

Lameese Eldesouky

Curriculum Vitae
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Department of Psychology
The American University in Cairo
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ACADEMIC POSITIONS

- 2026–pres. **Associate Professor**, Department of Psychology, The American University in Cairo
- 2019–2026 **Assistant Professor**, Department of Psychology, The American University in Cairo
- 2018–2019 **Postdoctoral Fellow**, Department of Psychology, Stanford University
Advisor: James J. Gross

EDUCATION

- 2018 **Ph.D.**, Social and Personality Psychology, Washington University in St. Louis
Advisor: Tammy English
- 2018 **Graduate Certificate in Quantitative Data Analysis**, Washington University in St. Louis
- 2017 **Teaching Citation Certificate**, Washington University in St. Louis
- 2015 **A.M.**, Social and Personality Psychology, Washington University in St. Louis
Advisor: Tammy English
- 2013 **B.A.**, Psychology, University of California, Berkeley
Advisor: Oliver P. John

HONORS AND AWARDS

- 2024 SAGE Early Career Trajectory Award, Society for Personality and Social Psychology (SPSP)
Awarded to select early career researchers for outstanding research, teaching, and service contributions to the field of personality and social psychology
- 2019–2021 Loan Repayment Program Award in Clinical Research, National Institutes of Health (NIH), National Cancer Institute (NCI) (declined)
Awarded to top health professionals involved in biomedical or biobehavioral research for

repayment of educational loan debt

- 2018 Albert Bandura Graduate Research Award, Association for Psychological Science (APS) and Psi Chi the International Honor Society in Psychology
Awarded annually to one graduate student for best overall psychological research
- 2018 First Place Winner, Washington University Graduate Research Symposium
- 2016–2018 Ruth L. Kirschstein National Research Service Award T32 Predoctoral Fellowship, National Institutes of Health (NIH), National Institute on Aging (NIA)
Institutional research training of top predoctoral candidates in biomedical, behavioral, and clinical research
- 2017 Fellow, Society for Personality and Social Psychology Summer Institute (SISPP)
Awarded to top predoctoral students in social and personality psychology to attend a two-week intensive summer training in the field
- 2014-2016 Arthur D. Behrendt Scholarship, Washington University in St. Louis
- 2014 Honorable Mention, National Science Foundation (NSF) Graduate Research Fellowship
Awarded to top graduate applicants for strong academic and research potential in the areas of science, technology, engineering or math or STEM education
- 2014 Student Travel Assistance Award, Association for Psychological Science (APS)
- 2013-2014 University Graduate Fellowship, Washington University in St. Louis
- 2013 Diversity Fund Travel Award, Society for Personality and Social Psychology (SPSP)
- 2013 Dean's Honors, University of California, Berkeley
Achieved GPA in the Top 4% of the College of Letters and Science
- 2013 Highest Honors in Psychology, University of California, Berkeley
Awarded for being in the top 20% of Honors Theses in the Department of Psychology
- 2009-2010 Berkeley Undergraduate Scholarship, University of California, Berkeley

RESEARCH INTERESTS

- Factors that predict how people regulate their emotions
- Emotion regulation's consequences for emotional well-being and social functioning
- How to effectively measure emotion regulation

EXTERNAL GRANTS

National Science Foundation (NSF) 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 (APA) Dissertation Research Award (2017). “Calm, Cool, but Distant: Why Hiding Your Emotions Might be a Double-Edged Sword.” (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)

INTERNAL GRANTS

American University in Cairo Faculty Research Support Grant (2025-2027). “A Cross-Cultural AI and Digital Twin Integration for Enhancing the Safety of Autonomous Vehicles-Pedestrians Interaction.” (PI: Y. Gadallah; Co-PI: Lameese Eldesouky)

American University in Cairo Faculty Research Support Grant (2024-2025). “Coping with Loneliness.” (PI: L. Eldesouky; Co-PI: Nour Zaki)

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

American University in Cairo Faculty Research 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)

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)

PUBLICATIONS

ORCID: <https://orcid.org/0000-0003-4977-8203>

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=56514111000> (h-index = 11, citations = 552)

Google Scholar: <https://scholar.google.com/citations?user=suSR5egAAAJ&hl=en&oi=ao>

†Denotes student mentee

1. **Eldesouky, L.**, Rum, R., †El-Nasharty, K., †El-Garhy, Y., & Goodman, F.R. (2026). Individual differences in religious emotion regulation in daily life. *Affective Science*, 7, 123-134.
2. Gligorić, V., Jost, J.T., Mićanović I., Tase, O., Do Bú, E.A.,....., **Eldesouky, L.**,....., Schaaf, J. (2025). Macro-economic conditions and national stereotypes in 45 non-Western countries. *Social Psychological and Personality Science*, 17, 1-18.
3. **Eldesouky, L.**, Gross, J.J., & English, T. (2025). Trait emotion regulation similarity and well-being. *Scientific Reports*, 15, 28820.
4. **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.
5. **Eldesouky L.**, Goldenberg, A., & Ellis, K. (2024). Loneliness and emotion regulation in daily life. *Personality and Individual Differences*, 221, 112566.
6. **Eldesouky, L.** & English, T. (2023). The impact of suppressing and amplifying expressions on personality judgments. *Journal of Research in Personality*, 105, 104399.
7. **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.
8. **Eldesouky, L.** & English, T. (2023). Keeping up appearances: The role of motives and utility beliefs in expressive suppression. *Motivation and Emotion*, 47, 381-398.
9. †El-Garhy, Y., **Eldesouky, L.**, & Ellis, K. (2023). Virtual and in-person socialization and its effects on rumination during COVID-19. Abstracts from the 2022 Annual Meeting of the Society for Affective Science_Health, *Affective Science*, 4, 210-222.
10. **Eldesouky, L.**, †Guo, Y., Bentley, K. & English, T. (2022). Decoding the regulator: Accuracy and bias in emotion regulation judgments. *Affective Science*, 3, 827-835.
11. **Eldesouky, L.** & English, T. (2022). Always in flux: The role of attentional focus in emotion regulation dynamics. *Cognition and Emotion*, 36, 345-351.
12. 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.
13. **Eldesouky, L.** & Goodman, F.R. (2021). What are we missing in emotion regulation science? *Clinical Psychology: Science and Practice*, 28, 183-185.
14. 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* (4th ed.) (pp. 523-542). The Guilford Press.
15. 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.

16. English, T. & **Eldesouky, L.** (2020). We're not alone: Understanding the social consequences of intrinsic emotion regulation. *Emotion*, 20, 43-47.
17. **Eldesouky, L.** & Gross, J.J. (2019). Emotion regulation goals: An individual difference perspective. *Social and Personality Psychology Compass*, 13, e12493.
18. **Eldesouky, L.** & English, T. (2019). Regulating for a reason: Emotion regulation goals are linked to spontaneous strategy use. *Journal of Personality*, 87, 948-961.
19. **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.
20. **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.
21. **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.
22. **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.
23. 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.
24. 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 OR IN PREPARATION

1. **Eldesouky, L.** & Brown, C.L. (invited revision under review). Regulating for others' sake: An integrative perspective on prosocial emotion regulation.
2. Moghadasin, M., Salem, K., & **Eldesouky, L.** (under review). Cultural redevelopment and validation of the Emotion Regulation Goals Scale – Culturally Redeveloped Version (ERGS-CRV): Evidence from Iran.
3. **Eldesouky, L.** & †Sallam, Y. (under review). Personality, emotion, and impression formation. To be in E. Dan-Glauser (Ed.), *Research Handbook on Personality and Emotion*. Edward Elgar Publishing.
4. **Eldesouky, L.**, Aboelwafa, M.M.N., Gadallah, Y., & Abdelrahman, A. (in preparation). The role of emotion in pedestrian crossing.

ORAL CONFERENCE PRESENTATIONS

Eldesouky, L., Goldenberg, A., & Ellis, K. (2025, March). Loneliness and emotion regulation in daily

life. Oral presentation at the Society for Affective Science Conference, Portland, OR.

Eldesouky, L. (2023, March). Using religion as a form of emotion regulation. Invited oral presentation at the Society for Affective Science Conference, Long Beach, CA.

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

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

Eldesouky, L. (2019, November). Emotional well-being across adulthood. Invited oral presentation at the International Conference on Psychology, Effat University, Jeddah, Saudi Arabia.

English, T. & **Eldesouky, L.** (2019, August). Spontaneous emotion regulation strategy use across adulthood. Oral presentation at the 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. Oral presentation at the 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. Oral presentation at the World Conference on Personality, Hanoi, Vietnam.

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

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

Eldesouky, L. & English, T. (2018, May). Emotion regulation dynamics and their affective and social consequences. Oral presentation at the 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. Oral presentation at the 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. Oral presentation at the International Society for Research on Emotion Conference, St. Louis, MO.

Eldesouky, L. & English, T. (2017, June). Big Five personality traits predict individual differences in Oral presentation at the 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. Oral presentation at the Association

for Psychological Science Convention, Boston, MA.

English, T. & **Eldesouky, L.** (2017, May). How do goals predict preferences for emotion regulation strategies? Oral presentation at the 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. Oral presentation at the 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. Oral presentation at the Association for Psychological Science Convention, New York, NY.

CONFERENCE POSTER PRESENTATIONS

†Denotes student mentee

Eldesouky, L. (2026, March). The role of interpersonal regulation tendency and strategy use in loneliness. Poster to be presented at the Society for Affective Science, Pittsburgh, PA, USA.

†Hamoud, Y. & **Eldesouky, L.** (2025, July). Emotional regulation strategies used when feeling lonely versus afraid of being lonely. Poster presented at the European Congress of Psychology, Paphos, Cyprus.

†Hamoud, Y. & **Eldesouky, L.** (2025, March). Emotional regulation strategies used when feeling lonely versus afraid of being lonely. Poster presented at the Society for Affective Science Conference, Portland, OR.

†Sallam, Y. & **Eldesouky, L.** (2025, March). The influence of relationship factors on accuracy in judging trait loneliness. Poster presented at the Society for Affective Science Conference, Portland, OR.

†Hamoud, Y. & **Eldesouky, L.** (2025, February). Emotional regulation strategies used when feeling lonely versus afraid of being lonely. Poster presented at the Excellence in Undergraduate Research, Entrepreneurship and Creative Achievement (EURECA) Conference, The American University in Cairo, Cairo, Egypt.

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

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

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

Conference, Online.

†Asaad, A., **Eldesouky, L.** & Ellis, K. (2022, February). Religious coping in daily life: Implications for well-being. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the 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. Poster presented at the Annual Stanford Undergraduate Psychology Conference, Stanford, CA.

CONFERENCE PANELS AND OTHER TALKS

- Eldesouky, L.** (2022, April). Salon conversation: Research challenges outside of North America. Discussion facilitation at the 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. Panel discussant at the 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. Invited talk given at the Rakhawy Scientific Day, Rakhawy Training and Research Center, Cairo, Egypt.

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. Burleson, 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: Lahnna 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.

TEACHING EXPERIENCE AND TRAINING

The American University in Cairo
Course instructor,

Social Psychology (13 times), Fall 2019 (2 sections), 2020, 2021, 2022, 2024, 2025;
Spring 2020, 2021, 2022, 2024, 2025, 2026

Theories of Personality (9 times), Fall 2021, 2022, 2024, 2025; Spring 2022, 2023, 2024, 2025, 2026

Research Methods in Psychology (6 times), Fall 2019, 2020, 2022, 2025; Spring 2020, 2021

Human Emotion (6 times), Fall 2020, 2021; Spring 2023, 2024, 2025, 2026

Introduction to Psychology (5 times), Fall 2024; Spring 2021, 2022; Summer 2023, 2025

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

Pedagogical training (Center for Learning and Teaching),

Mind the (Skills) Gap Community Circle, Fall 2024

Getting Started with Canvas, Summer 2024

Canvas-Grading and Assignments, Summer 2024

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

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

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

MENTORING EXPERIENCE

The American University in Cairo

Academic advisor to over 50 undergraduate students, 2019-pres.

Supervisor for 20 undergraduate and graduate research assistants, 2019-pres.

Ahmed El Sourani; Ahmed Ismail; Asmaa Heikal; Aisha Asaad; Dalia Hashad; Fatimah Badawy; Farah Desouky; Farida Elrefaie; Kanzi El Nasharty; Laila Diab; Laila Elbeheri; Mahitab Elhelow; Mariam Bourham; Nada Abdellatif; Nehal Khalifa; Salma Ayad; Yahia Sallam; Yasmin Hamoud; Youssef El-Garhy; Zahra Fouad; Zeina Ghanem; Zeina Omar

Undergraduate independent project mentor,

- Mahitab Elhelow (2024-2026), *Understanding Fear of Loneliness: The Role of Maternal Acceptance-Rejection and Attachment*
 - Received external Undergraduate Research Grant from the Psi Chi International Honor Society in Psychology (2024); grant proposal was ranked as one of the highest submissions
 - Received American University in Cairo Undergraduate Travel Grant (2024)
 - BA Psychology graduate from the American University in Cairo
- Farida Elrefaie (2024-2025), *Loneliness Frequency and Intensity: Age, Gender, and Socioeconomic Status Differences*
 - Received American University in Cairo Undergraduate Travel Grant (2024)
 - BA Psychology graduate from the American University in Cairo
- Yahia Sallam (2024-2025), *The Influence of Relationship Factors on Accuracy in Judging Trait Loneliness*
 - Received American University in Cairo Undergraduate Travel Grant (2024)
 - Current BA student in Psychology and Business at the American University in Cairo
- Yasmin Hamoud (2024-2025), *Emotional Regulation Strategies Used When Feeling Lonely versus Afraid of Being Lonely*
 - Received American University in Cairo Undergraduate Travel Grant (2024)
 - Received external Unrestricted Travel Grant from the Psi Chi International Honor Society (2025)
 - BA Psychology graduate from the American University in Cairo
- Zahra Fouad (2023-2024), *Mental Health and Well-being Among College Students*
 - Received American University in Cairo Undergraduate Research Grant (2024)
- Kanzi El-Nasharty (2023-2024), *Beyond Absence or Presence: Understanding the Association between Spirituality and Emotional Well-being in Daily Life*
 - Received American University in Cairo Undergraduate Travel Grant (2023)
 - Received external Society for Affective Science Hardship Fund Travel Grant (2023)
 - Currently a Chevening Scholar and MSc student in Clinical Mental Health Sciences at King's College London
- Aisha Asaad (2021-2022), *Religious Coping in Daily Life: Implications for Well-being*
 - Received American University in Cairo Undergraduate Travel Grant (2022)
 - Currently an MSc student in Clinical Mental Health Sciences at University College London

- Youssef El-Garhy (2021-2022), *Virtual and In-Person Socialization and its Effects on Rumination During COVID-19*
 - Received American University in Cairo Undergraduate Travel Grant (2022)
 - Received a Top Ranked Abstract from the 2022 Annual Meeting of the Society for Affective Science for publication in the society's journal, *Affective Science*
- Bahi Ashraf Shukri (2019-2020), *Anti-sexist Shaming and Behavioral Regulation*
 - MA student in Sociology-Anthropology and Global Public Health at the American University in Cairo

Masters thesis committee member,

- Nada Hassan (2025), *In Her Words: The Silent Battles of Egyptian Women with Breast Cancer*
- Terivina Naguib (2023-2025), *The Association Between Acceptance of Illness and Quality of Life Among Rheumatoid Arthritis Patients in Egypt*
- Mahmoud Khattab (2021-2022), *Mental Health Consequences of Caring: Compassion Fatigue, Secondary Traumatic Stress and Burnout Among Humanitarian Aid Personnel in Egypt*
- Veronica Iskander (2022), *The Influence of Architectural Design on the Stress Levels of Patients in Hospitals in Cairo*

Stanford University

Supervisor for four research assistants, 2018-2019

Kathryn Bartel; Sierra Burgon; Jessilyn Frolich; Aidan Levin

Independent project mentor,

- Kathryn Bartel (2018-2019, Post-baccalaureate), *The Experience of Schaudenfreude*
 - Currently a User Experience Researcher at Google
- Lukas Röseler (2018-2019, Visiting Ph.D. Student in Social Psychology from University of Bamberg), *Expectation Regulation*
 - 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

Undergraduate project mentor,

- Taylor Pitcher (2016-2017): *Emotion Regulation Goal and Strategy Use in Romantic Relationships*
 - Currently an adolescent psychologist at Applewood Centers Inc
- Yue Guo (2015-2016):
 - Undergraduate Psychology Concentration in Personality: *Accuracy in Perceiving Emotion Regulation Strategies*
 - Honors thesis: *Emoticon Perception*
 - Currently a Ph.D. student at the University of Missouri in Columbia
- Jiyeon Ryoo (2015-2016):
 - Honors thesis: *Emotions in Conversations of Sexism*

- Currently a software engineer at Entegral

PROFESSIONAL SERVICE

Journal Reviewing

Associate Editor:

Affective Science, 2023-pres.

Communications Psychology, 2025

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

Dutch Research Council (NWO) Talent Programme, 2025

Society for Affective Science Conference Symposiums, 2023, 2024

Society for Affective Science Conference Poster Presentations, 2021, 2023

American University of Beirut Grant, 2022

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

Professional Society Committees

Abstract Review Committee Board, Society for Affective Science, 2021-2024
Pre-Conference Sub-Committee Co-Chair/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 Service

The American University in Cairo, Department of Psychology
Member, Departmental Research Committee, 2025-pres.
Graduate Application Reviewer, 2025-pres.
Chair, Psychology Student Awards Committee, 2024-pres.
Chair, Student Affairs Committee, 2021-pres.
Hub for Action in Research and Participation Center Faculty Coordinator, 2020-pres.
Member, Developmental Psychology Faculty Search Committee, 2024-2025
Departmental Reviewer, American University in Cairo Organized Research, Innovation, and Creativity Unit Grant, 2024
Chair, Cognitive Psychology Faculty Search Committee, 2021-2022
Library Liaison, 2019-2022
Member, Hub for Action and Research in Psychology Staff Coordinator Search Committee, 2020
Member, Biopsychology Faculty Search Committee, Department of Psychology, 2019-2020
Member, Assessment and Strategic Planning Committee, Department of Psychology, 2019-2020

School and University Service

The American University in Cairo
Building Capacity for Early Career Humanities Scholars (BECHS)-Africa Fellowship Program Mentor, 2024
Organizer, School of Humanities and Social Sciences (HUSS) Brain Awareness AUC Conference, 2023
Organizer, School of Humanities and Social Sciences (HUSS) Graduate School Panel, 2023
Member, School of Humanities and Social Sciences (HUSS) Student Commencement Speaker Committee, 2022
Member, Institutional Review Board, 2020-2023

Student Service

Faculty Advisor, Psychology Student Association, Department of Psychology, 2021-pres.
Faculty Advisor, Psi Chi Chapter, Department of Psychology, 2021-pres.
Faculty Advisor, Serenity Society, 2021-2023

Graduate Student and Postdoctoral Fellow Service

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 (native fluency), Arabic (limited professional working proficiency)

PROFESSIONAL MEMBERSHIPS

American Psychological Association (2013-pres.)

Association for Psychological Science (2013-pres.)

Psi Chi the International Honor Society in Psychology (2014-pres.)

Society for Affective Science (2013-pres.)

Society for Personality and Social Psychology (2012-pres.)