

5. **Cross, M. P.**, Hunter, J. F., *Smith, J. R., Twidwell, R., & Pressman, S. D. (2022). Comparing, differentiating, and applying affective facial coding techniques for the assessment of positive emotion. *Journal of Positive Psychology*. doi:10.1080/17439760.2022.2036796
6. Jenkins, B. N., **Cross, M. P.**, Donaldson, C., Pressman, S. D., Fortier, M. A., Kain, Z. N., Cohen, S., Martin, L., & Farkas, G. (2021). The subcomponents of affect scale (SAS): Validating a widely used affect scale. *Psychology & Health*. doi:10.1080/08870446.2021.2000612
7. **Cross, M. P.**, Gheorma, L., & Pressman, S. D. (2019). Contrasting experimentally device-manipulated and device-free smiles. *Frontiers in Psychology (Emotion Science)*, 10, 2297. doi:10.3389/fpsyg.2019.02297
8. Urban, E. J., Cochran, K. J., Acevedo, A. M., **Cross, M. P.**, Pressman, S. D., & Loftus, E. F. (2019). Misremembering pain: A memory blindness approach to adding a better end. *Memory & Cognition*, 47(5), 954-967. doi.org/10.3758/s13421-019-00913-9
9. *Kim, G., **Cross, M. P.**, & Pressman, S. D. (2019). The connections between personality traits, pain threshold, and pain tolerance. *The UCI Undergraduate Research Journal*, XXII.
10. **Cross, M. P.** & Pressman, S. D. (2018). Say cheese? The connections between positive facial expressions in student identification photographs and health care seeking behavior. *Journal of Health Psychology*, 25(13-14), 2511-2519. doi:10.1177/1359105318790066
11. Pressman, S. D. & **Cross, M. P.** (2018). Moving beyond a one-size-fits-all view of positive affect in health research. *Current Directions in Psychological Science*, 27(5), 339-344. doi.org/10.1177/0963721418760214
12. **Cross, M. P.**, *Hofschneider, L., *Grimm, M., & Pressman, S. D. (2018). Subjective well-being and physical health. In E. Diener, S. Oishi, and L. Tay (Eds.), *Handbook of Well-Being*. Salt Lake City, UT: DEF Publishers. doi:nobascholar.com
13. 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. doi:10.1016/j.jpsychores.2017.11.002
14. Hunter, J., F., **Cross, M. P.**, & Pressman, S. D. (2018). The associations between positive affect and health: Findings and future directions. In C.R. Snyder, S. J. Lopez, L. M. Edwards, and S. C. Marques (Eds.), *The Oxford Handbook of Positive Psychology*, 3rd Edition.
15. **Cross, M. P.**, & Pressman, S. D. (2017). Understanding the connections between positive affect and health. In C. L. Cooper and J. C. Quick (Eds.), *The Wiley Handbook of Stress and Health: A Guide to Research and Practice*.

16. Pressman, S. D., Kraft, T. L., & Cross, M. P. (2015). It's good to do good and receive good: The impact of a "pay it forward" style kindness intervention on giver and receiver well-being. *Journal of Positive Psychology, 10*(4), 293-302.
doi:10.1080/17439760.2014.965269

Manuscripts in Preparation

1. Cross, M. P., Acevedo, A. M., & Pressman, S. D. The psychological and physiological effects of experimentally induced smiling during physical pain.
2. Cross, M. P., Pressman, S. D., & Smith, J. R. Facial feedback research has an adherence problem.

GRANTS AND FELLOWSHIPS

Teaching Materials Grant (\$200) Schreyer New Faculty Colleagues Group The Pennsylvania State University	2020
Dean's Dissertation Writing Fellowship (\$12,885) School of Social Ecology University of California, Irvine	2019
Multidisciplinary Design Program (\$2,000) Undergraduate Research Opportunities Program University of California, Irvine <i>Awarded to projects that provide an environment for undergraduate students to develop the multidisciplinary skills and knowledge that will propel them into further studies or careers in fields that explore the connections between different disciplines</i>	2017
La Verne Noyes Fellowship (\$3,000) University of California, Irvine <i>Awarded to an academically superior graduate student who is a direct descendant of a World War I U.S. Navy or Army veteran</i>	2016

HONORS AND AWARDS

Nominee for the George W. Atherton Award for Excellence in Teaching Pennsylvania State University <i>Presented each year to six faculty members across the university who have demonstrated excellence in undergraduate teaching</i>	2022
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Outstanding Mentoring Award (\$200) School of Social Ecology University of California, Irvine	2014, 2015, 2016, 2017, 2019
Carol Kupers Whalen Graduate Research Award (\$1,000) Department of Psychological Science University of California, Irvine <i>Awarded to a graduate student who is conducting innovative research on a fundamental question in health psychology and contributes to the department beyond his or her own work</i>	2018
Dissertation Research Award (\$1,000) American Psychological Association	2017
Dissertation Data Collection Stipend (\$1,000) School of Social Ecology University of California, Irvine	2017
Alison Clarke-Stewart Excellence in Research Award (\$500) Department of Psychological Science University of California, Irvine <i>Awarded to the graduate student who submitted the best second year project; given to a paper that was creative, original, theoretically and practically strong, and reflected a large amount of independent work by the student</i>	2015
Graduate Research Fellowship Program Honorable Mention National Science Foundation	2015

TEACHING EXPERIENCE

Instructor at The Pennsylvania State University

Mean ratings are from student course evaluations. Synchronous courses were in-person unless otherwise noted.

Synchronous Courses

Course	Number of Sections	Average Rating	Course Enrollment
Research and Applications in Biobehavioral Health	4 (1 hybrid section)	6.74 out of 7	34-39 students
Interdisciplinary Integration in Biobehavioral Health	3	6.44 out of 7	82-110 students
Introduction to Biobehavioral Health	1 (virtual)	6.52 out of 7	125 students

Asynchronous Online Courses

Course	Number of Sections	Average Rating	Course Enrollment
Values and Ethics in Biobehavioral Health Research and Practice	10	6.30 out of 7	18-26 students
Introduction to Biobehavioral Health	7	6.56 out of 7	33-39 students
Biobehavioral Aspects of Stress	6	6.15 out of 7	29-40 students
Gender and Biobehavioral Health	6	6.24 out of 7	16-36 students
Diversity and Health	3	6.55 out of 7	16-39 students

Instructor at the University of California, Irvine

Mean ratings are from student course evaluations. All courses were in-person.

Synchronous Courses

Course	Number of Sections	Average Rating	Course Enrollment
Human Stress	2	6.07 out of 7	230-252 students
Health Psychology	1	8.5 out of 9	39 students

CONFERENCE PRESENTATIONS

**Denotes an undergraduate student I directly supervised in research*

Invited Academic Talks

1. **Cross, M. P.** (March, 2019). *Careers in teaching psychosomatic medicine*. 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.

Submitted/Reviewed Academic Talks

1. Jenkins, B. N., Ong, L., Boehm, J., Hunter, J., **Cross, M. P.**, Acevedo, A, Pressman, S. D., Richardson, M., & Conner, T. (March, 2020). *When is affect variability bad? Examining the associations between affect variability and mental, physiological, and physical health outcomes*. Paper to be presented at the 78th Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled*.
2. Jenkins, B. N., **Cross, M. P.**, Goldstein, A., Kraft-Feil, T. L., Rasmussen, H., Scheier, M. F., & Pressman, S. D. (March, 2019). *The stress buffering effect of positive affect on sleep: Considering arousal level of positive affect*. Paper presentation at the 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.

3. Jenkins, B. N., Hunter, J. F., **Cross, M. P.**, Acevedo, A. M., & Pressman, S. D. (April, 2018). *Mean positive affect moderates the association between positive affect variability and immune response to the influenza vaccination*. Paper presentation at the Positive Emotion Preconference at the 5th Annual Meeting of the Society for Affective Science, Los Angeles, CA.
4. Pressman, S. D., Acevedo, A. M., **Cross, M. P.**, Hunter, J. F., & Jenkins, B. N. (April, 2018). *Keep calm and fight pain: How arousal matters in the positive affect-pain connection*. Paper presentation at the 5th Annual Meeting of the Society for Affective Science Annual Conference, Los Angeles, CA.
5. **Cross, M. P.**, & Pressman, S. D. (March, 2018). *The case for including facial expressions in affect and health research*. Paper presentation at the 76th Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.
6. **Cross, M. P.**, Kraft, T. L., & Pressman, S. D. (April, 2016). *The impact of a “pay it forward” style kindness intervention on giver and receiver wellbeing*. Paper presentation at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
7. Pressman, S. D., & **Cross, M. P.** (March, 2016). *Say cheese! The association between smiles in student identification photographs and frequency of health care center visits*. Paper presentation at the Positive Emotion Preconference at the 3rd Annual Meeting of the Society for Affective Science, Chicago, IL.
8. **Cross, M.**, Brooks, K., & Robles, T. (April, 2012). *We get by with a little help from our friends: The relationship between types of social support and emotion*. Paper presentation at the Berkeley Interdisciplinary Research Conference at UCB, Berkeley, CA.

Chaired Symposia

1. **Cross, M. P.** (March, 2019). HIV. 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.
2. **Cross, M. P.** (March, 2018). Pain and physical symptoms. 76th Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.

Poster Presentations

1. *Khan, A., Olah, M., *Palmer, S., *Smith, J., *Resendiz, E., **Cross, M. P.**, & Pressman, S. D. (April, 2019). *The relationship between personality and facial expression adherence*. Poster presentation at the 99th Annual Convention of the Western Psychological Association, Pasadena, CA.
2. *Kim, G. J., *Singh, T., *Hollas, K., *Tran, T., *Chen, S., *Corona, R., **Cross, M. P.**, & Pressman, S. D. (May, 2018). *An analysis of Cyberball as an effective social exclusion tool*. Poster presentation at the 30th Annual Convention of the Association for Psychological Science, San Francisco, CA.

3. *Dominguez Ortega, D., *Zheng, Z., *Chen, S., *Singh, T., *Galstyan, E., *Gheorma, L., **Cross, M. P.**, & Pressman, S. D. (April, 2017). *A comparison of manipulated and natural smile facial muscle activation*. Poster presentation at the 97th Annual Convention of the Western Psychological Association, Sacramento, CA.
4. **Cross, M. P.**, Acevedo, A. M, Hunter, J. F., & Pressman, S. D. (March, 2017). *Smile while your heart is breaking? The protective cardiovascular effects of smiling during social exclusion*. Poster presentation at the 75th Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
5. Hunter, J. F., Hooker, E., Acevedo, A. M., **Cross, M. P.**, *Wong, E. & Pressman, S. D. (March, 2017). *Is your smartphone a digital security blanket? How phone use and availability influences salivary alpha amylase and exclusion reports during social stress*. Poster presentation at the 75th Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
6. Acevedo, A. M., Leger, K., *Shader, J., Hunter, J. F., **Cross, M. P.**, & Pressman, S. D. (March, 2017). *Keep calm and carry on: Low arousal positive affect is associated with higher parasympathetic function and no sympathetic activation during responses to pain*. Poster presentation at the 75th Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
7. *Dominguez Ortega, D., *Singh, T., *Zhang, S., *Koh, S. E., *Carcano, A., *Gheorma, L., **Cross, M. P.**, & Pressman, S. D. (March, 2017). *Using psychophysiological methods to understand the effects of different positive facial expression manipulations*. Poster presentation at the 38th Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.
8. *Hofschneider, L., *Grimm, M., *Wang, H. D., *King, K., *Ochiai, K., *Ong, P., **Cross, M. P.**, & Pressman, S. D. (March, 2017). *Do loneliness and self-esteem alter the influence of self-affirmation on stress recovery?* Poster presentation at the 38th Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.
9. Urban, E. J., Cochran, K. J., Acevedo, A., **Cross, M. P.**, Pressman, S. D., & Loftus, E. F. (January, 2017). *Underestimating pain: Memory blindness for a self-reported painful experience*. Poster presentation at the 18th Annual Meeting of the Society for Personality & Social Psychology, San Antonio, TX.
10. Chase, D., **Cross, M. P.**, & Pressman, S. D. (April, 2016). *Do personality traits predict health care seeking behaviors in college students?* Poster presentation at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
11. *Gheorma, L., *Carcano, A., *Koh, S., *Nguy, C. T., *Ortega, D. D., *Shader, J., **Cross, M. P.**, Pressman, S. D. (April, 2016). *The smile stick: The validation of a new method of smile inducement*. Poster presentation at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.

12. Limas, I., Villarreal, B. J., **Cross, M. P.**, & Heckhausen, J. (April, 2016). *Academic stress, motivation, and mental and physical health in university students*. Poster presentation at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
13. **Cross, M. P.**, & Pressman, S. D. (March, 2016). *Does a smile a day keep the doctor away? The connections between facial expressions in student identification photographs and health care center visitation*. Poster presentation at the 74th Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO.
14. **Cross, M. P.**, *Gheorma, L., *Hofschneider, L., *Grimm, M., & Pressman, S. D. (January, 2016). *Does a smile a day keep the doctor away? The connections between facial expressions in student identification photographs and health care center visitation*. Poster presentation at the 17th Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
15. *Smirnova, M., *McKenna, C., *Faraci, D. C., **Cross, M. P.**, Pressman, S. D., & Ditto, P. H. (January, 2016). *The influence of smiling on cheating*. Poster presentation at the 17th Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
16. *Faraci, D. C., *McKenna, C., *Smirnova, M., **Cross, M. P.**, Pressman, S. D., & Ditto, P. H. (January, 2016). *The influence of smiling on moral decision making*. Poster presentation at the 17th Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
17. *McKenna, C. *Smirnova, M., *Faraci, D. C., **Cross, M. P.**, Pressman, S. D., & Ditto, P. H. (January, 2016). *The influence of smiling on evaluating moral foundation transgressions*. Poster presentation at the 17th Annual Meeting of the Society for Personality & Social Psychology, San Diego, CA.
18. **Cross, M. P.**, *Faraci, D. C., *Milligan, S., *Gheorma, L., & Pressman, S. D. (March, 2015). *Fake smiles = worse health: The connection between smile type in student photos and physical health*. Poster presentation at the 73rd Annual Scientific Meeting of the American Psychosomatic Society, Savannah, GA.
19. *Faraci, D. C., *Milligan, S., *Gheorma, L., **Cross, M. P.**, & Pressman, S. D. (February, 2015). *The connections between smile intensity in student ID photos and health*. Poster presentation at the 16th Annual Meeting of the Society for Personality & Social Psychology, Long Beach, CA.
20. **Cross, M. P.**, Kraft, T. L., & Pressman, S. D. (February, 2015). *It's good to do good and receive good: The impact of a "pay it forward" style intervention on giver and receiver wellbeing*. Poster presentation at the 16th Annual Meeting of the Society for Personality & Social Psychology, Long Beach, CA.

21. **Cross, M. P.**, Kraft, T. L., & Pressman, S. D. (February, 2015). *It's good to do good and receive good: The impact of a "pay it forward" style intervention on giver and receiver wellbeing.* Poster presentation at the Happiness and Well-being Pre-Conference, Society for Personality & Social Psychology, Long Beach, CA.
22. **Cross, M. P.**, *Estevez Cores, S. M., *Bower, A. H., & Pressman, S. D. (March, 2014). *What types of social relationship variables are associated with respiratory sinus arrhythmia?* Poster presentation at the 72nd Annual Scientific Meeting of the American Psychosomatic Society in San Francisco, CA.
23. Leger, K. A., **Cross, M. P.**, & Pressman, S. D. (March, 2014). *The relationship between self-rated health, heart rate, and heart rate variability in healthy young adults.* Poster presentation at the 72nd Annual Scientific Meeting of the American Psychosomatic Society in San Francisco, CA.
24. **Cross, M.**, Brooks, K., & Robles, T. (May, 2012). *We get by with a little help from our friends: The relationship between types of social support and emotion.* Poster presentation at the Psychology Undergraduate Research Conference at UCLA, Los Angeles, CA.
25. **Cross, M.**, Frazier, M., Galligan, M., Vishnevsky, R., Thom, E., & Sandhofer, C. (2011, May). *Examining the relationship between word learning and experience within categories.* Poster presentation at the Psychology Undergraduate Research Conference at UCLA, Los Angeles, CA.
26. **Cross, M.**, Frazier, M., Galligan, M., Vishnevsky, R., Thom, E., & Sandhofer, C. (May, 2011). *Examining the relationship between word learning and experience within categories.* Poster presentation at the Symposium on Cognitive and Language Development at California State University Los Angeles, Los Angeles, CA.

ADDITIONAL RELEVANT WORK EXPERIENCE

Lab Manager and Research Coordinator 2012 – 2013
 Social Neuroscience Laboratory, UCLA
 Principal Investigator: Shelley E. Taylor, Ph.D.

- Coordinated an NIA-funded study investigating the physiological correlates of psychological vulnerabilities to fraud across the lifespan
- Assisted in writing and editing *Health Psychology*, 9th edition, by Dr. Shelley E. Taylor
- Developed and submitted research study protocols to Federal grant institutions (NIH, NSF) and UCLA's Institutional Review Board

PROFESSIONAL SERVICE

Co-Chair of the American Psychosomatic Society 2023 – present
 Psychosocial Wellbeing and Health Special Interest Group
Responsible for conference programming on the topic of psychosocial wellbeing and health

American Psychosomatic Society Emerging Leaders
Committee 2017 – 2020
*Responsible for promoting the development of early career
members and trainees as scholars and leaders in psychosomatic
medicine*

Mentor for the International Medicine Education and 2018 – 2019
Development Club at the University of California, Irvine
*Served as a mentor for two undergraduate students who were
interested in careers in the health sciences*

American Psychosomatic Society Program Committee 2017 – 2019
*Responsible for developing the academic portions of the
Annual Meeting*

Ad Hoc Reviewer

Applied Psychology: Health and Well-Being
Behavior Research Methods
Frontiers in Psychology: Cultural Psychology
Frontiers in Psychology: Personality and Social Psychology
Health Psychology
International Journal of Applied Positive Psychology
International Journal of Behavioral Medicine
International Journal of Wellbeing
Journal of Health Psychology
Journal of Multidisciplinary Healthcare
Perspectives on Psychological Science

DEPARTMENTAL SERVICE

Pennsylvania State University

Honors Advising Team 2022 – present
Department of Biobehavioral Health

Teaching Faculty Search Committee Member 2022 – present
Department of Biobehavioral Health

World Campus Committee 2019 – present
Department of Biobehavioral Health

Experiential Programs Admissions Committee 2020 – 2022
Department of Biobehavioral Health

World Campus Faculty Search Committee Member 2021
Department of Biobehavioral Health

Global Health Admissions Committee 2019 – 2020
 Department of Biobehavioral Health

University of California, Irvine

Clinical Neuropsychology and Aging Faculty Search 2018
 Committee Member
 Department of Psychological Science

NSF GRFP Internal Review Committee 2018
 School of Social Ecology

Graduate Recruitment Chair 2016 – 2017
 Department of Psychological Science
Responsible for coordinating the interview weekend for potential future graduate students

Social Chair 2014 – 2016
 Department of Psychological Science
Responsible for planning community-building events for faculty and graduate students

UNIVERSITY SERVICE

Speaker for “Engaging Disciplinarity: A Writing Speaker Series” 2022
 Title of talk: “Writing in the Health Sciences: Evaluating the Legitimacy of Sources and the Role of Popular Media”
 Co-presenter: Dr. Beth Edwards
 The Writing Center @ Penn State Learning

Schreyer Honors College Selection Committee 2019 – 2020
 The Pennsylvania State University

PROFESSIONAL DEVELOPMENT

Certificates Completed

Mental Health First Aid 2022
A national program to teach the skills to respond to the signs of mental illness and substance abuse

Foundations for Online Teaching Certificate 2021
 Pennsylvania State University
Four-course online certificate to help develop essential competence in online teaching

Courses Completed

<p>“Excellence in Academic Advising” Pennsylvania State University <i>Designed to provide faculty with a solid foundation for best practices in academic advising</i></p>	2022
<p>“Teaching the International Student” Pennsylvania State University <i>Designed to help faculty in preparing to work with international students in an online environment</i></p>	2021
<p>“Supporting World Campus Students in Distress” Pennsylvania State University <i>Designed to help faculty effectively address concerns about student behavior and care</i></p>	2021
<p>“Serving the Military and Veteran Student” Pennsylvania State University <i>Designed to help faculty learn about military and veteran students and how best to support them in our classes</i></p>	2021
<p>“Supporting Accessibility for Online Learners” Pennsylvania State University <i>Focused on processes that support student accessibility to online learning</i></p>	2020
<p>“Teaching the Adult Learner” Pennsylvania State University <i>Provided a basic understanding of the adult learner and assisted with effective teaching methodologies</i></p>	2020
<p>“Introduction to World Campus” Pennsylvania State University <i>Designed to provide an introductory look at the process by which a World Campus program and course are developed</i></p>	2020
<p>“Introduction to Canvas” Pennsylvania State University <i>Designed to build faculty competency in using many features of Canvas</i></p>	2019
<p>“Essentials of Online Teaching” Pennsylvania State University <i>Designed to provide a solid foundation to practice effective online teaching</i></p>	2019

PROFESSIONAL AFFILIATIONS

American Psychosomatic Society	2013 – present
American Psychological Association Division 2, Society for the Teaching of Psychology Division 38, Health Psychology	2017 – 2022

PRESS/NEWS COVERAGE

Podcast Interviews

“It’s Not All in Your Head: The Immune System and Mental Health Connection.” *Therapeutic Perspective*. October 21, 2021. <https://therapeuticperspective.com/podcast/episode-25-its-not-all-in-your-head-the-immune-system-and-mental-health-connection/>

“The Science of Smiling with Dr. Marie Cross.” *The Science of Light Podcast*. June 9, 2021. <https://www.yogiscopes.com/podcast/16>

Blogs

McCarthy, J. (2023, September 3). Smiling: A possible ingredient in creative thinking? *Psychology Today*. <https://www.psychologytoday.com/us/blog/the-innovator-next-door/202308/smiling-a-possible-ingredient-in-creative-thinking>