

## Curriculum Vitae

### Personal Information

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### Education

Ph.D. Health and Social Psychology, State University of New York at Stony Brook (1998)  
Concentration in Quantitative Methods  
M.A. Psychology, State University of New York at Stony Brook (1994)  
B.A. Cognitive Science, Vassar College (1991)

### Professional Experience

2009-Present Alumni Professor, Department of Psychology, Syracuse University  
(Social and Clinical-Health areas)  
2007-2009 Alumni Associate Professor, Department of Psychology, Syracuse University  
(Social and Clinical-Health areas)  
2004-2007 Director, Social Psychology Graduate Training Area, Syracuse University.  
2003-2007 Associate Professor, Department of Psychology, Syracuse University  
(Social and Clinical-Health areas)  
2000-2003 Assistant Professor, Department of Psychology, Syracuse University  
(Clinical-Health area)  
1998-2000 Assistant Professor, Department of Psychology, North Dakota State University  
(Social-Health area)  
1996-1998 Project Director, Department of Psychiatry, State University of New York at  
Stony Brook  
1992-1996 Graduate Research Assistant, Department of Psychiatry, State University of New  
York at Stony Brook  
1991-1992 Behavioral Technician, New Medico Skilled Rehabilitation, Northampton, MA  
1991-1992 Emergency Services Counselor, Franklin/Hampshire Counties Mental Health  
Center, Northampton, MA

### Other Professional Appointments

2008-Present Affiliated Researcher, Center for Integrated Healthcare, Department of Veterans  
Affairs  
2002-Present Adjunct, Department of Psychiatry, SUNY Upstate Medical University  
2000-Present Senior Scientist, Center for Health and Behavior, Syracuse University  
1999-2003 Lecture Faculty, Mind Matters/Cortext Seminars  
1999-2000 Adjunct, Division of Psychiatry-Behavioral Science, Department of Neuroscience,  
University of North Dakota School of Medicine and Health Sciences.  
1999-2000 Research Scientist, Neuropsychiatric Research Institute, Fargo, ND.

## Honors and Awards

2008	Excellence in Graduate Education Faculty Recognition Award, Syracuse University
2007	Alumni Professorship, Syracuse University
2003	Society of Behavioral Medicine Early Career Award
1999	Departmental teaching award
1998/1999	Society of Behavioral Medicine Outstanding Dissertation Award
1998	American Psychosomatic Society Scholarship Award
1997	American Psychological Association Dissertation Research Award
1996, 1997	National Service Award, Psi Chi National Honor Society in Psychology
1996	Research Experience for Undergraduates, Service Award
1996	Nominated by Department for APA Division I National Teaching Award
1993, 1994	Washburn Fellowship Recipient for Outstanding Graduate Work
1991	Exceptional Service Award, Hudson River Psychiatric Institute
1990	Dana Grant Recipient for Independent Undergraduate Research, "Expert systems and expert language: The use of a visual interface"

## Research Grants

"Ecologically Valid Disordered Eating Prevention Program for At-Risk College Women" NIH-NIMH. Faculty Mentor for NSRA [F31] (PI: K. Heron). \$81,812., 01/15/09-01/14/11.

"Agonistic stress and CVD risk in young adults" NIH-NHLBI. Co-Investigator (PI: C. Ewart, Ph.D.). \$1,911,825., 8/8/07 - 4/30/2011.

"Stress, Aging, and Working Memory" NIH-NIA. Co-Principal Investigator (Co-PI: M. Sliwinski, PhD). \$2,490,864., 06/01/2006 - 05/31/2011.

"Expressive writing: Complementary treatment for diabetes" NIH-NCCAM. Principal Investigator. \$1,531,250., 07/01/04 - 06/31/10.

"The Einstein Aging Study" NIIH-NIA. Co-Investigator (subcontract; PI: R. Lipton, PhD). \$220,000., 04/16/04 - 09/30/09.

"Agonistic stress, coping, and CVD risk in urban youth" NIH-NHLBI. Co-Investigator (PI: C. Ewart, Ph.D.). \$1,494,287., 01/01/04 - 12/31/08.

"Writing about stressful life events as a supplemental treatment for chronic illness" NIH-NHLBI. Principal Investigator. \$880,775., 03/01/01 - 02/28/08.

"Eating disorders and impulsivity: A longitudinal study" NIH-NIMH. Co-Investigator (PI: S. Wonderlich, Ph.D.). \$422,350., 08/01/00 - 07/30/04.

"Effects of written disclosure on post-disaster psychological adjustment and symptomatology" Quick Response Grant Program, Natural Hazards Center. Principal Investigator, \$6,030., 01/21/99-12/15/00.

"Follow-up on the structured writing task in rheumatoid arthritis: A study of the feasibility of videotaped instructions for use in medical practices" Fetzer Institute. Co-Investigator (PI: J. Broderick, Ph.D.). \$86,000., 08/01/99-12/15/01.

“The effect of structured writing on traumatic memories” ND EPSCoR NIH IdeA program [Seed grant program]. Principal Investigator, \$10,000., 02/17/99-07/15/99.

“Does a structured writing intervention lead to symptom reduction in post-traumatic stress disorder patients?” Neuropsychiatric Research Institute [small grants program]. Principal Investigator, \$6,000., 01/15/99-12/15/99.

“Written emotional expression: Effects on symptoms, disease status, and HPA axis in patients with rheumatoid arthritis or asthma” Fetzer Institute. Co-Investigator and Project Director (PI: A. Stone, Ph.D.). \$139,392., 06/30/96-05/30/98.

## Research Overview

Three broadly defined areas – and the integration between them – comprise my research program: (1) What are the effects of experiencing stress or trauma on psychological and physical well-being, and under what circumstances (and to what degree) can we observe such effects? (2) Can we assess stress, affect, and health in an ecologically relevant manner that facilitates our understanding of biopsychosocial processes as they unfold in time and in context? Furthermore, how can this approach (i.e., dynamic within person data capture) allow testing of novel practical and theoretical perspectives? (3) Can psychological interventions improve health and well-being, both in healthy individuals and individuals with existing physical or psychiatric illness (with a particular research focus on theoretical and applied questions about the use of expressive writing interventions)?

### Current Work: Manuscripts Under Review or In Preparation

(\*indicates student author)

**Smyth, J.** & \*Heron, K. Micro-interventions: The use of real-time data capture via EMA to augment interventions.

**Smyth, J.**, \*Hockemeyer, J., \*Nazarian, D., Stone, A., & Sliwinski, M. Emotional responses to writing about emotionally disturbing events and their relation to health improvements in patients with chronic illness.

**Smyth, J.**, & Sliwinski, M. Blue genes: Serotonin transporter gene polymorphism (5-HTTLPR) effects on stress and affect in daily life.

**Smyth, J.**, \*Juth, V., & Sliwinski, M. Family and individual risk factors and ambulatory cardiovascular risk indicators in response to stress in daily life.

**Smyth, J.**, & Oikawa, M. Affective variability in daily life: A neglected construct in psychosomatic medicine.

**Smyth, J.**, \*Nazarian, D., & Sliwinski, M. Expressive writing and health in patients with chronic disease: Short and long-term effects.

**Smyth, J.**, \*Heron, K., Trief, P., Ulbrecht, J., & Wallston, K. Expressive writing in patients with diabetes: Initial benefit and efficacy of booster sessions.

Eccleston, C.P., **Smyth, J.M.**, & Lopoo, L. Unraveling the race paradox of achievement and self-views.

**Smyth, J.**, Sliwinski, M., Trief, P., & Weinstock, R. Verbal memory, working memory and processing speed in older diabetics versus healthy older controls.

\*Heron, K. & **Smyth**, J. Body image discrepancy variability and determinants in young women: An EMA analysis.

\*Heron, K. & **Smyth**, J. A comparison of body image discrepancy measurement in the laboratory and daily life.

\*Heron, K., **Smyth**, J., \*Min, E., \*Akano, E., & Wonderlich, S. Racial and developmental differences in body image in young children.

\*Nazarian, D. & **Smyth**, J. Systematic review of randomized controlled trials of expressive writing interventions.

**Smyth**, J., Vartanian, L., \*Arigo, D., Wonderlich, S., Crosby, R., Engel, S., & Mitchell, J. Ecological momentary assessment of naturalistic coping, binge and purge behavior, and affect in women with bulimia nervosa.

**Smyth**, J., Jorgenson, R., \*Hockemeyer, J., & \*Silver, R. Cross-task stability of salivary cortisol and subjective stress reactivity.

Eccleston, C.P., **Smyth**, J.M., & \*Kraynak, L. Racial and gender achievement gaps: Where do black female students fit?

\*Arigo, D., & **Smyth**, J. Let me sleep on it. The benefits of expressive writing on reported sleep quality in young women adjusting to college.

\*Nazarian, D., & **Smyth**, J. Context moderates the effects of an expressive writing intervention: A randomized two-study replication and extension.

**Smyth**, J., \*Helm, R., Vanable, P., Thompson, K., & \*Seigers, D. A prospective study of the influence of reported trauma history on first year college students' sexual behaviors.

**Smyth**, J., \*Filipkowski, K., & Santuzzi, A. Social support predicts daily mood and symptom reports in asthma and arthritis patients: An ecological momentary assessment study.

\*Slepian, M., Oikawa, M., & **Smyth**, J. To suppress or to not suppress that is the question: Thought suppression of evaluation.

\*Arigo, D., **Smyth**, J., Vartanian, L., & Pinkus, R. An instrument to assess body-focused social comparison orientation among women.

Cromer, L., & **Smyth**, J. Making meaning of trauma: Trauma exposure doesn't tell the whole story.

\*Juth, V., **Smyth**, J., & Carey, M. Social constraints and bereavement.

### **Under Revision for Publication**

(\*indicates student author)

Sliwinski, M., **Smyth**, J., \*Stawski, R., & Almeida, D. (under revision). Short-term and long-term variability and change in emotional states and their association with health and social connections in older adults. *Journal of Personality and Social Psychology*.

**Smyth, J., Miltenberger, R., Wonderlich, S., Crosby, R., Mitchell, J., Redlin, J., Stickney, M., & Faber, R.** (under revision). An ecological momentary assessment analysis of between-day and within-day mood and shopping urge variation in compulsive shoppers. *Behavior Research and Therapy*.

Lewandowski, L., Rieger, B., **Smyth, J., \*Ricci, L., & \*Gathje, R.** (under revision). Measuring post-concussion symptoms in adolescents: Feasibility of ecological momentary assessment. *Archives of Clinical Neuropsychology*.

\*Filipkowski, K., **Smyth, J.M., Rutchick, A., Adya, M., Santuzzi, A., Petrie, K., & Kaptein, A.** (under revision). Modern health worries: Replication and extension. *International Journal of Behavioral Medicine*.

Sliwinski, M., Almeida, D., **Smyth, J.M., & Stawski, R.** (under revision). Intraindividual change and variability in daily stress processes: Findings from two measurement-burst diary studies. *Psychology and Aging*.

### Publications

(\*indicates student author)

\*Heron, K., & **Smyth, J.** (in press). Ecological Momentary Interventions: Incorporating mobile technology into psychosocial and health behavior treatments. *British Journal of Health Psychology*.

\*Everhart, R.S., **Smyth, J.M., Santuzzi, A.M., & Fiese, B.H.** (in press). Reported quality of life in asthma: Does it have ecological validity? *Respiratory Care*.

Rutchick, A. M., **Smyth, J. M., & Konrath, S.** (in press). Seeing red (and blue): Effects of Electoral College depictions on political group perception. *Analyses of Social Issues and Public Policy*.

\*Juth, V., **Smyth, J., Thompson, K., & \*Nodes, J.** (in press). The influence of physical and social environmental factors on alcohol related legal infractions among college students. *Journal of College Student Development*.

**Smyth, J., Wonderlich, S., Sliwinski, M., Crosby, R., Mitchell, J., Engel, S., & \*Calogero, R.** (in press). Ecological momentary assessment of mood, stress, and eating behaviors: Day of week and time of day effects in the natural environment. *International Journal of Eating Disorders*.

**Smyth, J., & \*Filipkowski, K.** (in press). Coping with stress. In D.P. French, A.A. Kaptein, K. Vedhara, & J. Weinman (Eds.), *Health Psychology* (2nd ed., pp. ??-??). Oxford, England: Blackwell.

\*Stawski, R., Sliwinski, M., & **Smyth, J.** (in press). The effects of acute psychosocial stress on episodic memory. *European Journal of Cognitive Psychology*.

Rutchick, A. M., **Smyth, J. M., Lopoo, L. M., & Dusek, J. B.** (2009). Great Expectations: The biasing effects of reported child behavior problems on educational expectancies and subsequent academic achievement. *Journal of Social and Clinical Psychology, 28*, 392-413.

**Smyth, J. & \*Arigo, D.** (2009). Recent Evidence Supports Emotion Regulation Interventions for Improving Health in At-Risk and Clinical Populations. *Current Opinion in Psychiatry, 22*, 205-210.

Jorgensen, R. & **Smyth, J.** (2009). Psychosocial distress predicts diabetes: Is additional research warranted? *Diabetic Medicine*, 26, 191-192. [comment]

Crosby, R., Wonderlich, S., Engel, S., Simonich, H., **Smyth, J.**, & Mitchell, J. (2009). The relationship between daily mood patterns and bulimic behaviors in the natural environment. *Behavior Research and Therapy*, 47, 181-188.

\*Juth, V., **Smyth, J.**, & Santuzzi, A. (2008). How do you feel? Self-esteem predicts affect, stress, social interaction and symptom severity during daily life in patients with chronic illness. *Journal of Health Psychology*, 13(7), 884-894.

**Smyth, J.**, \*Hockemeyer, J., \*Heron, K., Wonderlich, S., & Pennebaker, J. (2008). Prevalence, type, disclosure, and severity of trauma and adverse events in college students. *Journal of American College Health*, 57, 69-76.

\*Everhart, R., Fiese, B., & **Smyth, J.** (2008). A cumulative risk model for predicting caregiver quality of life in pediatric asthma. *Journal of Pediatric Psychology*, 33, 809-818.

**Smyth, J.**, Webb, M., & Oikawa, M. (2008). Self-report of cancer-related behaviors. In M. Gerrard and K.D. McCaul, (Eds.), *Health Behavior Constructs and Measures*. National Cancer Institute Website: <http://cancercontrol.cancer.gov/constructs>

**Smyth, J.**, \*Heron, K., Wonderlich, S., Crosby, R., & Thompson, K. (2008). A prospective study of the influence of reported trauma on eating disturbance. *International Journal of Eating Disorders*, 41, 195-202.

**Smyth, J.**, \*Nazarian, D., & \*Arigo, D. (2008). Expressive writing in the clinical context. In Denollet, J., Nyklicek, I., & Vingerhoets, A. (Eds.) *Emotion Regulation: Conceptual and Clinical Issues* (pp. 215-233). New York, NY: Springer.

**Smyth, J.**, \*Hockemeyer, J., & \*Tulloch, H. (2008). Expressive writing and post-traumatic stress disorder: Effects on trauma symptoms, mood states, and cortisol reactivity. *British Journal of Health Psychology*, 13, 85-93.

\*Nazarian, D. & **Smyth, J.** (2008). Expressive writing. In W. O'Donohue and N. Cummings (Eds.) *Evidence-Based Adjunctive Treatments* (pp. 221-241). New York, NY: Elsevier, Inc.

\*Stawski, R., Sliwinski, M., Almeida, D., & **Smyth, J.** (2008). Reported exposure and emotional reactivity to daily stressors: The roles of adult-age and global perceived stress. *Psychology and Aging*, 23, 52-61.

\*Junghänel, D., **Smyth, J.**, & \*Santner, L. (2008). Linguistic dimensions of psychopathology: a quantitative analysis. *Journal of Social and Clinical Psychology*, 27, 36-55.

**Smyth, J.** & Pennebaker, J. (2008). Exploring the boundary conditions of expressive writing: In search of the right recipe. *British Journal of Health Psychology*, 13, 1-7.

**Smyth, J.**, Wonderlich, S., \*Heron, K., Sliwinski, M., Crosby, R., Mitchell, J., & Engel, S. (2007). Daily and momentary mood and stress predict binge eating and vomiting in bulimia nervosa patients in the natural environment. *Journal of Consulting and Clinical Psychology*, 75, 629-638.

**Smyth, J.** (2007). Massively multiplayer online role-playing games [MMORPGS], reported health, and social behavior. *Cyberpsychology & Behavior, 10*, 717-721.

Engel, S., Boseck, J., Crosby, R., Wonderlich, S., Mitchell, J., **Smyth, J.**, Miltenberger, R., & Steiger, H. (2007). The relationship of momentary anger and impulsivity to bulimic behavior. *Behavior Research and Therapy, 45*, 437-447.

**Smyth, J.**, \*Nazarian, D., Kimura, H., & Oikira, M. (2007). The writing cure: How expressive writing promotes health. *The Japanese Journal of Research on Emotion, 14*(2), 140-154.

**Smyth, J.**, & \*Heron, K. (2007). Ecological momentary assessment. In N.J. Salkind (Ed.), *Encyclopedia of Measurement and Statistics* (Vol 1, pp. 297-298). Thousand Oaks, CA: SAGE Publications.

Wonderlich, S., Crosby, R., Engel, S., Mitchell, J., **Smyth, J.**, & Miltenberger, R. (2007). Personality-based clusters in bulimia nervosa: Differences in clinical variables and ecological momentary assessment. *Journal of Personality Disorders, 21* (3), 340-57.

**Smyth, J.**, & \*Terry, C. (2007). Self-report. In N.J. Salkind (Ed.), *Encyclopedia of Measurement and Statistics* (Vol 1, pp. 877-888). Thousand Oaks, CA: SAGE Publications.

Wonderlich, S. A., Rosenfeldt, S., Crosby, R., Mitchell, J., Engel, S., **Smyth, J.**, & Miltenberger, R. (2007). The effects of childhood trauma on daily mood lability and comorbid psychopathology in bulimia nervosa. *Journal of Traumatic Stress, 20* (1), 77-87.

\*Stawski, R., Sliwinski, M., & **Smyth, J.** (2006). Stress-related cognitive interference predicts cognitive function in old age. *Psychology and Aging, 21*, 535-544.

**Smyth, J.**, & \*Nazarian, D. (2006). Development and preliminary results of a self-administered intervention for individuals with Fibromyalgia syndrome: A multiple case control report. *Explore: The Journal of Science and Healing, 2* (5), 426-431.

Sliwinski, M. **Smyth, J.**, Hofer, S., & \*Stawski, R. (2006). Intraindividual coupling of daily stress and cognition. *Psychology and Aging, 21*, 545-557.

\*Nazarian, D., **Smyth, J.**, & Sliwinski, M. (2006). A naturalistic study of ambulatory asthma severity and reported avoidant coping styles. *Chronic Illness, 2*, 51-58.

Myers, T., Wonderlich, S., Crosby, R., Mitchell, J., Steffen, K., **Smyth, J.**, & Miltenberger, R. (2006). Is multi-impulsive bulimia a distinct type of bulimia nervosa: psychopathology and EMA findings. *International Journal of Eating Disorders, 39*, 655-661.

Thompson, K., Leinfelt, F., & **Smyth, J.** (2006). Self-reported official trouble and official arrest: Validating a piece of the Core Alcohol and Drug Survey. *Journal of Substance Use, 11*, 23-36.

Sliwinski, M., **Smyth, J.**, \*Stawski, R., & \*Wasylyshyn, C. (2005). Stress and working memory: Between-person and within-person relationships. In R. Engle, G. Sedek, U. von Hecker, & D. McIntosh (Eds.) *Cognitive limitations in aging and psychopathology: Attention, working memory, and executive functions* (pp. 73-96). Cambridge: Cambridge University Press.

Exline, J., **Smyth, J.**, \*Gregory, J., \*Hockemeyer, J., \*Tulloch, H. (2005). Religious framing by individuals with PTSD when writing about traumatic experiences. *International Journal of the Psychology of Religion*, 15, 17-34.

\*Collins, S., Carey, K., & **Smyth, J.** (2005). Relationships of linguistic and motivation variables with drinking outcomes following two mailed brief interventions. *Journal of Studies on Alcohol*, 66, 526-535.

Lepore, S., & **Smyth, J.** (Eds.). (2004). Hi-kki Ryo-hou. Kyoto: Kita-oji Shobo. Masao Yogo, Kenji Sato, Kazuaki Kawano, Hideki Ohira, & Shintaro Yukawa (Eds.). Japanese translation of *The writing cure: How expressive writing promotes health and emotional well-being* (2002). Washington, DC: American Psychological Association press.

Mullen, B., & **Smyth, J.** (2004). Immigrant suicide rates as a function of ethno-phaulisms: Hate speech predicts death. *Psychosomatic Medicine*, 66(3), 343-348.

Christensen, A., Martin, R., & **Smyth, J.** (Eds.). (2004). *Encyclopedia of Health Psychology*. New York, NY: Kluwer Academic Press.

**Smyth, J.**, & \*Nazarian, D. (2004). Disclosure and health. In A. Christensen, R. Martin, & J. Smyth (Eds.) *Encyclopedia of Health Psychology* (pp 86-89). New York, NY: Kluwer Academic Press.

\*Neal, D., & **Smyth, J.** (2004). Treatment efficacy versus effectiveness. In A. Christensen, R. Martin, & J. Smyth (Eds.) *Encyclopedia of Health Psychology* (pp. 323-324). New York, NY: Kluwer Academic Press.

Christensen, A., Martin, R., & **Smyth, J.** (2004). *Encyclopedia of Health Psychology*: Preface. In A. Christensen, R. Martin, & J. Smyth (Eds.) *Encyclopedia of Health Psychology* (p. v). New York, NY: Kluwer Academic Press.

Simonich, H., Wonderlich, S., Crosby, R., **Smyth, J.**, Thompson, K., Redlin, J., Mitchell, J., Haseltine, B. (2004). The use of ecological momentary assessment approaches in the study of sexually abused children. *Child Abuse and Neglect*, 28, 803-809.

\*Tulloch, H., McCaul, K., Miltenberger, R., & **Smyth, J.** (2004). Partner communication and condom use among college couples. *Journal of American College Health*, 52, 263-267.

Broderick, J., Stone, A., **Smyth, J.**, & Kaell, A. (2004). The feasibility and effectiveness of an expressive writing intervention for rheumatoid arthritis via home-based videotaped instructions. *Annals of Behavioral Medicine*, 27, 50-57.

**Smyth, J.**, & Stone, A. (2003). Ecological momentary assessment research in behavioral medicine. *Journal of Happiness Studies*, 4, 35-52. [Special issue on Ecological Momentary Assessment]

**Smyth, J.**, & \*Helm, R. (2003). Focused expressive writing about stress and trauma: Examining its potential for self-help. *In Session: Psychotherapy in Practice*, 59, 227-235. [Special issue on self-help]

Miltenberger, R., Redlin, J., Crosby, R., \*Stickney, M., Mitchell, J., Wonderlich, S., Faber, R., & **Smyth, J.** (2003). Direct and retrospective assessment of factors contributing to compulsive buying. *Journal of Behavior Therapy & Experimental Psychiatry*, 34, 1-9.

Thompson, K., Crosby, R., Wonderlich, S., Mitchell, J., Redlin, J., Demuth, G., **Smyth, J.**, & Haseltine, B. (2003). Psychopathology and sexual trauma in childhood and adulthood. *Journal of Traumatic Stress, 16*, 35-38.

\*Deaver, C., Miltenberger, R., **Smyth, J.**, \*Meidinger, A., & Crosby, R. (2003). An evaluation of affect and binge eating. *Behavior Modification, 27*, 578-599.

**Smyth, J.**, \*Anderson, C., \*Hockemeyer, J., & Stone, A. (2002). Does emotional non-expressiveness or avoidance interfere with writing about stressful life events? An analysis in patients with chronic illness. *Psychology & Health, 17*(5), 561-569.

\*Wegner, K., **Smyth, J.**, Crosby, R., Wittrock, D., Wonderlich, S., & Mitchell, J. (2002). An evaluation of the relationship between mood and binge eating in the natural environment using ecological momentary assessment. *International Journal of Eating Disorders, 32*, 352-361.

\*Hockemeyer, J., & **Smyth, J.** (2002). Evaluating the feasibility and efficacy of a self-administered manual-based stress management intervention for individuals with asthma: Results from a controlled study. *Behavioral Medicine, 27*, 161-172.

Lepore, S., & **Smyth, J.** (Eds.). (2002). *The writing cure: How expressive writing promotes health and emotional well-being*. Washington, DC: American Psychological Association press.

Lepore, S., & **Smyth, J.** (2002). The writing cure: An overview. In S. Lepore & J. Smyth (Eds.) *The writing cure: How expressive writing promotes health and emotional well-being* (pp. 3-14). Washington, DC: American Psychological Association press.

**Smyth, J.**, & Catley, D. (2002). Translating research into practice: Potential of expressive writing in the field. In S. Lepore & J. Smyth (Eds.) *The writing cure: How expressive writing promotes health and emotional well-being* (pp. 199-214). Washington, DC: American Psychological Association press.

Lepore, S., Greenberg, M., \*Bruno, M., & **Smyth, J.** (2002). Expressive writing and health: Self-regulation of emotion-related experience, physiology, and behavior. In S. Lepore & J. Smyth (Eds.) *The writing cure: How expressive writing promotes health and emotional well-being* (pp. 99-118). Washington, DC: American Psychological Association press.

**Smyth, J.**, \*Hockemeyer, J., \*Anderson, C., \*Strandberg, K., \*Koch, M., O'Neill, K., & McCammon, S. (2002). Structured writing about a natural disaster buffers the effects of intrusive thoughts on negative affect and physical symptoms. *Australasian Journal of Disaster and Trauma Studies, 1* Available: <http://www.massey.ac.nz/~trauma/issues/2002-1/smyth.htm>

Mitchell, J., Redlin, J., Wonderlich, S., Crosby, R., Faber, R., Miltenberger, R., **Smyth, J.**, \*Stickney, M., Gosnell, B., Burgard, M., & Lancaster, K. (2002). The relationship between compulsive buying and eating disorders. *International Journal of Eating Disorders, 32*, 107-111.

**Smyth, J.**, Wonderlich, S., Crosby, R., Miltenberger, R., Mitchell, J., & Rorty, M. (2001). The use of ecological momentary assessment approaches in eating disorder research. *International Journal of Eating Disorders, 30*, 83-95.

Wonderlich, S., Crosby, R., Mitchell, J., Thompson, K., Redlin, J., Demuth, G.,

**Smyth, J., & Haseltine, B. (2001).** Eating disturbance and sexual trauma in childhood and adulthood. *International Journal of Eating Disorders, 30*, 401-412.

Wonderlich, S., Crosby, R., Mitchell, J., Thompson, K., **Smyth, J.**, Redlin, J., & Jones-Paxton, M. (2001). Sexual trauma and personality: Developmental vulnerability and additive effects. *Journal of Personality Disorders, 15*, 496-504.

**Smyth, J., \*True, N., & \*Souto, J. (2001).** Effects of writing about traumatic experiences: The necessity for narrative structure. *Journal of Social & Clinical Psychology, 20*, 161-172.

**Smyth, J., \*Litcher, L., Hurewitz, A., & Stone, A. (2001).** Relaxation training and cortisol secretion in adult asthmatics. *Journal of Health Psychology, 6*, 217-227.

Wonderlich, S., Crosby, R., Mitchell, J., Thompson, K., Roberts, J., Demuth, G., & **Smyth, J. (2001).** Pathways mediating sexual abuse and eating disturbance in children. *International Journal of Eating Disorders, 29*, 270-279.

Stone, A., Schwartz, J., **Smyth, J.**, Kirschbaum, C., Cohen, S., Hellhammer, D., & Grossman, S. (2001). Individual differences in the diurnal cycle of salivary free cortisol: A replication of flattened cycles for some individuals. *Psychoneuroendocrinology, 26*, 295-306.

**Smyth, J., & Pennebaker, J. (2001).** The health effects of disclosure. In A. Baum, T. Revenson, & J. Singer (Eds.) *The Handbook of Health Psychology* (pp. 339-348). Lawrence Erlbaum Associates: Mahwah, NJ.

**Smyth, J., & L'Abat , L. (2001).** Using workbooks to promote health: Examining their efficacy. In L. L'Abat  & M. Torem (Eds.), *Distance Writing and Computer Assisted Intervention in Psychiatry and Mental Health* (pp. 77-92). Westport, CT: Ablex Publishing.

Stone, A., **Smyth, J.**, Kaell, A., & Hurewitz, A. (2000). Structured writing about stressful events: Exploring potential psychological mediators of positive health effects. *Health Psychology, 19*, 619-624.

**Smyth, J., Gould, O., & Slobin, K. (2000).** The role of narrative in medicine: A multi-theoretical perspective. *Advances in Mind-Body Medicine, 16*, 186-193.

**Smyth, J., & Greenberg, M. (2000).** Scriptotherapy: The effects of writing about traumatic events. In J. Masling & P. Duberstein (Eds.), *Psychodynamic Perspectives on Sickness and Health* (pp. 121-154). American Psychological Association press: Washington, DC.

Stone, A., **Smyth, J.**, Hurewitz, A., & Kaell, A. (1999). Symptom reduction after writing about stressful experiences. *Journal of the American Medical Association, 282*, 1811-1812.  
[comment]

**Smyth, J., Stone, A., Hurewitz, A., & Kaell, A. (1999).** Effects of writing about stressful experiences on symptom reduction in patients with asthma or rheumatoid arthritis: A randomized trial. *Journal of the American Medical Association, 281*, 1304-1309.

**Smyth, J., \*Soefer, M., Hurewitz, A., Stone, A. (1999).** The effect of tape recorded relaxation training on well-being, symptoms, and peak expiratory flow rate in adult asthmatics. *Psychology & Health, 14*(3), 487-501.

Glaser, R., Friedman, S., **Smyth**, J., Ader, R., Bijur, P., Brunell, P., Cohen, N., Krilov, L., Lifrak, S., Stone, A., & Toffler, P. (1999). The differential impact of training stress and final examination stress on herpes virus latency at the United States military academy at West Point. *Brain, Behavior, and Immunity*, 13, 240-251.

**Smyth**, J. (1999). Written Disclosure: Evidence, Potential Mechanism, and Potential Treatment. *Advances in Mind-Body Medicine*, 15, 179-184.

Gorin, A., **Smyth**, J., Wiesberg, J., Affleck, G., Tennen, H., Urrows, S., & Stone, A. (1999). Rheumatoid arthritis patients show weather sensitivity in daily life, but the relationship is not clinically significant. *Pain*, 81, 173-177.

**Smyth**, J., \*Soefer, M., Hurewitz, A., \*Kliment, A., & Stone, A. (1999). Daily psychosocial factors predict levels and diurnal cycles of asthma symptomatology and peak flow. *Journal of Behavioral Medicine*, 22, 179-193.

**Smyth**, J., & Pennebaker, J. (1999). Sharing one's story: Translating emotional experiences into words as a coping tool. In C.R. Snyder (Ed.), *Coping: The psychology of what works* (pp. 70-89). Oxford University Press: New York.

**Smyth**, J., Ockenfels, M., Porter, L., Kirschbaum, C., Hellhammer, D., & Stone, A. (1998). Stressors and mood measured on a momentary basis are associated with salivary cortisol secretion. *Psychoneuroendocrinology*, 23, 353-370.

**Smyth**, J. (1998). Written emotional expression: effect size, outcome types, and moderating variables. *Journal of Consulting and Clinical Psychology*, 66, 174-184.

Wortman, P., **Smyth**, J., Langenbrunner, J., & Yeaton, W. (1998). The utility of clinical consensus panels and research synthesis: A comparison of results assessing carotid endarterectomy. *International Journal of Technology Assessment in Health Care*, 14, 109-122.

**Smyth**, J., Ockenfels, M., Gorin, A., Catley, D., Porter, L., Kirschbaum, C., Hellhammer, D., & Stone, A. (1997). Individual differences in the diurnal cycle of cortisol. *Psychoneuroendocrinology*, 22(2), 89-105.

Wortman, C. & **Smyth**, J. (1997). Using one's own passion and undergraduate teaching assistants to transform the large lecture-only introductory psychology course. In R. Sternberg's (Ed.) *Teaching Introductory Psychology: Survival Tips From the Experts* (pp. 163-180). American Psychological Association press: Washington, DC.

Stone, A., **Smyth**, J., Pickering, T., & Schwartz, J. (1996). Daily mood variability: Shapes of diurnal patterns and determinants of diurnal patterns. *Journal of Applied Social Psychology*, 26(14), 1286-1305.

Stone, A. & **Smyth**, J. (1996). Are we ready for the spectrum model of emotions? *Advances: The Journal of Mind-Body Health*, 12(2), 35-38.

Ockenfels, M., Porter, L., **Smyth**, J., Kirschbaum, C., Hellhammer, D., & Stone, A. (1995). The effect of chronic stress associated with unemployment on salivary cortisol: Overall cortisol levels, diurnal rhythm and acute stress reactivity. *Psychosomatic Medicine*, 57(5), 460-467.

Yeaton, W., Langenbrunner, J., **Smyth**, J., & Wortman, P. (1995). Exploratory research synthesis: Methodological considerations for addressing limitations in data quality. *Evaluation and the Health Professions*, 18(3), 283-303.

### **Selected Conference Presentations**

(\*indicates student author)

Ulbrecht, J., \*Heron, K., Trief, P., Wallston, K., & Smyth, J. Poor glycemic control is related to significantly worse frontal, but not temporal, cognitive function in Type 2 Diabetes. Poster presented at the Annual Meeting of the American Diabetes Association, June 2009, New Orleans, LA.

\*Arigo, D., Smyth, J., Vartanian, L., & Pinkus, R. A new measure of body-focused social comparison: Implications for body image and eating concerns. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2009, Montreal, Quebec.

\*Heron, K., & Smyth, J. Body image discrepancy and negative affect in women's everyday lives: An ecological momentary assessment evaluation of self-discrepancy theory. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2009, Montreal, Quebec.

\*Filipkowski, K., Lopoo, L., Eccleston, C., & Smyth, J. Children and extracurricular participation: Comparing health and well-being outcomes. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, April 2009, Montreal, Quebec.

\*Juth, V., Smyth, J., & Eccleston, C. The Ecological Context of Cardiovascular Function: Examining Gender and Race. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2009, Montreal, Quebec.

Smyth, J., & Sliwinski, M. Linking distal environmental states to proximal endocrine states via subjective dysphoria and ruminative processes in the natural environment. Paper presented at the Annual Meeting of the American Psychosomatic Society, March 2009, Chicago, IL.

Sliwinski, M., Smyth, J., \*Mogle, J., & Stawski, R. The effects of perceived stress and perseverative cognition on cognitive health across the adult lifespan. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2009, Chicago, IL.

Sliwinski, M., & Smyth, J. The association of metabolic risk with fluid and crystallized cognitive function across the adult lifespan. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2009, Chicago, IL.

Sliwinski, M., Smyth, J., \*Mogle, J., & Stawski, R., Almeida, D., Lachman, M., & Tun, P. Cognitive function and the morning cortisol response to awakening. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2009, Chicago, IL.

Smyth, J. Exploring the boundary conditions of expressive writing as an intervention in illness settings - an international perspective. Symposium at the International Society of Behavioral Medicine, August 2008, Tokyo, Japan.

Ohira, H., & Smyth, J. The anatomy of emotion regulation: Brain, heart, and body. Symposium at the International Society of Behavioral Medicine, August 2008, Tokyo, Japan.

Smyth, J. The role of affective responses to expressive writing in predicting clinical disease status and neuroendocrine function. In J. Smyth (Chair), *Exploring the boundary conditions of expressive writing as an intervention in illness settings – an international perspective*. Symposium conducted at the International Society of Behavioral Medicine, August 2008, Tokyo, Japan.

Oikawa, M., & Smyth, J. Affect variability and health: Emotion regulation in the natural environment. In H. Ohira & J. Smyth (Chairs), *The anatomy of emotion regulation: Brain, heart, and body*. Symposium conducted at the International Society of Behavioral Medicine, August 2008, Tokyo, Japan.

\*Juth, V., Smyth, J., & Carey, M. Health and adaptation following bereavement: The role of social constraints. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2008, Baltimore, MD.

\*Arigo, D., & Smyth, J.M. Let me sleep on it: The benefits of expressive writing on reported sleep quality in young women adjusting to college. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2008, Baltimore, MD.

\*Filipkowski, K.B., Smyth, J.M., Rutchick, A.M., Santuzzi, A.M., Petrie, K.J., Kaptein, A.A., & Adya, M. Do healthy people worry? Modern health worries, subjective health complaints, perceived health, and health care utilization. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2008, Baltimore, MD.

Oikawa, M., Smyth, J., & Sliwinski, M. Stress, affect and health: The role of affective variability in the natural environment. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2008, Baltimore, MD. [Citation]

\*Nazarian, D., Smyth, J.M., & \*Borschuk, A.P. A cross-sample examination of trauma identification processes in self-report measures and expressive writing interventions. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2008, Baltimore, Maryland.

\*Heron, K.E. & Smyth, J.M. Dying to be thin: The costs in daily life of the pursuit of an idealized figure in young women. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2008, Baltimore, MD.

Rutchick, A., & Smyth, J.M. Interchromatic polarization: Effects of Electoral College depictions. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, February 2008, Albuquerque, NM.

Oikawa, M., & Smyth, J.M. In search of affective homeostasis: Between and within person affective variability in the natural environment. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, February 2008, Albuquerque, NM.

\*Kraynak, L., Eccleston, C.P., Smyth, J.M. Racial and gender achievement gaps: Where do black female students fit? Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, February 2008, Albuquerque, NM.

\*Everhart, R.S., Fiese, B.H., & Smyth, J.M. A cumulative risk model for predicting caregiver quality of life in pediatric asthma. Paper presented at the biennial Regional Conference on Child Health Psychology, April 2007, Cincinnati, OH.

\*Heron, K.E. & Smyth, J.M. A comparison of body image discrepancy measurement in the laboratory and daily life. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, March 2007, Washington, DC.

\*Arigo, D., Smyth, J.M., Wonderlich, S., Crosby, R., Engel, S., & Mitchell, J. Ecological momentary assessment of naturalistic coping, binge and purge behavior, and affect in women with bulimia nervosa. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, March 2007, Washington, DC.

\*Nazarian, D. & Smyth, J.M. Randomized trials of expressive writing: An evidence-based evaluation of scientific integrity. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, March 2007, Washington, DC.

\*Everhart, R. S., Smyth, J. M., Santuzzi, A. M., & Fiese, B. H. Reported quality of life in asthma: Does it have ecological validity? Poster presented at the annual meeting of the Society of Behavioral Medicine, March 2007, Washington, DC.

\*Stawski, R.S., Sliwinski, M.J., Smyth, J.M., & Almeida, D.M. Measuring intraindividual co-variability between stress and affect: Stress reactivity varies within as well as between individuals. Paper presented at the Annual Meeting of the Gerontological Society of America, November 2006, Dallas, TX.

\*Costa V., Smyth, J. M., & Versace, F. A grimace within the heart: Emotional suppression during affective picture processing. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2006, Denver, CO.

\*Nazarian, D. & Smyth, J.M. The role of context in the effectiveness of an expressive writing intervention. In A. Stanton (Chair), *Theory to Practice in Expressive Writing Interventions: Effects of Experimental Context and Participant Attributes*. Symposium conducted at the Annual Meeting of the American Psychosomatic Society, March 2006, Denver, CO.

Smyth, J.M. Expressive writing: Bargain or boutique intervention? In A. Stanton (Chair), *Theory to Practice in Expressive Writing Interventions: Effects of Experimental Context and Participant Attributes*. Symposium conducted at the Annual Meeting of the American Psychosomatic Society, March 2006, Denver, CO.

\*Heron, K.E., Smyth, J.M., & \*Nazarian, D. The daily influence of mood and stress on asthma symptom reports and peak expiratory flow. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2006, Denver, CO.

\*Heron, K.E., Smyth, J.M., Sliwinski, M., Wonderlich, S., Crosby, R., & Mitchell, J. Daily and momentary mood and stress in bulimia nervosa patients predict bingeing and vomiting in the natural environment. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2005, Boston, MA.

\*Nazarian, D. & Smyth, J.M. Home sweet home? The role of context on expressive writing interventions. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2005, Boston, MA.

Weinhardt, L.S., Kalichman, S.C., Smyth, J.M., Carey, M.P., & \*Heron, K.E. Ecological momentary assessment of sexual risk behavior among inner-city public sexually transmitted disease clinic patients I: Feasibility. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2005, Boston, MA.

Weinhardt, L.S., S.C., Smyth, J.M., Carey, M.P., Kalichman, & \*Heron, K.E. Ecological momentary assessment of sexual risk behavior among inner-city public sexually transmitted disease clinic patients II: Relation to retrospective self reports. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, April 2005, Boston, MA.

Smyth, J., \*Heron, K., Wonderlich, S., Sliwinski, M., Crosby, R., & Mitchell, J. Daily and momentary mood and stress predict binge eating and vomiting in bulimia nervosa patients in the natural environment. Paper presented at the Annual Meeting of the Eating Disorders Research Society, October 2005, Toronto, CA.

Smyth, J. Micro-Interventions: The use of real-time data capture via EMA to augment interventions. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2004, Orlando, FL.

Mullen, B. & Smyth, J. Immigrant suicide rates as a function of ethnophaulisms: Hate speech kills. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2004, Orlando, FL.

\*Nazarian, D., \*Costa, V., Sliwinski, M., & Smyth, J. Are disclosure interventions equal for all? Disclosure content as a function of emotional coping styles. Poster presented at the Annual Meeting and Scientific sessions of the Society of Behavioral Medicine, March 2004, Baltimore, MD.

\*Costa, V., \*Nazarian, D., Sliwinski, M., & Smyth, J. Emotional approach coping and alexithymia: In vivo assessment of mood, stress, symptoms, and social contact. Poster presented at the Annual Meeting and Scientific sessions of the Society of Behavioral Medicine, March 2004, Baltimore, MD.

\*Heron, K.E. & Smyth, J.M. Do retrospective accounts of chronic illness inflate gendered responses? An ecological momentary assessment evaluation. Poster presented at the Annual Meeting and Scientific sessions of the Society of Behavioral Medicine, March 2004, Baltimore, MD.

\*Stawski, R.S., Sliwinski, M.J., \*Wasylyshyn, C., & Smyth, J.M. Psychological reactivity to stress: Implications for compromised cognitive performance in older adults. Paper presented at the Annual meeting of the Gerontological Society of America, October 2004, Washington D.C.

Crosby, R.D., Wonderlich, S.A., Smyth, J., Miltenberger, R., Steiger, H., Engel, S. & Mitchell, J.E. A Comparison of bulimic behavior assessment using the EDE interview and intensive electronic diary recordings. Presented at the 10<sup>th</sup> Annual Meeting of the Eating Disorders Research Society, October 2004, Amsterdam, Netherlands.

Crosby, R.D., Wonderlich, S.A., Smyth, J., Miltenberger, R., Steiger, H., Engel, S. & Mitchell, J.E. A day in the life of... A description of the temporal patterns of bulimic behaviors and mood based on intensive electronic diary recordings. Presented at the 10<sup>th</sup> Annual Meeting of the Eating Disorders Research Society, October 2004, Amsterdam, Netherlands.

Smyth, J., \*Helm, R., Crosby, R., Wonderlich, S., & Thompson, K. A prospective study of the influence of reported trauma on eating disturbance. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2003, Phoenix, AZ.

\*Nazarian, D., \*Helm, R., \*Watts, V., & Smyth, J. What's in a day? The influence of health locus of control and coping styles on stress, lung function, and symptoms in patients with asthma. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2003, Phoenix, AZ.

\*Helm, R., \*Nazarian, D., \*Watts, V., & Smyth, J. Social allergens or social support? The naturalistic effects of social interaction on asthma symptoms, mood, and stress. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2003, Phoenix, AZ.

\*Costa, V., Smyth, J., & Lumley, M. How do you feel? A naturalistic examination of alexithymia in patients with asthma. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2003, Phoenix, AZ.

Smyth, J., Sliwinski, M., \*Gaudy, J., & Stone, A. Ecological momentary assessment of mood and its relation to symptom report: a between and within individual comparison of dimensional approaches. Poster presented at the annual meeting of the Society of Behavioral Medicine, April 2002, Washington, DC.

\*Gaudy, J., \*Braun, M., \*Hockemeyer, J., & Smyth, J. Development and preliminary results of a self-administered intervention for individuals with fibromyalgia. Poster presented at the annual meeting of the Society of Behavioral Medicine, April 2002, Washington, DC.

\*Helm, R., Smyth, J., Vanable, P., Thompson, K. A prospective study of the influence of past traumatic events on first year college students' sexual behaviors. Paper presented at the annual meeting of the Society of Behavioral Medicine, April 2002, Washington, DC.

Smyth, J., \*Hockemeyer, J., & Fiese, B. Are self-administered interventions for individuals with asthma credible, feasible, and useful? Development and results of controlled trial. In M.B. Gregerson (Chair) Modern Investigations into the Ancient Clinical Condition of Asthma. Symposium conducted at the Annual Meeting of the American Psychosomatic Society, March 2001, Monterey, CA.

Smyth, J., \*Hockemeyer, J., Wonderlich, S., Pennebaker, J. Trauma in college students: Prevalence, type, disclosure, and severity. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2000, Savannah, GA.

Smyth, J., Lancaster, K., Burgard, M., Gosnell, B., Krahn, D., Mitchell, J. Long-term follow up of gastric bypass surgery: Physical and mental health effects. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 2000, Savannah, GA. [Citation]

\*Wegner, K., Smyth, J., Crosby, R., Wittrock, D., Wonderlich, S., & Mitchell, J. An intensive evaluation of the relationship between mood and binge eating episodes in the natural environment. Paper presented at the International Conference on Eating Disorders, May 2000, New York, NY.

Wonderlich, S., Crosby, R., Mitchell, J., Roberts, J., Thompson, K., Demuth, G., & Smyth, J. The relationship of sexual abuse and eating disturbance: A controlled study of children. Paper presented at the International Conference on Eating Disorders, May 2000, New York, NY.

Wonderlich, S., Crosby, R., Mitchell, J., Roberts, J., Smyth, J., Thompson, K., & Demuth, G. The additive effects of trauma on eating disturbance: Childhood sexual abuse and rape in adulthood. Paper presented at the International Conference on Eating Disorders, May 2000, New York, NY.

Smyth, J., Stone, A., & Kaell, A. Writing about stressful experiences produces symptom reduction in rheumatoid arthritis patients. Poster presented Annual meeting of the American College of Rheumatology, November 1999, Boston, MA.

Smyth, J., Wonderlich, S., Mitchell, J., Miltenberger, R., Crosby, R., & Rorty, M. The use of ecological momentary assessment approaches in eating disorder research. Paper presented at the Annual Meeting of the Eating Disorder Research Society, November 1999, San Diego, CA.

Smyth, J. Emotional Disclosure Interventions: Why and for Whom do they Work? Symposium presented at the International Congress on the (Non)Expression of Emotion, June 1999, Tilburg, The Netherlands.

Smyth, J., Stone, A., Hurewitz, A., & Kaell, A. Structured writing produces symptom reduction in chronic illness: A randomized trial of asthmatics and rheumatoid arthritics. Paper presented at the Annual Meeting of the American Psychosomatic Society, March 1999, Vancouver, Canada.

Smyth, J., \*Litcher, L., Hurewitz, A., & Stone, A. Relaxation training and cortisol secretion in adult asthmatics. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, March 1999, San Diego, CA.

Smyth, J., \*Hockemeyer, J., \*Soefer, M., Hurewitz, A., & Stone, A. The role of psychosocial factors in chronic illness: What we can learn from asthma. Paper presented at the Annual Meeting of the Midwestern Psychological Association, April 1999, Chicago, IL.

\*Hockemeyer, J., Smyth, J., \*Anderson, C., & Stone, A. Is it safe to write? Evaluating the short-term distress produced by writing about emotionally traumatic experiences. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 1999, Vancouver, Canada.

\*Anderson, C., Smyth, J., \*Hockemeyer, J., & Stone, A. Emotional non-expression, cognitive avoidance, and response to writing about traumatic events. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, March 1999, San Diego, CA.

Exline, J., Smyth, J., \*Hockemeyer, J., & \*Anderson, C. All traumas are not equal: Transgression themes in written disclosure. Paper presented at the Annual Meeting of the Midwestern Psychological Association, April 1999, Chicago, IL.

Wonderlich, S., Mitchell, J., Crosby, R., Roberts, J., Smyth, J., & Westby, C. Personality and eating disorders. Paper presented at the 4<sup>th</sup> London International Conference on Eating Disorders, April 1999, London, England.

Smyth, J., \*Souto, J., \*True, N., & Stone, A. Narrative formation when writing about traumatic events is related to activity restriction from illness and avoidant thoughts. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, March 1998, New Orleans, LA.

Smyth, J., Stone, A., & Kirschbaum, C. Moving the laboratory into the field: Methodological issues in the measurement of salivary cortisol in the natural environment. Paper presented at the Annual Meeting of the American Psychosomatic Society, March 1998, Clearwater Beach, FL. [Citation]

Smyth, J., \*Shertzer, E., Hurewitz, A., Kaell, A., & Stone, A. Written disclosure about stressful life events produces health benefits in adult asthmatics and rheumatoid arthritis: Preliminary results from an ongoing study. Paper presented at the Annual Meeting of the American Psychosomatic Society, March 1998, Clearwater Beach, FL.

Smyth, J., \*Soefer, M., Hurewitz, A., & Stone, A. The use of intensive daily assessments to monitor asthmatics' response to a tape-recorded relaxation intervention: A pilot study. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 1997, Santa Fe, NM. [Citation]

\*Soefer, M., Smyth, J., Hurewitz, A., & Stone, A. Daily experience and asthma. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 1997, Santa Fe, NM.

Smyth, J., Ockenfels, M., Gorin, A., Catley, D., Porter, L., Kirschbaum, C., Hellhammer, D., & Stone, A. Diurnal cycles of cortisol: Relation to psychosocial factors and upper respiratory symptom report. Poster presented at the joint meeting of the Society of Behavioral Medicine and the International Congress of Behavioral Medicine, March 1996, Washington, DC.

Smyth, J. Written Emotional Expression: A meta-analytic review. Poster presented at the annual meeting of the American Psychosomatic Society, March 1996, Williamsburg, VA. [Citation]

Smyth, J., Stone, A., Brunell, P., Glaser, R., Krilov, R., & Friedman, S. Relating personality factors to baseline levels of latent virus antibody and antibody response to vaccination: Results from a military academy. Poster presented at the annual meeting of the American Psychosomatic Society, March 1995, New Orleans, LA.

Smyth, J. & Aron, A. Love and mood. Paper presented at the International Network on Personal Relationships, June 1995, Williamsburg, VA.

Smyth, J., Stone, A., Pickering, T., & Schwartz, J. Psychosocial determinants of daily mood variability and diurnal cycles. Poster presented at the Annual Meeting of the American Psychosomatic Society, March 1994, Boston, MA.

Smyth, J., Ockenfels, M., Porter, L., Kirschbaum, C., Hellhammer, D., & Stone, A. A naturalistic investigation of the effects of personality on momentary mood and cortisol. Paper presented at the International Congress of Behavioral Medicine, July 1994, Amsterdam, The Netherlands.

Ockenfels, M., Porter, L., Smyth, J., Kirschbaum, C., Hellhammer, D., & Stone, A. The effect of chronic stress associated with unemployment on salivary cortisol excretion. Paper presented at the International Congress of Behavioral Medicine, July 1994, Amsterdam, Netherlands.

### **Selected Invited Academic Presentations**

Brock University (Psychology)

City University of New York (Graduate School)  
 Claremont Colleges (Luce Faculty Lectureship)  
 Columbia University (Psychology)  
 Doshisha University (Psychology) [Japan]  
 Holyoke Hospital (Psychiatry; Center for Behavioral Health)  
 Johns Hopkins University (Medicine; Public Health)  
 Knox College (Psychology)  
 Merit Care Hospital (Medical Education)  
 Moorhead State University (Counseling)  
 North Dakota State University (Psychology; English; Religion)  
 Pennsylvania State University (Psychology; Biobehavioral Health)  
 State University of New York at Stony Brook (Psychology; Psychiatry)  
 Temple University (Public Health)  
 University of California Los Angeles (Cousins Center for Psychoneuroimmunology)  
 University of Manitoba (Psychology)  
 University of North Dakota (Psychology, Psychiatry Grand Rounds)  
 University of Oregon (College of Education; Psychology)  
 University of Pittsburgh (Pittsburgh Cancer Institute)  
 University of Utah (Psychology)  
 Upstate Medical University (Psychiatry)  
 Wayne State University (Psychology)

## **Student Training**

### Undergraduate theses

Nodes, J. (2000)	Environmental and social factors predicting alcohol related legal infractions in college students. [North Dakota State University; Advisor]
Jorgenson, R. (2000)	The influence of early trauma on college students: Academic performance, health, retention, and social adjustment. [North Dakota State University; Advisor]
Carr, S. (2000)	Examining the effects of narrative when writing on traumatic experiences. [North Dakota State University; Advisor]
Gaudy, J. (2001)	The impact of past trauma and PTSD symptoms on social and cognitive task performance. [Syracuse University; Advisor]
Lewis, E. (2004)	Salivary cortisol levels are correlated with performance on a prefrontal cortex task. [Bates College; Committee member]
Heron, K. (2004)	The role of attribution change in a structured writing task for college students. [SUNY Binghamton; Committee member]
Santner, L. (2004)	Word use among psychiatric patients compared to a non-psychiatric population. [Syracuse University; Advisor]
Costa, V. (2005)	A grimace within the heart: Emotional suppression during sustained affective picture processing. [Syracuse University; Advisor]
Andersson, M. (2006)	Can writing heal writers? Investigating the health effects of autobiographical perspective in a sample of creative writers. [Knox College; Committee member]
Juth, V. (2006)	A systematic review of expressive writing intervention studies: Examining location. [Syracuse University; Advisor]
Christian, S. (2007)	The media's influence in everyday life on women's perception of body image. [Syracuse University; Advisor]

Slepian, M. (2009) On controlling your thoughts: Suppression of evaluation and communication. [Syracuse University; Advisor]

#### MS theses

- Wegner, K. (1999) A naturalistic investigation of binge eating behavior and the potential influence of stress, mood, coping effectiveness and restraint from eating. [North Dakota State University; Advisor]
- Hockemeyer, J. (2000) Self-administered stress management for chronic illness. [North Dakota State University; Advisor]
- Anderson, C. (2000) Hassles and uplifts: Are there differential effects of disclosure? [North Dakota State University; Advisor]
- Gregory, J. (2000) The human dimension of divine forgiveness: Facilitators, barriers, and belief-related outcomes. [North Dakota State University; Advisor]
- Tulloch, H. (2000) The role of communication in condom use. [North Dakota State University; Committee member]
- Deaver, C. (2000) An intensive examination of affect during binge eating. [North Dakota State University; Committee member]
- Spagnola, M. (2003) Children's perceptions of family process and severity of pediatric trauma. [Syracuse University; Committee member]
- Stawski, R. (2004) Stress and cognitive functioning: Implications for cognitive compromise in response to mild psychosocial stress. [Syracuse University; Committee member]
- Nazarian, D. (2005) The role of context in the feasibility and effectiveness in an expressive writing intervention. [Syracuse University; Advisor]
- Heron, K. (2006) Examining self-discrepancy theory and body image in an ecologically valid manner. [Syracuse University; Advisor]
- Everhart, R. (2006) Depression and cumulative risk as predictors of caregivers' quality of life in pediatric asthma. [Syracuse University; Committee member]
- Arigo, D. (2007) Application of a structured expressive writing intervention to the body image and weight concerns of college females. [Syracuse University; Advisor]
- Filipkowski, K. (2007) Parental gender role attitudes and children's extracurricular activities: The role of stereotypical beliefs in predicting child involvement. [Syracuse University; Advisor]
- Seigers, D. (2008) The effects of stress and performance feedback on smoking related and affective variables. [Syracuse University; Committee member]

#### Dissertations

- Pace, B. (2001) Written Emotional Expression and Smoking Cessation. [Fielding Institute; Committee member]
- Collins, S. (2003) Weighing the pros and cons: Evaluating decisional balance as a brief motivational intervention for at-risk college drinkers. [Syracuse University; Committee member]
- Baikie, K. (2003) Rewriting Trauma: How and for Whom Does the Writing Paradigm Work? [Macquai University (Australia); External reviewer]
- Douglas, M. (2004) The moderating effect of family rituals on asthma symptoms in the context of high and low expressed emotion. [Syracuse University; Committee member]

- Muellerleile, P. (2004) Social learning theory and intimate partner violence: Time series analysis of the effects of the OJ Simpson trial. [Syracuse University; Committee member]
- Rice, D. (2004) The social cognition of ingroup and outgroup faces: the paradox of categorization and recognition. [Syracuse University; Committee member]
- Howell, K. (2005) "Quest for the Code" to improve health and wellbeing of children with asthma: A technology and family based intervention study. [Syracuse University; Committee member]
- Stawski, R. (2006) Examination of the effects of stress and stress-reactivity on selective attention performance. [Syracuse University; Committee member]
- Nazarian, D. (2009\*) An experimental manipulation of mechanisms that underlie written emotional disclosure. [Syracuse University, Advisor]
- Everhart, R. (2009\*) Family Functioning and Treatment Adherence in Adolescents with Cystic Fibrosis. [Syracuse University, Advisor]
- Jordan, N. (2009\*) This is why we play the game: A quantitative study of attachment style and social anxiety's impact on participation in online gaming relationships. [Syracuse University; Committee member]
- Mogle, J. (2009\*) Assessing everyday cognitive functioning: Using ecological momentary assessment (EMA) to understand real-world cognitive demands. [Syracuse University; Committee member]

*\*In progress*

### **Teaching Experience**

All courses listed were developed and solo taught as semester long courses during the academic year. Independent studies and research supervision are not listed herein.

Mean instructor ratings are provided (scale is 1=poor, 3=average, 5=excellent).

#### Undergraduate

- Introductory psychology (4 semesters; mean instructor rating=4.7)
- Social psychology (2 semesters; mean instructor rating=4.6)
- Statistics (2 semesters; mean instructor rating=4.1)
- Cognitive science (1 semester; instructor rating=4.8)
- Cognitive psychology (1 semester; instructor rating=4.5)
- Research methodology (1 semester; instructor rating=4.3)
- Health psychology (9 semesters; mean instructor rating=4.5)
- Health psychology laboratory (3 semesters; mean instructor rating=4.5)
- Experimental social psychology (2 semesters; mean instructor rating=4.4)

#### Graduate

- Social psychology (1 semester; instructor rating=4.6)
- Health psychology (2 semesters; mean instructor rating=4.7)
- Emotions seminar (1 semester; instructor rating=4.4)
- Research methods (1 semester; instructor rating=4.6)
- Teaching seminar (1 semester; instructor rating=5.0)
- Self-report and EMA seminar (1 semester; instructor rating=4.5)

### **Selected Professional Service**

#### Editorial Service

Founding Editor (Health Section), 2006-2010, *Social and Personality Psychology Compass*  
Associate Editor, 2006-2010, *British Journal of Health Psychology*  
Co-Editor, Special Issue on Expressive Writing, 2007

#### Selected Editorial Referee Experience

<i>Annals of Behavioral Medicine</i>	<i>Journal of Consulting and Clinical Psychology</i>
<i>Annals of Internal Medicine</i>	<i>Journal of Experimental Psychology: General</i>
<i>Archives of Pediatrics &amp; Adolescent Medicine</i>	<i>Journal of Health Psychology</i>
<i>Behavior Research and Therapy</i>	<i>Journal of Psychosomatic Research</i>
<i>Behavior Therapy</i>	<i>Journal of Personality and Social Psychology</i>
<i>Biopsychosocial Medicine</i>	<i>Journal of Psychosomatic Research</i>
<i>British Journal of Clinical Psychology</i>	<i>Journal of Research in Personality</i>
<i>British Journal of Health Psychology</i>	<i>Journal of Social and Clinical Psychology</i>
<i>Canadian Journal of Behavioral Science</i>	<i>Journal of Traumatic Stress</i>
<i>Cognition and Emotion</i>	<i>Pain</i>
<i>Cognitive Therapy and Research</i>	<i>Pediatrics</i>
<i>Developmental and Behavioral Pediatrics</i>	<i>Personality and Social Psychology Bulletin</i>
<i>Experimental Psychology</i>	<i>Psychology &amp; Health</i>
<i>Health Psychology</i>	<i>Psychological Assessment</i>
<i>Health Psychology Review</i>	<i>Psychological Bulletin</i>
<i>Human Communication Research</i>	<i>Psychological Science</i>
<i>International Journal for the Psychology of Religion</i>	<i>Psycho-Oncology</i>
<i>Journal of Abnormal Psychology</i>	<i>Psychophysiology</i>
<i>Journal of the American Medical Association</i>	<i>Psychosomatic Medicine</i>
<i>Journal of Behavioral Pediatrics</i>	<i>Review of General Psychology</i>
<i>Journal of Clinical Psychology</i>	<i>Social and Personality Psychology Compass</i>

#### Professional Society Service

American Psychosomatic Society  
Trainee Committee student co-chair (1996-1998)  
Membership Committee co-chair (2004-2006)  
Program Committee (2003-2004, 2008-2009)  
Council Member (2007-2010)  
Chair, Program Committee (2010-2011)

Society of Behavioral Medicine  
Nominating Committee (2003-2004)  
Awards Subcommittee (2004)

Society for Ambulatory Assessment  
Scientific Advisory Board (2008-Present)

American Psychological Association, Division 38  
Search Committee Member for *Health Psychology* Editor (2009)

#### Selected International Service

Keynote Address at the Doshisha Symposium of Behavioral Medicine, Kyoto, Japan (2008)  
Invited Keynote Address at the Annual Meeting of the Japanese Society for Research on Emotion, Nagoya, Japan (2005)  
Invited Keynote Address at the Annual Meeting of the Japanese Association for Health Psychology, Kyoto, Japan (2006)

Conference co-organizer: Doshisha Symposium of Behavioral Medicine, Kyoto, Japan (2008)

### Grant Reviewing

Review committee member:

Behavioral Medicine, Interventions, and Outcomes Study Section, National Institutes of Health, 2006-2008.

Ad hoc grant reviewing:

National Institutes of Health [various CSR panels]  
National Science Foundation  
Board of Regents, State of Louisiana  
Department of Defense, United States Government  
City University of New York, research grant program

### **Representative University Service**

#### North Dakota State University

1998

Faculty review committee, Department of Psychology  
Doctoral program development committee, Department of Psychology

1999

Faculty review committee, Department of Psychology  
Doctoral program development committee, Department of Psychology  
Adopted faculty - Churchill residence hall  
Psi Chi graduate school forum participant, Department of Psychology  
McNair scholars program (faculty advisor)

#### Syracuse University

2000

Qualifying examination review committee, Clinical psychology area  
Program evaluation model and database formation, Clinical psychology area

2001

Program evaluation model and database formation (Clinical area committee)  
Departmental undergraduate committee  
Qualifying examination review committee, Clinical psychology area  
Undergraduate statistics/methodology training evaluation committee  
Developed and administered an undergraduate "exit" survey, Psychology department.  
Arts & Sciences committee on faculty recruitment and retention

2002

Career development panel, Psychology department  
Program evaluation model and database formation (Clinical area committee)  
Undergraduate committee, Psychology department  
Qualifying examination review committee, Clinical psychology area  
Undergraduate statistics/methodology training evaluation committee  
Arts & Sciences committee on faculty recruitment and retention

2003

Undergraduate committee, Psychology department  
Curriculum committee, Psychology department  
Executive committee, Psychology department  
Arts & Science representative for “Speaking of Science” panel discussion with William Safire and Oliver Sacks.  
Qualifying examination review committee, Clinical psychology area

2004

Curriculum committee, Psychology department  
Executive committee, Psychology department  
Area Director, graduate program in Social psychology, Psychology department.  
Program self-study, mission statement development, faculty hiring plan, graduate curricular review.  
Chair, Search committee (aP), Psychology department

2005

Area Director, graduate program in Social psychology, Psychology department (continues term)  
Developed Syracuse University consortium (Psychology, Maxwell school Center for Policy Research, the Newhouse school for communication, and the Burton Blatt Institute for disabilities research, law, and policy) on the study of social issues and social problems.  
Developed seminar series on social issues and social problems, Syracuse University.  
Chair, Search committee (aP), Psychology department  
Freshman Forum; Arts & Sciences class and program to promote the academic and personal adjustment of incoming students  
Dean’s panel on media relations for Arts & Sciences

2006

Area Director, graduate program in Social psychology, Psychology department (continues term)  
Dean’s panel on media relations for Arts & Sciences  
Training program [stress management] for administrative staff in the offices of the Chancellor and Vice-Chancellor  
Chair, Search committee (AP), Psychology department  
Faculty mentor (Dr. Abraham Rutchick), Psychology department  
Frontiers of Science University lecture, “The language of mind-body health”  
Café Scientifique community lecture, “Putting Descartes before the horse”  
Honors Thesis prize committee for Sciences and Engineering, Syracuse University  
Organizing committee for International symposium on “Building Bridges in an Age of Extremism.”  
Participants included, among others: Itamar Rabinovich (President, Tel Aviv University), Hanan Ashwari (Palestinian Authority, Legislator), Vartan Gregorian (President, Carnegie Corporation), Richard Holbrooke (Former US Ambassador to the United Nations), Dennis Ross (Author and Diplomat, Zeigler Distinguished Fellow, Washington Institute for Near East Policy), Ismael Ahmed (Executive Director, Arab Community Center for Economic and Social Services), Rami Khouri, (Editor at Large, Lebanon Daily Star, Director Issam Institute of Public Policy and International Affairs at American University, Beirut), William Safire (Pulitzer Prize-winning columnist), & Diane Weathers (Journalist and Former Editor in Chief, Essence Magazine).

2007

Area Director, graduate program in Social psychology, Psychology department  
(concluding term)  
Faculty mentor (Drs. Masanori Oikawa & Abraham Rutchick), Psychology department  
Graduate student ombudsman  
Chair, untenured faculty review committee, Psychology department  
Syracuse University Lectures Advisory Board  
Arts & Sciences media consultancy review [invited participant]  
Psychology department academic planning committee

2008

Graduate student ombudsman  
Chair, untenured faculty review committee, Psychology department  
Syracuse University Lectures Advisory Board  
Faculty mentor (Drs. Judith Andersen, Lisa Cromer, Masanori Oikawa, & Abraham  
Rutchick), Psychology department  
Psychology department academic planning committee

2009

Graduate student ombudsman  
Syracuse University Lectures Advisory Board  
Faculty mentor (Drs. Judith Andersen, Lisa Cromer, & Lenny Vartanian), Psychology  
department  
Psychology department Governance committee