

CURRICULUM VITAE**Bert N. Uchino**

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Research Interests: In our main program of research, we have been examining the health implications of social support and social negativity in relationships, as well as their joint influence (i.e., ambivalent social ties). This work is now focused on modeling dyadic level processes and potential intervention implications. A second major line of work has examined age-related differences in biological stress reactivity both in laboratory and daily life contexts.

EDUCATION

B.A., Psychology, University of Hawaii at Manoa (1989), Advisors: Elaine Hatfield, David L. Watson
M.A., Psychology, The Ohio State University (1991), Advisor: John T. Cacioppo
Ph.D., Psychology, The Ohio State University (1993), Major Area: Social Psychology, Minor Areas: Quantitative Psychology and Psychobiology, Advisor: John T. Cacioppo
Post-Doctoral Fellow, Psychoneuroimmunology Training Grant, The Ohio State University (1993-1994), Advisor: Janice Kiecolt-Glaser

ACADEMIC AND PROFESSIONAL EXPERIENCES

Research Assistant, The Center for Studies of Multicultural Higher Education, University of Hawaii at Manoa, 1988-1989
Graduate Assistant, Social Psychophysiology Summer Program, The Ohio State University, 1990
Graduate Research Assistant, Caregivers Research Project, The Ohio State University, 1990-1992
Post-Doctoral Fellow, Psychoneuroimmunology Training Grant, The Ohio State University, 1993-1994
Assistant Professor, Department of Psychology, University of Utah, 1994-2000
Associate Professor, Department of Psychology, University of Utah, 2000-2007
Professor, Department of Psychology, University of Utah, 2007
Leadership Development Program, University of Utah, 2008-2009

PROFESSIONAL AFFILIATIONS

Academy of Behavioral Medicine Research (2003-present)
American Psychological Association (1988-Present)
 Division 8 of APA: Personality and Social Psychology (1990-Present)
 Division 20 of APA: Adult Development and Aging (1995-Present)
 Division 38 of APA: Health Psychology (1995-Present)
American Psychological Society (1990-2000; 2008-present)
American Psychosomatic Society (1999-Present)

Society of Behavioral Medicine (1998-Present)
 Society for Experimental Social Psychology (1999-Present)
 Society for Psychophysiological Research (1990-Present)

HONORS AND AWARDS

1989 J.P. Seward Award for Excellence in Undergraduate Research, University of Hawaii
 1989, 1992 Ohio State University Minority Graduate Fellowship
 1993 Society for Personality and Social Psychology Student Travel Award
 1993 Fellow, Workshop on stress and asthma (1993, September). Sponsored by Division of Lung Diseases, NHLBI and the Fetzer Institute, Rockville, Maryland
 1996 James A. Shannon Directors Award, National Institutes of Health
 1999 Member-Elect, Society for Experimental Social Psychology
 1999 College of Social and Behavioral Sciences Superior Junior Research Award, University of Utah
 1999 University of Utah Psi Chi Most Knowledgeable Award
 2002 University of Utah Psi Chi Best Lecturer Award
 2002-04 Committee Member, National Institutes of Health study section RPHB-4 / SPIP
 2003 Member-Elect, Academy of Behavioral Medicine Research
 2003 Fellow, American Psychological Association Division 38 (Health Psychology)
 2004 University of Utah Teaching Assistantship Preceptor (Upchurch)
 2005 University of Utah Teaching Assistantship Preceptor (MacNamara)
 2005-08 Sponsor, NIH Predoctoral National Research Service Award (Campo)
 2006 University of Utah Teaching Assistantship Preceptor (Henry)
 2007 University of Utah Psi Chi Outstanding Faculty Member of the Year Award
 2007 University of Utah Disability Services Certificate of Recognition for Distinguished and Exemplary Service to Students with Disabilities
 2007 Fellow, American Psychological Association Division 20 (Adult Development and Aging)
 2008 University of Utah Teaching Assistantship Preceptor (Traupmann)
 2008 Irwin Altman Outstanding Faculty Award, University of Utah.
 2009 College of Social and Behavioral Sciences Superior Teaching Award, University of Utah.
 2013 College of Social and Behavioral Sciences Superior Senior Research Award, University of Utah.
 2013 University of Utah Distinguished Scholarly and Creative Research Award.
 2015 Fellow, American Psychological Association Division 8 (Society for Personality and Social Psychology)
 2015 Fellow, Association for Psychological Science.
 2017 College of Social and Behavioral Sciences Excellence in Mentoring Award, University of Utah.

GRANTS

Funded Grants

1995-1997 University Research Committee (2-15160). *The influence of social relationships on age-related differences in cardiovascular function.* Bert N. Uchino (P.I.), 24 month grant period (7/95-6/97; \$5000 total costs).
 1996 Proposal Initiative Grant. *The influence of social relationships on age-related differences in physiological function.* Bert N. Uchino (P.I.), 3 month grant period (7/96-9/96; \$4000 total costs).

- 1996-1998 National Institutes of Health James A. Shannon Director's Award (1 R55 AG13968). *Social relations, aging, and cardiovascular changes*. Bert N. Uchino (P.I.), 24 month grant period (10/96-10/98; \$100,000 total costs).
- 1998-2001 National Institutes of Health (1 RO1 MH58690). *Understanding the health effects of social relationships*. Bert N. Uchino (P.I.), 3 year grant period (8/98-08/01; \$428,933 total costs).
- 2001-2005 National Institute of Aging (RO1 AG018903). *Hostility, marital interaction, and health in aging*. Bert N. Uchino (Co-investigator), 4 year grant period (6/1/2001-5/31/2005; \$1,867,647 total costs).
- 2003-2006 National Heart, Lung, and Blood Institute (R01 HL68862). *Cardiovascular oxytocin links in social interactions*. Bert N. Uchino (Co-investigator), 3 year grant period (6/1/2003-5/31/2006; \$1,259,622 total costs).
- 2004-2009 American Cancer Society Mentored Research Grant (MRSR-04-208-01-CPPB). *A biopsychosocial approach to the analysis of cancer genetics communication*. Bert N. Uchino (Co-Mentor to Dr. Lee Ellington-PI), 5 year grant period (07/04-07/09; \$600,840 total direct costs).
- 2007-2010 National Institute of Aging (R21 AG029239). *Social relationships and cellular aging*. Bert N. Uchino (P.I.), 2 year grant period (8/1/07 – 7/31/10; \$411,125 total costs).
- 2007-2011 National Heart, Lung, and Blood Institute (R01 HL085106). *Social relationships and cardiovascular health: An examination of mechanisms*. Bert N. Uchino (P.I.), 3 year grant period (5/1/07 – 4/30/11; \$1,009,125 total costs).
- 2010-2011 Research Support Grant, Office of Vice-President for Research. *Cognition gone wild: Neural benefits of interacting with nature*. Bert N. Uchino (Co-investigator), 1 year grant period (2/1/2010-1/31-2011; \$20,000 total costs).
- 2012-2015 National Heart, Lung, and Blood Institute (R01 HL109340). *Social vigilance and atherosclerotic risk*. Bert N. Uchino (Co-Investigator, PI: John M. Ruiz), 3 year grant period (\$2,145,512 total costs).
- 2013-2018 National Institute of Child Health and Human Development (R01 HD058305). *Adolescent peer and family relationship predictors of adult health*. Bert N. Uchino (Co-Investigator, PI: Joseph Allen), 5 year grant period (\$2,756,492 total costs).

Pending Grants

- 2017-2020 National Heart, Lung, and Blood Institute (R01). *Understanding Relationship Ambivalence and its Links to Cardiovascular Health*. Bert N. Uchino (PI), 3 year proposed grant period (\$1,121,604 total costs).

EDITORIAL SERVICES

Editorial Boards: Annals of Behavioral Medicine (2014-present); Health Psychology (1999, 2003-2004, 2013-present); Journal of Personality and Social Psychology (Interpersonal Relations and Group Processes, 2014 to present); Basic and Applied Social Psychology (2009-present); Journal of Behavioral Medicine (2005-present); Personality and Social Psychology Bulletin (2005-2013); Social and Personality Psychology Compass (Health Section, 2006-2010).

Editorships: Social and Personality Psychology COMPASS (Health Section, 2010-2013); PLOS One (2013-2015)

PUBLICATIONS

Journal Articles and Book Chapters

1. Cacioppo, J.T., Uchino, B.N., Crites, S.L., Snyder-Smith, M.A., Smith, G., Berntson, G.G., & Lang, P.J. (1990). The relationship between facial expressiveness and sympathetic activation in emotion: A critical review, with emphasis on modeling underlying mechanisms and individual differences. *Journal of Personality and Social Psychology*, *62*, 110-128.
2. Uchino, B.N., Kiecolt-Glaser, J.K., & Cacioppo, J.T. (1992). Age-related changes in cardiovascular response as a function of a chronic stressor and social support. *Journal of Personality and Social Psychology*, *63*, 839-846.
3. MacCallum, R.C., Wegener, D.T., Uchino, B.N., & Fabrigar, L.R. (1993). The problem of equivalent models in applications of covariance structural analysis. *Psychological Bulletin*, *114*, 185-199.
4. Berntson, G.G., Uchino, B.N., & Cacioppo, J.T. (1994). Origins of baseline variance and the law of initial values. *Psychophysiology*, *31*, 204-210.
5. Uchino, B.N., Kiecolt-Glaser, J.K., & Cacioppo, J.T. (1994). Construals of preillness relationship quality predict cardiovascular response in family caregivers of Alzheimer's Disease victims. *Psychology and Aging*, *9*, 113-120.
6. Cacioppo, J.T., Uchino, B.N., & Berntson, G.G. (1994). Individual differences in autonomic origins of heart rate reactivity: The psychometrics of respiratory sinus arrhythmia and pre-ejection period. *Psychophysiology*, *31*, 412-419.
7. Sgoutas-Emch, S.A., Cacioppo, J.T., Uchino, B.N., Malarkey, W., Pearl, D., Kiecolt-Glaser, J.K., & Glaser, R. (1994). The effects of an acute psychological stressor on cardiovascular, endocrine, and cellular immune response: A prospective study of individuals high and low in heart rate reactivity. *Psychophysiology*, *31*, 264-271.
8. Cacioppo, J.T., Berntson, G.G., Binkley, P.F., Quigley, K.S., Uchino, B.N., & Fieldstone, A. (1994). Autonomic cardiac control: II. Basal response, noninvasive indices, and autonomic space as revealed by autonomic blockade. *Psychophysiology*, *31*, 586-598.
9. Berntson, G.G., Cacioppo, J.T., Binkley, P.F., Uchino, B.N., Quigley, K.S., & Fieldstone, A. (1994). Autonomic cardiac control: III. Psychological stress and cardiac response in autonomic space as revealed by pharmacological blockades. *Psychophysiology*, *31*, 599-608.
10. Cacioppo, J.T., Malarkey, W., Kiecolt-Glaser, J.K., Uchino, B.N., Sgoutas-Emch, S.A., Sheridan, J.F., Berntson, G.G., & Glaser, R. (1995). Heterogeneity in neuroendocrine and immune responses to brief psychological stressors as a function of autonomic cardiac activation. *Psychosomatic Medicine*, *57*, 154-164.
11. Uchino, B.N., Cacioppo, J.T., Malarkey, W., & Glaser, R. (1995). Individual differences in cardiac sympathetic control predict endocrine and immune responses to acute psychological stress. *Journal of Personality and Social Psychology*, *69*, 736-743.
12. Uchino, B.N., Cacioppo, J.T., Malarkey, W., Glaser, R., & Kiecolt-Glaser, J.K. (1995). Appraisal support predicts age-related differences in cardiovascular function in women. *Health Psychology*, *14*, 556-562.
13. Uchino, B.N., Cacioppo, J.T., & Kiecolt-Glaser, J.K. (1996). The relationship between social support and physiological processes: A review with emphasis on underlying mechanisms and implications for health. *Psychological Bulletin*, *119*, 488-531.
 - a. Reprinted in: *Psychology of Close Relationships* (2012), H.T. Reis (Ed.), Thousand Oaks, CA: Sage.
14. Uchino, B.N. & Garvey, T.G. (1997). The availability of social support reduces cardiovascular reactivity to acute psychological stress. *Journal of Behavioral Medicine*, *20*, 15-27.
15. Uno, D., Florsheim, P., Uchino, B.N. (1998). Psychosocial mechanisms underlying quality of parenting among Mexican-American and White adolescent mothers. *Journal of Youth and Adolescence*, *27*, 585-605.

16. Uchino, B.N., Holt-Lunstad, J., Uno, D., & Betancourt, R. (1999). Social support and age-related differences in cardiovascular function: An examination of potential mediators. *Annals of Behavioral Medicine, 21*, 135-142.
17. Uchino, B.N., Uno, D., & Holt-Lunstad, J. (1999). Social support, physiological processes, and health. *Current Directions in Psychological Science, 8*, 218-221.
18. Uchino, B.N., Uno, D., Holt-Lunstad, J. & Flinders, J.B. (1999). Age-related differences in cardiovascular reactivity during acute psychological stress in men and women. *Journal of Gerontology: Psychological Sciences, 54B*, P339-P346.
19. Uchino, B.N., Kiecolt-Glaser, J.K., & Glaser, R. (2000). Psychological modulation of cellular immunity. In J.T. Cacioppo, L.G. Tassinary, & G.G. Berntson (Eds.), *Handbook of Psychophysiology* (pp. 397-424). New York: Cambridge University Press.
20. Cacioppo, J.T., Bureson, M.H., Poehlmann, K., Malarkey, W.B., Kiecolt-Glaser, J.K., Berntson, G.G., Uchino, B.N., & Glaser, R. (2000). Autonomic and neuroendocrine responses to mild psychological stressors: Elderly caregivers and matched controls. *Annals of Behavioral Medicine, 22*, 140-148.
21. Smith, T.W., Ruiz, J., & Uchino, B.N. (2000). Vigilance, active coping, and cardiovascular reactivity during social interaction in young men. *Health Psychology, 19*, 382-392.
22. Uchino, B.N., Berntson, G.G., Holt-Lunstad, J.L., & Cacioppo, J.T. (2001). Stress-induced autonomic and immunologic reactivity. In R. Ader, D.L. Felton, & N. Cohen (Eds.), *Psychoneuroimmunology* (3rd ed.), pp. 317-333. New York: Academic Press.
23. Holt-Lunstad, J., Clayton, C.J., & Uchino, B.N. (2001). Gender differences in cardiovascular reactivity to competitive stress: The impact of gender of competitor and competition outcome. *International Journal of Behavioral Medicine, 8*, 91-102.
24. Uchino, B.N., Holt-Lunstad, J., Uno, D., & Flinders, J.B. (2001). Heterogeneity in the social networks of young and older adults: Prediction of mental health and cardiovascular reactivity during acute stress. *Journal of Behavioral Medicine, 24*, 361-382.
25. Uno, D., Uchino, B.N., & Smith, T.W. (2002). Relationship quality moderates the effect of social support given by close friends on cardiovascular reactivity in women. *International Journal of Behavioral Medicine, 9*, 243-262.
26. Nealey, J., Smith, T.W., & Uchino, B.N. (2002). Cardiovascular responses to agency and communion stressors in young women. *Journal of Research in Personality, 36*, 395-418.
27. Holt-Lunstad, J., Uchino, B.N., & Smith, T.W., Cerny, C.B., & Nealey-Moore, J.B. (2003). Social Relationships and Ambulatory Blood Pressure: Structural and Qualitative Predictors of Cardiovascular Function During Everyday Social Interactions. *Health Psychology, 22*, 388-397.
28. Uchino, B.N., Holt-Lunstad, J., Smith, T.W., & Bloor, L. (2004). Heterogeneity in social networks: A comparison of different models linking relationships to psychological outcomes. *Journal of Social and Clinical Psychology, 23*, 123-139.
29. Bloor, L. E., Uchino, B.N., Hicks, A., & Smith, T.W. (2004). Social relationships and physiological function: The effects of recalling social relationships on cardiovascular reactivity. *Annals of Behavioral Medicine, 28*, 29-38.
30. Smith, T.W., Ruiz, J.M., & Uchino, B.N. (2004). Mental activation of supportive ties reduces cardiovascular reactivity to laboratory stress in young men and women. *Health Psychology, 23*, 476-485.
31. Drews, F. A., Strayer, D. L., Uchino, B. N., & Smith, T. W. (2005). On the fast lane to road rage. In: Gale, A. G., Taylor, S. P., & Castro, C. (Eds.) *Vision in Vehicles X*. Elsevier.
32. Uchino, B.N., Holt-Lunstad, J., Bloor, L.E, & Campo, R.A. (2005). Aging and cardiovascular reactivity to stress: Longitudinal evidence for changes in stress reactivity. *Psychology and Aging, 20*, 134-143.

33. Bloor, L.E., Sandler, R.S., Martin, C., Uchino, B.N., & Kinney, A.Y. (2006). Associations between emotional support and health-related quality of life among a population-based sample of Blacks and Whites. *Journal of Social and Clinical Psychology, 25*, 96-116.
34. Ruiz, J.M., Uchino, B.N., & Smith, T.W. (2006). Hostility and Sex Differences in the Magnitude, Duration, and Determinants of Heart Rate Response to Forehead Cold Pressor: Parasympathetic Aspects of Risk. *International Journal of Psychophysiology, 60*, 274-283.
35. Uchino, B.N., Berg, C.A., Smith, T.W., Pearce, G., & Skinner, M. (2006). Age-related differences in ambulatory blood pressure reactivity during stress: Evidence for greater blood pressure reactivity with age. *Psychology and Aging, 21*, 231-239.
36. Uchino, B.N. (2006). Social support and health: A review of physiological processes potentially underlying links to disease outcomes. *Journal of Behavioral Medicine, 29*, 377-387.
37. Uchino, B.N., Holt-Lunstad, J., Uno, D., Campo, R., & Reblin, M. (2007). The social neuroscience of relationships: An examination of health relevant pathways. In E. Harmon-Jones & P. Winkielman (Eds.), *Social neuroscience: Integrating Biological and Psychological Explanations of Social Behavior*, pp. 474-492. New York: Guilford.
38. Uchino, B.N., Smith, T.W., Holt-Lunstad, J.L., Campo, R., & Reblin, M. (2007). Stress and illness. In J. Cacioppo, L. Tassinary, & G. Berntson (Eds.), *Handbook of Psychophysiology* (3rd edition), pp. 608-632. New York: Cambridge University Press.
39. Holt-Lunstad, J.L., Uchino, B.N., Smith, T.W., & Hicks, A. (2007). On the Importance of Relationship Quality: The Impact of Ambivalence in Friendships on Cardiovascular Functioning. *Annals of Behavioral Medicine, 33*, 278-290.
40. Nealey-Moore, J.B., Smith, T.W., Uchino, B.N., Hawkins, M.W., & Olson-Cerny, C. (2007). Cardiovascular reactivity during positive and negative marital interactions. *Journal of Behavioral Medicine, 30*, 505-519.
41. Smith, T.W., Uchino, B.N., Berg, C.A., Florsheim, P., Pearce, G., Hawkins, M., Hopkins, P.N., & Yoon, H.C. (2007). Hostile Personality Traits and Coronary Artery Calcification in Middle-Aged and Older Married Couples: Different Effects for Self-Reports versus Spouse Ratings. *Psychosomatic Medicine, 69*, 441-448.
42. Smith, T.W. & Uchino, B.N. (2007). Measuring Physiological Processes in Biopsychosocial Research: Basic principles amid growing complexity. In L.J. Lueken & L.C. Gallo (Eds.), *Handbook of Physiological Methods in Health Psychology*, pp. 11-33. New York: Sage.
43. Glazer-Baron, K.M., Smith, T.W., Butner, J., Nealey-Moore, J., Hawkins, M.W., & Uchino, B.N. (2007). Hostility, Anger, and Marital Adjustment: Concurrent and Prospective Associations with Psychosocial Vulnerability. *Journal of Behavioral Medicine, 30*, 1-10.
44. Ko, K., Berg, C., Butner, J., Uchino, B.N., & Smith, T.W. (2007). Profiles of successful aging in middle-aged and older adult married couples. *Psychology and Aging, 22*, 705-718.
45. Berg, C., Smith, T.W., Ko, K., Beveridge, R., Story, N., Henry, N., Florsheim, P., Pearce, G., Uchino, B.N., Skinner, M., & Glazer, K. (2007). Task control and cognitive abilities of self and spouse in collaboration in middle-aged and older couples. *Psychology and Aging, 22*, 420-427.
46. Reblin, M. & Uchino, B.N. (2008). Social and emotional support and its implications for health. *Current Opinions in Psychiatry, 21*, 201-205.
47. Uchino, B.N., Vaughn, A.A., & Matwin, S. (2008). Social Psychological Processes Linking Personality to Physical Health: A Multilevel Analysis with Emphasis on Trait Hostility and Optimism. In F. Rhodewalt (Ed.), *Personality and Social Behavior* (pp.251-284). New York: Psychology Press
48. Holt-Lunstad, J.L., Smith, T.W., & Uchino, B.N. (2008). Can hostility interfere with the health benefits of giving and receiving social support? The impact of cynical hostility on cardiovascular reactivity during social support interactions among friends. *Annals of Behavioral Medicine, 35*, 319-330.

49. Smith, T.W., Uchino, B.N., Berg, C.A., Florsheim, P., Pearce, G., Hawkins, M., Henry, N., Beverage, R., Skinner, M., Hopkins, P.N., & Yoon, H-C. (2008). Associations of Self-Reports versus Spouse Ratings of Negative Affectivity, Dominance and Affiliation with Coronary Artery Disease: Where Should We Look and Who Should We Ask When Studying Personality and Health? *Health Psychology, 27*, 676-684.
50. Campo, R.A., Uchino, B.N., Holt-Lunstad, J., Vaughn, A.A., Reblin, M., & Smith, T.W. (2009). The Assessment of Positivity and Negativity in Social Networks: The Reliability and Validity of the Social Relationships Index. *Journal of Community Psychology, 37*, 471-486.
51. Ellington, L, Matwin, S., Uchino, B.N., Jasti, S., Duldley, W., & Roter, D. (2009). The body's response to health care provider communication: The impact of dominant versus facilitative styles. *Journal of Applied Biobehavioral Research, 13*, 67-85.
52. Uchino, B.N. & Reblin, M. (2009). Health and relationships. In H. Reis and S. Sprecher (Eds.), *Encyclopedia of Human Relationships* (pp. 792-797). New York: Sage.
53. Uchino, B.N. (2009). What a lifespan perspective might tell us about why distinct measures of support have differential links to physical health. *Journal of Social and Personal Relationships, 26*, 53-62.
54. Uchino, B.N. (2009). Understanding the links between social support and physical health: A lifespan perspective with emphasis on the separability of perceived and received support. *Perspectives in Psychological Science, 4*, 236-255.
55. Smith, T.W., Berg, C.A., Florsheim, P., Uchino, B.N., Pearce, G., Hawkins, M., Henry, N.J.M., Beveridge, R.M., Skinner, M.A., & Olsen-Cerny, C. (2009). Conflict and collaboration in middle-aged and older couples: I: Age differences in agency and communion during marital interaction. *Psychology and Aging, 24*, 259-273.
56. Smith, T.W., Uchino, B.N., Berg, C.A., Florsheim, P., Pearce, G., Hawkins, M., Henry, N.J.M., Beveridge, R.M., Skinner, M.A., Ko, K., & Olsen-Cerny, C. (2009). Conflict and collaboration in middle-aged and older couples: II: Cardiovascular reactivity during marital interaction. *Psychology and Aging, 24*, 274-286.
57. Uchino, B.N., Ruiz, J.M., & Holt-Lunstad, J. (2009). Stress. In D. Sanders & K.R. Scherer (Eds.), *Oxford Companion to Affective Sciences* (pp. 383-386). New York: Oxford University Press.
58. Traupman, E.K., Smith, T.W., Uchino, B.N., Berg, C.A., Trobst, K.K., & Costa, P.T., jr. (2009). Interpersonal circumplex octant, control, and affiliation scales for the NEO-PI-R. *Personality and Individual Differences, 47*, 457-463.
59. Birmingham, W., Uchino, B.N., Smith, T.W., Light, K.C., & Sanbonmatsu, D.M. (2009). Social Ties and Cardiovascular Function: An Examination of Relationship Positivity and Negativity during Stress. *International Journal of Psychophysiology, 74*, 114-119.
60. Smith, T.W., Traupman, E.K., Uchino, B.N., & Berg, C. A. (2010). Interpersonal Circumplex Descriptions of Psychosocial Risk Factors for Physical Disease: Application to hostility, neuroticism, and marital adjustment. *Journal of Personality, 78*, 1011-1036.
61. Uchino, B.N., Thoman, D., Byerly, S. (2010). Inference Patterns in Social Psychology: The Use and Impact of Confirmation, Falsification, and Crucial Tests. *Social and Personality Psychology COMPASS, 4*, 417-427.
62. Uchino, B.N., Birmingham, W., Berg, C.A. (2010). Are older adults less or more physiologically reactive? A meta-analysis of age-related differences in cardiovascular reactivity to laboratory tasks. *Journal of Gerontology: Psychological Sciences., 65B*, 154-162.
63. Reblin, M., Uchino, B.N., & Smith, T.W. (2010). Provider and Recipient Factors that May Moderate the Effectiveness of Received Support: Examining the Effects of Relationship Quality and Expectations for Support on Behavioral and Cardiovascular Reactions. *Journal of Behavioral Medicine, 33*, 423-431.

64. Uchino, B.N. & Birmingham, W. (2011). Stress and social support processes. In R. Contrada and A. Baum (Eds.), *Handbook of Stress Science* (pp. 111-122). Springer.
65. Williams, P.G., Smith, T.W., Gunn, H.E., & Uchino, B.N. (2011). Personality and stress: Individual differences in exposure, reactivity, recovery, and restoration. In R. Contrada and A. Baum (Eds.), *Handbook of Stress Science* (pp. 231-246). Springer.
66. Smith, T.W., Cribbitt, M.A., Nealey-Moore, J.B., Uchino, B.N., Williams, P.G., MacKenzie, J., & Thayer, J.F. (2011). Matters of the variable heart: Respiratory sinus arrhythmia response to marital interaction and associations with marital quality. *Journal of Personality and Social Psychology*, *100*, 103-119.
67. Uchino, B.N., Carlisle, M.C., Birmingham, W., & Vaughn, A.A. (2011). Social support and the reactivity hypothesis: Conceptual issues in examining the efficacy of received support during acute psychological stress. *Biological Psychology*, *86*, 137-142.
68. Sanbonmatsu, D.M., Uchino, B.N., & Birmingham, W. (2011). On the importance of knowing your partner's views: Attitude familiarity is associated with better interpersonal functioning and lower ambulatory blood pressure in daily life. *Annals of Behavioral Medicine*, *41*, 131-137.
69. Cundiff, J.M., Smith, T.W., Uchino, B.N., & Berg, C.A. (2011). An interpersonal analysis of subjective social status and psychosocial risk. *Journal of Social and Clinical Psychology*, *30*, 47-74.
70. Uchino, B.N., Smith, T.W., Birmingham, W., Carlisle, M.C. (2011). Social neuroscientific pathways linking social support to health. In J. Decety & J. Cacioppo, *Handbook of Social Neuroscience* (pp. 804-813). New York: Oxford.
71. Traupman, E.K., Smith, T.W., Flosheim, P., Berg, C.A., & Uchino, B.N. (2011). Appraisals of spouse affiliation and control during marital conflict: Common and specific cognitive correlates among facets of negative affectivity. *Cognitive Therapy and Research*, *35*, 187-198.
72. Smith, T. W., Uchino B. N. Florsheim P., Berg, C. A., Butner, J., Hawkins, M., Henry, N. J. M., Beveridge R. M., Pearce, G., Hopkins, P. N., & Yoon, H. (2011). Affiliation and control during marital disagreement, history of divorce and asymptomatic coronary artery calcification in older couples. *Psychosomatic Medicine*, *73*, 350-357.
73. Smith, T.W., Cundiff, J.M., & Uchino, B.N. (2012). Interpersonal Motives and Cardiovascular Reactivity: Mechanisms Linking Dominance and Social Status with Coronary Heart Disease. In Wright, R.A. & Gendolla, G.H.E. (Eds.), *Motivational Perspectives on Cardiovascular Response*, (pp. 387-306). Washington, D.C.: APA.
74. Carlisle, M., Uchino, B.N., Sanbonmatsu, D.M., Smith, T.W., Cribbet, M.R., Birmingham, W., Light, K.A., & Vaughn, A.A. (2012). Subliminal activation of social ties moderates cardiovascular reactivity during acute stress. *Health Psychology*, *31*, 217-225.
75. Smith, T.W., Uchino, B.N., Berg, C.A., & Florsheim, P. (2012). Marital discord and coronary artery disease: A comparison of behaviorally-defined discrete groups. *Journal of Consulting and Clinical Psychology*, *80*, 87-92.
76. Uchino, B.N., Vaughn, A.A., Carlisle, M., & Birmingham, W. (2012). Social support and immunity. In S. Segerstrom (Ed.) *The Oxford Handbook of Psychoneuroimmunology* (pp. 214-233). New York: Oxford Press.
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128. 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*.
129. Kent de Grey, R. G., & Uchino, B. N. (in press). Health correlates and consequences of friendship. In M. Robbins & K. Sweeney (Eds.), *The Wiley Encyclopedia of Health Psychology*.
130. Cronan, S., Uchino, B.N., Kent de Grey, R.G., & Trettevik, R. (in press). Interpersonal processes. In M. Gellman & J. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York: Springer.
131. *Uchino, B.N. & Way, B.M. (in press). Integrative pathways linking close family ties to health: A neurochemical perspective. *American Psychologist*. *Co first authors
132. Uchino, B.N., de Grey, R.G., Cronan, S., & Trettevik, R. (in press). Social relationships. In T. Revenson (Ed.), *Cambridge Handbook of Psychology, Health and Medicine* (3rd Edition). New York: Cambridge University Press..

Books

Uchino, B.N. (2004). *Social support and physical health: Understanding the health consequences of our relationships*. New Haven, CT: Yale University Press.

Book Reviews

Uchino, B.N. (2004). Review of Foundations in Social Neuroscience. *Psychophysiology*, 41, 338-339.

INVITED PRESENTATIONS

- Uchino, B.N. (November, 1993). *Social relationships and health: An examination of psychological and physiological mechanisms*. Paper presented at the University of Utah, Department of Psychology.
- Uchino, B.N. (December, 1993). *Social relationships and health: An examination of psychological and physiological mechanisms*. Paper presented at Rutgers University, Department of Psychology.
- Uchino, B.N. (January, 1994). *Social relationships and health: An examination of psychological and physiological mechanisms*. Paper presented at the University of Colorado at Boulder, Department of Psychology.
- Uchino, B.N. (January, 1994). *Social relationships and health: An examination of psychological and physiological mechanisms*. Paper presented at the University of Texas El Paso, Department of Psychology.
- Uchino, B.N. (1996, January). *Social support, physiological processes, and health*. Paper presented at the Social Psychology Winter Conference, Utah.
- Uchino, B.N. (April, 1998). *Social psychophysiological contributions to understanding the association between social relationships and health*. Paper presented at the joint meeting of the Western Psychological Association / Rocky Mountain Psychological Association, Albuquerque.
- Uchino, B.N. (February, 1999). *Conceptual issues in the study of social relationships and health*. Paper presented at the University of Texas El Paso, Department of Psychology.
- Uchino, B.N. (February, 2002). *Understanding the health implications of heterogeneity in social networks: An examination of physiological processes associated with ambivalent social ties*. Paper presented at the University of California at Los Angeles, Department of Psychology.
- Uchino, B.N. (January, 2005). *The social neuroscience of relationships: Social ties, cardiovascular function, and health*. Paper presented at Close Relationships Pre-conference at the annual meeting of the Society of Personality and Social Psychology, New Orleans.
- Uchino, B.N. (January, 2005). *Physiological processes underlying social support*. Paper presented at the University of Michigan, Research Center for Group Dynamics.
- Uchino, B.N. (November, 2005). *Social relationships, physiological processes, and health outcomes*. Paper presented at Utah State University, Department of Health, Physical Education, and Recreation.

- Uchino, B.N. (March, 2007). *Does stress influence health . . . and if so . . . how?* Paper presented for the University of Utah Association of Female Physicians. College of Social and Behavioral Sciences.
- Uchino, B.N. (May, 2008). *Charge to the graduates: What makes an effective mentor / role model?* Presented at the University of Utah Psychology Graduation Ceremony.
- Uchino, B.N. (October, 2009). *Social relationships and health: An examination of physiological pathways.* Paper presented at the University of Michigan, Research Center for Group Dynamics.
- Uchino, B.N. (October, 2009). *Relationships and health: How social processes may influence health-related outcomes.* Paper presented at Brigham Young University, Department of Psychology.
- Uchino, B.N. (October, 2010). *Social ties and health: Biological processes associated with relationships that might influence health outcomes.* Paper presented at Utah State University, Department of Health, Physical Education, and Recreation.
- Uchino, B.N. (October, 2010). *Social Ties and Health: Explorations into Links between Relationship Quality and Partner Knowledge with Physiological Outcomes.* Paper presented at the University of California at Los Angeles, Department of Psychology.
- Uchino, B.N. (June, 2011). *Towards an integrative analysis of relationship positivity and negativity on health.* Paper presented at the Academy of Behavioral Medicine Research, Park City.
- Uchino, B.N. (October, 2011). *Understanding the links between social ties and health: On building stronger bridges with relationship science.* Keynote address presented at the International Association of Relationship Research Conference on Health, Emotions, and Relationships, Tucson.
- Uchino, B.N. (May, 2013). *Charge to the graduates: Effective mentoring.* Presented at the University of Utah College of Social and Behavioral Sciences Graduate Convocation.
- Uchino, B.N. (March, 2014). *Social relationships and health: On the importance of ambivalent ties for cardiovascular health and its intervention implications.* Paper presented at the University of Texas at Austin, Department of Human Development and Family Sciences.
- Uchino, B.N. (October, 2014). *Social ties and health: Insights gained from a broad perspective on relationship positivity and negativity.* Paper presented at the University of British Columbia at Vancouver, Department of Psychology.

CONVENTION PRESENTATIONS

- Uchino, B. (1989, January). *Attributions and locus of control beliefs: Research applications in minority educational underachievement.* Paper presented at the annual meeting of the Hawaii Psychological Association, Honolulu.
- Carlson, J.G., Muraoka, M.Y., Uchino, B., & Uchigakiuchi, P. (1989, March). *A model for multi-site EMG relaxation training.* Paper presented at the annual meeting of the Association for Applied Psychophysiology and Biofeedback, San Diego.
- Uchino, B.N. & Cacioppo, J.T. (1990, October). *The relationship between facial expressiveness and sympathetic activation in emotion: An empirical study.* Paper presented at the annual meeting of the Society for Psychophysiological Research, Boston.
- Uchino, B.N., Kiecolt-Glaser, J.K., & Cacioppo, J.T. (1991, October). *Caregiving, aging, and social support: Effects on cardiovascular functioning.* Paper presented at the annual meeting of the Society for Psychophysiological Research, Chicago.
- Uchino, B.N., Kiecolt-Glaser, J.K., & Cacioppo, J.T. (1992, April). *Aging and social support: Effects on cardiovascular functioning in family caregivers of patients with Alzheimers.* Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago.
- Fabrigar, L.R., Wegener, D.T., Uchino, B.N., & MacCallum, R.C. (1992, July). *Equivalent models in applications of covariance structure modeling: A threat to theoretical inferences.* Paper presented at the annual

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meeting of the Psychometric Society, Columbus.

Fabrigar, L.R., Wegener, D.T., Uchino, B.N., & MacCallum, R.C. (1992, August). *Interpretation of covariance structure models: The problem of equivalent models*. Paper presented at the annual meeting of the American Psychological Association, Washington, D.C.

Uchino, B.N., Kiecolt-Glaser, J.K., & Cacioppo, J.T. (1993, April). *Retrospective ratings of relationship quality and cardiovascular reactivity in family caregivers of Alzheimer's Disease victims: A preliminary study*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago.

Uchino, B.N., Sgoutas-Emch, S.A., Malarkey, W., Cacioppo, J.T., Kiecolt-Glaser, J.K., Pearl, D., & Glaser, R. (1993, June). *Individuals high in social support are characterized by enhanced immune function*. Paper presented at the annual meeting of the American Psychological Society, Chicago.

Uchino, B.N., Cacioppo, J.T., & Berntson, G.G. (1993, October). *Individual differences in autonomic origins of heart rate reactivity: The psychometrics of respiratory sinus arrhythmia and pre-ejection period*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Rottach-Egern.

Uchino, B.N., Cacioppo, J.T., Malarkey, W., Kiecolt-Glaser, J.K., Sgoutas-Emch, S.A., & Glaser, R. (1994, May). *Specific dimensions of social support are associated with immune function*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago.

Uchino, B.N., Cacioppo, J.T., Malarkey, W., Kiecolt-Glaser, J.K., Sgoutas-Emch, S.A., & Glaser, R. (1994, May). *Social support and immune function*. Paper presented at the Workshop on HIV/SIV pathogenesis and mucosal transmission and AIDS postdoctoral fellows meeting, Sponsored by ATLAS and NIH, Bethesda, Maryland.

Uchino, B.N., Cacioppo, J.T., Malarkey, W., Glaser, R., & Kiecolt-Glaser, J.K. (1994,

October). *Social support predicts age-related differences in blood pressure in women*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Atlanta.

Uchino, B.N., Cacioppo, J.T., Malarkey, W., & Glaser, R. (1995, August). *Individual differences in cardiac sympathetic control predict endocrine and immune response to acute psychological stress*. Paper presented at the annual meeting of the American Psychological Association, New York.

Poehlman, K.M., Cacioppo, J.T., Malarkey, W., Uchino, B.N., Kiecolt-Glaser, J.K., & Glaser, R. (1995, August). *Effects of acute stress on chronically stressed individuals*. Paper presented at the annual meeting of the American Psychological Association, New York.

Uchino, B.N. & Garvey, T.S. (1995, October). *The availability of social support influences cardiovascular reactivity to acute psychological stress*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Toronto.

Poehlmann, K.M., Cacioppo, J.T., Malarkey, W., Uchino, B.N., Kiecolt-Glaser, J.K., & Glaser, R. (1995, October). *Autonomic, neuroendocrine, and immune responses to mild psychological stressors in caregivers of spouses with Alzheimer's disease*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Toronto.

Garvey, T.G. & Uchino, B.N. (October, 1996). *Trait aggression and cardiovascular functioning: An examination of mechanisms*. Paper presented at the annual meetings of the Society for Psychophysiological Research, Vancouver.

Poehlmann, K.M., Bureson, M.H., Cacioppo, J.T., Malarkey, W.B., Uchino, B.N., Kiecolt-Glaser, J.K., & Glaser, R. (October, 1996). *The effects of acute and chronic psychological stress on autonomic, neuroendocrine, and immune responses: A comparison of caregivers of spouses with Alzheimer's Disease and matched controls*. Paper presented at the annual meetings of the

- Society for Psychophysiological Research, Vancouver.
- Uno, D., Florsheim, P., Uchino, B.N. (1997, April). *Stress and parenting among White and Latino adolescent mothers*. Paper presented at the bi-annual conference of the Society for Research in Child Development.
- Uchino, B.N., Garvey, T.S., Holt-Lunstad, J., & Uno, D. (October, 1997). *The influence of social support on age-related differences in cardiovascular function*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Cape Cod.
- Nealy, J.B., Smith, T.W., Uchino, B.N., Reed, K.M., & Burgess, L.M. (March, 1998). *Cardiovascular responses to agentic and communal stressors in young women*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans.
- Holt-Lunstad, J., Uno, D., Garvey, T.S., Betancourt, R., & Uchino, B.N. (March, 1998). *Social support and age-related differences in cardiovascular function*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans.
- Holt-Lunstad, J., Clayton, C.J., & Uchino, B.N. (March, 1998). *Gender differences in cardiovascular responses to competitive tasks*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans.
- Holt-Lunstad, J., Uno, D., Flinders, J.B., & Uchino, B.N. (September, 1998). *Ambivalence in social relationships predicts cardiovascular reactivity to acute stress*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Denver.
- Uno, D., Holt-Lunstad, J., Flinders, J.B., & Uchino, B.N. (September, 1998). *Age-related differences in cardiovascular reactivity to stress*. Paper presented at the annual meeting of the Society for Psychophysiological Research, Denver.
- Smith, T.W., Ruiz, J.M., Uchino, B.N. (1999, March). *Vigilance, influence, and cardiovascular response during social interaction*. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver.
- Holt-Lunstad, J., Uchino, B.N., & Smith, T.W. (October, 2000). *Relationship quality predicts ambulatory blood pressure during social interactions*. Paper presented at the annual meeting of the Society for Psychophysiological Research, San Diego.
- Holt-Lunstad, J., Uchino, B.N., & Smith, T.W. (October, 2000). *Association between social relationships and health: The impact of relationships quality when seeking support during positive and negative events on cardiovascular reactivity*. Paper presented at the annual meeting of the Society for Psychophysiological Research, San Diego.
- Smith, T.W., Uno, D., Uchino, B.N., & Ruiz, J.M. (October, 2000). *Hostility, support from friends, and cardiovascular reactivity in young women*. Paper presented at the annual meeting of the Society for Psychophysiological Research, San Diego.
- Uno, D., Uchino, B.N., & Smith, T.W. (October, 2000). *Relationship quality determines the effectiveness of social support on cardiovascular reactivity*. Paper presented at the annual meeting of the Society for Psychophysiological Research, San Diego.
- Ruiz, J. M., Smith, T. W., Nealey, J. B., Hawkins, M., Uno, D, & Uchino, B. N. (February, 2001). *From seeing red to feeling blue: Differentiating negative affects in interpersonal contexts*. Presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio.
- Smith, T. W., Ruiz, J. M., Nealey, J. B., Hawkins, M., Uchino, B. N. (February, 2001). *On the bright side of social life: Optimism in interpersonal contexts*. Presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio.
- Ruiz, J. M., Smith, T. W., & Uchino. B. N. (March, 2001). *Differences in magnitude and duration of vagal response for high and low hostile individuals during cold stimulation*. Presented at the Annual Meeting of the American Psychosomatic Society, Monterey, CA.

- Smith, T. W., Ruiz, J. M., & Uchino, B. N. (March, 2001). *Mental activation of supportive ties reduces blood pressure reactivity to stress*. Presented at the Annual Meeting of the American Psychosomatic Society, Monterey, CA.
- Ruiz, Smith, & Uchino. (January, 2002). *Anger expression as social influence: Effects on experience and cardiovascular reactivity*. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Savannah, GA.
- Bloor, L., Berg, C., Wiebe, D., Uchino, B (2002, April). *Spousal support and adjustment in prostate cancer*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D. C.
- Ruiz, J. M., Smith, T. W., & Uchino, B. N. (January, 2002). *Anger expression in social contexts: Interpersonal and five factor correlates and physiological patterns of individual difference x situation mismatch*. Paper presented at the Society of Behavioral Medicine, Washington, DC.
- Smith, T.W., Uchino, B.N., Berg, C.A., Hawkins, M.W., Glazer, K.M., Bloor, L., Allen, N.J., & Beveridge, R. (March, 2003). *Blood pressure reactivity during marital interaction predicts concurrent coronary artery disease*. Paper presented at the American Psychosomatic Society, Phoenix, AZ.
- Glazer, K.M., Smith, T.W., Uchino, B.N., & Allen, N.J. (March, 2003). *Psychophysiological correlates of threat/challenge appraisal of a speech task*. Paper presented at the American Psychosomatic Society, Phoenix, AZ.
- Smith, T.W., Drews, F., Uchino, B.N., Strayer, D., Glazer, K.M., Ruiz, J.M., Albert, R., Allen, N.J., Campo, R., & Franklin, J. (March, 2003). *Sex differences in incentive effects on blood pressure reactivity during stimulated driving*. Paper presented at the American Psychosomatic Society, Phoenix, AZ.
- Allen, N., Berg, C., Smith, T., Hawkins, M., Glazer, K., Uchino, B., Florsheim, P., & Beveridge, R. (November, 2003). *The nature of marital conflict in middle aged and older couples*. Paper presented at the meeting of the Gerontological Society of America, San Diego, CA.
- Berg, C., Smith, T., Uchino, B., Hawkins, M., Glazer, K., Allen, N., Beveridge, R., & Florsheim, P. (November, 2003). *Agreement and accuracy in perceptions of self and spouse's cognitive functioning*. Paper presented at the meeting of the Gerontological Society of America, San Diego, CA.
- Berg, C., Smith, T., Uchino, B., Hawkins, M., Glazer, K., Allen, N., Beveridge, R., Florsheim, P., Montgomery, S., & Warden, J. (November, 2003). *Cognitive functioning and cardiovascular reactivity during couples' collaborative problem solving*. In L. Martire & M. Franks (Chairs), *Older couples managing everyday challenges: A focus on partner perceptions and influences during dyadic interactions*. Symposium conducted at the meeting of the Gerontological Society of America, San Diego, CA.
- Smith, T.W., Berg, C.A., Uchino, B.N., Hawkins, M.W., Glazer, K.M., & Allen, N.J. (April, 2003). *Blood pressure reactivity during disagreement and collaboration in middle-aged and older married couples*. Society of Behavioral Medicine.
- Smith, T.W., Uchino, B.N., Berg, C.A., Hawkins, M.W., Glazer, K.M., Bloor, L., Allen, N.J., & Beveridge, R. (March, 2003). *Blood pressure reactivity during marital interaction predicts concurrent coronary artery disease*. American Psychosomatic Society.
- Ko, K.J., Berg, C.A., Smith, T.W., Uchino, B., Allen, N., Beveridge, R., Pearce, G., Skinner, M, Daniels, C., Gilbert, J., Hamilton, L., Glazer, K., & Florsheim, P. (2004). *Facets of neuroticism and cognitive functioning in middle-aged and older adults*. Presented at the Annual Conference of the Gerontological Society of America, Washington, D.C.
- Skinner, M., Berg, C., Smith, T., Allen, N., Uchino, B., R. Beveridge, P. Florsheim, C. Daniels, G. Pearce, K. Ko (2004). *Context specificity of emotion regulation in older and middle-aged married couples*. Presented at

- the meeting of the Gerontological Society of America, Washington, D. C.
- Uchino, B.N., Smith, T.W., Berg, C.A., Pearce, G. & Florsheim, P. (March, 2005). *Age, stress, and ambulatory blood pressure*. Paper presented at the annual meetings of the American Psychosomatic Society, Vancouver, CA.
- Smith, T.W., Berg, C.A., Uchino, B.N., Florsheim, P., & Pearce, G. (March, 2005). *Association of spouse ratings of anxiety, anger, and depression with coronary artery calcification in healthy older adults*. Paper presented at the annual meetings of the American Psychosomatic Society, Vancouver, CA.
- Smith, T.W., Uchino, B.N., Light, K.A., Hicks, A. Campo, R., & MacKenzie, J. (March, 2005). *Cardiovascular reactivity during negative and positive couple interactions*. Paper presented at the annual meetings of the American Psychosomatic Society, Vancouver, CA.
- Berg, C., Ko, K., Story, N., Allen, N., Beveridge, R., Smith, T., Florsheim, P, Pearce, G., Skinner, M., Uchino, B. (November, 2005) *Cognitive Function and Interpersonal Control in Collaborative Problem Solving*. In C. Berg & J. Strough (Chairs), *Cognition in a social context*. Symposium presented at the meeting of the Gerontological Society of America, Orlando, FL.
- Smith, T.W., Berg, C., Uchino, B., Pearce, G. & Florsheim, P. (2006). *Marital Conflict behavior and Coronary Artery Calcification*. American Psychosomatic Society.
- Ko., K., Berg, C. A., Smith, T. W., & Uchino, B. (November, 2005). *Profiles of successful aging in middle-age and older adult married couples*. Poster presented at the annual Gerontological Society of America Meetings, Orlando, FL.
- Glazer, K. M., Smith, T. W., Berg, C. A., Uchino, B. N., Florsheim, P., Henry, N. J., & Beveridge, R. (2006). *Dispositional optimism as a predictor of affective and behavioral responses during marital interaction*. Society of Behavioral Medicine
- Berg, C. Smith, T., Skinner, M., Ko, K., Story, N., Allen, N., Beveridge, R., Pearce, G., Uchino, B., & Florsheim, P. (November, 2006). *Cognitive and interpersonal factors involved in couples' perceptions of collaborative problem solving*. In J. Strough & C. Berg (Organizers). *Social Cognition: Are two heads better than one?* Symposium presented at annual Gerontological Society of America Meetings, Dallas, TX.
- Smith, T.W., Uchino, B.N., Berg, C.A., Florsheim, P., Pearce, G., Hawkins, M., Henry, N., Beveridge, R., Skinner, M., Hopkins, P.N., & Yoon, H.C. (2007). *Dominance and affiliation as personality risk factors for coronary artery calcification*. Society of Behavioral Medicine.
- Berg, C. A., Ko, K., Skinner, M., Smith, T., & Uchino, B. (2008). *Gender differences in links between cognition and health in married couples*. In C. Hoppmann & D. Gerstorff (Co-Organizers), *Dyadic Interdependencies in Cognition and Health in Old Age*. Symposium presented at Gerontological Society of America, National Harbor, MD.
- Berg, C. A., Skinner, M., Ko, K., Uchino, B., & Smith, T. (2008). *Collaborative coping and daily stress in middle-aged and older married couples*. In R. Stawski & C. B. Rosnick (co-Organizers). *Stress, Health, Well-being, and Cognition across the Adult Lifespan: Psychological and Biological Perspectives*. Symposium presented at Gerontological Society of America, National Harbor, MD.
- Cundiff, J.M., Smith, T.W., Uchino, B.N., & Berg, C.A. (2009) *Subjective social status and psychosocial vulnerability in middle-aged and older couples*. American Psychosomatic Society.
- Smith, T.W., Uchino, B.N., Florsheim, P., & Berg, C.A. (2009). *Hostile control predicts cardiovascular reactivity during marital interaction*. American Psychosomatic Society.
- Henry, N., Smith, T.W., Butner, J.A., Berg, C.A., & Uchino, B.N. (2009). *Marriage, depressive symptoms, and the metabolic syndrome: A*

- couples' structural model*. American Psychosomatic Society.
- Ellington, L., Reblin, M., Latimer, S., Uchino, B., Clayton, M., & Roter D. (2010). *Patient physiological response to facilitative vs. directive provider communication*. Paper presented at the European Association for Communication in Health Care, Verona, Italy.
- Cundiff, J.M., Smith, T.W., Uchino, B.N., & Berg, C.A. (2010) *Subjective Social Status, Psychosocial Risk, and Self-Rated Health*. Poster presented at the annual meeting of the American Psychosomatic Society.
- Birmingham, W., Uchino, B. (2010). *Ambivalence and Cardiovascular Function: Examining Ambulatory Blood Pressure and Marital Quality*. Paper presented at the 31st annual meeting of the Society of Behavioral Medicine (SBM), Seattle, WA. *Citation Award Winner. Meritorious Student Award Winner*.
- Birmingham, W., Uchino, B., Smith, T., Light, K., Sanbonmatusu, D. (2010 January). *Social Ties and Cardiovascular Function: An Examination of Relationship Positivity and Negativity during a Laboratory Stressor*. Paper presented at the 11th annual SPSP conference, Las Vegas, Nevada.
- Carlisle, M., Uchino, B., Sanbonmatsu, D., Smith, T., Cribbet, M., Birmingham, W. (2010). *Relationships and Health: Subliminal Activation of Relational Schemas and Concurrent Cardiovascular Response*. Paper presented at the 11th annual SPSP conference, Las Vegas, Nevada.
- Cundiff, J.M., Smith, T.W., Uchino, B.N., & Berg, C.A. (2011) *Relative Status, Partner Dominance, Depression, and Self-Rated Health*. Poster presented at the annual meeting of the American Psychosomatic Society.
- Smith, Timothy W, Birmingham, W., Uchino, B. (2011 March). *Evaluative Threat and Ambulatory Blood Pressure*. Paper presented at the 69th Annual meeting of the American Psychosomatic Society, San Antonio, TX.
- Bowen, K., Birmingham, W., Uchino, Bert N., Carlisle, M., Smith, T., Light, K.C. (2011 October). *Specific Dimensions of Perceived Support and Ambulatory Blood Pressure: Which Support Functions Appear Most Beneficial and Why?* Paper presented at the annual conference for the International Association for Relational Research in Tucson, AZ.
- Latendresse, G., Uchino, B.N., & Wong, B. (2011, October). *Stress reduction in early pregnancy: A pilot study*. Paper presented at the annual meeting of Evidence-Based Research Nursing Conference, Salt Lake City, UT.
- Cribbet, M.R., Carlisle, M., Cawthon, R.M., Uchino, B.N., Williams, P.G., Smith, T.W., Gunn, H.E., & Light, K.C. (2012, June). *Cellular aging and restorative processes: Sleep quality moderates the association between age and telomere length in a sample of middle-aged and older adults*. Paper to be presented at the annual meeting of Associated Professional Sleep Societies, Boston, MA.
- Cundiff, J.M., Uchino, B.N., Smith, T.W., Cawthon, R., Light, K.C. (2013, March). *Socioeconomic status and health: Income and education are joint predictors of telomere length in middle-aged and older women but not men*. Poster presented at the annual meeting of the American Psychosomatic Society.
- Mikal, J.P., Rice, R.E., Kent, R.G., & Uchino, B.N. (2014, May). *Common Voice: Analysis of behavior modification and content convergence in a popular online community*. Paper presented at the International Communications Association, Seattle, WA.
- 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?* Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Hill, T., Uchino, B.N., Eckhardt, J., & Angel, J. (September, 2014). *Social Support Trajectories and Mortality Risk among Older Mexican Americans*. Paper presented at the International Conference on Aging in the Americas, Boulder, CO.

- Moore, S. M., Uchino, B. N., Baucom, B. R., Behrends, A. A., & Sanbonmatsu, D. M. *Are relationships and mental health outcomes predicted by attitude similarity or familiarity in couples?* (2015). Paper presented at the annual convention of the Society for Personality and Social Psychology, Long Beach, CA.
- Birmingham, W.C., Uchino, B.N., Smith, T.W., Light, K.C., Bosch, J.A., Ridley, S., Reblin, M., Carlisle, M. (Feb 2015). *Parenthood and Cardiovascular Health in Older Couples: An Examination of Parental Status, Resting Blood Pressure and Health Behaviors*. Paper presented at the 16th annual Society for Personality and Social Psychology conference. Long Beach, CA.
- Reblin, M., Birmingham, W.C., Smith, T.W. & Uchino, B.N. (June, 2015). *Multi-situational, multi-dimensional measurement of dyadic relationship quality*. Paper presented at the 2015 Mini-Conference of the International Association for Relationship Research, New Brunswick, NJ.
- Dietch, J. R., Taylor, D. J., Ahn, C., Allison, M., Smith, T. W., Smyth, J. M., Uchino, B. N., & Ruiz, J. M. (2016). Racial/ethnic and sex differences in objective sleep in a diverse community sample. Poster presented at the 74th American Psychosomatic Meeting, March, 2016, Denver, CO.
- Bourassa, K., Ruiz, J. M., Sbarra, D., Ahn, C., Allison, M., Smith, T. W., Smyth, J. Taylor, D. J., & Uchino, B. N. (2017). *Marital status moderates the association of vigilance and ambulatory blood pressure*. Poster to be presented at the 38th Annual Meeting of the Society of Behavioral Medicine, March, 2017, San Diego, CA.
- Doyle, C., K., Flores, M., Ahn, C., Allison, M., Smith, T. W., Smyth, J., Taylor, D. J., Uchino, B. N., & Ruiz, J. M. (2017). *A Good Night's Sleep May Lower the Pressure: Actigraphy-Assessed Sleep Efficacy and Ambulatory Blood Pressure in a Community Sample*. Poster to be presented at the 38th Annual Meeting of the Society of Behavioral Medicine, March, 2017, San Diego, CA.
- Garcia, J. J., Ruiz, J. M., Ahn, C., Allison, M., Smith, T. W., Smyth, J. Taylor, D. J., & Uchino, B. N. (2017). *Racial/Ethnic Differences in Subclinical Atherosclerosis in the North Texas Heart Study*. Poster to be presented at the 38th Annual Meeting of the Society of Behavioral Medicine, March, 2017, San Diego, CA.
- Ruiz, J. M., Garcia, J. J., Flores, M., Ahn, C., Allison, M., Smith, T. W., Smyth, J. Taylor, D. J., & Uchino, B. N. (2017) *Racial/Ethnic Differences in Progression of Subclinical Atherosclerosis in the North Texas Heart Study*. Poster to be presented at the 38th Annual Meeting of the Society of Behavioral Medicine, March, 2017, San Diego, CA.

ADMINISTRATION AND SERVICE

Departmental Administration and Service:

Ohio State University Department of Psychology Ethics Committee (1991-1992)
 Treasurer, Ohio State University Psychophysiology Speaker Series (1992-1993)
 Cognitive and Neural Science Search Committee (1994-1995)
 Graduate Committee (1994-2000)
 Joint Developmental / Cognitive and Neural Science Search Committee (1997)
 Social-Health Search Committee (1999)
 Chair, Graduate Committee (Summer and Fall 1996; Summer, 1998 – Spring, 2000)
 Clinical Search Committee (2001-2002)
 Cognitive Neuroscience Search Committee (2004-2005)
 Personnel Committee (2004-2006; Chair: 2015-2016, 2016-2017).
 Professional Interest and Ethics Committee (2004-2005, 2006-2007, 2015-2016)
 Chair, Social Psychology Area (2001 – 2006)

Executive Committee (2002, 2008, 2009, 2010-2014, 2016-2017)
 Chair, Diversity Committee (2006-2007)
 Quantitative Search Committee (2011)
 Cognitive and Neural Science Search Committee (2013)
 Chair, Space Committee (2008-2010; 2011-2014)
 Associate Chair, Department of Psychology (2008-2010; 2011-2014)
 Social Psychology Search Committee (2015)
 Developmental Search Committee (2015)
 Frederick T. Rhodewalt Award for Innovative Scholarship Review Committee (2017)

University and Local Administration and Service:

University of Utah Minority Faculty Panel (1995)
 CSBS Hiatt Graduate Scholarship Committee (1996)
 Graduate Research Fellowship Committee (2002)
 Graduate Council (2002-2005)
 Reviewer, URC Grants (2003, 2004)
 IPIA Senior Faculty Search Committee (2006-2007)
 Leadership Development Program Participant (2008-2009)
 CSBS Proposal Initiative Grants Review Panel (2009, 2010)
 Reviewer, University of Utah Seed Grant (2009)
 Social Science Area Committee (2010-2012)
 CSBS Dean's Research Advisory Council (2010-2013)
 Social and Behavioral Science Committee (2012-2014)
 Graduate Research Fellowship Evaluation Committee (2013)
 Utah Educational Network SciFi Friday (Expert Commentator for Scrooge, 2013)
 CSBS Working Group on Interdisciplinary Research (2015-2016)
 CSBS Research Day Judge (2016)
 Senior Mentor, Vice-Presidents Clinical and Translational Scholars (VPCAT) program, University of Utah (2015-2017).
 CSBS Faculty Search Advisory Committee (2017)

National Administration and Service:

Reviewer, American Psychological Association Dissertation Research Awards (1995)
 Reviewer, Society of Behavioral Medicine conference submissions (1997)
 Reviewer, American Psychological Association (Division 8) conference submissions (1998, 2000, 2002, 2003)
 Reviewer, American Psychological Association (Division 8 / Division 38) shared conference submissions (1998)
 Reviewer, American Psychological Association (Division 38) conference submissions (1999, 2001, 2003, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2015, 2016)
 Reviewer, Fetznor Institute RFA on Self-Reports and Health (2000).
 Reviewer, John Templeton Foundation (2005)
 Reviewer, National Science Foundation (2001, 2015)
 Reviewer, Department of Veteran's Affairs Extramural Grants (2002)
 Ad Hoc Committee Member, National Institutes of Health study section on Interdisciplinary Educational Workshops (1999)
 Committee Member, National Institutes of Health study section RPHB-4 / SPIP (2002-2004)
 Ad Hoc Committee Member, National Institutes of Health study section SPIP (February 2005, June 2005; June 2007)

- Conflict Review Panel, National Institutes of Health SPIP (July, 2006; Nov., 2006; Feb. 2007); PDRP (April, 2010).
- Ad Hoc Committee Member, National Institutes of Health Psychosocial Development, Risk, and Prevention (PDRP) study section (June, 2008)
- Stage 1 Challenge Grant Reviewer, National Institutes of Health (June, 2009)
- Ad Hoc Committee Member, Special emphasis study section, National Institute on Aging (July, 2009; December, 2010)
- Pre-reviewer, Grant proposals for Gender Equity Project, Hunter College CUNY (2009-2010).
- Ad Hoc Committee Member, Behavior and Social Science of Aging Review Committee, National Institute on Aging (June, 2012).
- Mentoring Committee for Dr. Dina Eliezer. National Human Genome Research Institute, National Institutes of Health (2013-2014).
- External Reviewer, Graduate Women in Science Fellowship (2014).
- Member, American Psychological Association Division 38 (Health Psychology) Fellows Committee (2014)
- Mentor, Health Psychology Connections Program Division 38 (2014-present)
- Mentor, Relationships research mentoring committee, International Association for Relationship Research (2015-present)
- Chair, American Psychological Association Division 38 (Health Psychology) Fellows Committee (2015-2017)

UNDERGRADUATE RESEARCH PROJECT SUPERVISION

- Clarke, Rachel (2006). Supportive and ambivalent friendships: What makes them different? Department of Psychology Senior Thesis Project.
- Fung, Samantha (2011). *Social support and health: A comparison of the direct effects and buffering models*. Honors College, University of Utah, Salt Lake City, Utah.
- Porter, Louise (2012). *Perceived stress and ambulatory blood pressure: An analysis of potential health behavior mechanisms*. Honors College, University of Utah, Salt Lake City, Utah.
- Darbonne, Anna (2013). *What mediates links between age and well-being? A test of social support and interpersonal conflict as potential interpersonal pathways*. Undergraduate research project.
- Florence, Tyson (2015-present). Changes in cardiovascular reactivity as a function of active and passive coping styles. Undergraduate research project.

MA THESIS SUPERVISION

- Garvey, T.S. (1998). *Rudimentary determinants of social support: Under what conditions are friends the best source of support*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Holt-Lunstad, J. (1998). *Gender differences in cardiovascular responses to competitive tasks*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Weir, J. (1999). *Pessimistic shifts in anticipation of risk factor test results*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Bloor, L. (2001). *Do relationships schemata and attachment style contribute to cardiovascular reactivity during speaking tasks?* Department of Psychology, University of Utah, Salt Lake City, Utah.
- Campo, R. (2002). *Contrasting the affect models: The negativity bias, the positivity bias, and the evaluative activation model*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Reblin, M. (2005). *Social support and health: The influence of choice of support seeking on cardiovascular reactivity to stress*. Department of Psychology, University of Utah, Salt Lake City, Utah.

- Birmingham, W. (2009). *Potential pathways through which social relationships mediate cardiovascular reactivity during stress*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Carlisle, M. (2010). *Social relationships and health: Subliminal activation of relationship schemas and concurrent cardiovascular responses*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Bowen, K. (2013). *The moderating influence of choice on the support-reactivity link*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Kent, R. (2014). *Is an anxious support provider an effective one?* Department of Psychology, University of Utah, Salt Lake City, Utah.

PHD DISSERTATION SUPERVISION

- Uno, D. (1999). *Effects of type of support and gender of support provider on cardiovascular reactivity during acute stress*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Holt-Lunstad, J. (2001). *Social ties in the context of life events: The moderating role of relationship quality on cardiovascular reactivity when discussing positive and negative life events*. Department of Psychology University of Utah, Salt Lake City, Utah.
- Bloor, L.W. (2005). *Social economic status and health: An examination of mechanisms*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Matwin, S. (2007). *Ambivalence as a Mediator of Message-Framing in Persuasive Health Appeals: The Relative Effectiveness of Differently Framed Messages in Regards to "Risky" Health Decision*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Campo, R. (2007). *Understanding Psychological and Physiological Mechanisms Underlying the Social Support-Reactivity Link with the Use of Pets*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Reblin, M. (2008). *Expectation and relationship quality in perceived and enacted social support*, Department of Psychology, University of Utah, Salt Lake City, Utah.
- Vaughn, A. (2008). *The effects of relationship quality and distraction on cardiovascular reactivity and recovery in a social support context*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Birmingham, W. (2011). *Relationships quality and ambulatory blood pressure in marriage*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Carlisle, M. (2013). *Social relationships and health: Implicit and explicit links to biological outcomes*. Department of Psychology, University of Utah, Salt Lake City, Utah.
- Bowen, K. (2015). *Cultural contributions to the link between received support and ambulatory blood pressure*. Department of Psychology, University of Utah, Salt Lake City, Utah.

POSTDOCTORAL SUPERVISION

- Trettevik, R. (2015-present). *The role of social identity on cardiovascular disease risk*. Department of Psychology, University of Utah, Salt Lake City, UT.

OTHER MA COMMITTEE SERVICE

Uno, Darcy (Florsheim, 1996)
 Nealy, Jill (Smith, 1998)
 Tragakis, Mike (Rhodewalt, 1999)
 Joe, Jeffrey (White, 2000)

Thompson, Greg (Margonis, 2001, Education)
 Glazer, Kelly (Smith, 2002)
 Vanous, Sam (Sanbonmastsu, 2002)
 Matwin, Sonya, (White, 2003)

Bierly, Sari (Werner, 2005)
 Ko, Kelly (Berg, 2005)
 Vaughn, Allison (Butner, 2004)
 MacKenzie, Justin (Smith, 2007)
 Gunn, Heather (Williams, 2007)
 Traupman, Emily (Smith, 2008)
 Taber, Jennifer, (Aspinwall, 2010)

McGarrity, Larissa (Huebner, 2012)
 Behrends, Arwen (Sanbonmatsu, 2014)
 Brown, Shannon (Sanbonmatsu, 2014)
 Kelly, Caitlin (Berg, 2015)
 Hogan, Jasara (Baucom, 2016)
 Deits-Lebehn, Carelene (Smith, 2015-present)
 Thomas, Dexter (Aspinwall, 2016-present)

OTHER PHD COMMITTEE SERVICE

Williams, Paula (Weibe, 1994)
 Ellington, Lee (Weibe, 1996)
 Sheppard, Steven (Smith, 1996)
 Sun, Yi-Chun (Croyle, 1997)
 Tschanz, Brian (Rhodewalt, 1998)
 Feick, David (Rhodewalt, 1998)
 Coffrin, Keely (Turner, 1998)
 Gallo, Linda (Smith, 1998)
 Posovac, Steve (Sanbonmatsu, 1998)
 Neely, Jill (Smith, 2002)
 Ho, Edward (Sanbonmatsu, 2002)
 Smith, Jessie (Sansone, 2002)
 Hamann, Heidi (Smith, 2002)
 Ruiz, John (Smith, 2002)
 Hawkins, Melissa (Smith, 2004)
 Hicks, Angela (Diamond, 2005)
 Olsen, Chrisana (Smith, 2005)
 Vago, David (Kesner, 2005)
 Rodgers, Jason (Kesner, 2005)
 Vanous, Sam (Sanbonmatsu, 2006)
 Glaser, Kelly (Smith, 2007)
 Upchurch, Renn (Weibe, 2007)

Latendresse, Gwen (Murphy, 2008, Nursing)
 Otter-Hendersen, Kim (Diamond, 2008)
 Ko, Kelly (Berg, 2008)
 Churchwell, John (Kesner, 2008)
 Fagundes, Chris (Diamond, 2010)
 Amburgey, Jonathan (White, 2010)
 Traupman, Emily (Smith, 2011)
 MacKenzie, Justin (Smith, 2011)
 Caska, Catherine (Smith, 2012)
 Jenny Cundiff (Smith, 2013)
 Cribbet, Matthew (Williams, 2013)
 Taber, Jennifer (Aspinwall, 2013)
 Uphold, Holly (Utz, 2013)
 Mazur, Dominika (White, 2013)
 Butterworth, Molly (Diamond, 2013)
 Kevin Jordan (Smith, 2013)
 Mansfield, Cade (Pasupathi, 2015)
 Rau, Holly (Williams, 2015)
 Nathan Story (Butner, 2016)
 Moore, Shannon (Sanbonmatsu, 2016)
 Dryski, Mona (Crowell, 2016 to present)
 Kaufmann, Erin (Crowell, 2016 to present)

COURSES TAUGHT

3410 Introduction to Social Psychology: Fall (1994); Spring (1995); Winter (1996); Fall (1997)
 3460 Introduction to Health Psychology: Fall (1995); Spring (1997); Winter (1998); Fall (1998); Spring (2002); Spring (2003); Fall (2003), Fall (2004), Fall (2005), Fall (2006), Fall (2008), Fall (2009), Fall (2010), Fall (2011), Spring (2013), Fall (2013), Fall (2015), Fall (2016)
 4800 Independent Study: Psychoneuroimmunology, Spring (1995); Ethnicity, stress, and coping, Spring (1999)
 4900 Presenior Thesis: Spring (2006); Fall (2006); Spring (2007)
 6100 Practicum in Teaching Psychology: Fall (1996); Winter (1997); Spring (1997); Fall (1999); Spring (2000)
 6420 Research Methods in Social Psychology: Winter (1995); Winter (1996); Winter (1997); Winter (1998); Spring (2003); Spring (2004), Spring (2005), Spring (2012)
 6940 Grant writing in Psychology: Spring (2004), Spring (2005), Spring (2009), Spring (2011), Spring (2014)

6962 Stress, Physiological Processes, and Health: Spring (1996); Fall (1998); Spring (2002); Spring (2006), Spring (2010), Fall (2012), Spring (2016)

6962 Stress and Coping: Spring (1999)

6962 Psychoneuroimmunology: Spring (2000)

7964 Social Neuroscience: Fall (1999); Fall (2002)

MAJOR MEDIA PARTICIPATION
2010 to Present

Time Magazine (March, 2010). Recipe for longevity; No smoking, lots of friends.

U.S. News and World Report (January, 2013). Texting doesn't replace the feel-good effects of talking, study says.

National Public Radio (March, 2013). Maybe isolation, not loneliness, shortens life.

Huffington Post (April, 2013). What's worse than a co-worker who undermines you?

NBC Today Show Online (June, 2014). Expert commentary on negative social ties and incident hypertension.

BBC Future (November, 2014). Anti-social networks. Health risks of love-hate relationships

New York Magazine (February, 2015). A work frenemy can make you better at your job.

Boston Globe (April, 2015). Dangers of Loneliness.

News Works (April, 2015). Could better health be a hug away?

Women's Health (June, 2017).