

## JOHN F. HUNTER

Chapman University  
Department of Psychology  
1 University Dr

Orange, CA 92866

Phone: (949) 345-9987

Email: johnhunter@chapman.edu

### EDUCATION

2019	Ph.D., Psychological Science University of California, Irvine
2017	M.A., Social Ecology University of California, Irvine
2009	B.A., Psychology & History (Double Major) University of California, Los Angeles

### EMPLOYMENT

2020-Present	Instructional Assistant Professor Department of Psychology Chapman University
2024-Present	Director of Center for Undergraduate Excellence Chapman University
2019-2020	Postdoctoral Scholar School of Medicine University of California, Irvine

### PUBLICATIONS

Radin, R., Vaccaro, J., Fromer, E., Ahmadi, S., Guan, J., Fisher, S., Pressman, S., **Hunter, J.F.**...Prather, A. (2025) Digital meditation to target employee stress: A randomized clinical trial. *JAMA Network Open* 8.1 (2025): e2454435-e2454435

Jenkins, B. N., Martin, L. T., Youn, H., **Hunter, J. F.**, Acevedo, A. M., & Pressman, S. D. (2024). Affect variability and cortisol in context: The moderating roles of mean affect and stress. *Psychoneuroendocrinology*, 166, 107064.

**Hunter, J. F.**, Walsh, L. C., Chan, C. K., & Schueller, S. M. (2023). The good side of technology: how we can harness the positive potential of digital technology to maximize well-being. *Frontiers in Psychology*, 14.

- Toohey S, Wray A, **Hunter J.F.**, Saadat S, Boysen-Osborn M, Smart J, Wiechmann W, Pressman SD. (2023) Authors' Response to the Validity of Cortisol and Galvanic Skin Responses for Measuring Student Stress During Training. *JMIR Medical Education*. 9:e50902.
- Cross, M. P., Acevedo, A. M., & **Hunter, J. F.** (2023). A Critique of Automated Approaches to Code Facial Expressions: What Do Researchers Need to Know? *Affective Science*, 1-6.
- Hunter, J.F.**, Cross, M.P., Smith, J.R., Twidwell, R.E., & Pressman S.D. (2022) Comparing, Differentiating, and Applying Affective Facial Coding Techniques for the Assessment of Positive Emotion, *The Journal of Positive Psychology*. 18(3), 420-438.
- Coles, N. A., March, D. S., Marmolejo-Ramos, F., Larsen, J. T., Arinze, N. C., Ndukaihe, I. L., M.L. Willis, F. Foroni, N. Reggev, A. Mokady, P.S. Forscher, **J.F. Hunter**...& Liuzza, M. T. (2022). A multi-lab test of the facial feedback hypothesis by the many smiles collaboration. *Nature Human Behaviour*, 1-12.
- Hunter, J. F.**, Jones, N. M., Delgadillo, D., & Kaveladze, B. (2022). The Influence of Technology on the Assessment and Conceptualization of Social Support. In *Quantifying Quality of Life* (pp. 373-394). Springer, Cham.
- Toohey S, Wray A, **Hunter J.**, Waldrop I, Saadat S, Boysen-Osborn M, Sudario G, Smart J, Wiechmann W, Pressman S (2022). Comparing the Psychological Effects of Manikin-Based and Augmented Reality–Based Simulation Training: Within-Subjects Crossover Study *JMIR Medical Education*;8(3):e36447
- Hunter, J.F.**, Acevedo, A.M., Gago-Masague, S., Jenkins, B.N., Yun, C., Torno, L., & Fortier, M.A. (2020) Preliminary Efficacy of Pain Buddy: A Novel Intervention for the Management of Children's Cancer-Related Pain. *Pediatric Blood & Cancer*
- Hunter, J.F.**, Olah, M.S., Williams, A.L., Parks, A.C., & Pressman S.D. (2019) Effects of Brief Biofeedback via a Smartphone Application on Stress Recovery: Randomized Experimental Study. *JMIR Serious Games*, 7(4):e15974. IF=4.9. Q1 in Medical Informatics
- Schueller, S. M., **Hunter, J. F.**, Figueroa, C., & Aguilera, A. (2019) Use of Digital Mental Health for Marginalized and Underserved Populations. *Current Treatment Options in Psychiatry*, 1-13.
- Jenkins, B.N., **Hunter, J.F.**, Richardson, M. J., Conner, T.S., Pressman, S.D. (2019). Affect variability and affect predictability: Using recurrence quantification analyses to better understand how predictability in affect relates to health. *Emotion*. IF = 4.3. Q1 in Psychology.

- Hunter, J.F.**, Fortier, M.A., & Kain, Z.N. (2018). Pain relief in the palm of your hand: Harnessing mobile health to manage pediatric pain. *Pediatric Anesthesia*. *IF* = 2.2. Q1 in Medicine.
- Hunter, J.F.**, Hooker, E. D., Rohleder, N., & Pressman, S. D. (2018). The use of smartphones as a digital security blanket: The influence of phone use and availability on psychological and physiological responses to social exclusion. *Psychosomatic Medicine*, 80, 345-352. *IF*=4.58. Q1 in Psychology.
- Hunter, J.F.**, Cross, M. P., & Pressman, S. D. (2018). The associations between positive affect & health: Findings and future directions. In C.R. Snyder, S. J. Lopez, L. M. Edwards, & S. C. Marques (Eds.), *The Oxford Handbook of Positive Psychology*, 3<sup>rd</sup> Edition.
- Kushlev, K., **Hunter, J.F.**, Proulx, J., Dunn, E., & Pressman, S.D. (2018). Smartphones reduce smiling between strangers. *Computers in Human Behavior*. *IF*=3.45. Q1 in Arts & Humanities.
- Jenkins, B. N., **Hunter, J. F.**, Cross, M. P., Acevedo, A. M., & Pressman, S. D. (2018). When is affect variability bad for health? The association between affect variability and immune response to the influenza vaccination. *Journal of Psychosomatic Research*. 104, 41-47. *IF*=3.4, Q1 in Psychology.
- Diener, E. Pressman, S.D., **Hunter, J.F.** Delgadillo-Chase, D., (2017). If, why and when subjective well-being influences health, and future needed research. *Applied Psychology: Health and Well-Being*, 9, 33-167. *IF*=1.16. Q1 in Applied Psychology.

### **Under Review**

- Deguzman, R., Lee, K., **Hunter, J.F.**, Pressman S.D. Examining the connection between social media use and physical illness symptoms during the Covid-19 pandemic. *Computers in Human Behavior*

### **In Preparation**

- Hunter, J.F.**, Guge, P.M., Howell, R.T., Pressman, S.D. Materialists report that experiences make them happier, but their faces say otherwise: How self-reported purchase happiness and behavioral measures of happiness diverge.
- Jones, N.M., **Hunter, J.F.**, & Piff, P.K. Smartphone application usage patterns
- Acevedo, A.M., Jenkins, B.N., **Hunter, J.F.**, Cross, M.P., & Pressman, S.D. Positive Affect, Arousal and Pain.

Acevedo, A.M. & **Hunter, J.F.** The cultural construct of Simpatía as it relates to performance on the Trier Social Stress Test.

Gailey, S., **Hunter, J.F.**, Davis-McKay, N., & Bruckner, T. Are nature lovers happier and healthier? Examining relations among nature connectedness, positive affect, and perceived general health.

## **PRESENTATIONS**

---

*\*denotes an undergraduate I directly supervised in research*

\*Walker, B. & **Hunter, J.F.** (2024, February). *Negative Impacts of Workaholism on the Physical and Psychological Well-Being of University Students*. Poster presented at the Society for Social and Personality Psychology Conference 2024

\*Walker, B. & **Hunter, J.F.** (2023, November). *Negative Impacts of Workaholism on the Physical and Psychological Well-Being of University Students*. Poster presented at the Fall 2022 Chapman University Student Scholar Symposium

\*Walker, B. & **Hunter, J.F.** (2023, August). *Negative Impacts of Workaholism on the Physical and Psychological Well-Being of University Students*. Poster presented at the Summer 2023 Summer Undergrad Research Showcase

\*Lee, H., **Hunter, J. F.**, & Jenkins, B. N. (2022, November). *Emotion variability, cortisol, and physical health: The moderating role of mean emotion*. Poster presented at the Fall 2022 Chapman University Student Scholar Symposium

\*Lee, H., **Hunter, J. F.**, Boehm, J.K., & Jenkins, B. N. (2022, August). *Emotion variability, cortisol, and physical health: The moderating role of mean emotion*. Poster presented at the Chapman University Summer Undergraduate Research Fellowship Commencement 2022

**Hunter, J.F.**, Schueller, S. M., Figueroa, C., & Aguilera, A. (2020, March) *Use of Digital Mental Health for Marginalized and Underserved Populations*. Symposium to be conducted at the 78<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled*.

Fortier, MA; **Hunter, JF**; Acevedo, A; Torres, L; Cortes, H; Yun, C; & Kain, ZN. (2020, April). *Preliminary Efficacy of Pain Buddy: An Innovative Mobile Health App for the Management of Children's Cancer-Related Pain*. Abstract to be presented at the Society of Pediatric Psychology Annual Conference, Dallas, TX.

**Hunter, J.F.** (2019, September) *Can your phone calm you down?* Talk presented at the 2019 University of California, Irvine Postdoctoral Symposium, Irvine, CA.

- Jenkins, B. N., **Hunter, J. F.**, Richardson, M. J., Conner, T.S., & Pressman, S. D (2019, August). *Affect variability and predictability: Using recurrence quantification analysis to better understand how the dynamics of affect relate to health*. Talk presented at the 28<sup>th</sup> Annual Meeting of the Society for Chaos Theory in Psychology & Life Sciences Annual International Conference, Orange, CA.
- Hunter, J.F.** (2019, May) *Is it your phone or how you use it? An investigation of the benefits smartphones may provide when recovering from stress*. Talk presented at the 2019 University of California, Irvine Associated Graduate Student Symposium, Irvine, CA
- \*Pappal, A., Pinks, M.E., Olah, M., **Hunter, J.F.**, & Pressman, S.D. (2019, May) *Females with problematic phone use perceive increased interpersonal support*. Poster presented at the 31<sup>st</sup> Annual Convention of the Association for Psychological Science, Washington, D.C.
- \*Pinks, M.E., Tsai, G., Khan, A., **Hunter, J.F.**, & Pressman, S.D. (2019, May). *The association between salivary biomarkers of physiological stress and extraversion*. Poster presented at the 31<sup>st</sup> Annual Convention of the Association for Psychological Science, Washington, D.C.
- \*Olah, M., Hoangtran, B., Pappal, A., McReynolds, K.B., Halaka, M., Austin, V., Vasani, S., **Hunter, J. F.**, & Pressman, S. D. (2019, May). *A qualitative comparison of emotion regulation in individuals with high and low trait mindfulness*. Poster presented at the 26th Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.
- \*Tsai, G., Le, K., & Waldrop, I., **Hunter, J.F.**, & Pressman, S.D. (2019, May). *Do Women and Men differ in Stress Recovery with the Aid of a Smartphone Application?* Poster presentation at the 26th Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.
- \*Le, K. Jones, N.M., & **Hunter, J.F.** (2019, April). *Does Social Media Moderate the Link Between Social Support and Stress?* Poster presentation at the 26th Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.
- \*Pinks, M.E., McReynolds, K.B., Olah, M., **Hunter, J.F.**, & Pressman, S.D. (2019, May). *Individuals high in mindfulness benefit more from the use of a biofeedback application*. Poster presented at the 26<sup>th</sup> Annual University of California Irvine Undergraduate Research Symposium, Irvine, CA.
- \*Khan, A., Armijo, M., Resendiz, E., **Hunter, J.F.** & Pressman, S.D. (2019, May). *Cultural Differences in the Effectiveness of Using a Mobile Health Biofeedback Exercise on Stress Recovery*. Oral presentation at the 26th Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.

- \*McReynolds, K.B., Chiplunkar, A., Pappal, A., Thomas, M.E., **Hunter, J.F.**, & Pressman, S.D. (2019, April). *How mobile phone use influences loneliness, stress, and salivary alpha amylase as stress biomarker*. Poster presented at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
- \*Tsai, G., Khan, A., **Hunter, J.F.**, & Pressman, S.D. (2019, April) *The Association Between Salivary Biomarkers of Physiological Stress and Extraversion*. Poster presentation at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
- \*Le, K. Jones, N.M., & Hunter, J.F. (2019, April). *Does Social Media Moderate the Link Between Social Support and Stress?* Poster presentation at the 99<sup>th</sup> Annual Convention of the Western Psychological Association, Pasadena, CA.
- Hunter, J.F.** & Pressman, S.D. (2019, March) *Is it your phone or how you use it? An investigation of the benefits smartphones may provide when recovering from stress*. Talk presented at the 76<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, British Columbia, Canada
- Jenkins, B. N., **Hunter, J. F.**, Richardson, M. J., Conner, T.S., & Pressman, S. D (2019, March). *Affect variability and predictability: Using recurrence quantification analysis to better understand how the dynamics of affect relate to health*. Talk presented at the 6<sup>th</sup> Annual Meeting of the Society for Affective Science Annual Conference, Boston, MA.
- Hunter, J.F.** (2018, May) *Pain Buddy: Reducing Chronic Pain for Children with Cancer* Talk presented at the 2018 University of California, Irvine Associated Graduate Student Symposium, Irvine, CA
- \*Wilder, R. Jones, N.M., & **Hunter, J.F.**, (2018, May) *Social Media Application Use and Belongingness*. Poster presented at 24<sup>th</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- \*Wong, E.F., Falasiri, S.E., **Hunter, J.F.** & Pressman, S.D. (2018, May) *The Effect of Nature Connectedness on Symptoms of Fatigue*. Poster presented at 24<sup>th</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- Hunter, J.F.**, & Fortier, M.F. (2018, March) *Pain Buddy: Reducing Chronic Pain for Children with Cancer*. Talk presented at the 76<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Louisville, Kentucky.
- Jenkins, B. N., **Hunter, J. F.**, Cross, M. P., Acevedo, A. M., & Pressman, S. D. (2018, April). *Mean Positive Affect Moderates the Association between Positive Affect Variability and Immune Response to the Influenza Vaccination*. Talk presented at the 5<sup>th</sup> Annual Positive Emotions Pre-Conference of the Society for Affective Science Annual Conference, Los Angeles, CA.

- Pressman, S. D., Acevedo, A. M., Cross, M. P., **Hunter, J. F.**, & Jenkins, B. N. (2018, April). *Keep calm and fight pain: How arousal matters in the positive affect-pain connection*. Talk presented at the 5<sup>th</sup> Annual Meeting of the Society for Affective Science Annual Conference, Los Angeles, CA.
- Proulx, J., Kushlev, K., **Hunter, J.F.**, Pressman, S., & Dunn, E. W. (2018, March). *Smartphones reduce smiling between strangers*. Poster presented at the Psychology of Media & Technology Preconference of the 19th Annual Convention for the Society for Personality and Social Psychology, Atlanta, GA.
- Kushlev, K., Proulx, J., Dunn E. W., **Hunter, J.F.**, & Pressman, S. (2018, March). *The effects of smartphones on face-to-face social interactions*. Presented at the Annual Convention at the Society for Personality and Social Psychology, Atlanta, GA.
- Ringel, M.M., Celniker, J., **Hunter, J.F.** (2017, November). *Disgust, Moral Opposition, and Food Technology Neophobia Negatively Predict Acceptance of Cultured Meat*. Poster presented at the 2<sup>nd</sup> Annual Psychology of Technology Conference, Berkeley, CA
- Hunter, J.F.**, Hooker, E.D., Rohleder, N, & Pressman, S. D. (2017, November). *The Use of Smartphones as a Digital Security Blanket: The influence of phone use and availability on psychological and physiological responses to social exclusion*. Poster presented at the 2<sup>nd</sup> Annual Psychology of Technology Conference, Berkeley, CA
- Hunter, J.F.** (2017, May) *Your smartphone as a digital security blanket*. Talk presented at the 2017 University of California, Irvine Associated Graduate Student Symposium, Irvine, CA
- \*Wong, E., **Hunter, J.F.** & Pressman, S. D. (2017, May). *Optimization of Modern Technology in Coping with Stress*. Talk presented at 23<sup>rd</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- \*Twidwell, R., Portillo, O., Falasiri, S., **Hunter, J.F.**, & Pressman, S.D. (2017, May). *Measuring Smiles: The Hunter Analysis of Smiles*. Poster presented at 23<sup>rd</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- Hunter, J.F.**, Hooker, E.D., Rohleder, N, & Pressman, S. D. (2017, March). *Is your smartphone a digital security blanket? The influence of phone use and availability on psychological and physiological responses to social exclusion*. Talk presented at the University of California, Well-Being Conference in Riverside, California.
- Hunter, J.F.**, Hooker, E.D., Rohleder, N, & Pressman, S. D. (2017, March). *Is your smartphone a digital security blanket? The influence of phone use and availability on psychological and physiological responses to social exclusion*. Poster was

- presented at the 75<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
- Cross, M. P., Acevedo, A. M., **Hunter, J. F.**, & Pressman, S. D. (2017, March). *Smile while your heart is breaking? The protective cardiovascular effects of smiling during social exclusion*. Poster presented at the 75<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
- Acevedo, A.M., Leger, K.A., Shader, J., **Hunter, J.F.**, Cross, M. P., & Pressman, S.D. (2017, March). *Keep calm and carry on: Low arousal positive affect is associated with higher parasympathetic function but no sympathetic activation during experimentally induced pain*. Poster presented at the 75<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
- \*Wong, E., Delgadillo, Q., **Hunter, J.F.**, & Pressman, S.D. (2017, March) *Optimization of Modern Technology in Coping with Stress*. Poster and talk presented at Society for Behavioral Medicine Conference in San Diego, California.
- \*Degladillo, Q., **Hunter, J.F.**, & Pressman, S.D. (2017, March) *Are Smartphones Digital Security Blankets? How the Presence of a Smartphone Influences Salivary Alpha Amylase and Experiences of Exclusion Following a Stressor*. Poster presented at Western Psychological Association conference in Sacramento, California.
- Hunter, J.F.**, Hooker, E.D., Rohleder, N., & Pressman, S. D. (2017, February) *Is your smartphone a digital security blanket? The influence of phone use and availability on psychological and physiological responses to social exclusion*. Talk presented at the Osher Lifelong Learning Institute in Irvine, California
- \*Reyes, K., Gomez, C., Wong, E., **Hunter, J.F.**, Pressman, S.D. (2016, May) *Gender Difference in the Stress Response to a Social Rejection Manipulation*. Poster presented at the 22<sup>nd</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- \*Wong, E., Gomez, C., Smith, S., Grigorian, S., **Hunter, J.F.**, Pressman, S.D. (2016, May). *Effects of Social Exclusion and Cell Phone Use on People With Depressive Symptoms*. Poster presented at the 22<sup>nd</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- \*Gomez, C., **Hunter, J.F.**, Pressman, S.D. (2016, May). *Personality and Stress-Buffering: The Role of Neuroticism and Mobile Phone Use When Responding to Social Stressors*. Talk presented at the 22<sup>nd</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.
- \*Smith, S., **Hunter, J.F.**, & Pressman, S.D. (2016, May). *The role of trait anxiety in moderating the feelings of exclusion during social stress*. Poster presented at the

22<sup>nd</sup> Annual UCI Undergraduate Research Symposium, University of California-Irvine, CA.

**Hunter, J.F.**, Gomez, C. & Pressman, S.D. (2016, May). *Cell Phone Use Patterns and Personality Factors*. Poster presented at Western Psychological Association Conference in Long Beach, California.

**Hunter, J.F.**, Jenkins, B. & Pressman, S.D. (2016, January). *Association of Emotional Well-Being and Types of Internet Use*. Poster presented at Society for Personality and Social Psychology, Happiness & Well-Being Pre-Conference in San Diego, California.

## **HONORS & AWARDS**

---

2019	Postdoctoral Symposium Outstanding Research Presentation
2019	Ellen Greenberger Excellence in Graduate Research Award (\$500)
2018	Science in Action Fellow (\$1500)
2018	Psychology of Technology Institute Dissertation Award (Runner-Up)
2018	Social Ecology Dean's Dissertation Data Collection Award (\$1000)
2018	Certificate in Teaching Excellence
2017	UCI Pedagogical Fellowship (\$2,000)
2017, 2018, 2019	Associated Graduate Students Symposium Winner (\$450)
2017, 2018	Associated Graduate Students Travel Award (\$400)
2017	Citation Poster at 76 <sup>th</sup> APS Conference
2017	Newsworthy Poster at 76 <sup>th</sup> APS Conference
2015, 2016, 2017, 2018, 2019	Outstanding Mentoring Award (\$200)
2009	UCLA Alumni Scholar

## **TEACHING EXPERIENCE**

---

### **Chapman University**

#### **Instructor**

2024-Present	Critical Thinking
2020-Present	Research Methods in Behavioral Science
2020-Present	Health Psychology

#### **Guest Lectures**

2023	<i>Technology &amp; Well-Being</i> , Social Psychology
2022	<i>Social Media &amp; Covid</i> , Social Psychology
2021	<i>Happy Work</i> , Happiness

**Institute for Brain Potential**

**Instructor**

2024	Reasoning with Unreasonable People
2023	Artificial Intelligence in Healthcare

**University of California, Irvine**

**Instructor**

2018	Psychology Fundamentals
------	-------------------------

**Assistantships**

2019	Human Stress
2019	Clinical Neuroscience
2018	Clinical Sports Psychology
2018	Positive Psychology
2018	Clinical Neuroscience
2017	Abnormal Psychology
2017	Social Relationships
2017	Naturalistic Field Research
2016	Positive Psychology
2016	Child Health Psychology
2016	Social Animal
2015	Health Psychology
2015	Psychology Fundamentals
2015	Environmental Psychology
2014	Social Epidemiology

**Guest Lectures**

2019	<i>Restorative Natural Environments</i> , Human Stress
2018	<i>Nature and Well-Being</i> , Positive Psychology
2018	<i>Health &amp; the Environment</i> , Human Stress
2018	<i>Social Psychology &amp; Health</i> , Social Animal
2016	<i>Natural Environments &amp; Restoration</i> , Positive Psychology
2016	<i>Social Influences of Health</i> , Social Animal
2015	<i>Motivation &amp; Emotion</i> , Psychology Fundamentals
2014	<i>Research Methodology in Epidemiology</i> , Social Epidemiology
2014	<i>Social Determinants of Health</i> , Social Epidemiology

**Additional Teaching Experience**

2017-2018	Pedagogical Fellow <i>Division of Teaching Excellence &amp; Innovation, UCI</i>
2017	Writing Consultant <i>Graduate Resource Center, UCI</i>

2013-2014

Teacher  
*Irvine Unified School District*

2010-2012

Peace Corps Volunteer  
*United States Peace Corps*

## **MENTORSHIP**

---

Vivin Dashora

2023 CUE Scholarly Grant (\$1000)

Brian Walker

2023 Summer Undergraduate Research Fellowship (\$5000)

2023 CUE Scholarly Grant (\$1000)

Helen Lee

2022 Summer Undergraduate Research Fellowship (\$5000)

Ian Waldrop

Fall 2018 Undergraduate Research Opportunities Award (\$775)

Spring 2018 Undergraduate Research Opportunities Award (\$750)

Current Research Associate at UCI Medical Center

Meryl Olah

Current Clinical Psychology PhD student at Arizona State University

Benjamin Gibson

Current psychology PhD student at the University of New Mexico

Anshuman Chiplunkar

Fall 2018 Undergraduate Research Opportunities Award (\$775)

Grace Tsai

Fall 2018 Undergraduate Research Opportunities Award (\$775)

Kyle Than Le

Fall 2018 Undergraduate Research Opportunities Award (\$775)

Spring 2018 Undergraduate Research Opportunities Award (\$600)

Aadil Khan

Fall 2018 Undergraduate Research Opportunities Award (\$775)

Spring 2018 Undergraduate Research Opportunities Award (\$700)

Eric Falasiri

Fall 2017 Undergraduate Research Opportunities Award (\$450)  
Spring 2017 Undergraduate Research Opportunities Award (\$750)  
Current PsyD student at George Washington University

Robert Twidwell

Summer 2016 Undergraduate Research Opportunities Award (\$1700)  
Fall 2016 Undergraduate Research Opportunities Award (\$800)  
Current Clinical Psychology PhD student at Marquette University

Christopher Gomez

Spring 2015 Undergraduate Research Opportunities Award (\$800)  
Summer 2015 Undergraduate Research Opportunities Award (\$1700)  
Fall 2015 Undergraduate Research Opportunities Award (\$800)

Kaitlin Tinker

Current psychology Master's student at University of Southern California

Emily Wong

Spring 2015 Undergraduate Research Opportunities Award (\$900)  
Fall 2015 Undergraduate Research Opportunities Award (\$800)  
Summer 2016 Undergraduate Research Opportunities Award (\$1700)  
Fall 2016 Undergraduate Research Opportunities Award (\$800)  
Fall 2017 Undergraduate Research Opportunities Award (\$450)  
Current psychology PhD psychology student at UCLA

Kimberley Reyes

Summer 2015 Undergraduate Research Opportunities Award (\$1700)  
Fall 2015 Undergraduate Research Opportunities Award (\$800)

Sabrina Smith

Fall 2015 Undergraduate Research Opportunities Award (\$800)

Katherine Bailey

Spring 2015 Undergraduate Research Opportunities Award (\$900)

## **SERVICE**

---

2024

GE Committee Member  
*Chapman University*

2024

Co-Chair of Faculty Search Committee  
*Department of Psychology*

2023-Present	Undergraduate Advising Committee Chair <i>Department of Psychology, Chapman</i>
2022-Present	Faculty Advisor <i>ThinkMed Organization</i>
2020-Present	Program Advisor <i>Department of Psychology</i>
2023	Faculty Ambassador for Distinguished Scholarships <i>Center for Undergraduate Excellence</i>
2023	Co-Chair of Faculty Search Committee <i>Department of Psychology</i>
2022, 2023	Advising Faculty <i>Department of Psychology</i>
2022, 2023	Faculty Advisor <i>Summer Undergraduate Research Fellowship (SURF) Program</i>
2021, 2022	Advisory Board Member <i>ThinkMed Organization</i>
2021, 2022	Undergraduate Advising Committee Member <i>Department of Psychology, Chapman</i>
2021-2023	Western Psychological Association Representative <i>Department of Psychology, Chapman</i>
2021, 2022	Mentor <i>We CU! Mentorship Program</i>
2018, 2019	Teaching Assistant Professional Development Program <i>Division of Teaching Excellence &amp; Innovation</i>
2018	Professional Development Coordinator <i>Department of Psychological Science</i>
2017	Dissertation Boot Camp Facilitator <i>UCI Graduate Division</i>
2017	UCI Graduate Orientation Speaker <i>Presented a talk about "PhD Tips for Writing" to 600+ students</i>

2017	Faculty Search Committee Member <i>Department of Psychological Science</i>
2017	Graduate Awards Coordinator <i>Department of Psychological Science</i>
2016-2019	Graduate Student Peer-Mentor <i>Department of Psychological Science</i>
2015, 2016	Departmental Colloquium Organizer <i>Department of Psychological Science</i>

### **Ad Hoc Reviewer**

2023	Health Psychology
2022	Frontiers in Psychology
2021	Perspectives on Psychological Science
2021	International Journal of Psychophysiology
2020	Health Psychology
2020	Journal of Adolescence
2020	Computers in Human Behavior
2019	Journal of Medical Internet Research
2019	Personality and Individual Differences
2018	Child Development
2017	Biological Psychology
2015	Translational Issues in Psychological Science

### **PROFESSIONAL MEMBERSHIPS**

Society for Teaching of Psychology  
 American Psychological Association  
 Society for Personality & Social Psychology  
 American Psychosomatic Society  
 Western Psychology Association  
 Psychology of Technology Network  
 Connected Learning Lab

### **ADDITIONAL TRAINING**

2020-2024	CETL Workshops
2019	Improv for Teaching Certification
2018	Center for Integration of Research, Teaching & Learning (CIRTL) Associate
2017-2018	Pedagogical Training: University Studies 390 A, B, C, X
2017	Interdisciplinary Institute of Salivary Bioscience Research
2015-2017	University of California Health Consortium Workshop

2015

Teaching Assistant Professional Development Program

### **ADDITIONAL SKILLS**

---

Statistical Packages: SPSS, STATA, JASP, R  
 Noldus FaceReader  
 Mindware BioLab (psychophysiological equipment)  
 Salivary Bioscience Laboratory Assays (cortisol and alpha-amylase)  
 Online Survey Creation: Qualtrics, SurveyMonkey, YourMorals, Amazon mTurk  
 Microsoft Office, Google Docs  
 Fluent in the Chuukese Language

### **MEDIA APPEARANCES**

---

*KNX 97.1 FM* “Leveraging Tech to Ease Holiday Stress” with Margaret Carrero. 26 November, 2024

*Business Wire* “New Study Validates Stress Recovery Improvement Through Salivary Alpha-Amylase (sAA) Reduction with Happify’s Breather Activity” by Britta Franson, 11 December 2019. <https://www.businesswire.com/news/home/20191211005096/en/>

*PsyPost.org* “Strangers smile less to one another when they have their smartphones, study finds,” by Eric Dolan, 22 October, 2018.  
<https://www.psypost.org/2018/10/strangers-smile-less-to-one-another-when-they-have-their-smartphones-study-finds-52392>

*Science News For Students*. “Smartphones may serve as digital security blankets: The trick seems to be having a phone on hand-but not using it-in awkward social situations,” by Allison Pearce Stevens. 3 October, 2018.  
<https://www.sciencenewsforstudents.org/article/smartphones-may-serve-digital-security-blankets>

*KUCI*. “UCI research on phones, stress and well-being,” Interview with Janeane Bernstein, 17 September, 2018.

*Austrian Broadcasting Corporation*. “Smartphones act as digital security blankets in stressful social situations,” Interview with Ruth Hutsteiner. 13 September, 2018.

*Radio New Zealand*. “Phones as Digital Security Blankets,” Interview with Wallace Chapman. 28 August, 2018.  
<https://www.radionz.co.nz/national/programmes/sunday/audio/2018661753/smartphones-as-security-blankets-john-hunter>

*Early Edition on Newstalk ZB*. “Why are we addicted to our phones?” Interview with Kate Hawkesby. 4 September, 2018.

*Los Angeles Times*. “Your smartphone is a teddy bear,” by Ben Brazil. 20 August, 2018.

*Orange County Register*. “Cell Phones can act as digital security blankets,” by Ben Brazil, 26 August, 2018.

*The Nation*. “Smartphones help escape from awkward situation,” 21, August, 2018.  
<http://www.nationmultimedia.com/detail/asean-plus/30352549>

*Daily Pilot*. “Cellphones can act as 'digital security blankets,' UC Irvine researchers find,” by Ben Brazil. 16 August, 2018  
<http://www.latimes.com/socal/daily-pilot/news/tn-wknd-et-uc-irvine-20180816-story.html>

*Salon*. “Our smartphones have become social comfort blankets,” by Allistair Charlton. 12 August, 2018.  
[https://www.salon.com/2018/08/11/our-smartphones-have-become-social-comfort-blankets\\_partner/](https://www.salon.com/2018/08/11/our-smartphones-have-become-social-comfort-blankets_partner/)

*Health News Digest*. “Smartphones act as digital security blankets in stressful social situations,” by Staff Editor. 8 August, 2018.  
[http://www.healthnewsdigest.com/news/Safety\\_310/Smartphones-act-as-digital-security-blankets-in-stressful-Social-Situations.shtml](http://www.healthnewsdigest.com/news/Safety_310/Smartphones-act-as-digital-security-blankets-in-stressful-Social-Situations.shtml)

*Inquirer*. “Smartphones serve as ‘security blankets’ in awkward situations—study,” by Alfred Bayle. 8 August, 2018.  
<http://technology.inquirer.net/78285/smartphones-serve-security-blankets-awkward-situations-study#ixzz5PP9o40T2>

*Engadget*. “Your smartphone is a 'security blanket' for your social life. Even when you're not looking at it,” by Jon Fingas. 7 August, 2018.  
<https://www.engadget.com/2018/08/07/study-shows-smartphones-are-security-blanket/>