

# Lameese Eldesouky

Curriculum Vitae  
July 2024

Department of Psychology  
The American University in Cairo  
P.O. Box 74, New Cairo 11835, Egypt

Tel: +202-2615-1817  
Email: lameese.eldesouky@aucegypt.edu

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## ACADEMIC POSITIONS

**Assistant Professor**, Department of Psychology, The American University in Cairo, 2019 – pres.

**Postdoctoral Fellow**, Department of Psychology, Stanford University, 2018 – 2019  
Advisor: James J. Gross

## EDUCATION

**Ph.D.**, Social and Personality Psychology, Washington University in St. Louis, 2018  
Advisor: Tammy English

**Graduate Certificate in Quantitative Data Analysis**, Washington University in St. Louis, 2018

**A.M.**, Social and Personality Psychology, Washington University in St. Louis, 2015  
Advisor: Tammy English

**B.A.**, Psychology (with Highest Honors), University of California, Berkeley, 2013  
Advisor: Oliver P. John

## HONORS AND AWARDS

- Loan Repayment Program Award in Clinical Research, National Institutes of Health, 2019 – 2021 (declined)
- Albert Bandura Graduate Research Award, Association for Psychological Science/Psi Chi International Honor Society (given annually to one student for best overall research), 2018
- First Place Winner, Washington University Graduate Research Symposium, 2018
- Ruth L. Kirschstein National Research Service Award T32 Predoctoral Fellowship, 2016 – 2018
- Fellow, Society for Personality and Social Psychology Summer Institute, 2017
- Arthur D. Behrendt Scholarship, Washington University in St. Louis, 2014 – 2016
- Student Travel Assistance Award, Association for Psychological Science, 2014
- Honorable Mention, National Science Foundation Graduate Research Fellowship, 2014
- University Graduate Fellowship, Washington University in St. Louis, 2013 – 2014
- Diversity Fund Travel Award, Society for Personality and Social Psychology, 2013

- Dean's Honors, University of California, Berkeley (achieved GPA in the Top 4% of the College of Letters and Science), 2013
- Berkeley Undergraduate Scholarship, University of California, Berkeley, 2009 – 2010

### **RESEARCH INTERESTS**

- How individual difference and contextual factors influence how people regulate their emotions
- The consequences of emotion regulation for emotional, social, and physical well-being
- How to effectively measure emotion regulation in the lab and in daily life

### **GRANTS**

American University in Cairo Faculty Support Grant (2023-2025). "Pedestrian Behavior Interpretation in Autonomous Vehicles (AVs): A Psychological Perspective." (PI: Y. Gadallah; Co-PIs: Lameese Eldesouky)

American University in Cairo Faculty Support Grant (2022-2023). "Religious Strategies and Well-being." (PI: L. Eldesouky)

American University in Cairo School of Humanities and Social Sciences Academic Event Grant (2022). "Behavioral Neuroscience Seminar Series" (PI: P. Correia; Co-PIs: Lameese Eldesouky, Ahmed Abdellatif, Heba Eldeghaidy, Jacquelyn Berry)

American University in Cairo School of Humanities and Social Sciences Academic Event Grant (2021). "Behavioral Neuroscience Series" (PI: P. Correia; Co-PIs: Lameese Eldesouky, Ahmed Abdellatif, Jacquelyn Berry)

American University in Cairo Pandemic Research and Innovation Initiative (2020). "Coping in Egypt During the COVID-19 Crisis." (PI: L. Eldesouky; Co-PIs: Kate Ellis, Zeinab Khadr)

National Science Foundation SBE Postdoctoral Research Fellowship (2018-2020). "Expressive Writing as an Emotion Regulation Intervention for Improving Cancer Caregiver and Patient Health," 1808696. (PI: L. Eldesouky; Co-PI: James J. Gross)

American Psychological Association Dissertation Research Award (2017). "Calm, Cool, but Distant: Why Hiding Your Emotions Might be a Double-Edged Sword." (PI: L. Eldesouky)

Washington University in St. Louis Psychological & Brain Sciences Departmental Graduate Student Research Grant, Dissertation Award (2016, 2017). "Calm, Cool, but Distant: Why Hiding Your Emotions Might be a Double-Edged Sword." (PI: L. Eldesouky)

Washington University in St. Louis Psychological & Brain Sciences Department Graduate Student Research Grant (2015). "The Determinants and Consequences of Using Multiple Emotion Regulation Strategies." (PI: L. Eldesouky)

Greater Good Science Center Goldberg Undergraduate Research Fellowship (2012-2013). "The Intrapersonal and Social Benefits of Increasing Emotional Awareness." (PI: L. Eldesouky; Co-PI: A. Daniel Catterson)

**PUBLICATIONS**

†Denotes student mentee

1. **Eldesouky, L.** & Gross, J.J. (2024). Using expressive writing to improve cancer caregiver and patient health: A randomized controlled feasibility trial. *European Journal of Oncology Nursing*, 70, 102578.
2. **Eldesouky L.**, Goldenberg, A., & Ellis, K. (2024). Loneliness and emotion regulation in daily life. *Personality and Individual Differences*, 221, 112566.
3. **Eldesouky, L.** & English, T. (2023). The impact of suppressing and amplifying expressions on personality judgments. *Journal of Research in Personality*, 105, 104399.
4. **Eldesouky, L.**, Ellis, K., Goodman, F.R., & Khadr, Z. (2023). Daily emotion regulation and emotional well-being: A replication and extension in Egypt. *Current Research in Ecological and Social Psychology*, 4, 100106.
5. **Eldesouky, L.** & English, T. (2023). Keeping up appearances: The role of motives and utility beliefs in expressive suppression. *Motivation and Emotion*, 47, 381-398.
6. **Eldesouky, L.**, †Guo, Y., Bentley, K. & English, T. (2022). Decoding the regulator: Accuracy and bias in emotion regulation judgments. *Affective Science*, 3, 827-835.
7. †El-Garhy, Y., **Eldesouky, L.**, & Ellis, K. (2022). Virtual and in-person socialization and its effects on rumination during COVID-19. Top Ranked Abstracts from the 2022 Annual Meeting of the Society for Affective Science. *Affective Science*.
8. **Eldesouky, L.** & English, T. (2022). Always in flux: The role of attentional focus in emotion regulation dynamics. *Cognition and Emotion*, 36, 345-351.
9. Goodman, F.R., Daniel, K.E., **Eldesouky, L.**, Brown, B., & Kneeland, E.T. (2021). How do people with social anxiety disorder cope with daily stressors? Deconstructing emotion regulation flexibility in daily life. *Journal of Affective Disorders Reports*, 6, 100210.
10. **Eldesouky, L.** & Goodman, F.R. (2021). What are we missing in emotion regulation science? *Clinical Psychology: Science and Practice*, 28, 183-185.
11. English, T., **Eldesouky, L.**, & Gross, J.J. (2021). Emotion regulation: Basic processes and individual differences. In O.P. John & R.W. Robins (Eds.), *Handbook of personality: Theory and research* (4<sup>th</sup> ed.) (pp. 523-542). The Guilford Press.
12. English, T. & **Eldesouky, L.** (2020). Assessing emotion regulation flexibility: Challenges and promise of using ecological momentary assessment. *European Journal of Psychological Assessment*, 36, 456-459.
13. English, T. & **Eldesouky, L.** (2020). We're not alone: Understanding the social consequences of intrinsic emotion regulation. *Emotion*, 20, 43-47.
14. **Eldesouky, L.** & Gross, J.J. (2019). Emotion regulation goals: An individual difference perspective. *Social and Personality Psychology Compass*, 13.

15. **Eldesouky, L.** & English, T. (2019). Regulating for a reason: Emotion regulation goals are linked to spontaneous strategy use. *Journal of Personality*, 87, 948-961.
16. **Eldesouky, L.** & English, T. (2019). Individual differences in emotion regulation goals: Does personality predict the reasons why people regulate their emotions? *Journal of Personality*, 87, 750-766.
17. **Eldesouky, L.**, Thompson, R.J., Oltmanns, T.F., & English, T. (2018). Affective instability predicts the course of depression in late middle-age and older adulthood. *Journal of Affective Disorders*, 239, 72-78.
18. **Eldesouky, L.** & English, T. (2018). Another year older, another year wiser? Emotion regulation strategy selection and flexibility across adulthood. *Psychology and Aging*, 33, 572-585.
19. **Eldesouky, L.**, English, T., & Gross, J.J. (2017). Out of sight, out of mind?: Accuracy and bias in emotion regulation trait judgments. *Journal of Personality*, 85, 543-552.
20. Catterson, A.D., **Eldesouky, L.**, & John, O.P. (2017). An experience sampling approach to emotion regulation: Situational use of suppression and social hierarchy. *Journal of Research in Personality*, 69, 33-43.
21. Vedhara, K., Gill, S., **Eldesouky, L.**, Campbell, B., Arevalo, J.M.G., Ma, J., & Cole, S.W. (2015). Personality and gene expression: Do individual differences exist in the leukocyte transcriptome? *Psychoneuroendocrinology*, 52, 72-82.

### **MANUSCRIPTS UNDER REVIEW**

1. **Eldesouky, L.**, Beck, E.D., Gross, J.J., & English, T. (invited resubmission). Trait-state emotion regulation correspondence and its association with well-being.
2. **Eldesouky, L.**, Rum, R., †El-Nasharty, K., †El-Garhy, Y., & Goodman, F.R. (invited resubmission). Individual differences in religious emotion regulation in daily life.
3. †El-Nasharty, K., Goodman, F.R., & **Eldesouky, L.** (invited resubmission). Beyond absence or presence: Understanding the association between spirituality and emotional well-being in daily life.
4. Gligorić, V., Jost, J.T., Tase, O., Mićanović I., Do Bú, E.A., Arevalo, C., Balabanova, A., Baracaldo, P., Basanez, T., Çakmak, H., Capella, M., Carlevari, A.V., Chen, T.Y., Ching, W., Chioma, M.O., **Eldesouky, L.**, Erhan, E., Fadhli, T.N., Farahat, E., Fariás, A., Faruk, O., Ghazal, S., Gjoneska, B., Gkinopoulos, T., Gore, A., Imada, H., Jantus, C.I., Jin, Y., Kalinić, J., Kamran, F., Kende, A., Khosrowtaj, Z., Kochhar, S., Kospakov, A., Lalatović, S., Láštiová, B., Lazar, A., Lee, S., Macapagal, M.E., Malysheva, K., Manokara, K., Marchlewska, M., Marinova, N., Michael, A., Mikalauskas, K., Moon, Ch., Mukhortov, D.S., Musil, B., Nakagoshi, M., Namutebi, J., Navajas, J., Olaleru, M.E., Pereira, C.R., Pezzia, A.E., Plohl, N., Popov, S., Popović, D., Poslon, X., Psaltis, C., Rincón-Unigarro, Ch., Safitri, R.E., Salaum, D., Sanchez, A.E.M., Strelets, I., Syropoulos, S., Szczepańska, D., Tian, Y., Tijusaite, A., Tirla, L., Todorović, L., Trakulpipat, C., Wiwattanapantuwong, J., Yahiaiev, I., Yuan, L., Schaaf, J. (under review). Macro-economic conditions and national stereotypes in 45 non-Western countries.

**MANUSCRIPTS IN PREPARATION**

1. **Eldesouky, L.** & Ellis, K. Personality and emotion regulation flexibility.
2. **Eldesouky, L.** & Brown, C.L. Regulating for others' sake: A framework of prosocial regulation.
3. **Eldesouky, L.**, Aboelwafa, M.M.N., Gadallah, Y., & Youssef, M. The NMA theory of pedestrians crossing intention: norms, motivation, and ability.
4. **Eldesouky, L.**, English, T., & Gross, J.J. Emotion regulation and cancer caregiving: A cross-sectional study.
5. **Eldesouky, L.**, Gross, J.J., & English, T. Trait emotion regulation similarity and well-being.

**CHAired CONFERENCE SYMPOSIA**

**Eldesouky, L.** & English, T. (2018, May). Always in flux: Taking a dynamic approach to emotion regulation. Association for Psychological Science Convention, San Francisco, CA. Speakers: Kalee DeFrance, Lameese Eldesouky, Jennifer C. Veilleux. Discussant: James J. Gross

**Eldesouky, L.** & English, T. (2017, July). It comes with the territory: Mechanisms underlying enhanced emotional well-being in older adulthood. International Association of Gerontological Societies World Congress of Gerontology and Geriatrics, San Francisco, CA. Speakers: Lameese Eldesouky, Derek M. Isaacowitz, Kate A. Leger, Kaoru Nashiro.

**Eldesouky, L.** & English, T. (2017, June). Individual differences in emotion regulation: Beliefs, goals, and strategy use. Biennial Association for Research in Personality Conference, Sacramento, CA. Speakers: Lameese Eldesouky, Fausto Gonzales, Helena Rose N. Karnilowicz, Susan Mauskopf.

**Eldesouky, L.** & English, T. (2017, May). Another year older, another year wiser: The development of emotion regulation across the lifespan. Association for Psychological Science Convention, Boston, MA. Speakers: Lameese Eldesouky, Oliver P. John, Leah H. Somerville, Tracy L. Spinrad.

**Eldesouky, L.** & English, T. (2017, January). You're not alone: How social factors shape emotion regulation. Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX. Speakers: Jason F. Anderson, Mary A. Burlison, Lameese Eldesouky, Michael Gilead.

**Eldesouky, L.** & English, T. (2015, June). Individual differences in emotional experience and regulation. Biennial Association for Research in Personality Convention. St. Louis, MO. Speakers: Lahna I. Catalino, Tammy English, Kristen A. Lindquist, Andre Plate.

**Eldesouky, L.** & English, T. (2015, May). Putting emotion regulation in context: The role of social relationships in modulating affect. Association for Psychological Science Convention, New York, NY. Speakers: James A. Coan, Lameese Eldesouky, Robert W. Levenson, W. Craig Williams.

**INVITED TALKS**

**Eldesouky, L.** (2023, March). Using religion as a form of emotion regulation. Society for Affective

Science Conference, Long Beach, CA.

**Eldesouky, L.** (2022, April). Salon conversation: Research challenges outside of North America. Society for Affective Science Conference, Online.

**Eldesouky, L.** (2021, February). Personality and social psychology in the Arab Middle East: Emic perspectives on psychological research panel. Annual Meeting of the Society for Personality and Social Psychology, Online.

**Eldesouky, L.** (2020, February). Researching emotion regulation: Measuring how people deal with their emotions in research. Rakhawy Scientific Day, Rakhawy Training and Research Center, Cairo, Egypt.

**Eldesouky, L.** (2019, November). Emotional well-being across adulthood. International Conference on Psychology, Effat University, Jeddah, Saudi Arabia.

### **SYMPOSIA PRESENTATIONS**

**Eldesouky, L., Ellis, K., & Khadr, Z.** (2021, April). Coping in Egypt during the COVID-19 crisis. Society for Affective Science Conference, Online.

**Eldesouky, L., Springstein, T., & English, T.** (2021, February). Emotion regulation in American versus Egyptian cultures. Basic Psychological Research in the Middle East Group Meeting, Online.

English, T. & **Eldesouky, L.** (2019, August). Spontaneous emotion regulation strategy use across adulthood. American Psychological Association Conference, Chicago, IL.

**Eldesouky, L., Beck, E.D., Gross, J.J., & English, T.** (2019, June). Do the stars align? An investigation of convergence between trait and state emotion regulation. Bay Area Affective Science Conference, San Francisco, CA.

**Eldesouky, L., Beck, E.D., Gross, J.J., & English, T.** (2019, April). Do the stars align? An investigation of convergence between trait and state emotion regulation. World Conference on Personality, Hanoi, Vietnam.

**Eldesouky, L. & English, T.** (2019, April). Emotion regulation goals predict strategy use in daily life. World Conference on Personality, Hanoi, Vietnam.

**Eldesouky, L. & English, T.** (2019, March). Always in flux: Attentional focus influences emotion regulation flexibility. Society for Affective Science Conference, Boston, MA.

**Eldesouky, L. & English, T.** (2018, May). Emotion regulation dynamics and their affective and social consequences. Association for Psychological Science Convention, San Francisco, CA.

**Eldesouky, L. & English, T.** (2017, July). Age differences in the link between daily emotion regulation strategy use and well-being. Annual International Association of Gerontological Societies World Congress of Gerontology and Geriatrics, San Francisco, CA.

English, T. & **Eldesouky, L.** (2017, July). Linking hedonic and instrumental emotion regulation goals to strategy preferences. International Society for Research on Emotion Conference, St. Louis, MO.

**Eldesouky, L. & English, T. (2017, June).** Big Five personality traits predict individual differences in emotion regulation goals. Biennial Association for Research in Personality, Sacramento, CA.

**Eldesouky, L. & English, T. (2017, May).** Perceived emotion regulation ability in adulthood and its implications for emotional well-being and social functioning. Association for Psychological Science Convention, Boston, MA.

English, T. & **Eldesouky, L. (2017, May).** How do goals predict preferences for emotion regulation strategies? Association for Psychological Science Convention, Boston, MA.

**Eldesouky, L. & English, T. (2017, January).** Love is blind, but not completely: Emotion regulation trait judgments in romantic relationships. Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

**Eldesouky, L. & English, T. (2015, May).** Emotion regulation goals in social interactions. Association for Psychological Science Convention, New York, NY.

### **CONFERENCE POSTER PRESENTATIONS**

†Denotes student mentee

**Eldesouky L. & Brown, C.L. (2024, March).** For the sake of others: A framework of pro-social regulation. Society for Affective Science Conference, New Orleans, LA.

†El-Nasharty, K., Goodman, F.R., & **Eldesouky, L. (2024, March).** Changes in spirituality correlate with well-being. Society for Affective Science Conference, New Orleans, LA.

**Eldesouky, L. & English T. (2022, April).** Expressive suppression's impact on personality impressions and their accuracy. Society for Affective Science Conference, Online.

†Asaad, A., **Eldesouky, L. & Ellis, K. (2022, April).** Religious coping in daily life: Implications for well-being. Society for Affective Science Conference, Online.

†El-Garhy, Y., **Eldesouky, L. & Ellis, K. (2022, April).** Virtual and in-person socialization and its effects on rumination during COVID-19. Society for Affective Science Conference, Online.

†Asaad, A., **Eldesouky, L. & Ellis, K. (2022, February).** Religious coping in daily life: Implications for well-being. Society for Personality and Social Psychology Emotion Pre-Conference, Online.

**Eldesouky, L. & English, T. (2018, April).** Are we in sync?: Emotion regulation dynamics in a social interaction. Society for Affective Science Conference, Los Angeles, CA.

**Eldesouky, L. & English, T. (2018, March).** Appearing warm vs. competent: Impression management goals differentially predict expressive suppression. Washington University Graduate Research Symposium, St. Louis, MO.

**Eldesouky, L. & English, T. (2018, March).** Appearing warm vs. competent: Impression management goals differentially predict expressive suppression. Emotion Pre-Conference, Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

**Eldesouky, L. & English, T. (2017, April).** Using the sharpest tool in the shed: The functionality of

emotion regulation strategy preferences. Society for Affective Science Conference, Boston, MA.

†Hwang, H., **Eldesouky, L.**, & English, T. (2017, January). Emotion regulation strategy self-efficacy beliefs predict habitual strategy use. Emotion Pre-Conference, Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

**Eldesouky, L.** & English, T. (2017, January). Using the sharpest tool in the shed: The functionality of emotion regulation strategy preferences. Emotion Pre-Conference, Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

**Eldesouky, L.** & English, T. (2016, November). I want to feel good, I want to feel bad: Age differences in daily emotion regulation goal pursuit. Gerontological Annual Scientific Meeting, New Orleans, LA.

**Eldesouky, L.** & English, T. (2016, April). I want to feel good, I want to feel bad: Age differences in daily emotion regulation goal pursuit. Annual Friedman Lecture and Awards, St. Louis, MO.

**Eldesouky, L.** & English, T. (2016, March). I choose you: Emotion regulation goals guide strategy selection during a social interaction. Society for Affective Science Conference, Chicago, IL.

**Eldesouky, L.** & English, T. (2016, February). I choose you: Emotion regulation goals guide strategy selection during a social interaction. Annual Graduate Research Symposium, Washington University, St. Louis, MO.

**Eldesouky, L.** & English, T. (2016, January). Variability in emotion regulation strategy use: The role of contextual goals and personality. Emotion Pre-Conference, Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

**Eldesouky, L.** & English, T. (2016, January). Regulating for a reason: Links between goal pursuit and habitual strategy use. Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

**Eldesouky, L.**, English, T., & Gross, J. J. (2015, April). Emotion regulation similarity and accuracy in romantic relationships. Society for Affective Science Conference, Oakland, CA.

**Eldesouky, L.** & English, T. (2015, February). The adaptiveness of emotion regulation strategies: Reappraisal leads to more success and less regret than suppression. Emotion Pre-Conference, Annual Meeting of the Society for Personality and Social Psychology Conference, Long Beach, CA.

**Eldesouky, L.** & English, T. (2015, February). Emotion regulation goals influence strategy selection. Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.

**Eldesouky, L.** & English, T. (2014, May). Emotion regulation and goals: Reappraisal and suppression are used to accomplish different goals. Association for Psychological Science Convention, San Francisco, CA.

**Eldesouky, L.**, Catterson, A.D., & John, O.P. (2014, April). Responding to threat: Suppressing your emotions to avoid negative evaluation from others. Society for Affective Science Conference, Bethesda, MD.

**Eldesouky, L.** & English, T. (2014, February). Emotion regulation strategies predict different



social outcomes depending on the person and the situation. Annual Graduate Research Symposium, Washington University, St. Louis, MO.

**Eldesouky, L.** & English, T. (2014, February). Emotion regulation strategies predict different social outcomes depending on the person and the situation. Emotion Pre-Conference, Annual Meeting of the Society for Personality and Social Psychology Conference, Austin, TX.

**Eldesouky, L.**, Catterson, A.D., & John, O.P. (2014, February). Individual differences in social power and suppression use in emotional situations. Annual Meeting of the Society for Personality and Social Psychology Conference, Austin, TX.

**Eldesouky, L.**, Catterson, A.D., & John, O.P. (2013, May). Individual differences in social power and suppression use in emotional situations. Berkeley Psychology Departmental Honors Symposium, Berkeley, CA.

**Eldesouky, L.**, Saslow, L.R., Willer, R., Feinberg, M., Clark, K., Keltner, D., & Saturn, S.R. (2013, January). Androgen receptor gene and Estrogen receptor beta polymorphisms predict personality traits and self-esteem in men and women. Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

**Eldesouky, L.**, Saslow, L.R., Willer, R., Feinberg, M., Clark, K., Keltner, D., & Saturn, S.R. (2012, May). Androgen receptor gene and Estrogen receptor beta polymorphisms predict personality traits and self-esteem in men and women. Annual Stanford Undergraduate Psychology Conference, Stanford, CA.

## **TEACHING EXPERIENCE AND TRAINING**

The American University in Cairo

Course instructor,

Social Psychology (9 times), Fall 2019 (2 sections), 2020, 2021, 2022; Spring 2020, 2021, 2022, 2024

Theories of Personality (5 times), Fall 2021, 2022; Spring 2022, 2023, 2024

Research Methods in Psychology (5 times), Fall 2019, 2020, 2022; Spring 2020, 2021

Human Emotion (4 times), Fall 2020, 2021; Spring 2023, 2024

Introduction to Psychology (3 times), Spring 2021, 2022; Summer 2023

Graduate Research Methods and Inferential Statistics for Psychology (1 time), Spring 2023

Pedagogical training (Center for Learning and Teaching),

AI and How to Navigate Your Teaching and Learning, Spring 2023

Flexibility with Boundaries, Fall 2022

Alternative Assessment Methods, Spring 2021

Online Learning Institute, Summer 2020

Online Tools in the Event of Class Suspension, Spring 2020

Multimodal Assignments, Spring 2020

Teaching Enhancement Certificate I, Fall 2019

Assessment, Fall 2019

Critical Thinking, Fall 2019

Designing Courses that Engage and Inspire, Fall 2019

Inclusive Teaching, Fall 2019  
Teaching Portfolio, Fall 2019  
Workshop instructor,  
Qualtrics Beginner Workshop, 2021  
Using SONA Systems for Research, 2021

Stanford University  
Instructor, Affective Science, Stanford Pre-Collegiate Studies, Summer 2019

Washington University in St. Louis  
Teaching Citation Certificate, for completing advanced teaching workshops and guest lectures beyond doctoral requirements, awarded Spring 2017  
Pedagogical training (Teaching Center),  
Using Your Authority to Manage a Classroom, Spring 2017  
STEM Growth Mindset, Spring 2017  
Responding to Student Writing, Fall 2016  
Leading Engaging Discussions, Fall 2016  
Fostering Student Engagement, Spring 2014

Instructor, Controversies in Contemporary Psychology Freshman Seminar, Spring 2017

Graduate teaching assistant,  
Understanding Emotions, Fall 2016  
Experimental Psychology, Spring 2015, 2016  
Introductory Psychological Statistics, Fall 2015  
Psychology of Personality, Fall 2014

## **MENTORING EXPERIENCE**

The American University in Cairo

Academic advisor to over 40 undergraduate students, 2019 – pres.  
Supervisor for 16 undergraduate and graduate research assistants, 2019 – 2023  
Ahmed El Sourani; Ahmed Ismail; Aisha Asaad; Dalia Hashad; Fatimah Badawy; Farah Desouky; Kanzi El Nasharty; Laila Diab; Laila Elbeheri; Mariam Bourham; Nada Abdellatif; Salma Ayad; Youssef El-Garhy; Zahra Fouad; Zeina Ghanem; Zeina Omar

Project mentor,

Zahra Fouad (Undergraduate Independent Project), *Mental Health and Well-Being Among College Students*, 2023 – pres.  
Received Undergraduate Research Grant from the American University in Cairo, (2024)

Kanzi El-Nasharty (Undergraduate Independent Project), *Beyond absence or presence: Understanding the association between spirituality and emotional well-being in daily life*, 2023  
Received Undergraduate Travel Grant from the American University in Cairo (2023); Society for Affective Science Hardship Fund (2023)  
Currently an MSc student in Counseling Psychology at the American College of Greece

Aisha Asaad (Undergraduate Independent Project), *Religious coping in daily life: Implications for well-being*, 2021 – 2022  
Received Undergraduate Travel Grant from the American University in Cairo (2022)  
Currently an MSc student in Clinical Mental Health Sciences at University College of London

Youssef El-Garhy (Undergraduate Independent Project), *Virtual and in-person socialization and its effects on rumination during COVID-19*, 2021 – 2022  
Received Undergraduate Travel Grant from the American University in Cairo (2022)  
Currently in the Egyptian military

Bahi Ashraf Shukri (Undergraduate Independent Project), *Anti-sexist Shaming and Behavioral Regulation*, 2019 – 2020  
Currently an MA student in Counseling Psychology at the American University in Cairo

Thesis committee member,

Terivina Naguib (Masters Thesis), *The Association Between Acceptance of Illness and Quality of Life Among Rheumatoid Arthritis Patients in Egypt*, 2023 – pres.

Mahmoud Khattab (Masters Thesis), *Mental health consequences of caring: Compassion Fatigue, Secondary Traumatic Stress and Burnout among Humanitarian Aid Personnel in Egypt*, 2021 – 2022

Veronica Iskander (Masters Thesis), *The Influence of Architectural Design on the Stress Levels of Patients in Hospitals in Cairo*, 2022

Stanford University

Supervisor for four research assistants, 2018 – 2019

Kathryn Bartel; Sierra Burgon; Jessilyn Frolich; Aidan Levin

Project mentor,

Kathryn Bartel (Post-baccalaureate), *The Experience of Schaudenfreude*, 2018 – 2019  
Currently a User Experience Researcher at Google

Lukas Röseler (Visiting Ph.D. Student in Social Psychology from University of Bamberg), *Expectation Regulation*, 2018 – 2019

Currently the Faculty of Human Sciences' Open Science Representative at Universität Bamberg

Washington University in St. Louis

Supervisor for over 50 research assistants, 2013 – 2018

Project mentor,

Taylor Pitcher (Undergraduate Independent project): *Emotion Regulation Goal and Strategy Use in Romantic Relationships*, 2016 – 2017

Currently an adolescent psychologist at Applewood Centers Inc

Yue Guo (Undergraduate Psychology Concentration in Personality): *Accuracy in Perceiving Emotion Regulation Strategies*, 2015 – 2016

(Honors thesis): *Emoticon Perception*, 2015 – 2016

Currently a Ph.D. student at the University of Missouri in Columbia

Jiyeon Ryoo (Honors thesis): *Emotions in Conversations of Sexism*, 2015 – 2016

Currently a software engineer at Entegral

## **PROFESSIONAL SERVICE**

### **Journal Reviewing**

Associate Editor:

*Affective Science*, 2023 – pres.

Editorial Board Member:

*Personality Science*, 2024 – pres.

*Frontiers in Psychology*, 2023 – pres.

*Personality and Social Psychology Review*, 2023 – pres.

*Affective Science*, 2022 – 2023

Ad Hoc Reviewer:

*Acta Psychiatrica Scandinavica*

*Affective Science*

*Applied Psychology: Health and Well-being*

*BMC Psychiatry*

*Clinical Psychology: Science and Practice*

*Cognition and Emotion*

*Cognitive Therapy and Research*

*Developmental Review*

*Emotion*

*Emotion Review*

*European Journal of Oncology Nursing*

*European Journal of Psychological Assessment*

*Journal of Clinical Psychology*

*Journal of Experimental Psychology: General*

*Journal of Gerontology*

*Journal of Personality*

*Journal of Research in Personality*

*International Journal of Behavioral Development*

*Motivation and Emotion*

*Personality and Individual Differences*

*Personality and Social Psychology Bulletin*

*PLOS One*

*Scientific Reports*

*Social and Personality Psychology Compass*

*Social Psychological and Personality Science*

### **Conference, Award, and Grant Reviewing**

Society for Affective Science Conference Symposiums, 2023

American University of Beirut Grant, 2022

Society for Affective Science Conference Poster Presentations, 2021, 2023

American Psychological Association Convention Poster Presentations, 2018

Society for Personality and Social Psychology Diversity Graduate Travel Award, 2018

Society for Personality and Social Psychology Single Presentations, 2018

Society for Personality and Social Psychology Best Student Poster Award, 2014

Society for Personality and Social Psychology Outstanding Research Award, 2013, 2014

Association for Psychological Science Student Research Award, 2013

## **Society**

Pre-Conference Organizing Team Co-Chair, Society for Affective Science, 2022 – 2024  
Membership and Outreach Committee Member, Society for Affective Science, 2021 – 2023  
Diversity Committee Member, Society for Affective Science, 2021 – 2022  
Graduate Student Member-at-Large, Society for Personality and Social Psychology, 2016 – 2017  
Graduate Student Social Media Committee Member, Society for Affective Science, 2015 – 2016

## **Departmental and University**

### **The American University in Cairo**

Chair, Student Career and Professional Development Committee, Department of Psychology, 2022 – pres.

Chair, Student Affairs Committee, Department of Psychology, 2021 – pres.

Faculty Advisor, Psychology Student Association and Psi Chi Chapter, Department of Psychology, 2021 – pres.

Psychology Research Center Faculty Coordinator, Department of Psychology, 2020 – pres.

Chair, Student Awards Committee, Department of Psychology, 2024 – pres.

Institutional Review Board Member, 2020 – 2023

Faculty Advisor, Serenity Society, 2021 – 2023

Library Liaison, Department of Psychology, 2019 – 2022

Chair, Cognitive Psychology Faculty Search Committee, Department of Psychology, 2021 – 2022

Member, Student Commencement Speaker Committee, 2022

Member, Hub for Action and Research in Psychology Staff Coordinator Search Committee, Department of Psychology, 2020

Member, Assessment and Strategic Planning Committee, Department of Psychology, 2019 – 2020

Member, Biopsychology Faculty Search Committee, Department of Psychology, 2019 – 2020

### **Stanford University**

Member, Stanford Science Penpals Program, 2018 – 2019

### **Washington University in St. Louis**

Graduate Student Representative, Colloquium Committee, 2015 – 2018

Graduate Student Representative, Diversity Science Faculty Search Committee, 2016 – 2017

Graduate Student Member, Diversity Committee, 2014 – 2016

Member, Graduate Student Senate Diversity and Inclusiveness Committee, 2014 – 2015

Member, Promoting Science Policy, Education & Research, 2013 – 2015

## **SPECIALIZED TRAINING**

- Interpersonal Emotion Dynamics workshop, Society for Affective Science, Emily A. Butler, 2019
- Essential Methodological Topics in Clinical Psychiatric Research course, Stanford University, Booil Jo, Helena Kraemer, Jane Paik Kim, 2018
- Meta-analysis workshop, Association for Psychological Science, Blake McShane, 2018
- Longitudinal Dyadic Analyses workshop, Society for Personality and Social Psychology, Robert A. Ackerman & Deborah Kashy, 2018
- Spit Camp workshop, Salimetrics Salivary Research, 2017

- Self-Reports workshop, Society for Personality and Social Psychology, Arthur Stone, 2017
- Hierarchical Linear Modeling course, Washington University, Michael J. Strube, 2015
- Applied Multivariate Analysis course, Washington University, Michael J. Strube, 2014
- Statistics and Data Analysis in MATLAB course, Washington University, Kendrick Kay, 2014
- Dyadic Data Analysis workshop, Association for Psychological Science, Tessa V. West, 2014

### **RELATED PROFESSIONAL SKILLS**

- Statistical Software and Programming: R, SPSS
- Advanced Computer Software: Qualtrics, REDCap, E-Prime, BioPac MP Data Acquisition System, AcqKnowledge, Noldus Observer XT, Noldus Media Recorder
- Languages: English, Arabic

### **PROFESSIONAL MEMBERSHIPS**

American Psychological Association  
Association for Psychological Science  
Psi Chi International Honor Society  
Society for Affective Science  
Society for Personality and Social Psychology