

**JULIA K. BOEHM**  
Crean College of Health & Behavioral Sciences  
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<http://sites.chapman.edu/hwblab/>

## **ACADEMIC APPOINTMENTS**

Assistant Professor of Psychology, Chapman University, 2013-present

Postdoctoral Research Fellow, Harvard School of Public Health, 2009-2013

## **EDUCATION**

Ph.D., Social and Personality Psychology, University of California, Riverside, 2009

M.A., Social and Personality Psychology, University of California, Riverside, 2006

B.A., Psychology, *Magna Cum Laude*, Lewis & Clark College, 2003

## **RESEARCH INTERESTS**

Psychological well-being, health, cardiovascular disease, health behaviors, biological markers

## **JOURNAL PUBLICATIONS** (\* indicates student co-author)

Kim, E. S., Kubzansky, L. D., \*Soo, J., & **Boehm, J. K.** (in press). Maintaining healthy behavior: A prospective study of psychological well-being and physical activity. *Annals of Behavioral Medicine*.

**Boehm, J. K.**, \*Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2016). Subjective well-being and cardiometabolic health: An 8-11 year study of midlife adults. *Journal of Psychosomatic Research*, *85*, 1-8.

Hernandez, R., Carnethon, M., Penedo, F. J., Martinez, L., **Boehm, J. K.**, & Schueller, S. M. (2016). Exploring well-being among U.S. Hispanics/Latinos in a church-based institution: A qualitative study. *Journal of Positive Psychology*, *11*, 511-521.

Huffman, J. C., **Boehm, J. K.**, Beach, S. R., Beale, E. E., DuBois, C. M., Nock, M. K., & Healy, B. C. (2016). Relationship of optimism and suicidal ideation in three groups of patients at varying levels of suicide risk. *Journal of Psychiatric Research*, *77*, 76-84.

Huffman, J. C., Millstein, R. A., Mastromauro, C. A., Moore, S. V., Celano, C. M., Bedoya, C. A., Suarez, L., **Boehm, J. K.**, & Januzzi, J. L. (2016). A positive psychology intervention for patients with an acute coronary syndrome: Treatment development and proof-of-concept trial. *Journal of Happiness Studies*, *17*, 1985-2006.

Labarthe, D. R., Kubzansky, L. D., **Boehm, J. K.**, Lloyd-Jones, D. M., Berry, J. D., & Seligman, M. E. P. (2016). Positive cardiovascular health: A timely convergence. *Journal of the American College of Cardiology*, *68*, 860-867.

Segerstrom, S. C., \*Combs, H. L., \*Winning, A., **Boehm, J. K.**, & Kubzansky, L. D. (2016). The happy survivor? Effects of differential mortality on life satisfaction in older age. *Psychology and Aging*, *31*, 340-345.

- Yu, L., Peterson, B., Inhorn, M. C., **Boehm, J. K.**, & Patrizio, P. (2016). Knowledge, attitudes, and intentions toward fertility awareness and oocyte cryopreservation among obstetrics and gynecology (OB/GYN) resident physicians. *Human Reproduction*, *31*, 403-411.
- Boehm, J. K.**, \*Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2015). Unequally distributed psychological assets: Are there social disparities in optimism, life satisfaction, and positive affect? *PLOS ONE*, *10*, 2.
- Boehm, J. K.**, \*Trudel-Fitzgerald, C., Kivimaki, M., & Kubzansky, L. D. (2015). The prospective association between positive psychological well-being and diabetes. *Health Psychology*, *34*, 1013-1021.
- Boehm, J. K.**, \*Winning, A., Segerstrom, S., & Kubzansky, L. D. (2015). Variability modifies life satisfaction's association with mortality risk in older adults. *Psychological Science*, *26*, 1063-1070.
- DuBois, C. M., Lopez, O. V., Beale, E. E., Healy, B. C., **Boehm, J. K.**, & Huffman, J. C. (2015). Relationships between positive psychological constructs and health outcomes in patients with cardiovascular disease: A systematic review. *International Journal of Cardiology*, *195*, 265-280.
- Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., & Lloyd-Jones, D. M. (2015). Optimism and cardiovascular health: Multi-Ethnic Study of Atherosclerosis (MESA). *Health Behavior and Policy Review*, *2*, 62-73.
- Kubzansky, L. D., **Boehm, J. K.**, & Segerstrom, S. C. (2015). Positive psychological functioning and the biology of health. *Social and Personality Psychology Compass*, *9*, 645-660.
- Huffman, J. C., DuBois, C. M., Healy, B. C., **Boehm, J. K.**, Kashdan, T. B., Celano, C. M., Denninger, J. W., Lyubomirsky, S. (2014). Feasibility and utility of positive psychology exercises for suicidal inpatients. *General Hospital Psychiatry*, *36*, 88-94.
- \*Trudel-Fitzgerald, C., **Boehm, J. K.**, Kivimaki, M., & Kubzansky, L. D. (2014). Taking the tension out of hypertension: A prospective study of positive psychological well-being and incident hypertension. *Journal of Hypertension*, *32*, 1222-1228.
- Boehm, J. K.**, Williams, D. R., Rimm, E. B., Ryff, C., & Kubzansky, L. D. (2013). Association between optimism and serum antioxidants in the Midlife in the United States study. *Psychosomatic Medicine*, *75*, 2-10.
- Boehm, J. K.**, Williams, D. R., Rimm, E. B., Ryff, C., & Kubzansky, L. D. (2013). Relation between optimism and lipids in midlife. *American Journal of Cardiology*, *111*, 1425-1431.
- Boehm, J. K.**, & Kubzansky, L. D. (2012). The heart's content: The association between positive psychological well-being and cardiovascular health. *Psychological Bulletin*, *138*, 655-691.
- Boehm, J. K.**, Vie, L. L., & Kubzansky, L. D. (2012). The promise of well-being interventions for improving health risk behaviors. *Current Cardiovascular Risk Reports*, *6*, 511-519.
- Boehm, J. K.**, Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition and Emotion*, *25*, 1263-1272.
- Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011). A prospective study of positive psychological well-being and coronary heart disease. *Health Psychology*, *30*, 259-267.
- Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011). Heart health when life is satisfying: Evidence from the Whitehall II cohort study. *European Heart Journal*, *32*, 2672-2677.

- Huffman, J. C., Mastromauro, C. A., **Boehm, J. K.**, Seabrook, R., Fricchione, G. L., Denninger, J. W., & Lyubomirsky, S. (2011). Development of a positive psychology intervention for patients with acute cardiovascular disease. *Heart International, 6*, 47-54.
- Lyubomirsky, S., **Boehm, J. K.**, Kasri, F., & Zehm, K. (2011). The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness. *Emotion, 11*, 1152-1167.
- Lyubomirsky, S., Dickerhoof, R., **Boehm, J. K.**, & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion, 11*, 391-402.
- Lyubomirsky, S., & **Boehm, J. K.** (2010). Human motives, happiness, and the puzzle of parenthood: Commentary on Kenrick et al. (2010). *Perspectives on Psychological Science, 5*, 327-334.
- Liberman, V., **Boehm, J. K.**, Lyubomirsky, S., & Ross, L. (2009). Happiness and memory: Affective significance of endowment and contrast. *Emotion, 9*, 666-680.
- Boehm, J. K.**, & Lyubomirsky, S. (2008). Does happiness promote career success? *Journal of Career Assessment, 16*, 101-116.
- Tucker, K. L., Ozer, D. J., Lyubomirsky, S., & **Boehm, J. K.** (2006). Testing for measurement invariance in the Satisfaction With Life Scale: A comparison of Russians and North Americans. *Social Indicators Research, 78*, 341-360.

## BOOK CHAPTERS & OTHER PUBLICATIONS

- Boehm, J. K.**, & Kubzansky, L. D. (in press). Positive psychological well-being and cardiovascular disease. In W. Kop, L. Katzel, & S. Waldstein (Eds.), *Cardiovascular Behavioral Medicine*. New York: Springer.
- Kubzansky, L. D., & **Boehm, J. K.** (2016). Positive psychological functioning: An enduring asset for healthy aging. In A. D. Ong & C. E. Lockenhoff (Eds.), *Emotion, Aging, and Health*. Washington, DC: American Psychological Association.
- Seligman, M. E. P., Peterson, C., Barsky, A. J., **Boehm, J. K.**, Kubzansky, L. D., Park, N., & Labarthe, D. (2013). *Positive health and health assets: Re-analysis of longitudinal datasets*. Retrieved from: <http://positivehealthresearch.org/content/white-paper>
- Sheldon, K. M., **Boehm, J. K.**, & Lyubomirsky, S. (2013). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In I. Boniwell & S. David (Eds.), *Oxford Handbook of Happiness*. Oxford: Oxford University Press.
- Boehm, J. K.**, & Lyubomirsky, S. (2009). The promise of sustainable happiness. In S. J. Lopez (Ed.), *Handbook of Positive Psychology*. Oxford: Oxford University Press.
- Reprinted in Martin-Krumm & C. Tarquinio (Eds.) (2011). *Traité de psychologie positive* (pp. 165-181). Paris, France: De Boeck.
- Reprinted in Fundación Botín (Ed.). *La promesa de una felicidad sostenible* (pp. 123-136). Santander, Spain: Fundación Botín.

**WORK UNDER REVIEW** (\* indicates student co-author)

**Boehm, J. K.**, Kim, E. S., & Kubzansky, L. D. (2017). *Positive psychological well-being and health*. Manuscript submitted for publication.

**Boehm, J. K.** (2016). *The road to positive health: Behavioral and biological pathways linking positive psychological functioning with health outcomes*. Manuscript submitted for publication.

**Boehm, J. K.**, Kubzansky, L. D., Suglia, S., Koenen, K. C., & Demmer, R. (2016). *Emotional vitality and incident diabetes: Results from the First National Health and Nutrition Epidemiological Study (NHANES I)*. Manuscript submitted for publication.

**Boehm, J. K.**, \*Soo, J., \*Chen, Y., Hernandez, R., Lloyd-Jones, D., & Kubzansky, L. D. (2016). *Healthy aging: Psychological well-being's association with cardiovascular health in older adults*. Manuscript submitted for publication.

\*Okabe-Miyamoto, K., & **Boehm, J. K.** (2016). *Hedonic adaptation*. Encyclopedia entry submitted for publication.

\*Soo, J., Kubzansky, L. D., \*Chen, Y., & **Boehm, J. K.** (2016). *Positive psychological well-being and restorative biological processes: The story of HDL-C*. Manuscript submitted for publication.

**Boehm, J. K.**, \*Ruberton, P., & Lyubomirsky, S. (2015). *The promise of fostering greater happiness*. Manuscript submitted for publication.

Hernandez, R., Vu, T. H., Kershaw, K. N., **Boehm, J. K.**, Kubzansky, L. D., Carnethon, M., Knutson, K. L., Colangelo, L. A., & Liu, K. (2015). *The association of dispositional optimism with sleep duration and quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) study*. Manuscript submitted for publication.

**WORK IN PROGRESS** (\* indicates student co-author)

**Boehm, J. K.**, \*Chen, Y., \*Soo, J., \*Umukoro, P., Lloyd-Jones, D., & Kubzansky, L. D. (2016). *Do positive emotions and optimism protect favorable cardiovascular health across time? Findings from the Coronary Artery Risk Development in Young Adults (CARDIA) Study*. Manuscript in preparation.

**Boehm, J. K.**, \*Chen, Y., Vie, L. L., & Kubzansky, L. D. (2016). *Does optimism lead to healthier behavior? A meta-analysis*. Manuscript in preparation.

**Boehm, J. K.**, \*Soo, J., & Kubzansky, L. D. (2016). *Longitudinal associations between well-being and the consumption of fruits and vegetables in the English Longitudinal Study of Ageing*. Manuscript in preparation.

\*Chen, Y., Kubzansky, L. D., \*Soo, J., Kim, E. S., & **Boehm, J. K.** (2016). *The prospective association between psychological well-being and physical activity in young adults: Evidence from the Coronary Artery Risk Development in Young Adults Study*. Manuscript in preparation.

\*Soo, J., \*Chen, Y., Kubzansky, L. D., & **Boehm, J. K.** (2016). *Optimism is not equally beneficial for all: A prospective study of optimism and lipids in young adults*. Manuscript in preparation.

## RESEARCH GRANTS

**Boehm, J. K.** (PI), & Kubzansky, L. D. (Co-I). *Adaptive aging: Psychological well-being and favorable cardiovascular health*. Grant number 1R03AGO46342-01, National Institute on Aging, 09/30/2013-07/31/2016, \$204,379.

## FELLOWSHIPS, HONORS, AND AWARDS

Invited attendee and recipient of travel award to attend the pre-conference “Opportunities for Advancing Behavioral and Social Research on Aging” (funded by the National Institute on Aging), Chicago, IL, 2016

Faculty-Student Research Award, Research & Sponsored Programs Administration, Chapman University, 2015

Invited fellow and recipient of travel award to attend the “Fourth Biennial Urie Bronfenbrenner Conference: New Developments in Aging, Emotion, and Health” (funded by the Bronfenbrenner Center for Translational Research), Cornell University, 2013

Invited participant and recipient of travel award to attend the “RAND Summer Institute on Aging” (funded by the National Institute on Aging and the Office of Behavioral and Social Science Research), RAND Corporation, 2012

Chancellor’s Dissertation Fellowship, University of California, Riverside, 2009

Society for Personality and Social Psychology Student Travel Award, 2009

Outstanding Teaching Assistant Award, University of California, Riverside, 2007-2008

Dean’s Fellowship Award, University of California, Riverside, 2004-2005

Phi Beta Kappa, Lewis & Clark College, 2003

Departmental Honors in Psychology, Lewis & Clark College, 2003

## RESEARCH TALKS (\* indicates student co-author)

**Boehm, J. K.** (2016, October). *The heart’s content: Positive psychological well-being and cardiovascular health*. Paper presented at the University of California, Irvine Psychology Department colloquium, Irvine, CA.

**Boehm, J. K.**, \*Chen, Y., \*Soo, J., & Kubzansky, L. D. (2016, March). *Do positive emotions and optimism protect favorable cardiovascular health across time?* Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.

\*Soo, J., Kubzansky, L. D., \*Chen, Y., & **Boehm, J. K.** (2016, March). *Positive psychological functioning and healthy biology: Well-being and HDL-C?* Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.

Peterson, B., Yu, L., **Boehm, J. K.**, \*Hodgson, A., Inhorn, M. C., & Patrizio, P. (2016, February). *Initiating patient discussions about oocyte cryopreservation: Attitudes of obstetrics and gynecology resident physicians*. Paper presented at the 3<sup>rd</sup> European Congress on Preconception Health and Care, Uppsala, Sweden.

**Boehm, J. K.** (2016, January). *The heart’s content: Positive psychological well-being and cardiovascular health*. Paper presented at the Happiness and Well-Being Preconference of the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Seegerstrom, S. C., \*Combs, H. L., \*Winning, A., **Boehm, J. K.**, & Kubzansky, L. D. (2015, November). *The happy survivor: Effects of differential mortality on life satisfaction in*

*older age*. Paper presented at the annual meeting of the Gerontological Society of America, Orlando, FL.

**Boehm, J. K.,** \*Soo, J. A., & Kubzansky, L. D. (2015, March). *Healthy aging: Does psychological well-being increase the likelihood of maintaining favorable cardiovascular health?* Paper presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.,** Kubzansky, L. D., Diez-Roux, A., Ning, H., Lloyd-Jones, D. M. (2015, March). *Relationship of dispositional optimism and cardiovascular health: Cross-sectional findings from the Multi-Ethnic Study of Atherosclerosis*. Paper presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

**Boehm, J. K.,** \*Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2014, November). *Variability modifies life satisfaction's association with premature mortality in older adults*. Paper presented at the annual meeting of the Gerontological Society of America, Washington, DC.

**Boehm, J. K.** (2014, April). *The heart's content: Positive psychological well-being and cardiovascular health*. Paper presented at the Schmid College of Science and Technology Science Forum at Chapman University, Orange, CA.

**Boehm, J. K.,** \*Winning, A., Segerstrom, S., & Kubzansky, L. D. (2014, March). *Variability modifies life satisfaction's association with premature mortality in older adults*. Paper presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.

**Boehm, J. K.,** \*Chen, Y., & Kubzansky, L. D. (2014, February). *Subjective well-being's prospective association with cardiometabolic risk in the Midlife in the United States study*. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.,** Kubzansky, L. D., Diez-Roux, A., Ning, H., Lloyd-Jones, D. M. (2013, November). *The association of optimism and pessimism with cardiovascular health: Results from the Multi-Ethnic Study of Atherosclerosis (MESA)*. Paper presented at the Scientific Sessions of the American Heart Association, Dallas, TX.

**Boehm, J. K.** (2013, May). *Pathways to cardiovascular health: Psychological well-being, biological function, and health behaviors*. Paper presented at the Department of Psychology at the University of Zurich.

**Boehm, J. K.** (2013, May). *Pathways to cardiovascular health: Psychological well-being, biological function, and health behaviors*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.

**Boehm, J. K.** (2010, January). *Comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans*. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

**Boehm, J. K.** (2009, October). *Enhancing well-being through experimental interventions*. Paper presented at the annual meeting of the Society of Experimental Social Psychology, Portland, ME.

**Boehm, J. K.** (2008, December). *Comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.

**Boehm, J. K.** (2008, January). *Hedonic adaptation to life events*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.

**Boehm, J. K.** (2006, May). *Endowing versus contrasting life events: The relationship between thought perspective and well-being*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.

#### **POSTER PRESENTATIONS** (\* indicates student co-author)

**Boehm, J. K.**, Soo, J., Chen, Y., Kim, E., & Kubzansky, L. D. (2017, January). *Longitudinal associations between well-being and the consumption of fruits and vegetables in the English Longitudinal Study of Ageing*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

\*Amirazizi, S., \*Banning, K., \*Gann, A., \*Goulding, S., \*Nguyen, M., \*Nouri, R., \*Okabe-Miyamoto, & **Boehm, J. K.** (2016, May). *A preliminary analysis of the effects of well-being on physical activity*. Poster presented at Chapman University's Student Research Day, Orange, CA.

Yu, L., Peterson, B., Inhorn, M. C., **Boehm, J. K.**, & Patrizio, P. (2015, June). *Knowledge, attitudes, and intentions toward fertility awareness and oocyte cryopreservation among United States obstetrics and gynecology (OB/GYN) residents*. Poster presented at the annual meeting of the European Society of Human Reproduction and Embryology, Lisbon, Portugal.

\*Okabe-Miyamoto, K., \*Nouri, R., \*Silke, O., \*Waln, B., \*Wen, J., & **Boehm, J. K.** (2015, May). *Do happiness and optimism promote healthy and unhealthy food consumption in daily life?* Poster presented at Chapman University's Student Research Day, Orange, CA.

Huffman, J. C., **Boehm, J. K.**, DuBois, C. M., Beach, S. R., Healy, B. C. (2015, March). *Relationships between optimism and suicide risk in medically ill persons: An analysis of three cohorts*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

Hernandez, R., Kershaw, K. N., Seeman, T., **Boehm, J. K.**, Vu, T. T., Ning, H., & Lloyd-Jones, D. M. (2015, March). *Effects of positive psychological well-being on changes in allostatic load: Multi-Ethnic Study of Atherosclerosis (MESA)*. Poster presented at the Scientific Sessions of the American Heart Association, Baltimore, MD.

**Boehm, J. K.**, \*Chen, Y., & Kubzansky, L. D. (2015, February). *Unequally distributed assets: Are there social disparities in optimism?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

\*Macias, A., \*Nouri, R., \*Okabe-Miyamoto, K., \*Silke, O., \*Waln, B., \*Wen, J., & **Boehm, J. K.** (2014, December). *Do happy and optimistic people eat healthier?* Poster presented at Chapman University's Student Research Day, Orange, CA.

\*Nouri, R., \*Macias, A., & **Boehm, J. K.** (2014, May). *How to prolong positive feelings*. Poster presented at Chapman University's Student Research Day, Orange, CA.

\*Matheis, M., \*Andrade, L., & **Boehm, J. K.** (2014, May). *Differences in character strengths between first year and upper division students*. Poster presented at Chapman University's Student Research Day, Orange, CA.

**Boehm, J. K.**, & Kubzansky, L. D. (2013, March). *The prospective association between psychological well-being and diabetes: The Whitehall II cohort*. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.

- \*Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2013, March). *The prospective association between positive psychological well-being and incident hypertension: The Whitehall II cohort*. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.
- Boehm, J. K.**, & Kubzansky, L. D. (2013, January). *An optimistic metabolism: The association between optimism and lipids in midlife*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- \*Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2012, May). *L'association entre le bien-être psychologique et l'incidence d'hypertension: Résultats de la cohorte Whitehall II*. Poster presented at the 13<sup>th</sup> congrès annuel de la Société Québécoise de Lipidologie, de Nutrition et de Métabolisme, Québec, Canada.
- Boehm, J. K.**, & Kubzansky, L. D. (2012, January). *The association between optimism and serum antioxidants in the Midlife in the United States study: Flourishing psychological and physical health*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011, April). *The prospective association between life satisfaction and coronary heart disease: Satisfaction with specific life domains matters*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011, January). *A prospective study of positive psychological well-being and coronary heart disease*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Celano, C. C., Mastromauro, C. A., Lyubomirsky, S., **Boehm, J. K.**, Benson, H., Fricchione, G. L., & Huffman, J. C. (2010, November). *Randomized trial of psychological interventions to improve outcomes in hospitalized cardiac patients*. Poster presented at the annual meeting of the Academy of Psychosomatic Medicine, Marco Island, FL.
- \*Jacobs, K. M., **Boehm, J. K.**, & Lyubomirsky, S. (2010, January). *Getting used to the good things in life: Hedonic adaptation to positive life events*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Boehm, J. K.**, & Lyubomirsky, S. (2009, February). *Cultural differences in the pursuit of happiness: A longitudinal experiment comparing Anglo Americans and Asian Americans*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.
- \*LaPlante, A., \*Dickerhoof, R., **Boehm, J. K.**, & Lyubomirsky, S. (2007, January). *Endowing vs. contrasting life experiences: The effect of thought perspectives on well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
- \*Dickerhoof, R., **Boehm, J. K.**, & Lyubomirsky, S. (2007, January). *The role of motivation in the pursuit of happiness*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Boehm, J. K.**, \*Dickerhoof, R., & Lyubomirsky, S. (2006, January). *Endowing and contrasting life events: The relationship between thought processes and well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Boehm, J. K.**, Detweiler-Bedell, J., & Detweiler-Bedell, B. (2005, May). *Thinking in circles: Reducing rumination through insightful disclosure*. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.

Detweiler-Bedell, J., **Boehm, J. K.**, Detweiler-Bedell, B., \*Goforth, A., & \*Ullmann, T. (2003, February). *Disclosure of trauma leads to greater association between the self and the traumatic event*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.

### **TEACHING EXPERIENCE** (*evaluations available upon request*)

#### *Chapman University*

Statistics for the Behavioral Sciences (undergraduate), Head Instructor, Fall 2013, Spring 2014, Spring 2015, Spring 2016, Fall 2016, & Spring 2017

#### *Harvard University*

Personality Psychology (undergraduate), Head Instructor, Spring 2010

#### *University of California, Riverside*

Social Psychology (undergraduate), Teaching Assistant, Fall 2008

Statistical Procedures (undergraduate), Head Instructor, Summer 2008

Multiple Regression/Correlation Analysis (graduate), Teaching Assistant, Spring 2008

Experimental Design and Analysis of Variance (graduate), Co-Instructor, Winter 2008

Statistical Inference (graduate), Co-Instructor, Fall 2007

Personality Psychology (undergraduate), Teaching Assistant, Summer 2007, Summer 2006, Summer 2005

Statistical Procedures (undergraduate), Teaching Assistant, Spring 2007

Research Procedures (undergraduate), Teaching Assistant, Spring 2006, Winter 2006, & Fall 2005

### **PROFESSIONAL AFFILIATIONS**

American Psychosomatic Society, 2012-present

Social Personality and Health Network, 2011-present

Association for Psychological Science, 2005-present

Society for Personality and Social Psychology, 2003-present

### **PROFESSIONAL SERVICE**

Panel Member on the Work-Life Balance session at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA, January 2016.

Planning Committee Member, Workshop on Positive Psychobiology, Princeton University Center for Research on Experience and Well-Being, An Edward R. Roybal Center for Translation Research in the Behavioral and Social Sciences of Aging (funded by the National Institute on Aging), Miami, FL, March 12-13, 2013

Member of the Human Research Review Board, University of California, Riverside, 2006-2008

Graduate Student Representative, University of California, Riverside, 2006-2007

## **AD HOC REVIEWING**

American Journal of Epidemiology  
Annals of Behavioral Medicine  
Annals of Internal Medicine  
Applied Psychology: Health and Well-Being  
Archives of General Psychiatry  
BMC Public Health  
BMC Research Notes  
Cognition and Emotion  
Emotion Review  
Evidence-Based Complementary and Alternative Medicine  
Health and Quality of Life Outcomes  
Health Psychology  
Heart  
International Journal of Behavioral Medicine  
Israel Science Foundation  
Journal of Happiness and Well-Being  
Journal of Health Psychology  
Journal of Pediatrics  
Journal of Personality  
Journal of Personality and Social Psychology  
Journal of Positive Psychology  
Journal of Psychosomatic Research  
Journal of Public Health  
Journal of Research in Personality  
Journal of Social and Clinical Psychology  
Journal of Social and Personal Relationships  
Motivation and Emotion  
Personality and Social Psychology Review  
PLOS ONE  
Prevention Science  
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## **SELECTED MEDIA COVERAGE**

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