

KIMBERLY S. BOWEN

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ACADEMIC POSITIONS

2016-present Assistant Professor
Department of Psychology
University of Utah Asia Campus, Korea

ACADEMIC HISTORY

2003-2006 **American University**
Bachelor of the Arts in Psychology, December 2006

2007-2009 **Pepperdine University**
Master of the Arts in Clinical Psychology, April 2009

2010-2015 **University of Utah**
Psychology, Social Psychology and Health Psychology tracks
Doctor of Philosophy, May 2015
Master of Science, December 2013
Master's Thesis: "Does choice moderate the effects of received social support on cardiovascular reactivity?"
Advisor: Bert N. Uchino, Ph.D.
Doctoral Dissertation: "Your support touches my heart: Testing a mediational model of receiving and giving social support, culture, and ambulatory blood pressure"
Committee: Bert N. Uchino, Ph.D. (advisor), Brian Baucom, Ph.D., David Sanbonmatsu, Ph.D., Timothy W. Smith, Ph.D., Yukiko Uchida, Ph.D.

2015 **The Ohio State University Wexner Medical Center Institute for Behavioral Medicine Research**
Postdoctoral Fellow in Psychoneuroimmunology
Advisor: Janice Kiecolt-Glaser, Ph.D.

RESEARCH AND PROFESSIONAL EXPERIENCE

2010-2015 **University of Utah Social Neuroscience Laboratory**
Lab Manager and Research Assistant, Mentor: Bert N. Uchino, Ph.D.
Responsibilities/Projects: Study coordinator for two projects on social relationships and health; Collaborated with the faculty and graduate student research team on multiple projects, recruited, trained, and managed undergraduate research assistants, maintained and updated lab files and electronic databases, and managed cardiovascular impedance and ambulatory blood pressure equipment

2013, 2014 **Kyoto University Kokoro Research Center and Culture Lab**
Research Fellow, Mentor: Yukiko Uchida, Ph.D.
Responsibilities/Projects: Principal investigator for two daily diary studies examining culture, social relationships, and mental and physical health; Designed the study, supervised undergraduate research assistants, and managed data

- collection, data management, and data analysis; Worked with cross-cultural team for translation and back translation
- 2012 **Loving-Kindness Meditation Pilot Study, University of Utah**
Study Coordinator, Mentor: Bert N. Uchino, Ph.D.
 Responsibilities/Projects: Study coordinator for a small-n 10-week pilot study examining the effects of Loving-Kindness Meditation on relationships and health; Collaborated with research team including the meditation instructor, recruited, screened, consented, and facilitated participants through study visits, organized and coordinated meditation sessions, managed data collection, management, and analysis while supervising undergraduate research assistants
- 2007 **University of California, Los Angeles Neuropsychiatric Institute Integrated Substance Abuse Programs (ISAP)**
Research Associate, Mentor: Walter Ling, M.D.
 Responsibilities/Projects: Research assistant for a clinical human trial examining an subcutaneous, long-acting opioid antagonist for the treatment of opioid addiction; Recruited, screened, and scheduled participants for study, collected and prepared urine and blood samples for analysis, collaborated with team of physicians, nurses, phlebotomists, and study staff to ensure participant retention and protocol adherence, maintained study binders for IRB and study monitor visit purposes
- 2005-2006 **American University Stress and Coping Lab**
Undergraduate Research Assistant, Mentor: Kathleen Gunthert, Ph.D.
 Responsibilities/Projects: Research assistant for several studies using daily diary palm pilot methods to examine the associations between stress, coping, and relationships; Scheduled and administered participant visits to the lab for consent, baseline questionnaires, study instructions, debriefing, and compensation, assisted with data entry and data cleaning
- 2005-2006 **Society for Research in Child Development Office for Policy and Communications, Washington, D.C.**
Intern, Mentor: Mary Ann McCabe, Ph.D.
 Responsibilities/Projects: Conducted literature searches and reviews on current research in child development, managed office databases on society members, society fellows, Federal congresspersons, news on empirical research in development, and current Federal legislation, liaised with U.S. Congresspersons and Senators to facilitate evidence-based education and child-related legislation, assisted in the planning of U.S. Congressional briefings
- 2005 **American University Smoking Cessation Lab**
Undergraduate Research Assistant, Mentor: David A. F. Haaga, Ph.D.
 Responsibilities/Projects: Research assistant for a smoking cessation study using Cognitive Behavioral Therapy; Recruited, scheduled and administered participants visits to the lab for consent, questionnaires, and cognitive tasks, assisted with data entry

HONORS & FUNDING

- 2015 The Ohio State University The James Comprehensive Cancer Center Pelotonia Postdoctoral Fellowship
- 2014 American Psychological Association Division 38 Studies in General Health Psychology Graduate Student Award (\$1,500)
- 2014 University of Utah Department of Psychology Frederick T. Rhodewalt Award for Innovative Research (\$1,000)
- 2014 Selected for the University of Utah College of Social and Behavioral Sciences Honor Roll (\$4,000) [declined for another award]

2014	University of Utah Department of Psychology Clayton Award for Excellence in Research (\$1,500)
2014	University of Utah College of Social and Behavioral Sciences Herbert W. Gustafson Graduate Fellowship (\$6,750)
2013, 2014, 2015	University of Utah Travel Award (\$800 each time)
2013	University of Utah Graduate School University Teaching Assistantship Fellowship
2013	University of Utah Department of Psychology Professional Development Award (\$500)
2013, 2014, 2015	University of Utah Department of Psychology Letter of Recognition for Teaching Excellence
2013	The Society for Personality and Social Psychology Travel Award (\$500)
2012	University of Utah Psychology Department All-Around Commendation
2007-2009	Pepperdine University Colleagues Grant Recipient
2006	American University Charles Ferster Award for Excellence in Psychology
2006	University Honors in Psychology
2006	American University <i>magna cum laude</i>
2005-2006	Ronald E. McNair Scholar
2003-2006	American University Dean's List
2003-2006	American University Honors Program
2003-2006	American University Presidential Scholar Full Academic Scholarship

PUBLICATIONS

Bowen, K. S., Uchino, B. N., Birmingham, W., Carlisle, M., Smith, T. W., & Light, K. C. (2013). The stress-buffering effects of functional social support on ambulatory blood pressure. *Health Psychology*, doi: [10.1037/hea0000005](https://doi.org/10.1037/hea0000005)

Bowen, K. S., Birmingham, W., Uchino, B. N., Carlisle, M., Smith, T. W., & Light, K. C. (2013). Specific dimensions of perceived support and ambulatory blood pressure: Which support functions appear to be most beneficial and for whom? *International Journal of Psychophysiology*, *88*(3), 317-324.

Uchino, B.N., **Bowen, K.**, Kent, R., Mikal, J., & Fisher, E.B. (in press). Social support and physical health: Models, mechanisms, and opportunities. In E. Fisher, L. Cameron, A. Christensen, U. Ehlert, B. Oldenburg, & F. Snoek (Eds.), *Principles and concepts of behavioral medicine: A global handbook*.

Uchino, B.N., **Bowen, K.**, Kent de Gray, R.G., Smith, T.W. Baucom, B.R., Light, K.A., & Ray, S. (2016). Loving-kindness meditation improves relationship negativity and psychological well-being: A pilot study. *Psychology*.

Uchino, B.N., **Bowen, K.**, & Kent, R. (2015). *Social support and mental health*. In H. Friedman, K. Fingerman (Eds.), *Encyclopedia of Mental Health* (2nd Edition). Oxford: Elsevier.

Uchino, B. N., **Bowen, K.**, Carlisle, M., Reblin, M., & Campo, R. (2013). Interpersonal processes. In M. Gellman & J. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York: Springer.

Uchino, B. N., **Bowen, K.**, Carlisle, M., & Birmingham, W. (2012). What are the psychological pathways linking social support to health outcomes? A visit with the “ghosts” of research past, present, and future. *Social Science & Medicine*, *74*(7), 949-957.

- Kent, R. G., Uchino, B. N., Cribbet, M. R., **Bowen, K.**, and Smith, T. W. (2015). Social relationships and sleep quality. *Annals of Behavioral Medicine*, doi: [10.1007/s12160-015-9711-6](https://doi.org/10.1007/s12160-015-9711-6)
- Uchino, B. N., Cawthon, R. M., Smith, T. W., Kent, R., **Bowen, K.**, & Light, K. C. (2014). A cross sectional analysis of the association between perceived network social control and telomere length. *Health Psychology*, doi: [10.1037/hea0000148](https://doi.org/10.1037/hea0000148)
- Uchino, B. N., Bosch, J. A., Smith, T. W., Carlisle, M., Birmingham, W., **Bowen, K. S.**, Light, K. C., Heaney, J., & O' Hartaigh, B. (2013). Spousal ambivalence and cardiovascular risk: A test of different interaction contexts and its links to inflammation. *Health Psychology*, doi: [10.1037/a0033515](https://doi.org/10.1037/a0033515)
- Uchino, B.N., Cawthon, R., Smith, T.W., Light, K.G., McKenzie, J., Carlisle, M., Gunn, H., Birmingham, W., & **Bowen, K.** (2012). Social relationships and health: Is feeling positive, negative, or both (ambivalent) related to telomeres? *Health Psychology*, doi: [10.1037/a0026836](https://doi.org/10.1037/a0026836)

CONFERENCE PRESENTATIONS & POSTERS

- Bowen, K. S.** & Uchida, Y. (August 2016). *The effects of perceived responsiveness and unwanted social support on mood and self-schema in daily life across cultures*. Poster presented at the Conference for the International Association for Cross-Cultural Research, Nagoya, Japan.
- Bowen, K.S.** & Uchida, Y. (January 2016). *Received functional social support and ambulatory blood pressure over the day among Japanese college students*. Data blitz talk and poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Bowen, K.S.**, Uchida, Y., & Uchino, B. N. (February 2015). *Giving social support and mental well-being in Japan and the United States*. Poster presented at the Advances in Cultural Psychology Preconference, Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Bowen, K. S.**, Uchino, B. N., Rhodewalt, F. T., Sanbonmatsu, D., & White, P. H. (February 2014). *Does choice moderate the effects of received social support on cardiovascular reactivity?* Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Bowen, K. S.**, Pasupathi, M., McLean, K. C., & Steinquist, K. (January 2013). *Sharing the past with a partner: The role of social support in autobiographical narratives*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Bowen, K. S.**, Birmingham, W., Uchino, B. N., Carlisle, M., Smith, T. W., & Light, K. C. (April 2012). *Specific dimensions of perceived support and ambulatory blood pressure: Which support functions appear most beneficial and for whom?* Poster presented at the University of Utah College of Social and Behavioral Sciences Student Research Day, Salt Lake City, Utah.
- Bowen, K. S.**, Birmingham, W., Uchino, B. N., Carlisle, M., Smith, T. W., & Light, K. C. (October 2011). *Specific dimensions of perceived support and ambulatory blood pressure: Which support functions appear most beneficial and for whom?* Paper presented at the International Association for Relationship Research mini-conference on Health, Emotions, and Relationships at University of Arizona, Tucson, AZ.
- Bowen, K.S.** (November 2006). *Examining the interaction among self-efficacy, relationship satisfaction and perception of self*. Poster presented at the University of Illinois National McNair Scholars Research Conference, Wisconsin.

Bowen, K. S. (April 2006). *Express yourself: The effects of expressive writing on homesickness and mood.*
Poster presented at the National Conference for Undergraduate Research, Asheville, North Carolina.

RESEARCH GRANTS

COMPLETED

2014

Examining a model of culture: Social support, mental health, and physical health

Agency: Japan Society for the Promotion of Science; Type: Postdoctoral Fellowship for North American and European Researchers (Short-term) PE14026; Period: 7/1/2014 –10/31/2014; Amount \$14,000

Principal Investigator: Kimberly S. Bowen, Ph.D.

Goal: To investigate the mediating role of cultural differences in self-schema and cognitive appraisals for the effects of receiving social support on ambulatory blood pressure in daily life in Japan and the United States

2013

Social Support and Health: Examining Cultural Pathways of Belonging Social Support and Giving Social Support for Mental and Physical Well-Being

Agency: National Science Foundation and Japan Society for the Promotion of Science; Type: East Asian and Pacific Summer Institute and Summer Program SP13003; Period: 6/11/2013 – 8/21/2013 ; Amount: \$11,070

Principal Investigator: Kimberly S. Bowen, Ph.D.

Goal: To investigate the effects of culture and receiving different types of social support on depression, anxiety, stress, self-reported physical health, and mood over two weeks in Japan and the United States

TEACHING EXPERIENCE

2016

University of Utah Faculty

PSY-1010 Introduction to Psychology
PSY-3410 Introduction to Social Psychology
PSY-3000 Statistics for Psychology
PSY-3450 Cross-Cultural Psychology
PSY-3460 Health Psychology

2011-2015

University of Utah Graduate Instructor

PSY-3450 Cross-Cultural Psychology, Spring 2015
PSY-3010 Research Methods in Psychology, Fall 2014, Summer 2015
PSY-3460 Health Psychology, Summer 2014
PSY-3960 Death, Denial, and Immortality: Exploring Social Psychological Theories through Terror Management, Spring 2014
PSY-3410 Introduction to Social Psychology
Fall 2011, 2012, Spring 2013, Summer 2013

2013

University of Utah Teaching Assistant

PSY-2010 Psychology as a Science and Profession, Fall 2013

2008

Pepperdine University Teaching Assistant

Introduction to Psychology, Fall 2008

2005-2006

American University Teaching Assistant

Introduction to Perception and Memory, Fall 2006
Introduction to Psychological Science Lab, Spring 2005

CLINICAL EXPERIENCE

- 2009-2010 **Excell Research, LLC**
Neurocognitive Tester and Clinical Interviewer
Supervisor: Jelena Kunovac, M.D.
Responsibilities: Conducted participant screening interviews for pharmaceutical trials of major depression, bipolar disorder I and II, female hypoactive sexual desire disorder, and schizophrenia, managed participant screening appointments scheduling, conducted clinical interviews for schizophrenia symptoms and progress during trial, administered computer-based and paper-based neurocognitive tests for participants in schizophrenia trials
- 2007-2009 **Culver City Police Department Juvenile Diversion Program**
Marriage and Family Therapy Trainee
Supervisor: Karen L. Wiener, LMFT
Responsibilities: Conducted psychotherapy as part of a juvenile rehabilitation program for first-time offenders between the ages of 13-18, conducted intake interviews, assessed symptoms, determined DSM-IV diagnoses where appropriate, conducted weekly individual sessions and monthly family sessions with program participants using evidence-based treatments (typically Cognitive Behavioral Therapy), developed treatment plans, assessed progress, maintained clinical notes, made home visits as part of the program, held group therapy sessions and life skills training with the program's teens, and participated in other aspects of the program (e.g. team building retreat)

UNIVERSITY SERVICE

- 2014-2015 **University of Utah Department of Psychology**
Graduation Committee
- 2013-2014 Graduate Committee
- 2013-2014 Graduate Student Advisory Committee
- 2012-2013 Professional Issues and Ethics Committee
- 2011-2012 Social Area Research Group Coordinator
- 2011 Peer Mentorship Task Force
- 2011 Diversity Committee
- 2005-2006 **American University**
Undergraduate Representative, Curriculum Committee
- 2005-2006 Psychological Student Association President
- 2004-2005 Student Government Vice-President's Cabinet Member

AD HOC REVIEWER

2016

American Psychologist
Journal of Marriage and Family
Biological Psychiatry

2015

Physiology and Behavior
Psychoneuroendocrinology
Asian Journal of Psychiatry

2014

PLOS One

2005

American Psychological Society Student Caucus

PROFESSIONAL MEMBERSHIPS

Association for Psychological Science

American Psychological Association, Division 38 (Health Psychology)

Society for Personality and Social Psychology

International Association for Relationship Research

Japan Society for the Promotion of Science Alumni Association

Psi Chi, National Honor Society in Psychology

Kappa Delta Pi, National Honor Society in Education