergent effects of reappraisal and labeling internal affective feelings on subjective emotional experience. *Motivation and Emotion, 39*(4), 563-570. Doi: 10.1007/s11031-015-9473-2

**Ortner, C. N. M.**, & Zelazo, P. D. (2014). Responsiveness to a mindfulness manipulation predicts affect regarding an anger-provoking situation. *Canadian Journal of Behavioural Science, 46*(2), 117-124. doi: 10.1037/a0029664

**Ortner, C. N. M.** & \*de Koning, M. (2013). Effects of regulating positive emotions through reappraisal and suppression on verbal and non-verbal recognition memory. º*PLoS One, 8*(4), e62750. Doi:10.1371/journal.pone.0062750.

**Ortner, C. N. M.**, Zelazo, P. D., & Anderson, A. K. (2013). Effects of emotion regulation on concurrent attentional performance. *Motivation and Emotion, 37*(2), 346-354. doi: 10.1007/s11031-012-9310-9

**Ortner, C. N. M.**, Kilner, S. J., & Zelazo, P. D. (2007). Mindfulness meditation and reduced emotional interference on a cognitive task. *Motivation and Emotion, 31*, 271-283.

**Ortner, C. N. M.**, MacDonald, T. K., & Olmstead, M. C. (2003). Alcohol decreases impulsivity in a delay discounting task in humans. *Alcohol and Alcoholism, 38*, 151-156.

Tiplady, B., Harding, C., McLean, D., **Ortner, C.**, Porter, K., & Wright, P. (1999). Effects of ethanol and temazepam on episodic and semantic memory: A dose-response comparison. *Human Psychopharmacology Clinical and Experimental*, 14 (4), 263-269.

Peer-reviewed journal articles—Under review:

\***Ortner, C. N. M.**, Armstrong, M., & Ulmer, E.J. Emotion regulation, climate distress, and climate action in climate activist and student samples. Manuscript submitted to *Discover Psychology*, Special Issue: Climate Change and Human Behavior: Society’s Challenges towards Sustainable Futures. Major revisions requested, currently under revision for re-submission.

\*Armstrong, H. E., Parker, P.C., & **Ortner, C. N. M.** Emotions and climate change: The role of emotion regulation in climate action. Manuscript submitted to *Emotion.* Major revisions requested, currently under revision for re-submission.

Parker, P. C., Daniels, L. M., **Ortner, C. N. M.**, & Tulloch, S.L. Examining the relationship between collegiate athletes’ setback-related control beliefs, rumination, and psychosocial outcomes: A mediation analysis. Manuscript submitted to *Journal of Sport and Exercise Physiology*.

Peer-reviewed journal articles—In preparation:

Pruessner, L., & **Ortner, C. N. M.** Adaptiveness of emotion regulation flexibility according to long-term implications.

\*Rilkoff, V., \*Spencer, J., Parker, P. C., & **Ortner, C. N. M.** The effects of a brief emotion regulation intervention on emotion beliefs.

\*Armstrong, H. E., \*Hopper, C., & **Ortner, C. N. M.** Emotion regulation and mental health in commercial content moderators.

**Ortner, C. N. M.**, & \*Koslowski, J. The effects of reappraisal subtypes on climate action.

Symposium Presentations:

**Ortner, C. N. M.** (2011). *Learning to let go: The affective consequences of mindfulness.* Symposium presentation at the 23rd Annual Convention of the Association for Psychological Science, Washington, DC, May 2011.

Conference Presentations ((R) indicates peer-reviewed; \* indicates student co-author):

(R) **Ortner, C. N. M.** &\*Adeyemi-King, F. (2024). Emotion regulation choice under cognitive load. Poster presentation at the Conference of the International Society for Research on Emotion, July 18, 2024, Belfast, Northern Ireland.

(R) \*Armstrong, M., \*Ulmer, E-J., \*Koslowski, J., \*Janzen, K.M., \*Harms, C.H., & **Ortner, C.N.M.** (2024). Emotion regulation predicts climate distress and climate action. Poster presentation at the 11th Annual Conference for the Society for Affective Science, March 2, 2024, New Orleans.

(R) \*Branco, A., \*Armstrong, H., \*Adeyemi-King, F., & **Ortner, C.N.M.** (2024). Effects of cognitive reappraisal and rumination on recognition memory for facial expressions of emotion. Poster presentation at the 11th Annual Conference for the Society for Affective Science, March 1, 2024, New Orleans.

(R) \*Spencer, J., \*Rilkoff, V., Parker, P.C., & **Ortner, C.N.M.** (2024). Effects of a brief emotion regulation intervention on emotion beliefs and emotion regulation flexibility. Poster presentation at the 11th Annual Conference for the Society for Affective Science, March 1, 2024, New Orleans.

(R) **Ortner, C.N.M.** & Bandet, M. (2024). Student perceptions of specifications grading in an upper-level research methods and statistics class. Poster presentation at the Society for the Teaching of Psychology’s Annual Conference on Teaching, February 13, 2024.

(R) \*Blackall, T., Koop, G., & **Ortner, C.N.M.** (2023). Examining the cognitive processes behind emotion regulation choices through mouse-tracking. Poster presentation at the 10th Annual Conference for the Society for Affective Science, April 1, 2023, Long Beach, California.

(R) \*Armstrong, H., \*Hopper, C., & **Ortner, C.N.M.** (2023). Emotion regulation, mental health, and well-being in commercial content moderators. Poster presentation at the 10th Annual Conference for the Society for Affective Science, April 1, 2023, Long Beach, California.

(R) \*Armstrong, H. & **Ortner, C.** (2023). Climate change and emotion regulation: How worry, distraction, and positive reappraisal influence climate-mitigating actions. Poster presentation at the 10th Annual Conference for the Society for Affective Science, April 1, 2023, Long Beach, California.

(R) Parker, P. C., Daniels, L. M., Mosewich, A. M., Chipperfield, J. G., **Ortner, C.N.M.**, Tze, V. M. C., & Eskritt, L. D. (2023, June). Examining the effects of control beliefs and strategies on rumination and sport commitment during sport performance setbacks. *Canadian Psychological Association*, Toronto, ON.

(R) \*Persad, E., \*Conradi, H., & **Ortner, C. N. M.** (2022). Emotion regulation flexibility and mental health outcomes. Poster presentation at the 9th Annual Conference for the Society for Affective Science, March 31, 2022 (held virtually).

(R) \*Murphy, O., & **Ortner, C. N. M.** (2022). Effects of cognitive load on emotion regulation strategy choice. Poster presentation at the 9th Annual Conference for the Society for Affective Science, March 31, 2022 (held virtually).

(R) \*Lawrence, K., \*Hopper, C., & **Ortner, C. N. M.** (2022). Reappraisal success, fluency, and flexibility as a function of the personality traits openness and conscientiousness. Poster presentation at the 9th Annual Conference for the Society for Affective Science, April 1, 2022 (held virtually).

(R) \*Hoffman, J., & **Ortner, C. N. M.** (2021). Do appraisals impact the efficacy of reappraisal tactics? Flash talk at the 8th Annual Conference for the Society for Affective Science, 13-16 April, 2021 (held virtually).

(R) \*Bamford, L. E. & **Ortner, C. N. M.** (2019). *Reappraisal tactic use in response to regret and disappointment*. Poster Session at the 31st Annual Convention of the Association for Psychological Science, May 23-26, Washington, DC.

(R) \*Horst, A. K., \*Stoney, M. L., & Ortner, C. N. M. (2019). *A replication and extension of Suri et al. (2017): Scenarios differ in appraisals and emotion regulation motives as well as reappraisal affordances*. Poster Session at the 31st Annual Convention of the Association for Psychological Science, May 23-26, Washington, DC.

\*Stoney, M. L., \*Grapes, A., \*Nguyen, X., & **Ortner, C. N. M.** (2019). *Exploring cognitive processes underlying emotion regulation choice using decision times*. Poster Session at the Banff Annual Seminar in Cognitive Sciences, May 3-4, Banff, Alberta.

(R) **Ortner, C. N. M.**, \*Chadwick, L., & \*Wilson, A. M. (2018). *Immediate or long-term relief of unpleasant feelings: The effects of temporal focus on the perceived effectiveness of emotion regulation strategies.* Poster Session at the Annual Conference of the Society for Affective Science. Los Angeles, LA, 27 April, 2018.

(R) \*Grapes, A., & **Ortner, C. N. M.** (2018). *The effects of consideration of future consequences and goal orientation on emotion regulation choice.* Poster Session at the 30th Annual Convention of the Association for Psychological Science. San Francisco, CA, 26 May 2018.

(R) \*Cantin, R., \*Facchinelli, J., \*Horst, A., \*McIsaac, B., \*Stoney, M., \*Woolverton, N., & Ortner C. (2018). *Positive alternative outcomes increase counterfactual affect with moderator effects.* Poster Session at the 30th Annual Convention of the Association for Psychological Science. San Francisco, CA, 26 May 2018.

(R) \*Piccini, S., \*Morton, M., & **Ortner, C. N. M.** (2018). *Consideration of future consequences, but not learning salience, predicts regret: Using a newly developed task to induce regret*. Poster Session at the First Canadian Scientific Meeting on Wellbeing. Toronto, Ontario, 23 May 2018.

(R) \*Chadwick, L. & **Ortner, C. N. M.** (2017). *Effects of distraction, reappraisal, and rumination on anger following re-exposure.* Presentation at the 26th Annual Meeting of the Canadian Society for Brain, Behaviour and Cognitive Science, Regina, Canada, June 2017.

(R) **Ortner, C. N. M.**, \*Chadwick, L., & \*Wilson, A. (2017). *Thinking about the future is associated with adaptive emotion regulation.* Poster Session at the Annual Conference of the Society for Affective Science, Boston, MA, April 2017.

(R) **Ortner, C. N. M.**, \*Corno, D., \*Fung, T. Y., & \*Rapinda, K. (2015). *Individual differences predict emotion regulation choices and subsequent psychological well-being*. Poster Session at the 25th Annual Meeting of the Canadian Society for Brain, Behaviour and Cognitive Science, Ottawa, Canada, June 2015.

(R) \*Hodgson, L. & **Ortner, C. N. M.** (2015). *Different consequences of generating and choosing labels during affect labeling.* Poster Session at the 25th Annual Meeting of the Canadian Society for Brain, Behaviour and Cognitive Science, Ottawa, Canada, June 2015.

(R) \*Briner, E. L. & **Ortner, C. N. M.** (2015). *Believing is doing? Weighing the costs and benefits in responding to emotionally evocative situations.* Poster Session at the 25th Annual Meeting of the Canadian Society for Brain, Behaviour and Cognitive Science, Ottawa, Canada, June 2015.

**Ortner, C. N. M.** & \*McAuley, A. (2015). *Comparing the effort involved in regulating emotions when generating or provided with reappraisals.* Poster session at the Banff Annual Seminar in Cognitive Science, Banff, Canada, May 2015.

(R) \*Ste Marie, M., \*Corno, D., & **Ortner, C. N. M.** (2015). *Cognitive costs of reappraisal vary according to stimulus characteristics and reappraisal experience.* Poster session at 2nd Society for Affective Science Conference, Oakland, California, April 2015.

(R) Pasini, M., Berto, R., Brondino, M., Hall, R., & **Ortner, C.** (2014). How to measure the restorative quality of environments: The PRS-11. º*Procedia – Social and Behavioral Sciences, 159(23)*, 293-27. http://dx.doi.org/10.1016/j.sbspro.2014.12.375. Paper presented at the 5th World Conference on Psychology, Counseling and Guidance, Dubrovnik, Croatia, May 2014.

(R) \*Schloegel, L. & **Ortner, C. N. M.** (2014). *Does reappraisal stick? Enduring effects on reaction times and subjective feelings.* Poster session at the 26th Association for Psychological Science Convention, San Francisco, California, May 2014.

\*Moir, K., & **Ortner, C. N. M.** (2013). *Emotion regulation under different levels of certainty and the cognitive effort required.* Poster session at the Banff Annual Seminar in Cognitive Science, Banff, Canada, May 2013.

(R) **Ortner, C. N. M.**, & \*Pycock, E. (2012). *Ratings of restorativeness and preference for different environmental scenes and relation to extraversion*. Poster session at the 24th Annual Convention of the Association for Psychological Science, Chicago, Illinois, May 2012.

\*de Koning, M., & **Ortner, C. N. M.** (2012). *Could you remember “truth” if you did not hear it? The effects of emotion regulation on memory for abstract words*. Poster session at the Banff Annual Seminar in Cognitive Science, Banff, Canada, May 2012.

\*Lee, J. M., & **Ortner, C. N. M.** (2012). *The effect of provided and self-generated reappraisals on reaction time performance*. Poster session at the Banff Annual Seminar in Cognitive Science, Banff, Canada, May 2012.

(R) Olafson, L., Schraw, G., **Ortner, C.**, Lee, R., & \*Palma, J. (2011). *Psychological correlates of individuals’ perception of society and right-wing authoritarianism.* Round Table at the 14th Biennial Conference of the European Association for Research on Learning and Instruction, Exeter, United Kingdom, September 2011.

(R) **Ortner, C. N. M.**, & Zelazo, P. D. (2010). *Effect of a mindfulness intervention on affect and writing regarding a situation of personal conflict*. Poster session at the 22nd Annual Convention of the Association for Psychological Science, Boston, Massachusetts, May 2010.

(R) **Ortner, C. N. M.**, Anderson, A. K., & Zelazo, P. D. (2009). *Comparing the impact of emotion regulation strategies on attentional resources*. Poster session at the 21st Annual Convention of the Association for Psychological Science, San Francisco, California, May 2009.

**Ortner, C. N. M.**, Anderson, A. K., & Zelazo, P. D. (2009). *Mindfulness as an emotion regulation strategy:*

*A pilot study of its effects on self-report and cognitive performance*. Poster session at the Banff Annual Seminar in Cognitive Science, Banff, Canada, May 2009.

(R) **Ortner, C. N. M.**, & Zelazo, P. D. (2006). *Mindfulness meditation: Learning to let go of emotions*. Poster session at the 7th Annual Meeting of the Society for Personality and Social Psychology, Palm Springs, California, February 2006.

(R) **Ortner, C. N. M.**, & Zelazo, P. D. (2003). *Susceptibility to flanker interference effects at varying flanker distances in 4- to 5-year-old children: A pilot study*. Poster session at the 3rd Biennial Meeting of the Cognitive Development Society, Park City, Utah.

(R) **Ortner, C. N. M.**, & Olmstead, M. C. (2001). *Alcohol myopia and alcohol-induced impulsivity: A re-examination of the delay discounting paradigm*. Poster session at the 11th Annual Meeting of the Canadian Society for Brain, Behavior and Cognitive Science Abstracts, Quebec, Canada, June 2011.

Colloquia:

**Ortner, C. N. M.** (March, 2015). *Different strokes for different folks: How individual differences predict emotion regulation choices and subsequent psychological well-being.* Presentation at the TRU Arts Colloquium Series.

**Ortner, C. N. M.** (January, 2015). *Exploring the cognitive costs of emotion regulation using mixed models analysis*. Presentation at TRU Centre for Optimization and Decision Science, Interdisciplinary Seminar.

**Ortner, C. N. M.** (January, 2011). *Learning to let go: The consequences of mindfulness for emotional flexibility.* Presentation at the TRU Arts Colloquium Series.

Non-academic publications:

**Ortner, C. N. M.** (12 July, 2013). Rice and randomness[Letter to the editor]. Guardian Weekly. http://www.theguardian.com/global/2013/jul/09/guardian-weekly-letters-12-july

**RESEARCH GRANTS AWARDED**

(Primary investigator unless otherwise noted)

External:

2019-2027 NSERC Discovery Grant ($152,088)

Cognitive processes supporting emotion regulation choices

2014-17 SSHRC Insight Development Grant ($34,942)

Feel good now or later? Preferences for immediate versus delayed rewards underlying emotion regulation choices

2020 Canadian Foundation for Innovation (CFI) John R.Evans Leaders Fund (JELF) & B.C. Knowledge Development Fund (BCKDF) ($287,836.00), ***Co-Investigator***

Internal:

2024-25 Thompson Rivers University, Internal Research Fund ($4,976)

Winter 2025 TRU Research Training Recognition Fund (course release)

Fall 2024 TRU Funds for Tripartite Faculty ($2727.27)

Winter 2024 TRU Research Training Recognition Fund (course release)

Winter 2023 TRU Research Training Recognition Fund (course release)

Winter 2022 TRU Research Training Recognition Fund (course release)

Winter 2021 TRU Research Training Recognition Fund (course release)

2018 Thompson Rivers University, NSERC DG Support for 2018-19 Competition, ($2,500)

Winter 2018 TRU Research Training Recognition Fund (course release)

2018-19 Thompson Rivers University, Internal Research Fund ($4,836)

Winter 2017 TRU Research Training Recognition Fund (course release)

Winter 2015 TRU Research Training Recognition Fund (course release)

2014-15 Thompson Rivers University, Internal Research Fund ($4,993)

2013-14 Thompson Rivers University Small Institution Grant Research Award ($1,500)

2011-12 Thompson Rivers University Research Enhancement Fund ($2,000)

2011 Thompson Rivers University Arts Research Award ($1,434)

2010 Thompson Rivers University Arts Research Award ($2,500)

2004-05 Mind and Life Research Grant (US $10,000)

**RESEARCH GRANTS: APPLICATIONS SUBMITTED but not awarded**

2024 SSHRC Insight Development Grant;

Teaching post-secondary students emotion regulation: Effects of a novel, brief,

evidence-based intervention on emotion beliefs

2013 SSHRC Insight Development Grant: 4A rating

Effects of natural and urban environments on attention and the moderating role of goals

2013 Vancouver Foundation Grant, Letter of Intent submitted

Collaborative project on pain management with Dr. Bill Nelems, Interior Health, Kelowna General Hospital Foundation

2011 SSHRC Insight Development Grant: 4A rating

Natural and urban environments: Effects on attentional processes and the moderating role of personality variables

**AWARDS AND SCHOLARSHIPS**

2019 TRU Students’ Union Teaching Award of Excellence

2018 TRU Undergraduate Research Mentor Award

1999-2005 University of Toronto Graduate Fellowship, Scace Graduate Student Fellowship, Hospital for Sick Children Research Studentship, Queen's University Graduate Award, Tuition Bursary

**CURRENT COLLABORATORS**

Dr. Gregory Koop, Arizona State University, Understanding emotion regulation through mouse-tracking

Dr. Deborah Talmi, University of Cambridge, Effects of emotion regulation on memory

Nadia Brown, Rebuilding Thoughts, Emotion regulation and mental health in commercial content moderators

**MEDIA COVERAGE OF RESEARCH**

How does that make you feel? New study measures emotional responses.

http://www.cbc.ca/news/canada/british-columbia/emotional-response-study-1.4636752

https://ca.news.yahoo.com/does-feel-study-measures-emotional-170000537.html

Broadcast interview: CBC Daybreak Kamloops with Shelley Joyce: Using an app to study emotion regulation (2018 April, 23).Does cognitive ability suffer when we stifle our emotions? Good Therapy, 05/2013

http://www.goodtherapy.org/blog/cognitive-ability-suffer-stifle-emotions-0515131

Short-term mindfulness practices less beneficial for mood, 12/2012

http://www.goodtherapy.org/blog/mindfulness-mood-anger-emotion-1219121

Meditation lowers impact of unpleasant feelings, Wildmind Buddhist Meditation, 12/2007 http://www.wildmind.org/blogs/news/mindfulness-study

**OTHER RECOGNITIONS (RESEARCH AND TEACHING)**

2021 Featured on PsycSessions Podcast “Garth and Sue Talk 011, Interteaching Implementation with Catherine Ortner.” Released on February 27, 2021. https://psychsessionspodcast.libsyn.com/

2020 Interviewed for Brenna Clarke Gray’s podcast (You Got This), TRU, Episode 11, “I won’t say it’s been good; it is a pandemic,” ft. Catherine Ortner and Crystal Huscroft”

2020 Invited by Brian Lamb from Learning Technology and Innovation, TRU, to present at “Faculty Showcase,” on my experiences with Interteaching.

2014 Article about my research in TRU Bridges Magazine

2013 Invited to be profiled as a Canadian researcher in the new Canadian edition of the textbook, Personality Psychology: Foundations and Findings (Miserandino & Porter).

**STUDENT SUPERVISION (Primary supervisor, unless otherwise noted)**

Thompson Rivers University:

**Honours Theses**

2024-25 **Adesewa (Ridah) Adeyemi-King**

**Monty Armstrong**

**Emma-Jane Ulmer**

2023-24 **Amelia Branco:** Effects of emotion regulation on recognition memory for facial expressions

**Jeryn Koslowski:** Differential consequences of reappraisal tactics for climate action

**Jenna Spencer** Pilot testing an emotion regulation intervention

2022-23 **Casey Hopper, Hayleigh Armstrong:** Emotion regulation and mental health in commercial content moderators

2021-22 **Ezra Persad:** Managing Emotion: Examining the Relationship Between Emotion

Regulation Flexibility and Mental Health Outcomes

2021-22 **Hanna Conradi:** Does Emotion Regulation Flexibility Predict Well-Being and Mental Health Outcomes?

2021-22 **Kate Bibeau:** Coping with Climate Change: The Consequences of Emotion Regulation for Climate Action

2021-22 **Owen Murphy:** Effects of Cognitive Load on Emotion Regulation Strategy Choice

2020-21 **Jodee Hoffman:** Reappraisal Tactics in Response to Anxiety

2020-21 **Kole Lawrence:** Personality Traits and Reappraisal Flexibility and Success

2018-19 **Maria Stoney:** When do People Choose Rumination Over Distraction?

2018-19 **Anna Horst:** The Role of Environmental Affordances in Emotion Regulation Choice: A Replication Study

2018-19 **Pia Pennekamp:** Emotion Control Beliefs Predict Emotion Regulation in Everyday Life

2017-18 **Madelaine Morton**: Exploring Consideration of Future Consequence as a Predictor of Emotion Regulation Choice When Given a Temporal Focus

2017-18 **Shayla Piccini**: Exploring the Relationship Between Consideration of Future Consequences and Ability to Learn from Experiences of Regret

2017-18 **Allister Grapes**: The Role of Trait Consideration of Future Consequences and Goal Orientation on Emotion Regulation Choice with Negative Emotional Images

2016-17 **Leah Chadwick**: Effect of Distraction, Reappraisal, and Rumination on Anger following Re-exposure to an Anger-Eliciting Event

2014-15 **Lisa Hodgson**: Different Consequences of Generating and Choosing Labels during Affect Labeling

2014-15 **Esther Briner**: Believing is Doing? Weighing the Benefits of Emotion Regulation in Negative Situations

2013-14 **Mark Ste Marie**: The Cognitive Costs of Emotion Regulation: Do They Depend on Valence and Intensity?

2013-14 **Tracy Davison**: Effects of Natural and Urban Settings on Emotion Regulation Strategy Used and Consequent Correlations with Affect

2012-13 **Kailee Moir**: Emotion Regulation Under Different Levels of Certainty and the Cognitive Effort Required

2011-12 **Kelsey Clarke**: Effects of mindfulness instruction variation on anxiety and the role of state and trait mindfulness

2011-12 **Monica de Koning**: Could You Remember “Truth” if You Did Not Hear It?: The Effects of Emotion Regulation on Memory for Abstract Words

2010-11 **Amber Rice**: The Effects of Tempo and Extroversion on Emotion

2010-11 **Tyla Charbonneau**: Effect of Encouragement and Achievement Goals on Math Performance

**PSYC 4100 Advanced Research Apprenticeship (3-credit)**

Winter 2024 Seray Altay

Winter 2023 Jeryn Smith, Katrina Janzen, Chelsea Harms

Winter 2021 Alessandria Guttridge, Shannon Bromley, Ezra Persad, Hanna Conradi

**PSYC 2910 Research Apprenticeship (3-credit)**

Winter 2024 Madison Berg

Winter 2022 Montgomery (Monty) Armstrong

Winter 2021 Mia Nevin

Summer 2018 Pia Pennekamp

**Undergraduate Research Apprentice (funded by the TRU Office of Research and Graduate Studies)**

2023-24 Monty Armstrong; Emma-Jane Ulmer

2021-22 Marie Bandet

2018-19 Xena Nguyen

2017-18 Julianna Facchinelli

2016-17 Payton Comazzetto

**NSERC USRA**

2024 Jenna Spencer

2023 Hayleigh Armstrong

**TRU Undergraduate Research Experience Award Program**

2024 Montgomery (Monty) Armstrong

2024 Faridah (Ridah) Adesewa Adeyemi-King

2023 Vanessa Rilkoff

2023 Jenna Spencer

2022 Ezra Persad

2022 Hanna Conradi

2022 Hayleigh Armstrong

2021 Jodee Hoffman

2019 Maria Stoney

2018-19 Lindsay Bamford

2017-18 Madelaine Morton

2017-18 Allister Grapes

2014-15 Esther Briner

2013-14 Lisa Hodgson

2010-11 Ashley Burkart

**Directed Studies (PSYC 4400)**

2023 Jenna Spencer (3-credit)

2022 Ezra Persad (3-credit)

2022 Hanna Conradi (3-credit)

2022 Hayleigh Armstrong

2017-18 Julianna Facchinelli (6-credit)

2016-17 Bria Gatien (3-credit)

2014-15 Lisa Hodgson (3-credit)

2014-15 Teagan Lauriente (3-credit)

2013-14 Jason Wright (6-credit)

2013-14 Chantal White (6-credit)

2013-14 Lindsay Schloegel (6-credit)

2012-13 Sanne van Vlerken (3-credit)

2012-13 Mijane Parker (3-credit)

2011-12 Heidi Holst (3-credit)

2011-12 Jessica Lee (6-credit)

2010-11 Aaron Morgan (3-credit)

2010-11 Ashley Burkart (3-credit)

2010-11 Darya Moryakova (3-credit)

2009-10 Jennifer Palma (3-credit)

2008-09 Maxine Crawford (3-credit)

2008-09 Kelsey Prinz (3-credit)

**Grant-Funded Undergraduate Research Assistants**

2024-25 Adesewa (Ridah) Adeyemi-King

2024-25 Madison Berg

2023-24 Hayleigh Armstrong

2022-24 Vanessa Rilkoff

2022-23 Ezra Persad

2022-24 Adesewa (Ridah) Adeyemi-King

2021-23 Tia Blackall

2020-22 Owen Murphy

2020-21 Kate Bibeau

2018-20 Maria Stoney

2016-18 Alexis Wilson

2016-18 Eric Petryshyn

2016-17 Leah Chadwick

2016-17 Tsz Yin (Ian) Fung

2016-17 Adrian Perreault

2014-15 Daniela Corno

2014-15 Karli Rapinda

2014-15 Steven Lyall

2013-14 Monica de Koning

2011-12 Lauren Barrett

2011-12 Eliza Pycock

2009-10 Jasna Ganibegovic

2009-10 Leia Kopp

**Other Undergraduate Research Assistants**

2022-23 Jenna Spencer

2021-23 Vanessa Rilkoff

2021-22 Casey Hopper

**Volunteer Undergraduate Research Assistants**

2017-18 Maria Stoney, Lindsay Bamford, Matthew Arkinstall

2016-17 Angelica Kovac, Pia Pennekamp, Allister Grapes, Mariah Wichmann, Tim Burris

2014-15 Tsz Yin (Ian) Fung, Abbey McAuley, Nicole Vance

**Honours Theses – Second Reader**

2016-17 Timothy Killough

2014-15 Shalyn Pigeon

2013-14 Alexandra Turple, Tiffany Rivette

2012-13 Sarah Reith, Keylan Musto

2011-12 Lauren Barrett

2010-11 Jessica Golden, Amanda Strangways

2009-10 Krystle Lawson, Caralan Berndt

2008-09 Laura Ewert, Liz Anderson

University of Toronto:

**Grant-Funded Undergraduate Research Assistants**

2004-05 Tim Sitt

2004 Andreea Bostan (co-supervisor)

**Volunteer Undergraduate Research Assistants**

2004-05 Shelly Ben David

**Independent Project/Research Opportunity Students**

2003-2004 Emma McIlveen (co-supervisor)

2003-2004 Shon Shum (co-supervisor)

2002-2003 Kaya de Barbaro (co-supervisor)

**PROFESSIONAL AFFILIATIONS**

International Society for Research on Emotion (2023-present)

Society for Affective Science (2014-present)

Association for Psychological Science (2008-2014)

Society for Personality and Social Psychology (2005-2006)

Cognitive Development Society (2002-2004)

**SERVICE (RECENT HIGHLIGHTS)**

Internal:

Fall 2024 Associate Vice-President Research Search Committee member

Fall 2023 Vice-Provost Search Committee member

2023-present Senate Research Committee member

2022-present Faculty of Arts Research Committee member

2022-2023 Assurance of Learning Committee member

2022 Jan-Dec Critical Thinking and Investigation ILO Working Group member

2021-present University Tenure and Promotion Committee member

2021-present Departmental Appointments Committee - Chair

2020-21 Psychology Tenure and Promotion Standards Revisions - Co-Chair

2020-present Faculty of Arts Decolonication and Indegenization Committee member

2020-21 Department of Psychology Workload Committee member

2021 BC Graduate Awards Adjudicator

2021 Department of Psychology General Education Committee member

2020 Faculty of Arts Tenure and Promotion Committee member

2020 Review Committee member for Canada Research Chair (Heather Price)

2018 Department of Psychology Appointments Committee member

2018 Department of Sociology and Anthropology Appointments Committee ad hoc member

2016-18 Department of Psychology Program Revisions Committee Chair

2017-18 Department of Psychology Program Implementation Committee Chair

2014, 2016-18 TRU Undergraduate Research Conference Committee member

2014, 2016-17 TRU SSHRC Insight Development Grants – contributed at information meetings and as pre-submission reviewer

2016 Faculty of Arts Tenure and Promotion Committee member

2011-14 TRUFA Status of Women Committee member

External:

2023 SSHRC Insight Grant: External reviewer

2021-22 Society for Affective Science Conference – Abstract Committee member

2021 MITACS Accelerate Grant: ad hoc grant proposal reviewer

2020 MITACS Accelerate Grant: ad hoc grant proposal reviewer

2015, 2017-18 TRU World – Bunkyo Gaukin – two 2-hour lectures to visiting Japanese students, each year

2018 SSHRC Insight Development Grants: Reviewer and committee member

2017 SSHRC Insight Development Grants: Reviewer and committee member

2015 National Science Foundation: ad hoc grant proposal reviewer

2009 Sick Kids Foundation (Toronto, Ontario, Canada), New Investigator Research Grants Competition: ad hoc grant proposal reviewer

Ongoing Ad hoc manuscript reviewer for:

*Nature Scientific Reports, Cognition and Emotion, Emotion, Journal of Cross-Cultural Psychology, British Journal of Social Psychology, Mindfulness, Motivation and Emotion, Journal of Happiness Studies, Journal of Positive Psychology, PlosOne, Psychological Reports: Perceptual and Motor Skills, Psychotherapy: Theory, Research, and Practice*

**PROFESSIONAL DEVELOPMENT (RECENT HIGHLIGHTS)**

2021 Decolonizing Psychology Training Conference

Teacher’s College, Columbia University

2021 Indigenous Canada (online through Coursera, approx. 20 hours)

2021 Teaching Statistics 2021 – a virtual conference on the teaching of statistics

2020 Facilitating Learning in Moodle (offered through CELT, TRU)

TRU Digital Teaching Summer Camps (attended 6 workshops)