

## VITAE

### Paula G. Williams

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Park City, UT 84098

#### LICENSURE

May 15, 1996            Licensed Psychologist  
North Carolina License #2205 (expired)

#### PROFESSIONAL POSITIONS

Aug. 2010-present    **Associate Professor**, Department of Psychology, University of Utah, Salt Lake City, UT

July 2015-present    **Director of Graduate Studies**, Department of Psychology, University of Utah, Salt Lake City, UT

Aug. 2004-July 2010   **Assistant Professor**, Department of Psychology, University of Utah, Salt Lake City, UT

Aug. 2005-present    **Staff Associate**, University Counseling Center, University of Utah, Salt Lake City, UT

Aug. 2003-July 2004   **Visiting Scholar**, Department of Psychology, University of Utah, Salt Lake City, UT

Aug. 2002-Aug. 2003   **Co-Director of Clinical Training**, Department of Psychology, Washington State University, Pullman, WA

Aug. 2000-July 2004   **Assistant Professor**, Department of Psychology, Washington State University Pullman, WA

Aug. 1996- May 2000   **Assistant Professor**, Department of Psychology, Loyola University Chicago Chicago, IL

#### EDUCATION

1994-1996            **Postdoctoral Fellowship-Behavioral Medicine**  
Duke University Medical Center, Durham, NC

June 1995            **Ph.D., Clinical Psychology**  
University of Utah, Salt Lake City, UT.

1993-1994            **Predoctoral Internship in Clinical Psychology**  
Duke University Medical Center, Durham, NC

- Sept. 1988           **M.S., Clinical Psychology**  
 Illinois State University, Normal, IL.
- Jan. 1986           **B.S., Psychology/Genetics & Development**  
 University of Illinois, Urbana-Champaign, IL

### **HONORS**

- 2012           Innovative Teaching Award, University of Utah (\$10,000)
- 2000           LifeScan Diabetes Research Award (\$1000), Society of Behavioral Medicine
- 1996           Citation Paper Award, Society of Behavioral Medicine
- 1994           National Research Service Award, Grant No. 5T32-MH-19109
- 1993           Dissertation Award (\$500), American Psychological Association
- 1992           Marriner S. Eccles Graduate Fellowship, University of Utah
- 1992           Professional Development Award (\$500) & Commendation for Service  
 Department of Psychology, University of Utah
- 1992           Preliminary Examination-Passed with High Distinction  
 Department of Psychology, University of Utah
- 1991           Commendation for Research, Department of Psychology, University of Utah
- 1991           University Research Committee Graduate Fellowship, University of Utah
- 1990           Commendation for Overall Performance  
 Department of Psychology, University of Utah

### **GRANT ACTIVITY**

#### **Grants received:**

- Interdisciplinary Research Pilot Program Grant-University of Utah (Principal Investigator) 2015-2016  
 “Individual differences in the experience of aesthetic stimuli” (\$9200)
- Neuroscience Initiative Collaborative Pilot Project Grant-University of Utah (Principal Investigator) 2015-2016  
 “Examination of neurobehavioral and neurophysiological mechanisms underlying habitual short sleep duration” (\$48,250)
- Innovative Teaching Award-University of Utah (Principal Investigator) 2012-2014  
 “Development of a tailored, web-based stress management program: Supplemental instruction for Psychology 3330: Stress Management” (\$10,000)
- University Teaching Committee Grant-University of Utah (Principal Investigator) 2011-2012  
 “Development of an Experiential Course in Stress Management” (\$3500)
- Funding Incentive Seed Grant-University of Utah (Principal Investigator) 2009-2010  
 “Insomnia and Stress Regulation: Neuropsychological and Psychophysiological Mechanisms” (\$22,400)
- New Faculty Seed Grant-Washington State University (Principal Investigator) 2001-2003  
 “Individual differences in self-assessed health: A prospective examination of mechanisms and health behavior outcomes” (\$6195)
- Initiation and Completion Grant-Washington State University (Principal Investigator) 2003  
 “Individual differences in self-assessed health: A prospective examination of mechanisms and health behavior outcomes”

(\$600)

Loyola University Chicago Research Support Grant (Principal Investigator) 1999-2000  
 “Examination of factors related to illness behavior socialization in children” (\$1750)

Grants under review:

National Heart, Lung, and Blood Institute (co-Principal Investigator)  
 “Neurobehavioral Mechanisms Underlying Sleep Duration: Phenotypic and Endophenotypic Characteristics of Short Sleeper Subtypes in the Human Connectome Project Database”

Grants-not funded

National Institutes of Health; RFA/Initiative: Sleep and Social Environment: Biopsychosocial Processes (Principal Investigator)  
 “Individual differences in vulnerability and resilience to stress-related sleep disruption: Testing a dynamic systems model of social stress and sleep”

National Institute on Aging (Co-Investigator; PI: Yana Suchy, Ph.D.)  
 “Reaction to novelty as a marker of preclinical cognitive decline in older adults”

National Institute on Aging (Co-Investigator; PI: Bert Uchino, Ph.D.)  
 “Stress and aging: Mechanisms linking neural and peripheral biological changes during laboratory and daily life stress”

**JOURNAL ARTICLES AND BOOK CHAPTERS**

Rau\*, H.K., & **Williams, P.G.** (2015). Dispositional mindfulness: A critical review of construct validation research [Special Issue: Mindfulness]. *Personality and Individual Differences*, DOI:10.1016/j.paid.2015.09.035.

Rau\*, H.K., Suchy, Y., Butner, J.E., & **Williams, P.G.** (2015). Latent profiles of executive functioning in healthy, young adults: Evidence of individual differences in hemispheric asymmetry. *Psychological Research*, DOI 10.1007/s00426-015-0706-5.

Smith, T.W., & **Williams, P.G.** (in press). Assessment of social traits in married couples: Self-reports versus spouse ratings around the interpersonal circumplex. *Psychological Assessment*.

Jordan\*, K.D., **Williams, P.G.**, & Smith, T.W. (2015). Interpersonal distinctions among hypochondriacal traits: Styles, goals, vulnerabilities, and perceptions of health care providers. *Journal of Social and Clinical Psychology*, 34, 459-475.

Smith, T., & **Williams, P.G.** (2015). Self-reports and spouse ratings of neuroticism: Perspectives on emotional adjustment in couples. *Journal of Family Psychology*, 29, 302-307.

Smith, T.W., **Williams, P.G.**, & Segerstrom, S.C. (2015). Personality and physical health. In L. Cooper and R. Larsen (Eds), *APA Handbook of Personality and Social Psychology (Vol 4): Personality Processes and Individual Differences* (pp. 639-661). Washington, D.C.: American Psychological Association.

Cribbet\*, M.R., Carlisle\*, M., Cawthon, R.M., Uchino, B., **Williams, P.G.**, Smith, T.W., Gunn\*, H.E., & Light, K.C (2014). Cellular aging and restorative processes: Subjective sleep quality and duration moderate the association

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between age and telomere length in a sample of middle-aged and older adults. *SLEEP*, 37, 65-70.

- Williams, P.G.**, Suchy, Y., & Kraybill, M.L. (2013). Preliminary evidence for low Openness to Experience as a pre-clinical marker of incipient cognitive decline among older adults. *Journal of Research in Personality*, 47, 945-951.
- Williams, P.G.**, Cribbet\*, M.R., Rau\*, H.K, Gunn\*, H.E., & Czajkowski, L. (2013). The effects of poor sleep on cognitive, affective, and physiological responses to a laboratory stressor. *Annals of Behavioral Medicine*, 46, 40-51.
- Franchow\*, E., Suchy, Y., Thorgusen\*, S., & **Williams, P.G.** (2013). Beyond education: The contribution of Openness to cognitive reserve in older adulthood. *Journal of Aging Sciences*, 1, 109. doi: 10.4172/2329-8847.1000109
- Smith, T.W., & **Williams, P.G.** (2013). Behavioral medicine and clinical health psychology. In M. J. Lambert (Ed), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (pp. 690-734). New York: John Wiley & Sons.
- Crowell, S., Skidmore\*, C., Rau\*, H.K., & **Williams, P.G.** (2013). Psychosocial stress, emotional regulation, and resilience in adolescence. In W. O'Donohue, L. Bennuto, & L.W. Tolle (Eds.), *Handbook of adolescent health psychology*. New York, NY: Springer.
- Hartz, A., Ross, J.J., Noyes, R., & **Williams, P.G.** (2013). Somatic symptoms and psychological characteristics associated with insomnia in postmenopausal women. *Sleep Medicine*, 14, 71-78.
- Cribbet\*, M.R. & **Williams, P.G.** (2012). Personality. In M.D. Gellman & J.R. Turner (Eds.) *Encyclopedia of Behavioral Medicine*, New York, NY: Springer.
- Rau\*, H. & **Williams, P.** (2012). Illness Cognitions and Perceptions. In M.D. Gellman & J.R. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer.
- Rau\*, H. & **Williams, P.** (2012). Illness Behavior. In M.D. Gellman & J.R. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer.
- Smith, T. W., Cribbet\*, M. R., Nealey-Moore, J. B., Uchino, B. N., **Williams, P. G.**, MacKenzie\*, J., & Thayer, J. F. (2011). Matters of the variable heart: Respiratory sinus arrhythmia as an index of sex differences in self-regulation in marriage. *Journal of Personality and Social Psychology*, 100, 103-119.
- Cribbet\*, M. R., **Williams, P. G.**, Gunn\*, H. E., & Rau\*, H. K. (2011). Interactive effects of tonic and phasic respiratory sinus arrhythmia on affective responses to stress. *Emotion*, 11, 188-193.
- 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 Contrada, R. & Baum, A. (Eds.), *Handbook of stress science: Biology, psychology, and health* (pp. 231-245). New York, NY: Springer.
- Williams, P. G.**, & Suchy, Y. (2011). Temperament, personality, and heritability of individual differences in executive functioning. In Y. Suchy, *Clinical Neuropsychology of Emotion, Part IV*. pp. 223-234. New York: Guilford Press.
- Williams, P. G.**, & Suchy, Y. (2011). Stress regulation, executive functioning, and physical and mental health. In Y. Suchy, *Clinical Neuropsychology of Emotion, Part IV*. pp. 235-246. New York: Guilford Press.

**Williams, P. G.** (2010). Commentary: Self-regulation, executive functioning, and neurovisceral

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integration. *Pain*, 151, 5-6.

**Williams, P. G.**, Suchy, Y., & Kraybill\*, M. L. (2010). Five-Factor Model personality traits and executive functioning in older adults. *Journal of Research in Personality*, 44, 485-491.

**Williams, P. G.**, Smith, T. W., & Jordan\*, K. D. (2010). Health anxiety and hypochondriasis: Interpersonal extensions of the cognitive-behavioral perspective. In Beck, G. (Ed.), *Interpersonal processes in the anxiety disorders: Implications for understanding psychopathology and treatment*. pp. 261-284. American Psychological Association.

Suchy, Y., **Williams, P. G.**, Kraybill, M. L., Franchow\*, E., & Butner, J. (2010). Instrumental activities of daily living among community-dwelling older adults: Personality associations with self-report, performance, and awareness of functional difficulties. *The Journals of Gerontology, Series B, Psychological Sciences and Social Sciences*, 65, 542-550.

**Williams, P. G.**, Rau\*, H. K., Cribbet\*, M. R., & Gunn\*, H. E. (2009). Openness to Experience and stress regulation. *Journal of Research in Personality*, 43, 777-784.

**Williams, P. G.** & Thayer, J. F. (2009). Executive functioning and health: Introduction to the Special Series. *Annals of Behavioral Medicine*, 37, 101-105.

**Williams, P. G.**, Suchy, Y., & Rau\*, H. K. (2009). Individual differences in executive functioning: Implications for stress regulation. *Annals of Behavioral Medicine*, 37, 126-140.

**Williams, P. G.** & Moroz\*, T. L. (2009). Personality vulnerability to stress-related sleep disruption: Pathways to adverse mental and physical health outcomes. *Personality and Individual Differences*, 46, 598-603.

**Williams, P. G.**, Smith, T. W., & Cribbet\*, M. R. (2008). Personality and health: Current evidence, potential mechanisms, and future directions. In G. J. Boyle, G. Matthews, & D. H. Saklofske (Eds.), *Personality theory and assessment: Vol. 1 Personality theories and models*. pp. 635-658 Thousand Oaks, CA: Sage.

Hutchinson\*, J. G., & **Williams, P. G.** (2007). Neuroticism, daily hassles, and depressive symptoms: An examination of moderating and mediating effects. *Personality and Individual Differences*, 42, 1367-1378.

**Williams, P. G.** (2006). Personality and illness behavior. In M. Vollrath (Ed.), *Handbook of personality and health*. pp. 157-173. West Sussex, UK: Wiley.

**Williams, P. G.**, & Gunn\*, H. E. (2005). Gender, personality, and psychopathology. In M. Hersen, J. C. Thomas (Series Eds.) & J. C. Thomas, D. L. Segal (Vol. Eds.), *Comprehensive handbook of personality and psychopathology: Vol. 1 Personality and everyday functioning*. pp. 432-442 Hoboken, NJ: Wiley.

Scalzo\*, C. A., **Williams, P. G.**, & Holmbeck, G. N. (2005). Maternal self-assessed health and emotionality predict maternal response to child illness. *Children's Health Care*, 34, 61-79.

**Williams, P. G.**, O'Brien\*, C. D., & Colder, C. R. (2004). The effects of neuroticism and extraversion on self-assessed health and health-relevant cognition. *Personality and Individual Differences*, 37,

83-94.

- Williams, P. G.** (2004). The psychopathology of self-assessed health: A cognitive approach to health anxiety and hypochondriasis [Special Issue: Cognition, Emotion, & Illness]. *Cognitive Therapy & Research*, 28, 629-644.
- Williams, P. G.**, Wasserman\*, M.S., & Lotto, A. J. (2003). Individual differences in self-assessed health: An information processing investigation of health and illness cognition. *Health Psychology*, 22, 3-11.
- Williams, P. G.**, Colder, C. R., Lane, J. D., McCaskill, C. C., Feinglos, M., & Surwit, R. S. (2002). Examination of the neuroticism-symptom reporting relationship in patients with type 2 diabetes. *Personality and Social Psychology Bulletin*, 28, 1015-1025.
- Williams, P. G.**, Holmbeck, G. N., & Neff\*, R. (2002). Adolescent health psychology [Special Issue: Behavioral Medicine and Clinical Health Psychology]. *Journal of Consulting and Clinical Psychology*, 70, 828-842.
- Williams, P. G.**, Colder, C. R., Richards, M. H., & Scalzo\*, C. A. (2002). The role of self-assessed health in the relationship between gender and depressive symptoms among adolescents [Special Issue: Adolescent Health]. *Journal of Pediatric Psychology*, 11, 509-517.
- Surwit, R. S., van Tilburg, M. A. L., Zucker, N., McCaskill, C. C., Parekh, P., Feinglos, M. N., Edwards, C., **Williams, P. G.**, & Lane, J. D. (2002). Stress management improves long-term glycemic control in type 2 diabetes mellitus, *Diabetes Care*, 25, 30-34.
- Williams, P.G.**, & Wiebe, D. J. (2000). Individual differences in self-assessed health: Gender, neuroticism, and physical symptom reports. *Personality and Individual Differences*, 28, 823-835.
- Lane, J. D., McCaskill, C. C., **Williams, P. G.**, Parekh, P. I., Feinglos, M. N., & Surwit, R. S. (2000). Personality correlates of glycemic control in type 2 diabetes. *Diabetes Care*, 23, 1321-1325.
- Zamboni\*, B. D., Crawford, I., & **Williams, P. G.** (2000). Examining communication and assertiveness as predictors of condom use: Implications for HIV prevention. *AIDS Education and Prevention*, 12, 492-504.
- Williams, P.G.**, Surwit, R.S., Babyak, M.A., & McCaskill, C.C. (1998). Personality predictors of mood related to dieting. *Journal of Consulting and Clinical Psychology*, 66, 994-1004.
- Surwit, R.S., & **Williams, P.G.** (1996). Animal models provide insight into psychosomatic factors in diabetes. *Psychosomatic Medicine*, 58, 582-589.
- Wiebe, D.J., **Williams, P.G.**, & Quackenbush, D. (1994). Sexual guilt and contraceptive knowledge: Interference or justification? *Journal of Research in Personality*, 28, 332-350.
- Williams, P.G.**, Wiebe, D.J., & Smith, T.W. (1992). Coping processes as mediators of the relationship between hardiness and health. *Journal of Behavioral Medicine*, 15, 237-255.
- Wiebe, D.J. & **Williams, P.G.** (1992). Hardiness and health: A social psychophysiological perspective on stress and adaptation. *Journal of Social and Clinical Psychology*, 11, 238-262.

- Smith, T.W. & **Williams, P.G.** (1992). Personality and health: Advantages and limitations of the Five Factor Model. *Journal of Personality*, *60*, 395-423.
- Smith, T.W. & **Williams, P.G.** (1992). Stress reduction in the prevention and management of coronary heart disease. In F.G. Yanowitz (Ed.), *Coronary heart disease prevention*. New York, NY: Marcel Dekker, Inc.
- Graybill, D., Peterson, S. P., & **Williams, P. G.** (1989). Variability of responses within the aggression categories on the Rosenzweig Picture-Frustration Study, Children's Form. *Journal of Personality Assessment*, *53*, 472-477.
- Graybill, D., **Williams, P.G.**, & Peterson, S. P. (1988). Cross-validation of modal responses on the Children's Form of the Rosenzweig Picture-Frustration Study. *Psychological Reports*, *62*, 771-777.

\*student co-author

### **OTHER PUBLICATIONS**

- Williams, P. G.** (2004). Hypochondriasis. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 145-146). New York: Kluwer. [159 word entry]
- Williams, P. G.** (2004). Cognitive appraisal. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 54-55). New York: Kluwer. [505 word entry]
- Williams, P. G.** (2004). Neuroticism. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 180-181). New York: Kluwer. [494 word entry]
- Williams, P. G.** (2002). [Review of the book *Promoting adherence to medical treatment in chronic childhood illness*]. *Psychology and Health*, *17*, 120-121.

### **MANUSCRIPTS UNDER REVIEW AND IN PREPARATION**

- Williams, P.G., Tinajero, R., & Suchy, Y. Executive functioning and health. Oxford Reviews Online. Under contract.
- Williams, P. G., Rau, H. K., Suchy, Y., Thorgusen, S., & Smith, T. W. On the validity of self-report assessment of cognitive abilities: Attentional Control Scale associations with cognitive performance, emotional adjustment, and personality. Revise and resubmit: *Psychological Assessment*.
- Curtis, B.J., Williams, P.G., Jones, C.R., & Anderson, J.S. Sleep duration and resting fMRI functional connectivity: Examination of short sleepers with and without perceived daytime dysfunction. Manuscript submitted for publication.
- Williams, P. G., Rau, H. K., Cribbet, M. R., & Gunn, H. E. Individual differences in executive functioning: Associations with resting and stress-related physiology and affect. Manuscript in preparation.

Gunn, H.E., Critchfield, K., Mackaronis, J., Rau, H.K, Cribbet, M.R., & Williams, P.G. An interpersonal analysis of

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psychosocial stress, sleep quality, and pre-sleep arousal. Manuscript submitted for publication.

Cribbet, M. R., Williams, P. G., Gunn, H. E., & Rau, H. K. Independent and interactive effects of tonic respiratory sinus arrhythmia and neuroticism on stress-related pre-sleep arousal. Manuscript in preparation.

## **PRESENTATIONS**

Tinajero, R., Rau, H.K., Bride, D., Suchy, Y., Cribbet, M.R., & Williams, P.G. (March, 2016). *Reported history of childhood trauma and stress-related vulnerability: The role of emotion regulation and executive functioning*. Poster presented at the 74<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Denver, CO.

Williams, P.G., Butner, J., Rau, H.K., Bride, D., & Cribbet, M.R. (January, 2016). *Individual differences in self-regulatory capacity and autonomic nervous system activation during the pre-sleep period: A dynamical systems examination*. Symposium paper (Symposium title: The Other Third of Our Lives: A Self-Regulatory Perspective on Sleep and Social Behavior) presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Williams, P.G., Bride, D.L., Rau, H.K., Cribbet, M.R., Gunn, H.E., & Crowell, S. (June, 2015). *Individual differences in stress restoration: Personality, sleep, and aesthetic experience*. Symposium paper presented at the annual meeting of the Association for Research in Personality, St. Louis, MO.

Bride, D.L., Williams, P.G., Baucom, B., & Crowell, S. (June, 2015). *Openness to experience and awe: Individual differences in response to an aesthetic stimulus*. Poster presented at the annual meeting of the Association for Research in Personality, St. Louis, MO.

Williams, P.G., Rau, H.K., Cribbet, M.R., Bride, D., & Suchy, Y. (March, 2015). *Individual differences reflecting neurovisceral integration: Composite scores on neuropsychological tests of executive function are significantly associated with resting high frequency-heart rate variability*. Paper presented at the 73<sup>rd</sup> meeting of the American Psychosomatic Society, Savannah, GA.

Williams, P.G., Butner, J., Rau, H.K., Bride, D., Cribbet, M.R., Silver, M., Wilson, S., & Baucom, B. (March, 2014). *A dynamical systems analysis of autonomic nervous system activation in the pre-sleep period*. Poster presented at the 72<sup>nd</sup> meeting of the American Psychosomatic Society, San Francisco, CA.

Bride, D., Williams, P.G., Baucom, B., O'Connor, C., & Crowell, S. (March, 2014). *Individual differences in emotional and physiological responses to aesthetic stimuli: Personality, sleep quality, and resting respiratory sinus arrhythmia*. Poster presented at the 72<sup>nd</sup> meeting of the American Psychosomatic Society, San Francisco, CA.

Cribbet, M.R., Rau, H.K., Bride, D., & Williams, P.G. (March, 2014). *Resting high frequency heart rate variability is associated with affective response to romantic partner interactions in daily life*. Poster presented at the 72<sup>nd</sup> meeting of the American Psychosomatic Society, San Francisco, CA.

Silver, M., Rau, H.K., Cribbet, M.R., Vaux, L., & Williams, P.G. (March, 2014). *Reported history of childhood trauma predicts increased pre-sleep arousal in healthy adults*. Poster presented at the 72<sup>nd</sup> meeting of the American Psychosomatic Society, San Francisco, CA.

Gunn, H.E., Critchfield, K.L., Mackaronis, J.E., MacArthur, L.E., Rau, H.K., Cribbet, M.R., & Williams, P.G. (March, 2013). *An interpersonal analysis of psychosocial stress and sleep*. Symposium paper presented at the 71<sup>st</sup> meeting of the American Psychosomatic Society, Miami, FL.



- Cribbet, M.R., Williams, P.G., Rau, H.K. & Vaux, L. (March, 2013). *Associations among marital quality, sleep quality, and high frequency heart rate variability*. Symposium paper presented at the 71<sup>st</sup> meeting of the American Psychosomatic Society, Miami, FL.
- Rau, H.K., Cribbet, M.R., Vaux, L., & Williams, P.G. (March, 2013). *Trait mindfulness is associated with affective stability, self-reported executive functioning, and lower pre-sleep arousal in daily life*. Paper presented at the 71<sup>st</sup> meeting of the American Psychosomatic Society, Miami, FL.
- Shinn, A., Rau, H.K., Williams, P.G., Cribbet, M.R., & Gunn, H.E. (2011, April). *Stress exposure and psychophysiological reactivity to a laboratory stress task*. Poster presented at the Rocky Mountain Psychological Association annual meeting, Salt Lake City, UT.
- Rau, H.K., Williams, P.G., Cribbet, M., Gunn, H., & Yant, K. (2011, March). *Meta-awareness and stress regulation: Overestimation of attentional control abilities predicts poorer blood pressure recovery during stress*. Poster presented at the 69<sup>th</sup> Annual Meeting of the American Psychosomatic Society, San Antonio, TX.
- Thorgusen, S., Suchy, Y., Rau, H., Williams, P. (2011, February). *Emotional distracters affect task performance under high executive demands*. Poster presented at the 39<sup>th</sup> annual meeting of the International Neuropsychological Society, Boston, MA.
- Cribbet, M.R., Czajkowski, L.A., Williams, P.G., Gunn, H.E. (June, 2010). *Confirmatory factor analysis of the Pre-Sleep Arousal Scale in a sample of insomniacs and in a sample of controls*. Poster presented at the 24<sup>th</sup> Annual Meeting of the American Academy of Sleep Medicine, San Antonio, TX.
- Czajkowski, L.A., Cribbet, M.R., Williams, P.G., (June, 2010). *The effect of gender on pre-sleep arousal and functional outcomes in chronic insomnia*. Poster presented at the 24<sup>th</sup> Annual Meeting of the American Academy of Sleep Medicine, San Antonio, TX.
- Rau, H.K., Williams, P.G., Cribbet, M., & Gunn, H. (2010, April). *The role of subjective perceptions of reactivity in stress regulation*. Poster presented at the 31<sup>st</sup> Annual Meeting of the Society for Behavioral Medicine, Seattle, WA.
- Cribbet, M. R., Williams, P. G., Gunn, H. E., & Rau, H. K. (2010, March). *Interactive effects of tonic and phasic respiratory sinus arrhythmia on affective responses to stress*. Poster presented at the 68<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Portland, OR.
- Rau, H.K., Williams, P., Hazen, S., Cribbet, M., Gunn, H., & Shinn, A. (2010, March). *Individual differences in stress appraisal accuracy: Associations with personality and stress recovery*. Poster presented at the 68<sup>th</sup> Annual Scientific Conference of the American Psychosomatic Society, Portland, OR.
- Vaux, L.M., Williams, P.G., Rau, H.K., Cribbet, M., & Gunn, H. (2010, March). *Executive attention moderates the association between trait worry and stress recovery*. Poster accepted for presentation at the 68<sup>th</sup> Annual Scientific Conference of the American Psychosomatic Society, Portland, OR.
- Rau, H.K., Suchy, Y., Williams, P.G., & Butner, J. (2010, February). *Profiles of executive functioning in*

*healthy young adults*. Poster accepted for presentation at the 38<sup>th</sup> Annual Meeting of the International Neuropsychological Society, Acapulco, Mexico.

- Rau, H.K., Williams, P.G., Suchy, Y., & Thorgusen, S. (2009, July). *Openness to Experience and efficiency of attentional networks*. Poster presented at the annual meeting of the Association for Research in Personality, Evanston, IL.
- Williams, P.G., Rau, H.K., Cribbet, M., & Gunn, H. (2009, March). *Executive attentional control and parasympathetic activation during stress*. Poster presented at the 67<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Chicago, IL.
- Cribbet, M., Williams, P.G., Curtis, C., Gunn, H., & Rau, H.K. (2009, March). *Respiratory sinus arrhythmia and regulatory deficits associated with depression*. Poster presented at the 67<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Chicago, IL.
- Gunn, H., Williams, P.G., Cribbet, M., Curtis, C., & Rau, H.K. (2009, March). *Gender moderates the effects of hostile dominance on phasic respiratory sinus arrhythmia during stress*. Poster presented at the 67<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Chicago, IL.
- Williams, P.G., Gunn, H., Cribbet, M., & Rau, H. (2008, March). *Individual differences in stress-related perseverative cognition and pre-sleep arousal*. Poster presented at the 66<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Rau, H.K., Williams, P.G., Gunn, H., Cribbet, M., & Curtis, C. (2008, March). *Openness to experience and stress resilience*. Poster presented at the 66<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Smith, T. W., Cribbet, M. R., Nealey-Moore, J. B., Uchino, B. N., Williams, P. G., MacKenzie, J., & Thayer, J. F. (2008, March). *Matters of the variable heart: Respiratory sinus arrhythmia as an index of sex differences in self-regulation in marriage*. Paper presented at the 66<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Rau, H.K., Williams, P.G., Gunn, H., Cribbet, M., & Curtis, C. (2008, March). *The role of Openness in psychophysiological reactivity to stressful events*. Poster presented at the 29<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Gunn, H., Williams, P., Smith, T., Cribbet, M., & Rau, H. (2008, March). *Gender differences in appraisal of and physiological recovery from agentic vs. communal laboratory stressors*. Poster presented at the 29<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Rau, H.K., Suchy, Y., Williams, P., Thorgusen, S., & Simon, A. (2008, February). *Neuroticism and the influence of emotional distractors on cognitive task performance*. Poster presented at the 36<sup>th</sup> Annual Meeting of the International Neuropsychological Society, Waikoloa, HI.
- Rau, H.K., Suchy, Y., Williams, P., Thorgusen, S., & Simon, A. (2008, February). *Attention, executive control, and neuroticism: The effect of verbal versus nonverbal threats*. Poster presented at the 36<sup>th</sup> Annual Meeting of the International Neuropsychological Society, Waikoloa, HI.

- Rau, H., Suchy, Y., Williams, P., Thorgusen, S., & Simon, A. (2007, November). *Attentional bias for threatening facial expressions is associated with performance on switching tasks*. Poster presented at the 27<sup>th</sup> Annual National Academy of Neuropsychology Conference, Scottsdale, Arizona.
- Williams, P. G., & Moroz, T. L. (2006, March). *Neuroticism, stress, and sleep quality: The role of conscientiousness*. Presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
- Williams, P. G., Gunn, H. E., & Peat, C. (2006, January). *Neuroticism mediates gender differences in physical and mental well-being*. Presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Williams, P. G., & Gunn, H. E. (2005, March). *Gender moderates the effects of neuroticism on stress and well-being*. Presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
- Williams, P. G., & Moroz, T. L. (2004, March). *Functional disability mediates the relationship between self-assessed health and depression in older adolescents*. Presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Lanza, C., Richards, M. H., & Williams, P. G. (2003, August). *Negative affect as a mediator between gender and self-assessed health among adolescents*. Presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Moroz, T. L., & Williams, P. G. (2003, May). *Neuroticism, daily hassles, and sleep quality: Moderating and mediating effects on physical and depressive symptoms*. Presented at the annual meeting of the American Psychological Society, Atlanta, GA.
- Williams, P. G., & Hutchinson, J. (2003, March). *The role of hypochondriacal tendencies in the relation between neuroticism and health self-regulatory behavior*. Presented at the meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- Williams, P. G., Freson, T. S., & Moroz, T. L. (2003, March). *The moderating effects of gender and aerobic fitness on stress-related mental and physical health outcomes*. Presented at the 61<sup>st</sup> annual meeting of American Psychosomatic Society, March, 2003, Phoenix, AZ.
- Williams, P. G., Lotto, A. J., & Wasserman, M. S. (2002, April). The use of laboratory information processing paradigms to study health and illness cognition. In P. G. Williams (Chair), *Health and illness cognition: Assessment methodologies and applications*. Symposium conducted at the meeting of the Society of Behavioral Medicine, Washington, D.C.
- Williams, P. G., Lotto, A. J., & Wasserman, M. S. (2002, April). *The influence of neuroticism on the processing of health-relevant information*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Surwit, R. S., Van Tilberg, M., Zucker, N., McCaskill, C. C., Parekh, P., Feinglos, M., Edwards, C., Williams, P., & Lane, J. D. (2002, April). *Stress management improves long-term glycemic control in type 2 diabetes mellitus*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

- Wasserman, M. S., & Williams, P.G. (2001, August). *Linking neuroticism and gender to disordered eating and body dissatisfaction*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Scalzo, C. A., & Williams, P. G. (2001, April). *Maternal Characteristics as Predictors of Maternal Response to Child Illness*. Poster presented at the annual meeting of the Florida Conference on Child Health Psychology, Gainesville, FL.
- Rubin, L., Scalzo, C. A., Haden, C., Burke, R., & Williams, P. G. (2001, April). *Child Health Status and Mother-Preschooler Conversations about Health Experiences*. Poster presented at the annual meeting of the Florida Conference on Child Health Psychology, Gainesville, FL.
- Williams, P. G., & Wasserman, M. S. (2001, March). *Gender differences in symptom reports: An information processing investigation of health cognition*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Wasserman, M. S., & Williams, P. G. (2001, March). *Linking body image information processing to disordered eating and body dissatisfaction*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Williams, P. G., & Colder, C. R. (2000, April). *Neuroticism and symptom reporting in type 2 diabetes*. Paper presented at the annual meeting of the Society of Behavior Medicine, Nashville, TN.
- Williams, P. G., & Wasserman, M. S. (2000, March). *Utility of a laboratory information-processing paradigm in the study of illness cognition*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.
- Williams, P. G., Colder, C. R., Richards, M. H., & Scalzo, C. A. (2000, March). *The role of self-assessed health in the relationship between gender and depressive symptoms among adolescents*. Poster presented at the annual meeting of the Society for Research on Adolescents, Chicago, IL.
- O'Brien, C. D., Williams, P. G., & Colder, C. R. (2000, April). *Effects of neuroticism, extraversion, and mood on self-assessed health*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.
- Persky, I., & Williams, P. G. (2000, May). *Neuroticism and self-assessed health: The role of health behavior*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Kahng, R., Welch, V., & Williams, P. G. (2000, March). *The relationship between self-reported symptoms and negative mood reactivity, and the moderating role of gender*. Poster presented at the annual meeting of the Society for Research on Adolescents, Chicago, IL.
- Williams, P. G., Richards, M. H., Colder, C. R., Hillmann, C. A., & Dugdale, J. (1998, March). *Gender differences in self-assessed health among adolescents*. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Lane, J. D., McCaskill, C. C., Williams, P. G., Parekh, P. I., Feinglos, M. N., & Surwit, R. S. (1998, March). *Can a little worry help sometimes? Neuroticism predicts better glycemic control in Type 2 diabetes*.

Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

- Zamboni, B. D, Crawford, I., & Williams, P.G. (1998). *The relationship between communication and assertiveness in social and sexual contexts: Implications for safer sex practices*. Paper presented at the Annual Midcontinent Regional meeting of the Society for the Scientific Study of Sex, Indianapolis, IN.
- Williams, P.G., Surwit, R.S., McCaskill, C.C., Bailey, G.W., Hillmann, C.A., & Westhoven, V. (1997, August). *Blood glucose estimates in Type II diabetes: The role of gender and negative affect*. Poster presented at the annual conference of the American Psychological Association, Chicago, IL.
- Williams, P.G., Surwit, R.S., Babyak, M.A., & McCaskill, C.C. (1996). *Personality predictors of mood and affect related to dieting*. Poster presented at the annual meeting of the North American Association for the Study of Obesity, Breckenridge, CO, October.
- Williams, P.G. & Wiebe, D.J. (1996, March). *Gender, emotional distress, and blood glucose in patients with Diabetes Mellitus*. Paper presented at the seventeenth annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Williams, P.G., Wiebe, D.J., & Rozanas, D. (1995, March). *Empirically validating the process of gender differences in physical symptom reporting*. Poster presented at the sixteenth annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Williams, P.G. & Wiebe, D.J. (1994, March). *Gender and symptom reporting: The role of negative affect and self-focused attention*. Poster presented at the Annual Meeting of the American Psychosomatic Society, Boston, MA.
- Wiebe, D.J., Quackenbush, D., & Williams, P.G. (1991, March). *Sex guilt and contraceptive knowledge: A test of two hypotheses*. Poster presented at the twelfth meeting of the Society of Behavioral Medicine, Washington, D.C.
- Wiebe, D.J. & Williams, P.G. (1991). *Psychosocial moderators of young adults' physiological response to stress*. Symposium entitled "Stress, health, and psychological functioning: Studies across the lifespan." Chairpersons: Virginia Goetsch & Barry Edelstein. Twenty third Interamerican Congress of Psychology. San Jose, Costa Rica.
- Williams, P.G., Wiebe, D.J., & Smith, T.W. (1990, April). *Hardiness and coping*. Poster presented at the eleventh meeting of the Society of Behavioral Medicine, Chicago, IL.
- Wiebe, D.J., Williams, P.G., & Smith, T.W. (1990, April). *Hardiness and neuroticism: Overlapping constructs?* Poster presented at the eleventh meeting of the Society of Behavioral Medicine, Chicago, IL.
- Wiebe, D.J., Williams, P.G., & Quackenbush, D. (1990, April). *Health beliefs and contraceptive behavior: The moderating effects of sexual attitudes*. Poster presented at the eleventh meeting of the Society of Behavioral Medicine, Chicago, IL.

Graybill, D., Williams, P.G., & Peterson, S.P. (1989). *Children's Form of the Rosenzweig Picture-Frustration Study: Developmental changes, sex differences, and validity*. Paper presented at the meeting of the Society for Personality Assessment, New York, NY

## **INVITED PRESENTATIONS**

2015, April. *Individual differences in stress regulation: Moderators of stress exposure, reactivity, recovery, and restoration*. University of California-Merced.

2010, September. *Individual differences in health cognition and stress regulation: Implications for the study of cognitive changes associated with cancer and cancer treatment*. Cognitive, Affective, and Social Processes in Health Research Workgroup, National Cancer Institute, Bethesda, MD.

2003, November. *Individual differences in self-assessed health: Cognitive, affective, and developmental factors*. Dept. of Psychology, Ohio State University.

2003, November. *Primary care psychology: Training and supervision*. Dept. of Psychology, Ohio State University.

2002, November. *Individual differences in self-assessed health: Cognition, mood, and developmental factors*. Behavioral Medicine Research Group, Dept. of Psychology, University of Utah.

1999, April. *Gender differences in physical symptom perception and reporting*. Health Research and Policy Center, University of Illinois-Chicago.

1999, November. *Life after internship: Specialization in health psychology*. (Panel) Association of APA-Accredited Chicago-Area Psychology Internship Programs, Fall Workshop.

## **TEACHING EXPERIENCE**

### **Courses taught:**

#### Graduate:

- ❖ Assessment II (Personality Assessment)
- ❖ Assessment III & IV (Practicum)
- ❖ Introduction to Clinical Science
- ❖ Introduction to the Profession of Clinical Psychology (Diagnostic Interviewing)
- ❖ First-Year Practicum (Professional Development and Teaching)
- ❖ Foundations of Clinical Health Psychology
- ❖ Empirical Approaches to Psychotherapy
- ❖ Professional, Ethical, & Legal Issues
- ❖ Supervision and Consultation
- ❖ Medical Psychology Practicum
- ❖ Behavioral Medicine Practicum

#### Undergraduate:

- ❖ Stress Management
- ❖ Health Psychology
- ❖ Personality Theory
- ❖ Abnormal Psychology

- ❖ Survey of Clinical Psychology
- ❖ Field Experience

### Teaching Assistant:

#### Graduate:

- ❖ Objective Personality Assessment

#### Undergraduate:

- ❖ Research Methods
- ❖ Statistics
- ❖ Experimental Psychology
- ❖ Abnormal Psychology
- ❖ Behavior Disorders of Childhood

### **THESES AND DISSERTATIONS CHAIRED**

<u>Name</u>	<u>Title</u>	<u>Degree</u>	<u>Year</u>
Holly Rau	Dispositional mindfulness and stress resilience: self-regulatory capacity, affective stability, and pre-sleep arousal in daily life	Ph.D.	2015
Daniel Bride	Openness to experience and awe: Examination of dispositional tendencies, laboratory induction and daily life experiences	M.S.	2015
Matthew Cribbet	An examination of relationship quality and sleep disruption: A daily diary and ambulatory physiology monitoring approach	Ph.D.	2013
Heather Gunn	An interpersonal analysis of psychosocial stress and sleep	Ph.D.	2012
Lindsay Vaux	Examination of executive function as a moderator of the association between trait worry and attentional threat bias	M.S.	2012
Matthew Cribbet	Independent and interactive effects of tonic respiratory sinus arrhythmia and neuroticism on stress-related pre-sleep arousal	M.S.	2009
Holly Rau	Executive functioning profiles among healthy, young adults	M.S.	2009
Heather Gunn	Gender differences in stress reactivity to agentic vs. communal stressors	M.S.	2007
Tammy Moroz	Neuroticism and sleep: Effects on daily functioning and mental and physical health outcomes	Ph.D. (WSU)	2005

James Hutchinson	Neuroticism, daily hassles, and depressive symptoms: An examination of mediating and moderating effects	M.S. (WSU)	2004
Susan Berel	An intervention to reduce high risk dieting attitudes and behaviors in college women	Ph.D. (WSU)	2003
Cori A. Scalzo	The effect of maternal neuroticism on maternal response to child illness	Ph.D. (Loyola)	2000
Michelle S. Wasserman	The relation between neuroticism and body image	M.A. (Loyola)	2000
Cathleen O'Brien	Effects of neuroticism and mood on self-appraisal of health status	M.A. (Loyola)	1999

### **PROFESSIONAL TRAINING AND RELATED EXPERIENCES**

1994-1996	<p><b>Postdoctoral Fellow and Clinical Associate</b> Duke University Medical Center, Durham, NC Consultation for biofeedback. Consultation and supervision of clinical psychology intern in the pediatric urology clinic. Consultation with endocrinology. Supervision of graduate students in medical psychology practicum. Supervisor: Richard S. Surwit, Ph.D.</p>
1993-1994	<p><b>Predoctoral Internship in Clinical Psychology</b> Duke University Medical Center, Durham, NC. Consultation with medical patients for biofeedback and pain management. Evaluation of prospective lung transplant candidates and urology patients. Stress management group with day treatment psychiatric patients. Evaluation and psychotherapy with chronic pain patients. Evaluation, individual psychotherapy, and group psychotherapy (Dialectical Behavior Therapy) with psychiatric inpatients. Supervisors: James Blumenthal, Ph.D.; Charles Emery, Ph.D.; Karen Gil, Ph.D.; Francis Keefe, Ph.D.; Richard Surwit, Ph.D; Clive Robins, Ph.D.</p>
Aug.-Oct. 1992 1990-1991	<p><b>Clinical Clerkship-</b> Division of Behavioral Medicine and Pain Clinic University of Utah Medical Center, Salt Lake City, UT. Assessment and psychotherapy with chronic pain patients. Supervisor: Scot W. Russell, Ph.D.</p>
1991	<p><b>Assessment Practicum-</b>Dept. of Psychology University of Utah, Salt Lake City, UT. Completed 8 comprehensive assessments on a variety of populations, including chronic pain patients, adult outpatient mental health and child inpatient mental health. Supervisor: Don Strassberg, Ph.D.</p>



- 1989-1991      **Behavior Therapist**-Weight Management Services  
Cottonwood Hospital, Murray, UT.  
Group behavior therapy with obese patients as part of the OPTIFAST weight loss and management program.  
Supervisor: Richard Shingleton, Ph.D.
- 1990              **Clinical Practicum**-Western Institute of Neuropsychiatry  
Salt Lake City, UT.  
Observed supervisor interviews and conducted psychotherapy with psychiatric inpatients.  
Supervisor: Lorna Benjamin, Ph.D.
- 1989              **Clinical Clerkship**-Veteran's Administration Medical Center  
Salt Lake City, UT.  
Assessment and counseling patients pre- and post-surgery as part of the consultation team. Coronary artery bypass graft patients were seen for supportive counseling and provision of information regarding the psychological aspects of heart surgery.  
Supervisor: Scott F. Hill, Ph.D.
- 1987-1988      **Clinical Practicum**-Student Counseling Center  
Illinois State University, Normal, IL.  
Individual and group psychotherapy with college students. Co-leader of a stress management group.  
Supervisors: Alvin House, Ph.D.; Douglas Lamb, Ph.D.
- 1987-1988      **Clinical Practicum**-Adolf Meyer Zone Center, Decatur, IL.  
Assessment and psychotherapy with adult inpatients.  
Supervisor: William Kohen, Psy.D.
- 1986              **Counselor**-Illinois State University Wellness Program, Normal, IL.  
Led a six week smoking cessation group.  
Supervisor: William Wattles, Ph.D.

## **PROFESSIONAL ACTIVITIES**

### **National:**

**Program Committee**-American Psychosomatic Society 2011-2015

**Associate Editor**, *Journal of Behavioral Medicine* (Oct. 2009-Oct. 2013)

**Ad hoc Reviewer**, Behavioral Medicine: Interventions and Outcomes Study Section, National Institutes of Health (June 2012).

**Guest Editor**, *Annals of Behavioral Medicine* (Special Paper Series: "Executive Functioning and Health").

**Student Awards Committee**-APA Division 38, 2005-2009.

**Symposium Chair (“Health and Illness Cognition: Assessment Methodologies and Applications”)**, annual meeting of the Society of Behavioral Medicine, April, 2002, Washington, D.C.

**Program Track Chair (“Psychosocial Influences on Disease”)**, annual meeting of The Society of Behavioral Medicine, March, 2001, Seattle, WA.

**Paper Session Chair (“Eating Disorders”)**, annual meeting of The Society of Behavioral Medicine, March, 2001, Seattle, WA.

**Program Committee**, Division 38 (Health Psychology), annual meeting of the American Psychological Association, 1998, San Francisco, CA

**Program Committee**, Division 38 (Health Psychology), annual meeting of the American Psychological Association, 1997, Chicago, IL.

**Editorial Board:**

*Annals of Behavioral Medicine* (2000-2009)

**Ad Hoc Reviewer:**

*Behaviour Research and Therapy; Biological Psychology; Clinical Psychological Science; Current Directions in Psychological Science; Cognitive Therapy and Research; Developmental Psychology; Health Psychology; Journal of Behavioral Medicine; Journal of Consulting and Clinical Psychology; Journal of Health Psychology; Journal of Pediatric Psychology; Journal of Personality; Journal of Personality and Social Psychology; Journal of Social and Clinical Psychology; Pain; PLOS ONE; Psychological Review; Psychological Science; Psychology and Health; Social Science and Medicine; Women & Health*

American Psychological Association-Division 38

(reviewed submissions for the 1990, 2004 annual APA conferences)

American Psychosomatic Society

(reviewed submissions for the 2008 conference)

Canada Foundation for Innovation-reviewer: Leaders Opportunity Fund Award

Society of Behavioral Medicine

(reviewed submissions for the 1995, 1996, & 2000 annual SBM conferences)

**University:**

**RPT Committee-Occupational Therapy**, University of Utah, 2015

**Institutional Review Board**, University of Utah, 2012-2015

**RPT Reviewer-Dept. of Family & Preventative Medicine**, University of Utah, 2013

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**Intellectual Explorations Area Committee-Social Sciences**, University of Utah, 2012-present

**Health, Society, & Policy Advisory Board** (formerly Behavioral Science and Health Committee), University of Utah, 2011-2015

**Grant Review Panel**, WSU-Spokane Seed Grant Competition, 2002.

**Advisory Board**, Loyola University Chicago-Center for Aging Studies (LUCCAS), 1997-2000.

**Departmental:**

**Clinical Training Committee Member**, Dept. of Psychology, University of Utah, 2004-present.

**Chair, Graduate Committee**, Dept. of Psychology, University of Utah, 2015-present

**Space Committee**, Dept. of Psychology, University of Utah, 2015-present.

**Ad Hoc member, Personnel Committee**, (RPT review, candidate choice), Dept. of Psychology, University of Utah, 2015

**Personnel Committee**, Dept. of Psychology, University of Utah, 2011-2012

**Graduate Committee Member**, Dept. of Psychology, University of Utah, 2008-2010

**Undergraduate Committee Member**, Dept. of Psychology, University of Utah, 2004-2008

**Clinical Search Committee Member**, Dept. of Psychology, University of Utah, 2004-2005

**Chair, Clinical Search Committee**, Dept. of Psychology, Washington State University, 2002-2003

**Junior Faculty Representative**, Executive Committee, Dept. of Psychology, Washington State University, 2002-2003.

**Experimental Search Committee Member**, Dept. of Psychology, Washington State University, 2002.

**Clinical Search Committee Member**, Dept. of Psychology, Washington State University, 2001-2002

**Program Evaluation Committee Member.** Department of Psychology, Washington State University, 2001-present.

**Undergraduate Recruitment and Retainment Committee Member.** Department of Psychology, Washington State University, 2000-2001.

**Junior Faculty Representative**, Executive Committee, Department of Psychology, Loyola University Chicago, 1996-1999.

**Colloquium Committee Member**, Department of Psychology, Loyola University Chicago, 1997-2000.

**Curriculum Committee Member** (Clinical Area), Department of Psychology, Loyola University Chicago, 1998-1999

**Graduate Student Representative**, Clinical Training Committee, Department of Psychology, University of Utah, 1989-1993.

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**PROFESSIONAL MEMBERSHIPS**

American Psychological Association  
American Psychological Association-Division 38 (Health Psychology)  
American Psychological Society  
American Psychosomatic Society  
Association for Research in Personality  
Society of Behavioral Medicine  
Society of Behavioral Sleep Medicine  
Society for Personality and Social Psychology