

## Curriculum Vitae

### Personal Information

Name: Joshua Morrison Smyth  
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### Education

Ph.D. Health and Social Psychology, concentration in Quantitative Methods, Stony Brook University (1998). Advisor: Arthur Stone  
M.A. Psychology, Stony Brook University (1994)  
B.A. Cognitive Science, Vassar College (1991)

### Professional Experience

2017- Distinguished Professor of Biobehavioral Health and Medicine, Pennsylvania State University and Hershey Medical Center  
2015-2017 Academic Director, Survey Research Center, Pennsylvania State University  
2015 Acting Co-Director, Clinical and Translational Sciences Institute [CTSI], Pennsylvania State University (01/01/15-06/30/15)  
2014- Associate Director, Social Science Research Institute, Pennsylvania State University (Acting Director, 01/01/15-06/30/15)  
2014- Associate Director, Children Youth and Family Consortium, Pennsylvania State University (Acting Director, 01/01/15-06/30/15)  
2012- Faculty Affiliate, Methodology Center, Pennsylvania State University  
2011-2017 Professor of Biobehavioral Health and Medicine, Pennsylvania State University and Hershey Medical Center  
2011-2014 Founding Academic Director, *Dynamic Real-time Ecological Ambulatory Methodologies* [DREAM] Initiative, Pennsylvania State University  
2009-2011 Trustee Professor, Department of Psychology, Syracuse University  
2008-2011 Affiliated Researcher, Center for Integrated Healthcare, Veterans Affairs  
2007-2009 Trustee Associate Professor, Department of Psychology, Syracuse University  
2004-2007 Director of Graduate Training, Social Psychology Area, Syracuse University  
2003-2007 Associate Professor, Department of Psychology, Syracuse University  
2002-2011 Adjunct Faculty, Department of Psychiatry, SUNY Upstate Medical University  
2000-2011 Senior Scientist, Center for Health and Behavior, Syracuse University  
2000-2003 Assistant Professor, Department of Psychology, Syracuse University  
1999-2003 Lecture Faculty, Mind Matters/Cortext Seminars  
1999-2000 Adjunct, Division of Psychiatry-Behavioral Science, Department of Neuroscience, University of North Dakota School of Medicine and Health Sciences.  
1999-2000 Research Scientist, Neuropsychiatric Research Institute, Fargo, ND  
1998-2000 Assistant Professor, Department of Psychology, North Dakota State University  
1996-1998 Project Director, Department of Psychiatry, Stony Brook University  
1992-1996 Graduate Research Assistant, Department of Psychiatry, Stony Brook University  
1991-1992 Behavioral Technician, New Medico Skilled Rehabilitation, Northampton, MA

## Honors and Awards

2017	Fellow, Royal Society of Medicine
2017	Distinguished Professor, Pennsylvania State University
2017	Faculty Scholar Medal, Social and Behavioral Sciences, Pennsylvania State University
2016	Fellow, Society of Behavioral Medicine
2014	Fellow, Academy of Behavioral Medicine Research
2008	Excellence in Graduate Education Faculty Recognition Award, Syracuse University
2007	Trustee Professorship, Syracuse University
2003	Society of Behavioral Medicine Early Career Award
1999	Departmental Teaching Award
1998-1999	Society of Behavioral Medicine Outstanding Dissertation Award
1998	American Psychosomatic Society Scholarship Award
1997	American Psychological Association Dissertation Research Award
1996, 1997	National Service Award, Psi Chi National Honor Society in Psychology
1996	Research Experience for Undergraduates, Service Award
1996	Nominated by Department for APA Division I National Teaching Award
1993, 1994	Washburn Fellowship Recipient for Outstanding Graduate Work
1991	Exceptional Service Award, Hudson River Psychiatric Institute
1990	Dana Grant Recipient for Independent Undergraduate Research, "Expert systems and expert language: The use of a visual interface"

## Research Overview

Most broadly I am interested in the application of the biopsychosocial model to meaningful health-related processes, contexts, and outcomes. Three more narrowly defined areas – and the integration between them – comprise the bulk of my research program: (1) What are the effects of experiencing stress on psychological and physical well-being, and under what circumstances (and to what degree) can we observe such effects? (2) Can we assess stress, affect, physiology, behavior, and health in an ecologically relevant manner that facilitates our understanding of biopsychosocial processes as they unfold in time and in context? Furthermore, how can this approach (i.e., dynamic within person data capture) allow testing of novel practical and theoretical perspectives (including dynamically-tailored precision medicine)? (3) Can psychological interventions improve health and well-being, both in healthy individuals and individuals with existing physical or psychiatric illness? Much of my current work in this domain explores 'just-in-time' and dynamically adaptive interventions that are delivered in real-time in daily life using ambulatory methods.

## Research Grants

"Everyday stress response targets in the science of behavior change: Microphysiology supplement" Administrative supplement on "Everyday stress response targets in the science of behavior change" (PI: J. Smyth, PhD). Principle Investigator. \$93,376. 08/15/19 – 06/30/20.

\*\*"Randomized controlled trial of a six-month mindfulness-based intervention for type 2 diabetes" NIH-NIDK R01. Co-investigator (PI: N. Raja-Khan). \$3,407,100., 04/15/19 – 03/31/24. [\*Stepped down from investigative team.]

"Examination of ASSIST sensors in everyday life use-contexts" Sub-project of NSF ERC, Center

for Advanced Self-Powered Systems of Integrated Sensors and Technologies (ASSIST; PI: V. Misra, PhD). Principle Investigator. \$95,776. 11/01/18 – 06/30/20.

“The center for innovation in intensive longitudinal studies (CIILS)” NIH-NIAAA U24. Co-investigator. (PI: S. Chow, PhD). \$1,835, 411., 09/20/18 – 08/31/22.

“Ambulatory methods for measuring cognitive change” NIH-NIA U2C. Co-investigator (PI: M. Sliwinski, PhD). \$10,771,00., 09/15/18 – 05/30/23.

“Everyday stress response targets in the science of behavior change” NIH-NIA UH3. Principal Investigator. \$2,450,186., 09/15/18 - 06/30/20.

“Advancing the science and practice of Ecological Momentary Assessment” NIH-NIA R37. Co-investigator (PI: A. Stone, PhD). \$10,126,679., 09/01/18 - 07/31/28.

“Comparative effectiveness of social physical play and traditional exercise programming” NIH-NHLBI R61. Co-investigator (PI: C. Sciamanna, MD). \$2,464,918., 09/01/18 - 08/30/23

“Adaptation and implementation of a community-based intervention to reduce psychosocial distress and promote physical activity in rural breast cancer survivors” NIH-NCI K07. Faculty mentor. (PI: S. Mama, PhD). \$828,405., 08/01/18 – 07/31/23.

“Identifying and targeting unique physical activity determinants for midlife women” NIH-NHLBI K23. Faculty mentor (PI: D. Arigo, PhD). \$864,220., 05/01/18 – 02/28/23.

“Predicting alcohol use and alcohol use disorder symptoms from subjective responses to alcohol in a laboratory social setting” NIH-NIAAA R01. Co-investigator (PI: K. Creswell, PhD). \$1,898,998., 09/10/17 - 05/31/22.

“The role of executive cognition and stress physiology in school-based intervention outcomes in low income urban youth” Social Science Research Institute, Pennsylvania State University. Co-investigator (PI: D. Fishbein, PhD). \$20,000., 01/01/18 - 12/31/18.

“Decreasing stress and anxiety in adolescents from high-conflict homes: Testing a mindfulness group + Ecological Momentary Intervention” NIH-NCCIH K01. Faculty mentor (PI: R. Lucas-Thompson, PhD). \$648,970., 09/01/17 – 08/31/22.

“Development of visitor-based acoustical and night-sky indicators and standards” National Parks Service. Co-Investigator (PI: P. Newman, PhD). \$95,773., 08/02/17 - 12/31/19.

"Cognitive changes associated with hormonal treatment for breast cancer" Penn State Health & Environment seed grant. Co-Investigator (PI: S. Berenbaum, PhD). \$78,528., 07/01/17 - 06/30/18.

“Reducing attrition in STEM doctoral education: a longitudinal investigation using momentary assessment and social psychological intervention.” National Science Foundation. Co-Principal Investigator (PI: J. Cook, PhD). \$2,281,522., 05/15/2017 – 04/30/2022.

“Using an environmental justice lens: An integrated pest management and mHealth program aimed to reduce pesticides exposures for vulnerable Hispanic mushroom farmers in Pennsylvania” Penn State Health & Environment seed grant. Co-Investigator (PI: S.A. Snipes, PhD). \$50,000., 07/01/17 - 06/30/18.

“Feasibility and acceptability of mind-body strategies to increase physical activity and reduce health disparities in rural breast cancer survivors” Penn State Cancer Institute, Pennsylvania Department of Health, CURE program. Co-Investigator (PI: S. Mama, PhD). \$60,000., 01/01/17-12/31/17.

“Ambulatory and ecological cognitive assessment” Project #3 of Einstein Aging Study. NIH/NIA P01. Co-Investigator (PI: M. Sliwinski, PhD). \$3,225,288 project #3 total costs; Einstein Aging Study (P01) total costs \$12,204,697., 09/01/16 - 05/31/21.

"Using serious game technology to improve sensitivity to eye gaze in autism" NIH-NIMH R61-R33. Co-Investigator (PI: S. Scherf, PhD). \$2,730,741., 08/01/16 - 07/31/21.

“Penn State Clinical and Translational Science Institute” NIH-NCATS. Co-Investigator, Key Function Area Co-Lead (PI: L. Sinoway, MD). \$20,032,795., 09/15/16 - 08/31/20.

“Combining continuous alcohol monitoring, ecological momentary assessment, and intensive longitudinal data analysis to inform mobile prevention of heavy drinking in young adults” Pennsylvania State University Methodology Center. Co-Investigator (PI: M. Russell, PhD). \$25,000., 08/01/16 - 07/31/18.

“Effects of cigarette availability on neural and subjective sensitivity to rewards” NIH-NIDA R01. Co-Investigator (PI: S. Wilson, PhD). \$1,507,005., 04/01/16 - 03/31/20.

“Examining the Healthy Parks criteria tools & informing baseline indicators of health” Pennsylvania State University Institutes of Energy and the Environment. Co-Investigator (PI: D. Taff, PhD). \$23,975., 03/28/16 - 06/30/17.

“Ecological Momentary Assessment of cannabis use effects in young adults” NIH-NIDA R01. Co-Investigator (PI: E. Ansell, PhD). \$2,653,160., 01/01/16 - 12/31/20.

“The stress of obesity stigma” Australian Research Council. Co-Investigator (PI: L. Vartanian, PhD). \$288,000. [AUD], 01/01/16-12/31/2018.

“Everyday stress response targets in the science of behavior change” NIH-NIA UH2. Co-Principal Investigator (MPI: J. Smyth, PhD & D. Almeida, PhD). \$2,740,686., 09/30/2015 - 06/30/2018.

“Integrating patient-centered exercise coaching into primary care to reduce fragility fracture” PCORI. Co-Investigator (PI: C. Sciamanna, MD). \$13,950,066., 09/01/15 - 08/31/20.

“Using dynamical systems modeling to understand the effects of an individually tailored prenatal weight gain intervention on fetal growth and postnatal obesity risk” NIH-NHLBI R56. Co-Investigator (PI: J. Williams, PhD). \$505,355., 09/01/15 - 08/31/20.

“Mechanisms of mindfulness training and stress reduction” NIH-NCCIH R21. Site Principal Investigator (PI: J.D. Creswell, PhD). \$422,106., 05/01/15 - 04/30/18.

“fMRI Neurofeedback and decision-making in habitual cigarette smokers” NIH-NCI R21. Co-Investigator (PI: S. Wilson, PhD). \$411,124., 09/01/14 - 08/31/16.

“Development of visitor-based acoustical indicators and standards” National Parks Service. Co-

Investigator (PI: P. Newman, PhD). \$187,792., 07/01/13 - 06/30/16.

"Extending control systems engineering to develop adaptive mHealth interventions" Social Science Research Institute, Pennsylvania State University. Co-Investigator (PIs: C. Lagoa, PhD, & D. Conroy, PhD). \$20,000., 01/07/14 - 01/06/15.

"Control systems engineering for optimizing a prenatal weight gain intervention" NIH-NHLBI R01. Co-Investigator (PI: D. Downs, PhD). \$1,787,231., 08/15/13 - 05/31/18.

"Towards a systems approach to understanding the acoustic environment" Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: P. Newman, PhD). \$5,000., 12/15/13 - 12/14/14.

"Using online learning technology to improve social skills for individuals with autism" Center for Online Innovation in Learning, Pennsylvania State University. Co-Investigator (PI: S. Scherf, PhD). \$49,811., 09/01/13 - 08/31/14.

"How pain, mood, stress, social and health behavior, and inflammation are connected in undergraduate students with and without chronic pain" Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: J. Graham, PhD). \$4,978., 06/01/13 - 05/31/13.

"Developing a real-time, ecologically sensitive physical activity intervention using smartphones and bluetooth-enabled pedometers: feasibility and initial efficacy" National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant UL1 TR000127 to Pennsylvania State University. Co-Investigator (PI: K. Heron, PhD). \$61,622., 02/20/13 - 02/28/14.

"Feasibility of using system science and e-health technology to develop an individually-tailored, behavioral intervention to manage prenatal weight gain" National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant UL1 TR000127 to Pennsylvania State University. Co-Investigator (PI: D. Downs, PhD). \$68,000., 02/20/13 - 02/28/14.

"Enhancing the sustainability of weight loss and healthy diet of low income Pennsylvania residents through mobile phone-enabled social interactions" National Center for Research Resources and the National Center for Advancing Translational Sciences, National Institutes of Health, through Grant UL1 TR000127 to Pennsylvania State University. Co-Investigator (PIs: J. Yen, PhD, C. Sciamanna, MD). \$72,000., 02/20/13 - 02/28/14.

"Using Ecological Momentary Assessment to evaluate the effectiveness of a novel neurofeedback intervention for smokers: A pilot randomized controlled trial" Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: S. Wilson, PhD). \$19,857., 03/01/13 - 02/28/14.

"Impact of an online positive affect journaling intervention in cancer survivors" Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: C. Sciamanna, MD). \$25,000., 02/01/13 - 01/31/14.

"Enhancing smokers' control over brain reward circuitry using FMRI neurofeedback" Pennsylvania Department of Health, CURE program. Co-investigator (PI: S. Wilson, PhD). \$68,689. 01/01/13 - 12/31/13.

“Feasibility of integrating innovative mobile phone technology for delivering strong healthy women preconceptional intervention to overweight & obese women in underserved rural & urban central PA communities” Clinical and Translational Science Institute, Pennsylvania State University. Co-Investigator (PI: D. Downs, PhD). \$31,690., 11/01/12 - 10/31/13.

“Inflammatory mediators of stress and cognitive aging” NIH-NIA R01. Co-Investigator (Co-PIs: J. Graham, PhD, & C. Engeland, PhD). \$1,954,676., 07/01/12 - 05/30/19.

“Social vigilance and atherosclerotic risk” NIH-NHLBI R01. Site Principal Investigator (PI: J. Ruiz, PhD). \$1,625,005., 07/01/12 - 06/30/15.

“Validity and clinical utility of intensive repeated measures assessment” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: K. Levy, PhD). \$25,898., 09/01/12 - 09/01/13.

“Validation of salivary to blood-based inflammatory markers and associations with psychosocial and immune health indicators” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: J. Graham, PhD). \$4,940., 07/12/12 - 07/11/13.

“Occupant health and behavior” US Department of Energy, NETL. Co-Investigator (PI: B. Orland, PhD). \$471,161., 02/01/2012-01/31/2013. Subcontract from parent grant: “Greater Philadelphia Innovation Cluster for Energy Efficient Buildings: A U.S. DOE Energy Innovation HUB” US Department of Energy, NETL. \$18,431,524., 02/01/11 - 01/31/16.

“Inflammatory mediators of psychological stress and cognitive aging” Social Science Research Institute, Pennsylvania State University. Co-Investigator (PI: J. Graham, PhD). \$23,863., 10/01/11 - 09/30/12.

“Stress, unconstructive repetitive thought and cognitive aging” NIH-NIA R01. Co-Investigator (PI: M. Sliwinski, PhD). \$2,685,055., 04/15/11 - 03/31/16.

“Stress, aging, and working memory” NIH-NIA R01. Site Principal Investigator (PI: M. Sliwinski, PhD). \$2,490,864., 06/01/06 - 05/31/13.

“Ecologically valid disordered eating prevention program for at-risk college women” NIH-NIMH F31. Faculty Mentor (PI: K. Heron, PhD). \$81,812., 01/15/09 - 01/14/11.

“Agonistic stress and CVD risk in young adults” NIH-NHLBI R01. Co-Investigator (PI: C. Ewart, PhD). \$1,911,825., 8/8/07 - 4/30/11.

“Expressive writing: Complementary treatment for diabetes” NIH-NCCAM R01. Principal Investigator. \$1,531,250., 07/01/04 - 06/31/10.

“The Einstein aging study” subcontract to NIH-NIA P01. Co-Investigator (subcontract PI: M. Sliwinski, PhD; parent PI: R. Lipton, MD). \$220,000., 04/16/04 - 09/30/09.

“Agonistic stress, coping, and CVD risk in urban youth” NIH-NHLBI R01. Co-Investigator (PI: C. Ewart, PhD). \$1,494,287., 01/01/04 - 12/31/08.

“Writing about stressful life events as a supplemental treatment for chronic illness” NIH-NHLBI R01. Principal Investigator. \$880,775., 03/01/01 - 02/28/08.

"Eating disorders and impulsivity: A longitudinal study" NIH-NIMH R01. Co-Investigator (PI: S. Wonderlich, PhD). \$422,350., 08/01/00 - 07/30/04.

"Effects of written disclosure on post-disaster psychological adjustment and symptomatology" Quick Response Grant Program, Natural Hazards Center. Principal Investigator, \$6,030., 01/21/99 - 12/15/00.

"Follow-up on the structured writing task in rheumatoid arthritis: A study of the feasibility of videotaped instructions for use in medical practices" Fetzer Institute. Co-Investigator (PI: J. Broderick, PhD). \$86,000., 08/01/99 - 12/15/01.

"The effect of structured writing on traumatic memories" ND EPSCoR NIH IdeA program [Seed grant program]. Principal Investigator, \$10,000., 02/17/99 - 07/15/99.

"Does a structured writing intervention lead to symptom reduction in post-traumatic stress disorder patients?" Neuropsychiatric Research Institute. Principal Investigator, \$6,000., 01/15/99 - 12/15/99.

"Written emotional expression: Effects on symptoms, disease status, and HPA axis in patients with rheumatoid arthritis or asthma" Fetzer Institute. Co-Investigator and Project Director (PI: A. Stone, PhD). \$139,392., 06/30/96 - 05/30/98.

### **Current Work: Manuscripts under Review or in Preparation**

(\*indicates work conducted with student/trainee author)

\*Jones, D., **Smyth, J.**, Engeland, C., Sliwinski, M., Russell, M., Sin, N., Almeida, D., Graham-Engeland, J. Examining associations between positive and negative affect variability and inflammatory markers among midlife adults.

Schreier, H., \*Jones, E., \*Nayman, S., & **Smyth, J.** Associations between adverse childhood family environments and blood pressure vary by gender.

\*Kim, J., Conroy, D., & **Smyth, J.** Bidirectional associations of momentary affect with physical activity and sedentary behaviors in working adults.

Filipkowski, K., Bernstein, M., & **Smyth, J.** Stress responses to ostracism: Examining cortisol and affective reactivity to in-person and online exclusion.

\*Knight, E., \*Majd, M., Graham-Engeland, J., **Smyth, J.**, Sliwinski, M., Lipton, R., & Engeland, C. Gender differences in the link between depressive symptoms and *ex vivo* stimulated cytokine responses are associated with levels of endotoxin in blood.

**Smyth, J.**, Heron, K., Trief, P., Ulbrecht, J., & Wallston, K. Expressive writing in patients with diabetes: Initial benefit and efficacy of booster sessions.

Conroy, D., Yang, C., Lanza, S., **Smyth, J.**, & Lagoa, C. Temporal dynamics of treatment receipt in a text message intervention for physical activity.

Kalnicky, E., \*Chin, B., Greco, C., \*Lindsay, E., Brown, K., **Smyth, J.**, & Creswell, D. Increasing environmental concern by fostering mindful acceptance.

\*Potter, L., Eccleston, C., Lanza, S., Brondolo, E., Sliwinski, M., & **Smyth, J.** Race, sex, income, and education associations with health: A quantitative intersectionality approach.

Sciamanna, C., Kraschnewski, J., Chinchilli, V., Jan De Beur, S., Conroy, M., Fox, E., Kearcher, K., Stewart, K., Paranjape, A., Fisher, A., McAuley, E., Ciccolo, J., Brach, J., Rosenzweig, A., **Smyth, J.**, Stuckey, H., Bopp, M., Rodriguez-Colon, S., McTigue, K., Ballentine, N., Morone, N., & Greenspan, S. Working to Increase Stability Through Exercise (WISE): Study protocol for a pragmatic randomized controlled trial of a coached exercise program to reduce serious fall-related injuries.

Auer, B., Upham, C., Sciamanna, C., Mowen, A., **Smyth, J.**, Conroy, D., Silvis, M., Kraschnewski, J., Rovniak, L., Lehman, E., Kearcher, K., Vizzini, M., & Cesarone, L. Grown-ups want to play too: Feasibility of an adult physical activity program designed to maximize enjoyment.

\*Bhuiyan, N., McNeill, L., Bopp, M., Downs, D., Lengerich, E., **Smyth, J.**, & Mama, S. Associations between mind-body intervention attendance and spirituality among racial/ethnic minorities and rural residents.

Lv, N., Xiao, L., Lavori, P., **Smyth, J.**, Rosas, L., \*Majd, M., Venditti, E., Snowden, M., Lewis, M., Williams, L., Azar, K., & Ma, J. Understanding treatment engagement and progress in validated integrated collaborative care for patients with obesity and depression in primary care.

Catley, D., Puone, T., Tsolekile, L., Resnicow, K., Fleming, K., Hurley, E., **Smyth, J.**, Lambert, E., Levitt, N., & Goggin, K. Adapting the Diabetes Prevention Program for low and middle-income countries: Protocol for a cluster randomized trial to evaluate "Lifestyle Africa".

Mama, S., \*Bhuiyan, N., **Smyth, J.**, & Schmitz, K. Social support does not moderate the association between stress and physical activity in rural/nonmetro cancer survivors.

Lucas-Thompson, R., Seiter, N., Broderick, P., Coatsworth, D., McKernan, C., & **Smyth, J.** The *Moving 2 Mindful* (M2M) study protocol: Testing a mindfulness group plus ecological momentary intervention to decrease stress and anxiety in adolescents from high-conflict homes.

Ma, J., Lv, N., Xiao, L., \*Majd, M., Lavori, P., **Smyth, J.**, Rosas, L., Venditti, E., Snowden, M., Lewis, M., Ward, E., Lesser, L., Williams, L., Azar, K. Variability in engagement and progress in efficacious integrated collaborative care for primary care patients with obesity and depression: Within-treatment analysis in the RAINBOW trial.

\*Materia, F., Faasse, K., & **Smyth, J.** understanding and preventing health concerns about emerging mHealth technologies.



## Publications

(h-index = 59, i10-index = 140, >15,000 total citations [Google Scholar])

<https://scholar.google.com/citations?user=yIKhsI8AAAAI&hl=en>

<https://www.ncbi.nlm.nih.gov/sites/myncbi/joshua.smyth.1/bibliography/52494247/public/>

(\*indicates work conducted with student/trainee author)

Mama, S., \*Bhuiyan, N., Bopp, M., McNeill, L., Lengerich, E., **Smyth, J.** (in press). A faith-based mind-body intervention to improve psychosocial well-being among rural adults. *Translational Behavioral Medicine*.

Kubiak, T., & **Smyth, J.** (in press). Connecting domains – Ecological Momentary Assessment in a mobile sensing framework. In H. Baumeister & C. Montag (Eds.), *Digital phenotyping and mobile sensing*. Berlin: Springer.

Reichenberger, J., Blechert, J., Kuppens, P., & **Smyth, J.** (in press). “I will fast ... tomorrow”: Intentions to restrict eating and actual restriction in daily life and their person-level predictors. *Appetite*.

\*Slavish, D., \*Jones, D., **Smyth, J.**, Engeland, C., Song, S., \*McCormick, N., & Graham-Engeland, J. (in press). Positive and negative affect and salivary markers of inflammation among young adults. *International Journal of Behavioral Medicine*.

\*Neubauer, A., Scott, S., Sliwinski, M., & **Smyth, J.** (in press). How was your day? Convergence of aggregated momentary and retrospective end-of-day affect ratings across the adult life span. *Journal of Personality and Social Psychology*.

\*Chin, B., \*Lindsay, E., Greco, C., Brown, K., **Smyth, J.**, Wright, A., & Creswell, J.D. (in press). Psychological mechanisms driving stress resilience in mindfulness training: A randomized controlled trial. *Health Psychology*.

\*Zhaoyang, R., Sliwinski, M., Martire, L., & **Smyth, J.** (in press). Social interactions and physical symptoms in daily life: Quality matters for older adults, quantity matters for younger adults. *Psychology & Health*.

\*Doyle, C., Ruiz, J., Taylor, D., **Smyth, J.**, \*Flores, M., \*Deitch, J., Ahn, C., Allison, M., Smith, T., & Uchino, B. (in press). Associations between objective sleep and ambulatory blood pressure in a community sample. *Psychosomatic Medicine*.

Scott, S., Sliwinski, M., Zawadzki, M., Stawski, R., \*Kim, J., \*Marcusson-Clavertz, D., Lanza, S., Conroy, D., Buxton, O., Almeida, D., & **Smyth, J.** (in press). A coordinated analysis of variance in affect in daily life. *Assessment*.

\*Muñoz, E., Stawski, R., Sliwinski, M., **Smyth, J.**, & MacDonald, S. (in press). The ups and downs of cognitive function: Neuroticism and negative affect drive performance inconsistency. *Journal of Gerontology: Psychological Sciences*.

Auer, B., Sciamanna, C., **Smyth, J.**, Truica, C., Cream, L., & Mukherjee, D. (in press). Group problem-solving gameplay for mental health? Interest among primary care patients.

\*Potter, L., Zawadzki, M., Eccleston, C., Cook, J., Snipes, A., Sliwinski, M., & **Smyth, J.** (in press). The intersections of race, gender, age, and SES: Implications for reporting discrimination and attributions to discrimination. *Stigma and Health*.

Arigo, D., Juth, V., Trief, P., Wallston, K., Ulbrecht, J., & **Smyth, J.** (in press). Unique relations between post-traumatic stress disorder symptoms and patient functioning in Type 2 diabetes. *Journal of Health Psychology*.

Boehmer, J., Buck, H., Foy, A., Black, S., Pogash, R., Eismann, R., Balaban, E., Chan, J., Kunselman, A., Pinter, A., **Smyth, J.**, Lloyd, T. (in press). The Penn State Heart Assistant: A pilot study of a web-based intervention to improve self-care of heart failure patients. *Health Informatics Journal*.

\*Juth, V., Arigo, D., & **Smyth, J.** (in press). Expressive writing. In M. Robbins & K. Sweeney (Eds.), *Encyclopedia of Health Psychology*. Wiley.

Heron, K., \*Miadich, S., Everhart, R., & **Smyth, J.** (in press). Ecological momentary assessment and related intensive longitudinal designs in family and couples research. In B. Fiese, K. Deater-Deckard, M. Celano, E. Joyriles, & M. Whisman (Eds.), *APA handbook of contemporary family psychology*.

\*Kim, J., \*Marcusson-Clavertz, D., Yoshiuchi, K., & **Smyth, J.** (2019). Potential benefits of integrating ecological momentary assessment data into mHealth care systems. *BioPsychoSocial Medicine*, 13:19, 1-6.

\*Potter, L., Brondolo, L., & **Smyth, J.** (2019). Biopsychosocial correlates of discrimination in daily life: A review. *Stigma and Health*, 4(1), 38-61.

Cushing, C., Fedele, D., Patton, S., McQuaid, E., **Smyth, J.**, Prabhakaran, S., Gierer, S., Koskela-Staples, N., Ortega, A., Fleming, K., & Nezu, A. (2019). Responsive Asthma Care for Teens (ReACT): Development protocol for an adaptive mobile health intervention for adolescents with asthma. *BMJ Open*, 9, e030029. doi: 10.1136/bmjopen-2019-030029.

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## **Student Training & Mentoring**

### Undergraduate theses

- Nodes, J. (2000) Environmental and social factors predicting alcohol related legal infractions in college students. [North Dakota State University; Advisor]
- Jorgenson, R. (2000) The influence of early trauma on college students: Academic performance, health, retention, and social adjustment. [North Dakota State University; Advisor]
- Carr, S. (2000) Examining the effects of narrative when writing on traumatic experiences. [North Dakota State University; Advisor]
- Gaudy, J. (2001) The impact of past trauma and PTSD symptoms on social and cognitive task performance. [Syracuse University; Advisor]
- Lewis, E. (2004) Salivary cortisol levels are correlated with performance on a prefrontal cortex task. [Bates College; Committee member]
- Heron, K. (2004) The role of attribution change in a structured writing task for college students. [SUNY Binghamton; Committee member]
- Santner, L. (2004) Word use among psychiatric patients compared to a non-psychiatric population. [Syracuse University; Advisor]
- Costa, V. (2005) A grimace within the heart: Emotional suppression during sustained affective picture processing. [Syracuse University; Advisor]
- Andersson, M. (2006) Can writing heal writers? Investigating the health effects of autobiographical perspective in a sample of creative writers. [Knox College; Committee member]
- Juth, V. (2006) A systematic review of expressive writing intervention studies: Examining location. [Syracuse University; Advisor]
- Christian, S. (2007) The media's influence in everyday life on women's perception of body image. [Syracuse University; Advisor]
- Slepian, M. (2009) On controlling your thoughts: Suppression of evaluation and communication. [Syracuse University; Advisor]
- Zaverukha, J. (2015) Soundscapes: The effects of natural sound and unnatural noise on heart rate, positive affect and negative affect, in relation to stress recovery. [Pennsylvania State University; Advisor]

Hanna, S. (2018) Specific locations within United States national parks may elicit specific positive affect. [Pennsylvania State University; Advisor]  
 Haddad, T. (2019) *In progress.* [Pennsylvania State University; Advisor]  
 Espinosa, M. (2019) *In progress.* [Pennsylvania State University; Advisor]  
 Barton, J. (2019) *In progress.* [Pennsylvania State University; Advisor]  
 Gellar, D. (2019) *In progress.* [Pennsylvania State University; Advisor]  
 Guay, L. (2021) *In progress.* [Pennsylvania State University; Advisor]

MS theses

Wegner, K. (1999) A naturalistic investigation of binge eating behavior and the potential influence of stress, mood, coping effectiveness and restraint from eating. [North Dakota State University; Advisor]  
 Hockemeyer, J. (2000) Self-administered stress management for chronic illness. [North Dakota State University; Advisor]  
 Anderson, C. (2000) Hassles and uplifts: Are there differential effects of disclosure? [North Dakota State University; Advisor]  
 Gregory, J. (2000) The human dimension of divine forgiveness: Facilitators, barriers, and belief-related outcomes. [North Dakota State University; Advisor]  
 Tulloch, H. (2000) The role of communication in condom use. [North Dakota State University; Committee member]  
 Deaver, C. (2000) An intensive examination of affect during binge eating. [North Dakota State University; Committee member]  
 Spagnola, M. (2003) Children's perceptions of family process and severity of pediatric trauma. [Syracuse University; Committee member]  
 Stawski, R. (2004) Stress and cognitive functioning: Implications for cognitive compromise in response to mild psychosocial stress. [Syracuse University; Committee member]  
 Nazarian, D. (2005) The role of context in the feasibility and effectiveness in an expressive writing intervention. [Syracuse University; Advisor]  
 Heron, K. (2006) Examining self-discrepancy theory and body image in an ecologically valid manner. [Syracuse University; Advisor]  
 Everhart, R. (2006) Depression and cumulative risk as predictors of caregivers' quality of life in pediatric asthma. [Syracuse University; Committee member]  
 Arigo, D. (2007) Application of a structured expressive writing intervention to the body image and weight concerns of college females. [Syracuse University; Advisor]  
 Filipkowski, K. (2007) Parental gender role attitudes and children's extracurricular activities: The role of stereotypical beliefs in predicting child involvement. [Syracuse University; Advisor]  
 Seigers, D. (2008) The effects of stress and performance feedback on smoking related and affective variables. [Syracuse University; Committee member]  
 Elder, G. (2009) Goal-oriented strivings: Socio-cognitive mechanisms of interpersonal functioning and cardiovascular risk processes [Syracuse University; Committee member]  
 Kraynak, L. (2010) Coping with negative feedback in the health domain: Are race differences in coping related to weight disparities among blacks and whites? [Syracuse University; Committee member]  
 Mercincavage, M. (2012) Time to first cigarette predicts cessation outcomes in adolescent smokers. [Pennsylvania State University; Committee member]

- Coleman, S. (2013) Early family adversity, psychosocial resiliency, subjective health and well-being. [Pennsylvania State University; Advisor]
- Potter, L. (2014) Attributing discrimination to weight: Associations with well-being, self-care, and disease status in patients with type 2 diabetes mellitus. [Pennsylvania State University; Advisor]
- Ashe, M. (2016) Testing the efficacy of choice bundling using Ecological Momentary Assessment. [Pennsylvania State University; Committee member]
- Materia, F. (2018) Implementation science in mHealth. [Pennsylvania State University; Advisor]

#### Dissertations

- Pace, B. (2001) Written emotional expression and smoking cessation. [Fielding Institute; Committee member]
- Collins, S. (2003) Weighing the pros and cons: Evaluating decisional balance as a brief motivational intervention for at-risk college drinkers. [Syracuse University; Committee member]
- Baikie, K. (2003) Rewriting trauma: How and for whom does the writing paradigm work? [Macquai University (Australia); External reviewer]
- Douglas, M. (2004) The moderating effect of family rituals on asthma symptoms in the context of high and low expressed emotion. [Syracuse University; Committee member]
- Muellerleile, P. (2004) Social learning theory and intimate partner violence: Time series analysis of the effects of the OJ Simpson trial. [Syracuse University; Committee member]
- Rice, D. (2004) The social cognition of ingroup and outgroup faces: The paradox of categorization and recognition. [Syracuse University; Committee member]
- Howell, K. (2005) "Quest for the Code" to improve health and wellbeing of children with asthma: A technology and family based intervention study. [Syracuse University; Committee member]
- Stawski, R. (2006) Examination of the effects of stress and stress-reactivity on selective attention performance. [Syracuse University; Committee member]
- Nazarian, D. (2009) An experimental manipulation of mechanisms that underlie written emotional disclosure. [Syracuse University; Advisor]
- Jordan, N. (2009) This is why we play the game: A quantitative study of attachment style and social anxiety's impact on participation in online gaming relationships. [Syracuse University; Committee member]
- Everhart, R. (2010) Family functioning and treatment adherence in adolescents with Cystic Fibrosis. [Syracuse University, Co-Advisor]
- Filipkowski, K. (2010) Implications of in-person versus online exclusion: Do method and gender influence individuals' response to exclusion? [Syracuse University; Advisor]
- Mogle, J. (2011) Assessing everyday cognitive functioning: Using ecological momentary assessment (EMA) to understand real-world cognitive demands. [Syracuse University; Committee member]
- Heron, K. (2011) Do ecological momentary interventions [EMI] improve the efficacy of a body dissatisfaction and disordered eating treatment for college women? An ecological momentary assessment [EMA] study [Syracuse University; Advisor]

Arigo, D. (2012)	Social comparison by patients with type 2 Diabetes Mellitus: Individual differences, motivations, and responses associated with behaviorally-demonstrated target preference. [Syracuse University; Advisor]
Slavish, D. (2017)	The role of neuroticism in exposure and reactivity to daily experiences and nightly sleep quality. [Pennsylvania State University; Committee member]
Dahl, J. (2018)	Women's under-confidence and men's over-confidence in STEM. [Pennsylvania State University; Committee member]
Hyun, J. (2018)	The effects of mental work demands on cognitive aging and dementia. [Pennsylvania State University; Committee member]
Coleman, S. (2018)	The effects of narcissism on stress-reactivity to social exclusion. [Pennsylvania State University; Advisor]
Potter, L. (2018)	An ecological momentary investigation of weight stigma: Exploring associations between weight vigilance and poor health in everyday life. [Pennsylvania State University; Advisor]
Muth, C. (2019)	Understanding and impacting the processes of psychological wellbeing in college students with mobile technology and Bayesian methods. [Pennsylvania State University; Committee member]
Majd, M. (2020)	<i>In progress.</i> [Pennsylvania State University; Committee member]
Jones, E. (2020)	<i>In progress.</i> [Pennsylvania State University; Committee member]
Materia, F. (2020)	<i>In progress.</i> [Pennsylvania State University; Advisor]
Jones, D. (2020)	<i>In progress.</i> [Pennsylvania State University; Committee member]
Ashe, M. (2020)	<i>In progress.</i> [Pennsylvania State University; Committee member]
Leonard, K. (2020)	<i>In progress.</i> [Pennsylvania State University; Committee member]
Bhuiyan, N. (2021)	<i>In progress.</i> [Pennsylvania State University; Committee member]

#### Post-doctoral Fellows supervised (and topical area)

Oikawa, M. (2007-2008)	Applied social psychology.
Zawadzki, M. (2012-2014)	Biobehavioral processes, emotion, and health.
Juth, V. (2014-2015)	Stress and health in daily life.
Marcusson-Clavertz, D. (2016-2018)	Thoughts and health: Relating mind-wandering, rumination, perseverative cognition to health behaviors and indicators.
Kim, J. (2016-2019)	Ecological Momentary Assessment and just-in-time adaptive interventions [JITAI].
Johnson, J. (2016-2019)	Biopsychosocial influences on stress and clinical outcomes.
Felt, J. (2018-present)	Application of advanced statistical methods to everyday life processes.

#### **Teaching Experience**

All courses listed were developed and solo taught as semester long courses during the academic year. Independent studies and research supervision are not listed.

Mean instructor ratings are provided (5-point scale is 1=poor, 3=average, 5=excellent; 7-point scale is 1=lowest rating, 7=highest rating), as well as the number of semesters I have taught each class.

#### Undergraduate

Introductory psychology (4 semesters; mean instructor rating=4.7/5)  
 Social psychology (2 semesters; mean instructor rating=4.6/5)  
 Statistics (2 semesters; mean instructor rating=4.1/5)  
 Cognitive science (1 semester; instructor rating=4.8/5)  
 Cognitive psychology (1 semester; instructor rating=4.5/5)  
 Research methodology (1 semester; instructor rating=4.3/5)  
 Health psychology (10 semesters; mean instructor rating=4.6/5)  
 Health psychology laboratory (3 semesters; mean instructor rating=4.5/5)  
 Experimental social psychology (2 semesters; mean instructor rating=4.4/5)  
 Introduction to Biobehavioral Health (5 semesters; mean instructor rating=6.0/7)

## Graduate

Health psychology (2 semesters; mean instructor rating=4.7/5)  
 Social psychology (1 semester; instructor rating=4.6/5)  
 Emotions seminar (1 semester; instructor rating=4.4/5)  
 Research methods (1 semester; instructor rating=4.6/5)  
 Teaching seminar (1 semester; instructor rating=5.0/5)  
 Self-report and EMA seminar (1 semester; instructor rating=4.5/5)  
 Methodological issues in research design (1 semester; instructor rating=7.0/7)  
 Health: Biobehavioral Perspectives (1 semester; instructor rating=6.5/7)

## **Selected Professional Service**

### Editorial Service

Founding Editor (Health Section), 2006-2010, *Social and Personality Psychology Compass*  
 Associate Editor, 2006-2012, *British Journal of Health Psychology*  
 Co-Editor, Special Issue on Expressive Writing, 2007  
 Editorial Board Member, 2010-2016, *Health Psychology*  
 Co-Editor, Special Issue on Health Behavior in the Information Age, 2017-2019, *Journal of Healthcare Informatics Research*

### Selected Editorial Referee Experience

<i>Advances in Methods and Practices in Psychological Science</i>	<i>Canadian Journal of Behavioral Science</i>
<i>Annals of Behavioral Medicine</i>	<i>Clinical Psychological Science</i>
<i>Annals of Internal Medicine</i>	<i>Clinical Psychology Review</i>
<i>Anxiety Stress and Coping</i>	<i>Cognition and Emotion</i>
<i>Appetite</i>	<i>Cognitive Therapy and Research</i>
<i>Archives of Pediatrics &amp; Adolescent Medicine</i>	<i>Contemporary Clinical Trials</i>
<i>Assessment</i>	<i>Counseling Psychologist</i>
<i>Australian Journal of Psychology</i>	<i>Current Directions in Psychological Science</i>
<i>Basic and Applied Social Psychology</i>	<i>Cyberpsychology, Behavior, &amp; Social Networking</i>
<i>Behavior Research and Therapy</i>	<i>Developmental and Behavioral Pediatrics</i>
<i>Behavior Therapy</i>	<i>Emotion</i>
<i>Biopsychosocial Medicine</i>	<i>European Child &amp; Adolescent Psychiatry</i>
<i>Body Image</i>	<i>Experimental Psychology</i>
<i>British Journal of Clinical Psychology</i>	<i>Frontiers in Psychology</i>
<i>British Journal of Health Psychology</i>	<i>Health Psychology</i>

*Health Psychology Review*  
*Human Communication Research*  
*International Journal of Preventive Medicine*  
*International Journal of Psychology*  
*International Journal for the Psychology of Religion*  
*International Journal of Research & Method in Education*  
*Journal of Abnormal Psychology*  
*Journal of the American Medical Association*  
*Journal of Behavioral Medicine*  
*Journal of Behavioral Pediatrics*  
*Journal of Clinical Oncology*  
*Journal of Clinical Psychology*  
*Journal of Consulting and Clinical Psychology*  
*Journal of Contemporary Psychotherapy*  
*Journal of Counseling Psychology*  
*Journal of Experimental Psychology: General*  
*Journal of Health Psychology*  
*Journal of Medical Internet Research*  
*Journal of Personality*  
*Journal of Personality and Social Psychology*  
*Journal of Psychosomatic Research*  
*Journal of Research in Personality*  
*Journal of Social and Clinical Psychology*  
*Journal of Traumatic Stress*

*Nicotine and Tobacco Research*  
*Obesity Reviews*  
*Pain*  
*Pediatrics*  
*Perspectives on Psychological Science*  
*Personality and Social Psychology Bulletin*  
*PLOS One*  
*Psychiatry Journal*  
*Psychology & Health*  
*Psychological Assessment*  
*Psychological Bulletin*  
*Psychological Methods*  
*Psychological Review*  
*Psychological Science*  
*Psycho-Oncology*  
*Psychophysiology*  
*Psychosomatic Medicine*  
*Respiratory Medicine*  
*Review of General Psychology*  
*Social and Personality Psychology Compass*  
*Supportive Care in Cancer*  
*Stress and Health*  
*Stress, Anxiety, & Coping*  
*Surgery for Obesity and Related Diseases*  
*Traumatology*

#### Professional Society Service

American Psychosomatic Society  
Trainee Committee student co-chair (1996-1998)  
Membership Committee co-chair (2004-2006)  
Program Committee (2003-2004, 2008-2009)  
Council Member (2007-2010)  
Annual Meeting Program Chair (2010-2011)  
Awards Committee (2010-2011)  
Society for Ambulatory Assessment  
Executive Committee (2014-2017)  
Conference organizer and Chair: International meeting (2015)  
President (2017-2020)  
Society of Behavioral Medicine  
Nominating Committee (2003-2004)  
Awards Subcommittee (2004)  
American Psychological Association, Division 38  
Search Committee Member for *Health Psychology* Editor (2009)  
Academy of Behavioral Medicine Research  
Neal Miller Award review committee (2018)

#### Selected International Service

Invited Keynote Address at the Annual Meeting of the Japanese Society for Research on Emotion, Nagoya, Japan (2005)



Invited Keynote Address at the Annual Meeting of the Japanese Association for Health Psychology, Kyoto, Japan (2006)  
Conference co-organizer: Doshisha Symposium of Behavioral Medicine, Kyoto, Japan (2008)  
Keynote Address at the Doshisha Symposium of Behavioral Medicine, Kyoto, Japan (2008)  
Invited Keynote Address for Unifob Health and University of Bergen, Bergen, Norway (2009)  
Invited Keynote Address for the Society of Ambulatory Assessment, Amsterdam, The Netherlands (2013)  
Invited Keynote Address for the German Society for Behavior Therapy and Behavioral Medicine, Mainz, Germany (2016)  
Invited Keynote Address for the International Conference for Writing Interventions for Mental Health, Glasgow, Scotland (2018)

### Grant Reviewing

Review committee member:

Behavioral Medicine, Interventions, and Outcomes Study Section, National Institutes of Health, 2006-2008. [Ad hoc 2009, 2011, 2013, 2016]  
[Chair] Special Emphasis Panel, Development and Social Psychology, National Institutes of Health, 2009.

Additional ad hoc grant reviewing:

National Institutes of Health  
National Science Foundation  
Department of Defense, United States Government  
William T Grant Foundation  
The Canada Foundation for Innovation  
Board of Regents, State of Louisiana  
Anthony Marchionne Foundation  
Wayne State University  
City University of New York

### Scientific Advisory Boards

Foundation for Art & Healing (2009-Present) [www.artandhealing.org](http://www.artandhealing.org)  
bLife/Signal Patterns (2010-2015) [www.signalpatterns.com](http://www.signalpatterns.com)  
Society for Ambulatory Assessment (2008-2014) [www.ambulatory-assessment.org](http://www.ambulatory-assessment.org)  
Canary Health (2015-Present) <http://www.canaryhealth.com/>  
Creative Forces, National Endowment for the Arts, Military Healing Arts Network (2019) <https://www.arts.gov/national-initiatives/creative-forces>

### Representative University Service

*Additional university service details, including committee memberships and related activities not listed herein, are available upon request.*

Departmental undergraduate committee  
Undergraduate statistics/methodology curricular evaluation committee  
Developed and administered a departmental undergraduate "exit" survey  
McNair scholars program faculty  
Doctoral program development committee (member, chair)  
Departmental program evaluation model and database development

Director, graduate program in social psychology (additionally including program self-study, mission statement development, faculty hiring plan, graduate curricular review)

Graduate student ombudsman

Department academic planning committee

Department governance committee (member, chair)

Graduate admissions committee

Graduate program accreditation committee

Faculty development and review committee (chair)

Faculty handbook committee (co-chair)

Faculty promotion and tenure review committee (member, chair)

College committee on faculty recruitment and retention

Departmental executive committee

Departmental research infrastructure committee

Department colloquium committee (member, chair)

Faculty mentor for many junior colleagues (including many faculty development grants, e.g., NIH K)

Search committees (~25 searches as member or chair – including interdisciplinary, interdepartmental, cluster, department head, and other ‘atypical’ searches)

College representative for “Speaking of Science” panel discussion with William Safire and Oliver Sacks, Syracuse University

Developed University consortium on the study of social issues and social problems (Psychology, Maxwell school Center for Policy Research, the Newhouse school for communication, and the Burton Blatt Institute for disabilities research, law, and policy), Syracuse University

Presidential task force on child abuse, Pennsylvania State University

Executive council, Vice President of Research and Graduate Studies, Pennsylvania State University

University health sciences council, Pennsylvania State University

Strategic planning experience

- Department strategic planning committee
- College strategic planning committee
- University strategic planning committee
- University strategic plan, Enhancing Health pillar, steering committee co-chair