

ETHAN F. KROSS
Curriculum Vitae

Last Updated 1/25/17

CONTACT

Department of Psychology
3004 East Hall
University of Michigan
Ann Arbor, MI 48109
Phone: (734) 763-5640
E-mail: ekross@umich.edu

EMPLOYMENT

Professor of Psychology, University of Michigan, Fall 2016 – Present
Associate Professor of Psychology, University of Michigan, Fall 2013 – Summer 2016
Assistant Professor of Psychology, University of Michigan, Fall 2008 – Summer 2013
Faculty Associate, Research Center for Group Dynamics, ISR, Fall 2008 – Present
Faculty Affiliate, University of Michigan Depression Center, Fall 2008 – Present
Faculty Affiliate, Center for Culture, Mind and Brain, University of Michigan, Fall 2009 – Present
Post-Doctoral Research Fellow, Social & Affective Neuroscience, Columbia University, June 2007- June 2008

EDUCATION

Ph.D. Psychology, Columbia University, 2007. Advisor: Walter Mischel. “Enabling adaptive ‘working through’ of negative emotions: Short-term and long-term outcomes distinguishing reflective processing from rumination and distraction.”
M.A. Psychology, Columbia University, 2004. Advisor: Walter Mischel. “Hot/Cool dynamics in emotion regulation.”
B.A. Psychology, *magna cum laude*, departmental honors, University of Pennsylvania, 2001. Advisor: David Williams. “A web-based study of mindfulness and automatic stereotyping.”

GRANTS

2016 – 2021 **Co-I; PI on a subcontract** (PI: Kristen Lindgren), NIAAA RO1, “Evaluating Change in Drinking Identity as a Mechanism for Reducing Hazardous Drinking”
Total Amount: \$2,878,442
Subcontract Amount: \$122,456

- 2016 – 2019 **PI**, The Templeton Foundation & The Character Lab, “The Toolbox Project: Changing the Way Children Learn About Self-Control”
Total Amount: \$1,123,825
- 2015 – 2017 **Co-PI** (w/Warren Herold), The Self, Motivation & Virtue Project, “The Virtue of Self-Distancing”
Total Amount: \$189,981
- 2015 – 2017 **PI**, Riverdale Country School, “Teaching Self-Control”
Total Amount: \$195,000
- 2014 - 2015 **PI** (w/Jason Moser), National Science Foundation RAPID, “Nudging people towards rationality: Harnessing language to reduce Ebola hysteria”
Total Amount: \$120,000
- 2013 - 2015 **PI** (w/Ozlem Ayduk), The Character Lab, “Cultivating young minds: Training self-distancing to promote self-control, emotional intelligence, and academic performance.”
Total Amount: \$250,000
- 2013 - 2018 **Consultant**, NIMH RO1 (PI: Tor Wager), “Brain mechanisms of the placebo response and their relation to regulatory processes.”
Total Amount: \$5,000,000
- 2013 - 2016 **Consultant**, NSF (PIs: Rudy Mendoza-Denton, Ozlem Ayduk), “Interpersonal and intrapersonal mechanisms in improving mentoring relationships for URM students in STEM fields.”
Total Amount: \$498,710
- 2012 - 2015 **Co-PI** (w/Angela Duckworth and Stephanie Carlson), John Templeton Foundation, “Fostering self control: Strategies that facilitate working, waiting, and emotion regulation.”
Total Amount: \$1,280,000
Subcontract Amount: \$270,062
- 2012 - 2014 **Co-PI** (w/Ozlem Ayduk), John Templeton Foundation, “From good intentions to virtue: Training self-distancing to promote prosocial affect, cognition, and behavior.”
Total Amount: \$130,108
Subcontract Amount: \$68,037
- 2011 – 2014 **Co-I**, NSF (PI: Robert Sellers), “African American racial identity and coping with racial stressors.”
Total amount: \$449,163
- 2011 - 2012 **PI**, Depression Center Community Volunteer Committee, “Developing a self-distancing intervention for major depressive disorder.”
Total Amount: \$2,500
- 2010 - 2011 **Co-I** (PIs: Scott Peltier, Patricia Deldin, Edward Domino), Michigan Institute for Clinical and Health Research (MICHR), “NMDA antagonism: Target of drug discovery for depression and pain.”
Total Amount: \$46,404

- 2010 – 2011 **Co-I (Co-PIs: Katherine Krpan & John Jonides)**, Michigan Institute for Clinical and Health Research (MICHR), “The efficacy and mechanisms of expressive writing as a treatment for depression following traumatic brain injury.”
Total Amount: \$50,000
- 2010 **PI**, University of Michigan Summer Research Grants Program, “Boosting wisdom via psychological distancing.”
Total Amount: \$6,000
- 2006 – 2008 **PI**, NIMH RSA (Predoctoral Fellowship), “Enabling adaptive processing of negative experiences.”
Total Amount: \$81,844 (declined after 2007 to start postdoc)
- 2002 - 2005 **PI**, NSF Graduate Fellowship
Total Amount: \$109,500

AWARDS, FELLOWSHIPS, & HONORS

- 2016 John Dewey Award, University of Michigan
Awarded annually by the College Executive Committee to a Full Professor who model(s) the full range of John Dewey’s talents: scholarly productivity, provision of leadership, and engagement with and care for students.
- 2014 Fellow, Association for Psychological Science
- 2014 Individual Award for Outstanding Contributions to Undergraduate Education, College of Literature Science and Arts, University of Michigan
- 2014 Janet Taylor Spence Award, Association for Psychological Science (APS)
Awarded annually for transformative early career contributions to psychological science.
- 2014 Inaugural Early Career Investigator Award, Federation of Associations in Behavioral & Brain Sciences, Society of Experimental Social Psychology (SESP)
Awarded every three years to a SESP member who has made major research contributions to the sciences of mind, brain, and behavior during the first 10 years post-PhD.
- 2013 SAGE Young Scholars Award, Foundation for Personality and Social Psychology
Awarded to early-career faculty who “have demonstrated exceptional individual achievements in social and/or personality psychology, conducting research that places them at the forefront of their peers.”
- 2013 “Rising Star,” Association for Psychological Science
- 2013 University of Michigan Class of 1923 Memorial Teaching Award
Awarded annually by the College Executive Committee to a newly tenured Associate professor who has demonstrated outstanding undergraduate teaching.
- 2012 - 2013 Brenda A. Milner Award, American Psychological Association (Division 6)
Recognizes the author of an outstanding paper in the field of behavioral neuroscience or comparative psychology

- 2012 Fellow, Society of Experimental Social Psychology (SESP)
- 2010 Science Editor's Choice Article
- 2009 Society of Biological Psychiatry's Ziskind-Somerfeld Award Finalist
- 2007 Summer Institute in Cognitive Neuroscience Fellowship, UC Santa Barbara
- 2006 International Travel Award, American Psychological Association (APA)
- 2006 Student Travel Award, Society for Personality and Social Psychology (SPSP)
- 2005 Science Editor's Choice Article
- 2005 - 2006 Richard Christie Memorial Fellow, Columbia University, Psychology
- 2004, 2005 Research Travel Award, Columbia University, Psychology
- 2003 First Runner-Up, Graduate Student Poster Award, SPSP
- 2001 - 2006 Faculty Fellowship, Columbia University
- 2001 - 2006 Teaching Fellowship, Columbia University
- 2001 Phi Beta Kappa, University of Pennsylvania
- 2001 Theta Alpha Kappa National Honor Society, University of Pennsylvania
- 2000 - 2001 Nathan Appleman Scholarship, University of Pennsylvania
- 2000 Psi Chi National Honor Society, University of Pennsylvania
- 2000 Golden Key National Honor Society, University of Pennsylvania

INVITED TALKS & WORKSHOPS

2017

Small Group Meeting on Ostracism, Social Exclusion, and Rejection, Lucerne, Switzerland
Booth School of Business, University of Chicago
Cleveland MetroHealth Conference (Plenary Speaker)
Staff Development Lecture, Psychology Department, University of Michigan
Social Psychology in the 21st Century Preconference, SPSP, San Antonio
Psychology of Technology Preconference, SPSP, San Antonio

2016

Columbia University, Colloquium
New Directions in the Psychology of Technology Research Conference, USC
Neuroleadership Summit, New York
International Conference Psychological Science, Fukuyama, Japan
Ann Arbor Public Library Public Lecture, Ann Arbor

Emotions Preconference, Society for Personality and Social Psychology, San Diego
Friedman Brain Institute Translational Neuroscience Seminar Series, Mt. Sinai

2015

Yale University
Cornell University
B.F. Skinner Lecture, Association for Behavior Analysis International
Fitts Banquet (Keynote), University of Michigan
University of St. Thomas
IPSR Colloquium, University of California, Berkeley
Interdisciplinary Moral Forum, Marquette University
Vassar College

2014

Lyman Briggs College Speaker Series, Michigan State University
Peer-to-Peer Depression Awareness Campaign, University of Michigan
University of Michigan Clinical Psychology Speaker Series
University of Michigan Social Psychology Speaker Series
Character Lab, Best Practices Research Symposium
Association for Psychological Science, Science and Technology Symposium
Wayne State University
Depression on College Campuses Conference, Ann Arbor
Tanner Lecture Symposium (Moderator), Ann Arbor
2nd International Consortium of Cultural Neuroscience Meeting (Discussant).
Consortium for Research on Emotional Intelligence in Organization (Keynote)
Ross School of Business, Interdisciplinary Committee on Organization Studies Speaker Series
University of Michigan Clinical Child Psychology Speaker Series
University of Michigan Cognition and Cognitive Neuroscience Speaker Series

2013

White House Meeting, Psychological Science & Behavioral Economics in the Service of Public Policy
The Ohio State University
University of Waterloo Social Psychology Speaker Series
Life Course Development (LIFE) Program Academy, Institute for Social Research
Ross School of Business, Management & Organizations Department Speaker Series

2012

The Ohio State University
University of Colorado (Boulder)
Yale University Clinical Psychology Speaker Series
Leiden University (Netherlands), Lorenz Center
Neuroleadership Summit, New York
Neuroleadership Institute, Executive Education Speaker Series
University of Michigan Decision Making Consortium Speaker Series
University of Michigan School of Social Work
Institute of Social Research (UMICH), Summer Institute Cultural Neuroscience

2011

Johns Hopkins University Center for Advanced Modeling
Michigan State University Social-Personality Psychology Speaker Series
University of Toronto Social-Personality-Abnormal Psychology Speaker Series

Michigan State University Clinical Psychology Speaker Series
Neuroleadership Institute Executive Education Speaker Series
Ross School of Business (UMICH), Marketing Department Speaker Series
Depression Research Center (UMICH), Depression Outreach Talk Series
Institute of Social Research (UMICH), Knight-Wallace Speaker Series
Institute of Social Research (UMICH), Emotion Speaker Series
Depression Research Center (UMICH), Colloquium

2010

University of Michigan Cultural Neuroscience Speaker Series
University of Michigan Clinical Psychology Speaker Series
University of Michigan Decision Making Consortium Speaker Series

2009

Columbia University Advances in Motivation Science
Boston University US National Center for Post Traumatic Stress Disorder Speaker Series
Katholieke Universiteit Leuven (Belgium), Individual Differences Speaker Series
Institute of Social Research (UMICH) Self Control Speaker Series
University of Michigan, Department of Psychiatry, Speaker Series
University of Michigan, Biopsychology, Self Control Speaker Series

2008

Harvard University, Social Psychology Speaker Series
University of California, Los Angeles, Social Psychology Speaker Series
University of Michigan, Social Psychology Speaker Series
University of Michigan, Cultural Neuroscience Speaker Series

2006

Booth School of Business (University of Chicago), Colloquium
University of Michigan, Psychology Department, Colloquium

2002 - 2005

Columbia University, Social Psychology Speaker Series
Columbia University, Social Psychology Speaker Series
Columbia University, Social Psychology Speaker Series

PROFESSIONAL SERVICE

Associate Editor

Journal of Personality and Social Psychology: ASC (2017 - Present)
Journal of Personality and Social Psychology: PPID (2015 - 2017)
Journal of Personality (Declined)

Consulting Editor

Psychological Science (2015 – present)
JPSP: Attitudes & Social Cognition (2013 – present)
JPSP: Personality Processes & Individual Differences (2011 – 2014)
Personality and Social Psychology Bulletin (2012 – 2014)

Ad Hoc Reviewer (Journals)

Psychological Review	Neuropsychologia
Proceedings of the National Academy of Sciences	Journal of Affective Disorders
Current Directions in Psychological Science	Journal of Cognitive Neuroscience
Psychological Science	Neuroimage
Clinical Psychological Science	Social Cognitive & Affective Neuroscience
Journal of Personality & Social Psychology	Cognition
Journal of Experimental Psychology: General	Cognitive Affective & Behavioral Neuroscience
Emotion	Behavioural Brain Research
Biological Psychiatry	Cognition & Emotion
Social Cognition	Cognitive Therapy & Research
Journal of Research in Personality	Journal of Social & Clinical Psychology
Aggressive Behavior	Behaviour Research & Therapy
Social Psychological and Personality Science	Perspectives on Psychological Science

Reviewer (Funding Agencies)

Member, Social Psychology Panel, National Science Foundation (2014 – Present)

Ad Hoc Reviewer (Funding Agencies)

National Science Foundation
 Israeli Science Foundation
 Research Foundation Flanders
 Center for Decision Research, University of Chicago Booth School of Business

PUBLICATIONS

† = Current or former student co-author

2017

62. **Kross, E.**, & Ayduk, O. (2017). Self-distancing: Theory, research and current directions. In J. Olson & M. Zanna (Eds.), *Advances in Experimental Social Psychology, Vol 55*.
61. Verduyn, P., Ybarra, O., Jonides, J., & **Kross, E.** (2017). Do online social networks sites make us happy? A critical review. *Social Issues and Policy Review*.
60. Leitner, J.B., Ayduk, O., Mendoza-Denton, R., Magerman, A., Amey, R., **Kross, E.**, & Forbes, C.E., (2017). Self-distancing Improves Interracial Mentorship by Decreasing Medial Prefrontal Cortex Activity During the Provision of Criticism. *Social Cognitive Affective Neuroscience*.
59. †White, R.E., Prager, E.O., Schaefer, C., **Kross, E.**, Duckworth, A.L., & Carlson, S.M (2017). The “Batman Effect”: Improving perseverance in young children. *Child Development*.
58. Ayduk, O., & **Kross, E.** (2017). Self-distancing: Basic mechanisms and clinical implications. In de Ridder, D., Adriaanse, M., & Fujita, K. (Eds.), *Handbook of Self-Control in Health and Wellbeing*.

2016

57. †Park, J., Ayduk, O., & **Kross, E.** (2016). Stepping back to move forward: Expressive writing promotes self-distancing. *Emotion, 16*(3), 349-364.

56. Penner, L.A., †Gueverra, D.A., Harper, F., Taub, J., Albrecht, T.L., & **Kross, E.** (2016). Self-distancing buffers high trait anxious pediatric cancer caregivers against short- and longer-term distress, *Clinical Psychological Science*, 4(4), 629-640.
55. †Park, J., †Lee, D., †Shablack, H., †Verduyn, P., Deldin, P., Ybarra, O., Jonides, J., & **Kross, E.** (2016). When perceptions defy reality: Actual and perceived Facebook social support in Depression. *Journal of Affective Disorders*, 200, 37-44.
54. Hofelich-Mohr, A., **Kross, E.**, Preston, S.D. (2016). Devil in the details: Prosocial response to distress depends on depression timing and felt similarity. *Adaptive human behavior and physiology*, 2(4), 281-297.

2015

53. †Verduyn, P., †Lee, D., †Park, J., †Shablack, H., †Orvell, A., †Bayer, J., Ybarra, O., Jonides, J., **Kross, E.** (2015). Passive Facebook usage undermines affective well-being: Experimental and longitudinal evidence. *Journal of Experimental Psychology: General*, 144(2), 480-488.

Commentary: Bohannon, J. (2014). Will Facebook make you sad? Depends how you use it, *Science*.

Featured in The New York Times and Good Morning America.

52. **Kross, E.** (2015). Emotion regulation growth points: Three more to consider. *Psychological Inquiry*, 26(1), 69-71.
51. Olsson, A., **Kross, E.**, †Nordberg, S., †Weinberger, A., Weber, J., Schmer-Galunder, S., Fossella, J., Wager, T., Bonnano, G., & Ochsner, K. (2015). Neural and genetic markers of vulnerability to post-traumatic stress symptoms among survivors of the World Trade Center attacks. *Social Cognitive Affective Neuroscience*, 10(6), 863-868.

Kross and Olsson contributed equally

50. **Kross, E.**, & †Guevarra, D. (2015). Self-control. *Oxford Bibliographies in Psychology*.
49. Ayduk, O., & **Kross, E.** (2015). Pronouns matter when psyching yourself up. *Harvard Business Review*.

Both authors contributed equally

48. †White, R. E., **Kross, E.**, & Duckworth, A. L. (2015). Spontaneous self-distancing and adaptive self-reflection across adolescence. *Child Development*, 86(4), 1272-1281.
47. Shen, K, Misic, B, Bezgin, G, Buschkuehl, M., Deldin, P.J., Hutchison, R.M., Jaeggi, S.M, **Kross, E.**, Peltier, S., Everling, J., Jonides, J., McIntosh, A.R., & †Berman, M.G. (2015). Stable long-range interhemispheric coordination is supported by direct anatomical projections. *Proceedings of the National Academy of Sciences*, 112(20), 6473-6478.

2014

46. **Kross, E.**, †Bruehlman-Senecal, E., †Park, J., †Burson, A., †Shablack, H., †Bremner, R., Moser, J., & Ayduk, O. (2014). Self-talk as a regulatory mechanism: How you do it matters. *Journal of Personality and Social Psychology*, *106*(2), 304-324.

Featured in The New York Times, Wall Street Journal, Harvard Business Review, NPR Morning Edition, NPR Hidden Brain, and Toronto Star

45. †Grossmann, I., & **Kross, E.** (2014). Exploring Solomon's Paradox: Self-distancing eliminates the self-other asymmetry in wise reasoning about close relationships in younger and older adults. *Psychological Science*, *25*(8), 1571-1580.

First-runner up for the Neuroleadership Application of Science Award, 2015.

44. Moser, J.S., Hartwig, R., Moran, T.P., Jendrusina, A.A., & **Kross, E.** (2014). Neural markers of positive reappraisal and their associations with trait reappraisal and worry. *Journal of Abnormal Psychology*, *123*(1), 91-105.
43. †Park, J., Ayduk, O., O'Donnell, L., Kamali, M., Gruber, J., McInnis, M., Deldin, P., & **Kross, E.** (2014). Regulating the high: Cognitive and neural processes underlying positive emotion regulation in bipolar 1 disorder. *Clinical Psychological Science*, *2*(6), 661-674.
42. Ybarra, O., **Kross, E.**, & Sanchez-Burks, J. (2014). The "big idea" that is yet to be: Toward a more motivated, contextual, and dynamic model of emotional intelligence. *Academy of Management Perspectives*, *28*(2), 93-107.
41. Woo, C.H., Koban, L., **Kross, E.**, Lindquist, M., Banich, M.T., Ruzic, L., Andrews-Hanna, J.R., & Wager, T., (2014). Separate neural representations for physical pain and social rejection. *Nature Communications*, *5*.
40. Masic, G., Fatima, Z., Askren, M.K., Buschkuehl, M., Churchill, N., Cimprich, B., Deldin, P.J., Jaeggi, S.M., Jung, M.S., Korostil, M., **Kross, E.**, Krpan, K., Peltier, S., Reuter-Lorenz, P.A., Strother, S.C., Jonides, J., McIntosh, R., & †Berman, M.G. (2014). The functional connectivity landscape of the human brain. *PLOS One*, *9*(10).

Authors Askren through Strother contributed equally and are noted in alphabetical order.

39. †Berman, M.G., Masic, G., Buschkuehl, M., **Kross, E.**, Deldin, P., Peltier, S., Jaeggi, S., Vokorin, V., McIntosh, R., & Jonides, J. (2014). Does resting-state connectivity reflect depressive rumination? A tale of two analyses. *Neuroimage*, *103*, 267-279.

2013

38. **Kross, E.**, †Verduyn, P., †Demiralp, E., †Park, J., †Lee, D., †Lin, N., †Shablack, H., Jonides, J., & Ybarra, O. (2013). Facebook use predicts declines in subjective well-being in young adults. *PLOS One*, *8*(8).

Commentary: Bohannon, J (2013). Facebook is making you sad. *Science*.

Featured on ABC News (TV), BBC World Radio, and NPR, and over 150 newspapers (e.g., Chicago Tribune, LA Times) and magazines (The New Yorker, Economist, Time) internationally

37. Wager, T., Atlas, L., Lindquist, M.A., Roy, M., Woo, C.W., & **Kross, E.** (2013). An fMRI-based neurologic signature of physical pain. *New England Journal of Medicine*, 368, 1388-1397.

Commentary: *The New England Journal of Medicine*, 368, 1447-1449.

Commentary: Shen, H. (2013). Brain signature reveals our level of pain. *Science*.

Selected by the Faculty of 1000 (F1000) for post-publication peer review – a designation received by the top 2% of published articles in biology and medicine.

36. †Berman, M.G., Yourganov, G., Askren, M.K., Ayduk, O., Casey, B.J., Gotlib, I., **Kross, E.**, McIntosh, R., Strother, S., Wilson, N.L., Zayas, V., Mischel, W., Shoda, Y., & Jonides, J. (2013). Dimensionality of brain networks linked to life-long individual differences in self-control. *Nature Communications*, 4, 1373.

Yourganov, Askren, Ayduk, Casey, Gotlib, Kross, McIntosh, Strother, Wilson, and Zayas are listed alphabetically.

35. Buhle, J., Kober, H., Ochsner, K.N., †Mende-Siedlecki, P., Weber, J., Hughes, B., **Kross, E.**, Atlas, L., McRae, K., & Wager, T. (2013). Common representation of pain and negative emotion in the midbrain periaqueductal gray. *Social Cognitive Affective Neuroscience*, 8(6), 609-616.
34. Ybarra, O., **Kross, E.**, †Lee, D.S., Zhao, Y., †Dougherty, A., & Sanchez-Burks, J. (2013). Toward a more contextual, psychological, and dynamic model of emotional intelligence. *Advances in Positive Organizational Scholarship*, 1, 167-187.
33. Krpan, K.M., **Kross, E.**, †Berman, M.G., Deldin, P.J., Askren, M.K., & Jonides, J. (2013). An everyday activity as a treatment for depression: The benefits of expressive writing for people diagnosed with major depressive disorder. *Journal of Affective Disorders*, 150(3), 1148-1151.

2012

32. **Kross, E.**, Gard, D., Deldin, P., †Clifton, J., & Ayduk, O. (2012). Asking “why” from a distance: Its cognitive and emotional consequences for people with Major Depressive Disorder. *Journal of Abnormal Psychology*, 121(3), 559-569.
31. **Kross, E.**, & †Grossmann, I. (2012). Boosting wisdom: Distance from the self enhances wise reasoning, attitudes and behavior. *Journal of Experimental Psychology: General*, 141(1), 43-48.

Both authors contributed equally

30. †Selcuk, E., Zayas, V., †Gunaydin, G., Hazan, C., & **Kross, E.** (2012). Mental representations of attachment figures facilitate emotional recovery following upsetting autobiographical memory recall. *Journal of Personality and Social Psychology*, 103(2), 362-378.

Winner of the 2013 Graduate Student Research Paper Award from the Relationship Researchers Interest Group (RRIG) within the Society for Personality and Social Psychology (SPS).

29. †Mischowski, D., **Kross, E.**, & Bushman, B. (2012). Flies on the wall are less aggressive: Self-distancing “in the heat of the moment” reduces aggressive thoughts, angry feelings and aggressive behavior. *Journal of Experimental Social Psychology*, 48(5), 1187-1191.

28. †Berman, M., **Kross, E.**, †Krpan, K.M., †Askren, M.A., †Burson, A., Deldin, P.J., Kaplan, S., Sherdell, L., Gotlib, I.H., & Jonides, J. (2012). Interacting with nature improves cognition and affect for individuals with depression. *Journal of Affective Disorders*, 140(3), 300-305.
27. †Verduyn, P., Van Mechelen, I., **Kross, E.**, Chezzi, C., & Van Bever F. (2012). The relationship between self-distancing and the duration of negative and positive emotional experiences in daily life. *Emotion*, 12(6), 1248-1263.

2011

26. **Kross, E.**, †Berman, M., Mischel, W., Smith, E.E., & Wager, T. (2011). Social rejection shares somatosensory representations with physical pain. *Proceedings of the National Academy of Sciences, USA*, 108(15), 6270-6275.

Winner of the Brenda A. Milner Award, American Psychological Association (Division 6)

Selected by the Faculty of 1000 (F1000) for post-publication peer review – a designation received by 2% of published articles in biology and medicine.

Featured on CBS World News Tonight (TV), BBC World Radio and Reuters Television, and newspapers (e.g., NY Times, USA Today, Washington Post, LA Times) and magazines (Time, Geographic, Scientific American) internationally.

Commentary: *Journal Watch Psychiatry*, 502.

25. **Kross, E.**, †Berman, M., Mischel, W., Smith, E.E., & Wager, T. (2011). Reply to Iannetti and Mouraux: What fMRI responses to physical pain tell us about why social rejection “hurts.” *Proceedings of the National Academy of Sciences, USA*, 108(30), E344.
24. **Kross, E.**, & Ayduk, O. (2011). Making meaning out of negative experiences by self-distancing. *Current Directions in Psychological Science*, 20(3), 187-191.

Both authors contributed equally

23. **Kross, E.**, Duckworth, A., Ayduk, O., †Tsukayama, E., & Mischel, W. (2011). The effect of self-distancing on adaptive versus maladaptive self-reflection in children. *Emotion*, 11(5), 1032-1039.
22. Mischel, W., Ayduk, O., †Berman, M., Casey, B.J., Gotlib, I., Jonides, J., **Kross, E.**, Wilson, N., Zayas, V., & Shoda, Y. (2011). “Willpower” over the life span: Decomposing self-regulation. *Social Cognitive Affective Neuroscience*, 6(2), 252-256.

Ayduk, Berman, Casey, Gotlib, Jonides, Kross, Wilson and Zayas are listed alphabetically.

21. †Berman, M., Nee, D., †Casement, M., †Kim, H.S., Deldin, P., **Kross, E.**, Gonzalez, R., Gotlib, I., Hamilton, P., Joorman, J., Waugh, C., & Jonides, J. (2011). Neural and behavioral effects of interference resolution in depression and rumination. *Cognitive Affective & Behavioral Neuroscience*, 11(1), 85-96.
20. Ybarra, O., †Rees, L., **Kross, E.**, & Sanchez-Burks, J. (2011). *Social context and the psychology of emotional intelligence: A key to creating positive organizations*. In K. Cameron & G. Spreitzer (Eds.), *The Oxford Handbook of Positive Organizational Scholarship* (pp. 201-214). New York: Oxford University Press, Inc.

2010

19. [#]Ayduk, O., & [#]**Kross, E.** (2010). From a distance: Implications of spontaneous self-distancing for adaptive self-reflection. *Journal of Personality and Social Psychology*, *98*(5), 809-829.

Both authors contributed equally
18. [†]Grossman, I., & **Kross, E.** (2010). The impact of culture on adaptive vs. maladaptive self-reflection. *Psychological Science*, *21*(8), 1150-1157.

Chin, G., & Yeston, J. (2010). Editor's Choice. *Science*, *329*, 492.
17. Kober, H., Mende-Siedlecki, P., **Kross, E.**, Mischel, W., Hart, C.L., & Ochsner, K.N. (2010). Prefrontal-striatal pathway underlies cognitive regulation of craving. *Proceedings of the National Academy of Sciences, USA*, *107*(33), 14811-14816.
16. **Kross, E.**, & Mischel, W. (2010). From stimulus control to self-control: Toward an integrative understanding of the processes underlying willpower. In R. Hassin, K. Ochsner, & Y. Trope. (Eds.), *From Society to Brain: The New Sciences of Self Control* (pp. 428-446). New York: Oxford University Press.
15. **Kross, E.**, & Ochsner, K. (2010). Integrating research on self-control across multiple levels of analysis: Insights from social cognitive and affective neuroscience. In R. Hassin, K. Ochsner, & Y. Trope. (Eds.), *From Society to Brain: The New Sciences of Self Control* (pp. 76-92). New York: Oxford University Press.
14. **Kross, E.**, Mischel, W., & Shoda, Y. (2010). Enabling self-control: A cognitive affective processing system (CAPS) approach to problematic behavior. In J. Maddux & J. Tangney (Eds.), *Social Psychological Foundations of Clinical Psychology* (pp. 375-394). New York: Guilford Press.
13. Kober, H., **Kross, E.**, Hart, C.L., Mischel, W., & Ochsner, K.N. (2010). Regulation of craving by cognitive strategies in cigarette smokers. *Drug and Alcohol Dependence*, *106*(1), 52-55.
12. Ayduk, O., & **Kross, E.** (2010). Analyzing negative experiences without ruminating: The role of self-distancing in enabling adaptive self-reflection. *Social and Personality Psychology Compass*, *4*(10), 841-854.

Both authors contributed equally
11. [†]Berman, M., Nee, D., Peltier, S., **Kross, E.**, Deldin, P., & Jonides, J. (2010). Depression, rumination, and the default network. *Social Cognitive & Affective Neuroscience*, *6*(5), 548-555.

2009

10. **Kross, E.,** †Davidson, M., Weber, J., & Ochsner, K.N. (2009). Coping with emotions past: The neural bases of regulating affect associated with negative autobiographical memories. *Biological Psychiatry (Priority Communication)*, *65*(5), 361-366.

 Commentary: Carter, C.S. (2009). The ups and downs of emotion regulation. *Biological Psychiatry*, *65*, 359-360.

 Society of Biological Psychiatry's Ziskind-Somerfeld Award Finalist.
9. **Kross, E.** (2009). When the self becomes other: Toward an integrative understanding of the processes distinguishing adaptive self-reflection from rumination. *Annals of the New York Academy of Sciences*, *1167*, 35-40.
8. **Kross, E.,** & Ayduk, O. (2009). Boundary conditions and buffering effects: Does depressive symptomology moderate the effectiveness of self-distancing for facilitating adaptive emotional analysis? *Journal of Research in Personality*, *43*(5), 923-927.
7. Ayduk, O., & **Kross, E.** (2009). Asking 'why' from a distance facilitates emotional processing: A reanalysis of Wimalaweera & Moulds (2008). *Behaviour Research and Therapy*, *47*(1), 88-92.

Both authors contributed equally

2008

6. Ayduk, O., & **Kross, E.** (2008). Enhancing the pace of recovery: Self-distanced analysis of negative experiences reduces blood pressure reactivity. *Psychological Science*, *19*(3), 229-231.
5. **Kross, E.,** & Ayduk, O. (2008). Facilitating adaptive emotional analysis: Distinguishing distanced-analysis of depressive experiences from immersed-analysis and distraction. *Personality and Social Psychology Bulletin*, *34*(7), 924-938.
4. **Kross, E.,** & †Clasen, P. (2008). Neural processes in rejection sensitivity: Differences in emotional appraisal or control? In F. Erkmann (Ed.), *Acceptance: The Essence of Peace* (pp. 51-64). Turkish Psychology Association: Istanbul.

2007

3. **Kross, E.,** Egner, T., Downey, G., Ochsner, K., & Hirsch, J. (2007). Neural dynamics of rejection sensitivity. *Journal of Cognitive Neuroscience*, *19*(6), 945-956.
2. Mischel, W., DeSmet, A., & **Kross, E.** (2006). Self-regulation in the service of conflict resolution. In M. Deutsch, P.T. Coleman, and E.C. Marcus (Eds.), *Handbook of Conflict Resolution* (2nd ed., pp. 294-313). San Francisco: Jossey-Bass.

2005

1. **Kross, E.**, Ayduk, O., & Mischel, W. (2005). When asking “why” does not hurt: Distinguishing rumination from reflective processing of negative emotions. *Psychological Science*, 16(9), 709-715.

Chin, G. (2005). Editor’s Choice. *Science*, 309, 1790.

CHAIRED SYMPOSIA

1. **Kross, E.** & Ayduk, O. (2014, May). *Self-Talk: Towards An Integrative Understanding of a Basic (Often Overlooked) Regulatory Mechanism*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), San Francisco, CA.
2. Ayduk, O., & **Kross, E.** (2013, September). *Divergent and convergent perspectives on psychological distance: Meaning, functions and implications*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Berkeley, CA.
3. **Kross, E.** (2012, July). *Unpacking emotion regulation: from brain to mind to social contexts*. Symposium conducted at the 16th European Conference on Personality, Trieste, Italy.
4. †Park, J., & **Kross, E.** (2012, January). *Meaning-making: From theories to intervention*. Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
5. **Kross, E.** (2011, July). *Self-discrepancy, self-distancing, and self-regulation*. Symposium conducted at the 16th European Association of Social Psychology (EASP) General Meeting, Stockholm, Sweden.
6. Moser, J., & **Kross, E.** (2011, May). *Automatic and volitional emotion regulation across levels of analysis*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
7. Van Boven, L., & **Kross, E.** (2011, January). *Perspectives on psychological distance’s phenomenological foundations*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
8. **Kross, E.** (2011, January). *Rumination: From basic mechanisms to intervention*. Symposium conducted at the University of Michigan Depression Center Colloquium Series, Ann Arbor, MI.
9. Van Boven, L., & **Kross, E.** (2010, October). *Perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, MN.
10. †Grossmann, I., & **Kross, E.** (2010, February). *Culture and emotion regulation*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Las Vegas, NV.
11. Kober, H., & **Kross, E.** (2009, May). *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
12. Zayas, V., & **Kross, E.** (2008, May). *Rejection and social threat: Psychological and physiological responses and their regulation*. Symposium conducted at the annual meeting of the Association for

Psychological Science (APS), Chicago, IL.

13. **Kross, E., & Ayduk, O.** (2008, January). *Bridging the mind and body: Unpacking the effects of worry and rumination on physical health*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, NM.
14. Ayduk, O., & **Kross, E.** (2006, January). *A multiple levels approach to adaptive vs. maladaptive emotional processing*. Symposium conducted at the annual meeting of the Society of Personality and Social Psychology, Palm Springs, CA.

SYMPOSIA & INVITED CONFERENCE TALKS

1. **Kross, E.**, Moser, J., & Ayduk, O. (2016, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in G. Sheppes (Chair), Beyond good and evil: New avenues in emotion regulation. Symposium conducted at the Association for Psychological Science, Chicago, IL.
2. **Orvell, A.**, Ayduk, O., & **Kross, E.** (2016, May). *From laboratory to daily life: Self-distancing training buffers against rumination and depression over time*. Paper presented in G. Surenkok (Chair), Social routes for affect regulation. Symposium conducted at the Association for Psychological Science, Chicago, IL.
3. **Kross, E.** & Ayduk, O. (2016, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in J. Steinmetz (Chair), Self-regulation in social context. Symposium conducted at the Society for the Study of Motivation, Chicago, IL.
4. **Kross, E.**, & Ayduk, O. (2015, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in O. Ayduk (Chair), New directions in research on the emotion regulatory functions of psychological distance. Symposium conducted at the 14th European Congress of Psychology, Milan, IT.
5. **Kross, E.**, Moser, M., & Ayduk, O. (2015, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in D. Moscovitch (Co-Chair) and J. Moser (Co-Chair), Cognitive Emotion Regulation Training in Anxiety: Emerging Evidence and Variations. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), New York.
6. [†]Sowden, W., & **Kross, E.** (2015, May). *The loyalty dilemma: The influence of relational distance on interpersonal judgment*. Paper presented in W. Sowden (Co-Chair) and E. Kross (Co-Chair), Flipping the moral switch: New perspectives on the regulation of moral judgment. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), New York.
7. **Kross, E.**, Moser, M., & Ayduk, O. (2015, May). *Third person self-talk facilitates emotion control without recruiting cognitive control*. Paper presented in J. Laitner (Chair), What neuroscience can tell us about the psychology of well-being. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
8. Ayduk, O., **Kross, E.**, & Moser, J. (2015, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in G. Oettingen (Co-Chair) and T. Sevincer (Co-Chair), Spontaneous Thoughts and Images. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
9. **Kross, E.** & Ayduk, O. (2014, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in E. Kross (Co-Chair) and O. Ayduk (Co-Chair), *Self-Talk: Towards An Integrative Understanding of a Basic (Often Overlooked) Regulatory Mechanism*. Symposium conducted at the annual

meeting of the Association for Psychological Science (APS), San Francisco, CA.

10. Moser, J.S., Moran, T.P., & **Kross, E.** (2014, May). *What's in your name? Third person self-talk attenuates neural markers of negative emotion processing.* Paper presented in E. Kross (Co-Chair) and O. Ayduk (Co-Chair), *Self-Talk: Towards An Integrative Understanding of a Basic (Often Overlooked) Regulatory Mechanism.* Symposium conducted at the annual meeting of the Association for Psychological Science (APS), San Francisco, CA.
11. Wardecker, B. M., Kaplow, J. B., Edelstein, R. S., & **Kross, E.** (2013, November). Linguistic correlates of risk and resilience in parentally bereaved children. Paper presented in J. Kaplow (Chair), *Correlates and predictors of "good grief" in bereaved children and adolescents: Implications for intervention.* Symposium conducted at the annual meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.
12. **Kross, E.,** & Ayduk, O. (2013, September). Self-talk as a regulatory mechanism: Implications for affect, behavior, and personal narratives. Paper presented in D Sherman (Chair), *Narrative and Intervention: How Story Shaping Affects and Reflects Important Life Outcomes.* Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Berkeley, CA.
13. Ayduk, O., **Kross, E.,** & Moser, J. (2013, September). Self-distancing: An adaptive or maladaptive regulatory mechanism? Paper presented in O. Ayduk (Co-Chair) and E. Kross (Co-Chair), *Divergent and convergent perspectives on psychological distance: Meaning, functions and implications.* Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Berkeley, CA.
14. Grossmann, I., & **Kross, E.** (2013, May). Wisdom of others: Distance from the self and perspective taking in close relations. Paper presented in M.W. Travers (Co-Chair) and L. Van Boven (Co-Chair), *So close, so far: Motivation, metacognition, and perceptions of distance.* Symposium conducted at the 25th annual meeting of the Association for Psychological Science (APS), Washington, DC.
15. †Bremner, R., & **Kross, E.** (2013, January). Self-distancing can correct biased social perception. Paper presented in *Data Blitz* session conducted at the 14th annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
16. **Kross, E.** (2012, August). The role that self-distancing plays in enabling adaptive self-reflection. Paper presented in E. Koster (Co-Chair) and A. Vanden Bogaerde (Co-Chair), *Self-focused attention in anxiety and depression.* Symposium conducted at the 42nd Annual European Association for Behavioural and Cognitive Therapies Conference, Geneva, Switzerland.
17. **Kross, E.** (2012, July). From affect to behavior: The behavioral effects of self-distancing. Paper presented in E. Kross (Chair), *Unpacking emotion regulation: From brain through mind to social contexts.* Symposium conducted at the 16th European Conference on Personality, Trieste, Italy.
18. **Kross, E.,** †Berman, M., Mischel, W., Smith, E.E., & Wager, T.D. (2012, January). Social rejection shares somatosensory representations with physical pain. Paper presented in G. Freedman (Co-Chair) and J. Beer (Co-Chair), *The many faces of social rejection.* Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
19. †Park, J., & **Kross, E.** (2012, January). Stepping back to move forward: Self-distancing mediates the meaning-making effects of expressive writing. Paper presented in J. Park (Co-Chair) and E. Kross (Co-Chair), *Meaning-making: From theories to intervention.* Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

20. **Kross, E.** (2011, July). From affect to behavior: The behavioral implications of self-distancing. Paper presented in E. Kross (Chair), *Self-discrepancy, self-distancing, and self-regulation*. Symposium conducted at the 16th meeting of the European Association for Social Psychology (EASP), Stockholm, Sweden.
21. **Kross, E.** (2011, May). From affect to behavior: The behavioral implications of self-distancing. Paper presented in J. Moser (Co-Chair) and E. Kross (Co-Chair), *Automatic and volitional emotion regulation processes across levels of analysis*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
22. **Kross, E.** (2011, May). Discussant in R.M. Cheung (Co-Chair) and C.R. Critcher (Co-Chair), *Withholding the socially undesirable: The cases of anger, sexuality and sexual orientation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
23. †Grossmann, I., & **Kross, E.** (2011, May). Boosting wisdom: Psychological distancing enhances wise reasoning and behavior in I. Grossmann (Co-Chair) and O. Ybarra (Co-Chair), *Creativity and wisdom: New experimental and training developments*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
24. **Kross, E.**, Ayduk, O., & †Burson, A. (2011, January). From affect to behavior: The behavioral implications of self-distancing. Paper presented in L. Van Boven (Co-Chair) and E. Kross (Co-Chair), *Perspectives on psychological distance's phenomenological foundations*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
25. Ayduk, O., & **Kross, E.** (2010, November). Distance from the self and constructive behaviors towards partners: Implications of spontaneous self-distancing for interpersonal behavior. Paper presented in B. Wisco (Chair), *Getting Unstuck: Alternatives to ruminative self-focus*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, CA.
26. †Park, J., & **Kross, E.** (2010, November). Psychological distancing and asymmetrical frontal cortical responses to happy memories among bipolar patients and healthy control participants. Paper presented in J.M Richards (Co-Chair) and S.B. Daughters (Co-Chair), *The neural mechanisms underlying emotion regulation and psychopathology: Bridging cognitive affective neuroscience and clinical research*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, CA.
27. Kober, H., †Mende-Siedlecki, P., †Buhle, J., **Kross, E.**, Hughes, B., Wager, T., & Ochsner, K. (2010, November). Mindfulness modulates the neural activity associated with pain and negative emotion: An fMRI study. Paper presented in H. Kober (Co-Chair) and J. Brewer (Co-Chair), *The mindful brain*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, CA.
28. **Kross, E.**, Ayduk, O., & †Burson, A. (2010, October). From affect to behavior: The behavioral implications of self-distancing. Paper presented in L. Van Boven (Co-Chair) and E. Kross (Co-Chair), *Perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, MN.
29. Zayas, V., †Selcuk, E., †Gunaydin, G., & **Kross, E.** (2010, July). Mental representations of attachment figures facilitate emotional recovery. Paper presented in V. Zayas (Chair), *Social regulation: The role of significant others in regulating affect, cognition, and behavior*. Symposium conducted at the annual meeting of the International Association for Relationship Research (IARR), Herzliya, Israel.

30. †Grossmann, I., & **Kross, E.** (2010, May). The impact of culture and psychological distance on adaptive vs. maladaptive self-reflection. Paper presented in J. Davis (Chair), *Psychological distance, embodiment, and affect*. Symposium conducted at the annual meeting of the American Psychological Society (APS) meeting, Boston, MA.
31. Kober, H., †Mende-Siedlecki, P., **Kross, E.**, Weber, J., Mischel, W., Hart, C.L., & Ochsner, K.N. (2010, April). Prefrontal-subcortical pathways mediating successful regulation of craving in cigarettes. Paper presented in K. Ochsner (Chair), *Emotion and Social Cognition*. Symposium conducted at the annual meeting of the Cognitive Neuroscience Society, Toronto, Canada.
32. †Grossmann, I., & **Kross, E.** (2010, January). Cross-cultural peculiarities of rumination and its consequences. Paper presented in I. Grossmann (Co-Chair) and E. Kross (Co-Chair), *Culture and emotion regulation*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Las Vegas, NV.
33. **Kross, E.**, †Davidson, M., Weber, J., & Ochsner, K. (2009, November). Coping with emotions past: The neural bases of regulating affect associated with autobiographical memories. Paper presented in H. Kober (Co-Chair) and E. Kross (Co-Chair), *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
34. **Kross, E.**, & Ayduk, O. (2009, November). Reflecting on the self...from a distance: Implications of spontaneous self-distancing for emotional reactivity and processing. Paper presented in B. Wisco (Co-Chair) and L. Hilt (Co-Chair), *Adaptive versus maladaptive self-reflection in depression*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
35. Kober, H., **Kross, E.**, †Mende-Siedlecki, P., Mischel, W., Hart, C.L., & Ochsner, K.N. (2009, November). Regulation of craving. Paper presented in H. Kober (Co-Chair) and E. Kross (Co-Chair), *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
36. **Kross, E.** (2009, May). Towards demystifying the “working through” paradox: An integrative examination of the processes distinguishing adaptive self-reflection from dysfunctional rumination. Paper presented in A. Gyurak (Co-Chair) and C. Hooker (Co-Chair), *Neural underpinnings of emotion regulation and the implications for social relationships*. Symposium conducted at the annual meeting of the American Psychological Society (APS) meeting, San Francisco, CA.
37. **Kross, E.** (2008, November). When the self becomes other: Towards an integrative understanding of the processes underlying adaptive self-reflection from dysfunctional rumination. Paper presented in K. Ochsner (Chair), *From animosity to empathy: Neuroimaging studies on the building blocks of fairness*. Symposium conducted at the New York Academy of Sciences (NYAS) Values and Empathy Across Social Barriers: A Neurocognitive Approach to Fairness meeting, Barcelona, Spain.
38. **Kross, E.**, & Ayduk, O. (2008, November). Towards demystifying the “working-through” paradox: Distinguishing adaptive and maladaptive self-reflection across multiple levels of analysis. Paper presented in L. Hilt (Chair), *Self-relevant thinking in depression: Cognitive and Neural Processes*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Orlando, FL.
39. Kober, H., **Kross, E.**, †Mende-Siedlecki, P., Hart, C.L., Mischel, W., & Ochsner, K.N. (2008, June). A social-cognitive-neuroscience approach to the cognitive regulation of craving. Paper presented in *Late*

Breaking Research. Symposium conducted at the annual meeting of the College on Problems of Drug Dependence, San Juan, Puerto Rico.

40. **Kross, E., & Ayduk, O.** (2008, May). Enabling adaptive “working through”. Paper presented in V. Zayas (Co-Chair) and E. Kross (Co-Chair), *Rejection and social threat: Psychological and physiological responses and their regulation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Chicago, IL.
41. **Kross, E., & Ayduk, O.** (2008, March). Demystifying the “working through” paradox: Psychological and physiological processes and outcomes distinguishing reflective processing of negative emotions from rumination. Paper presented in D. Pereira (Chair), *Health Behaviors*. Symposium conducted at the annual meeting of the American Psychosomatic Society (APS), Baltimore, MD.
42. **Kross, E., & Ayduk, O.** (2008, February). Demystifying the “working-through” paradox: Processes and outcomes distinguishing adaptive and maladaptive self-reflection. Paper presented in E. Kross (Chair) and O. Ayduk (Co-Chair), *Bridging the mind and body: Unpacking the effects of worry and rumination on physical health*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, NM.
43. **Kross, E., & Ayduk, O.** (2007, November). Psychological and physiological processes distinguishing adaptive and maladaptive self-reflection. Paper presented in E.A.P. Haigh (Chair) and D.M. Fresco (Co-Chair), *“A melancholy of mine own:” Basic mechanisms, functions, and consequences of ruminative self-reflection*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Philadelphia, PA.
44. **Kross, E., Ayduk, O., & Mischel, W.** (2007, January). Enabling adaptive “working through.” Paper presented in L. Libby (Chair) and R. Eibach (Co-Chair), *Perspectives on the self: Social psychological implications of point of view in mental imagery*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Memphis, TN.
45. **Ayduk, O., & Kross, E.** (2006, November). When asking why doesn’t hurt: Distinguishing reflective processing of negative emotions from rumination. Paper presented in J. Joormann (Chair), *Taking a closer look at rumination and emotion regulation: Adaptive versus maladaptive components, relation to emotional disorders, and implications for interventions*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Chicago, IL.
46. **Kross, E., Ayduk, O., & Mischel, W.** (2006, October). Enabling adaptive “working through”: Short-term and delayed outcomes distinguishing reflective processing of negative emotions from rumination. Paper presented in A. Fishbach (Chair) and N. Liberman (Co-Chair), *The principles of self-regulation*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Philadelphia, PA.
47. **Kross, E.** (2006, June). Neural dynamics of rejection sensitivity. Paper presented in O. Ayduk (Chair), *Rejection sensitivity*. Symposium conducted at the first International Congress on Interpersonal Acceptance and Rejection, Istanbul, Turkey.
48. **Kross, E., Ayduk, O., & Mischel, W.** (2006, January). When asking why doesn’t hurt: Psychological mechanisms distinguishing reflective versus ruminative processing of negative emotions. Paper presented in O. Ayduk (Chair) and E. Kross (Co-Chair), *A multiple levels approach to adaptive vs. maladaptive emotional processing*. Symposium conducted at the eighth annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, CA.

49. Mischel, W., Ayduk, O., & **Kross, E.** (2006, January). Demystifying willpower: Hot/cool system interactions in self-regulation. Paper presented in Y. Trope (Chair) and A. Fishbach (Co-Chair), *Self control processes: New theoretical and empirical directions*. Symposium conducted at the eighth annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, CA.
50. **Kross, E.**, Ayduk, O., & Mischel, W. (2005, October). Psychological distance in adaptive “working through.” Paper presented in Y. Trope (Chair) and K. Fujita (Co-Chair), *New perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), San Diego, CA.
51. Ayduk, O., & **Kross, E.** (2005, January). Psychological distance in emotion regulation. Paper presented in S. Chen (Chair) and W. Gardner (Co-Chair), *Self-regulation and function*. Symposium conducted at the annual Self and Identity SPSP Preconference, New Orleans, LA.

NATIONAL, DEPARTMENTAL & UNIVERSITY SERVICE

Graduate Student Admissions Committee	2008, 2009
Brickman Prize Committee	2009
Office of Vice President for Research (OVPR), Grant Reviewer	2009
Undergraduate Research Opportunity Program (UROP), Guest Lecturer	2009, 2010
Social Psychology Speaker Series Organizer	2009 – 2010
Institute for Social Research (ISR) Self Control Speaker Series Organizer	2009
Graduation Marshal	2009
Group Dynamics (ISR) Speaker Series Co-Organizer	Spring 2009, Fall 2014
Psychology Department Augmented Executive Committee	2009 – 2010
Psychology Department Executive Committee	2009 – 2010
Group Dynamics (ISR) Executive Committee	2009 – 2010
Social Psychology Senior Faculty Search Committee	2010, 2011
University of Michigan Depression Center Colloquium Organizer	Winter 2011
Graduate Student Admissions Committee, Chair	2011
Graduate Student Recruitment Committee	Winter 2012
Third Tier Undergraduate Advisor	Winter 2012
Local representative, Midwestern Psychological Association	2012 – Present
Rackham Fellowships Committee	2013 – 2015
Psychology Department Space Committee	2012 – Present
McArthur Foundation Consultant	2013
APA Early Career Award Selection Panel (Individual Differences)	2013
LS&A College Nominating Committee	2013
Psychology Department Annual Review Committee	2013
Social Psychology Junior Faculty Search Committee, Chair	2013
Psychology Department Teaching Academy Task Force	2013
LS&A Mentoring Panel (11/15)	2013
3 rd Year Review Committee, Alison Earl	2015
Group Dynamics (ISR) Executive Committee	2014 - 2015
Mentoring Committee, Joshua Ackerman	2014 -

Social Area Senior Faculty Search Committee, Chair	2014 -
Social Area Diversity Fellowship Committee	2014, 2016
Ruth Hamill Award Committee, Chair	2015
Tenure Committee, Ozlem Ayduk	2014 - 2015
Daniel Katz Fellowship Committee, ISR	2015 - 2017
Communications Advisory Group, ISR	2015 – Present
Psychology Department Augmented Executive Committee	2016 - 2017
Group Dynamics (ISR) Executive Committee	2016 - 2017
Affective Social Neuroscience Search Committee	2016 - 2017
Junior Faculty Mentoring Committee, Taraz Lee	2016 - 2017
Society for Study of Motivation Conference Program Committee	2017
Student Academic Affairs Committee	2017
APS Janet Taylor Spence Award Committee	2016 - 2019

DISSERTATION COMMITTEES

Hedy Kober	Columbia – Psychology (2009)
Hyang Sook Kim	Michigan – Psychology (2011)
Dan Kirk	NYU – Psychology (2011)
Igor Grossmann	Michigan – Psychology (2012)
Kelley Hemsall Pattison	Michigan – Nursing (2012)
Philip Cheng	Michigan – Psychology (2012)
Jiyoung Park, Co-Chair	Michigan – Psychology (2012)
Kerri Wakefield	Michigan – Education (2012)
Beatriz Pereira	Michigan – Marketing (2013)
Ryan Bremner, Chair	Michigan – Psychology (2013)
Mary Liu, Chair	Michigan – Psychology (2013)
Lori Hoggard	Michigan – Psychology (2013)
Aleah Burson, Chair	Michigan – Psychology (2013)
Jason Stornelli	Michigan – Marketing (2014)
Stephanie Carpenter	Michigan – Marketing (2014)
Jennifer Goldschmied	Michigan – Psychology (2015)
Walter Sowden, Chair	Michigan – Psychology (2015)
Adrienne Dougherty	Michigan – Psychology (2015)
Lucio Ramirez	Michigan – Psychology (2015)
Josh Wondra	Michigan – Psychology (2016)
David Lee	Michigan – Psychology (2016)
Joseph Bayer	Michigan – Communications (2016)
Madeline Ong	Michigan – Management (2016)
Daniel Porter	Michigan – Psychology (2016)

PROFESSIONAL AFFILIATIONS

Character Lab (non-profit), Board of Advisors	2014 – present
Midwestern Psychological Association	2012 – present
Social & Affective Neuroscience Society	2008 – present
Association for Behavioral and Cognitive Therapies	2006 – present
Cognitive Neuroscience Society	2006 – present

Society for Neuroscience	2006 – present
New York Academy of Sciences	2006 – present
Society for Personality and Social Psychology	2001 – present
Association for Psychological Science	2001 – present
American Psychological Association	2000 – present

TEACHING EXPERIENCE

Undergraduate courses

Self Control	Fall 2008, 2009, 2012 – 2014; Winter 2009
Introduction to Social Psychology	Winter 2010, 2011, 2013, 2015

Graduate courses

Emotion & Self Control	Winter 2009, 2012, 2013
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SELECTED MEDIA COVERAGE

Science Magazine, CBS World News Tonight TV, BBC Radio, The New York Times, Wall Street Journal, U.S. Department of Health and Human Services, US News and World Report, Washington Post, Washington Times, CNN, National Geographic, Time, Scientific America, ABC News, MSNBC.com, Detroit Free Press, Times of India, Economic Times of India, Psychology Today, Science Daily, Yahoo India, MSN India, Oprah Magazine, Wired Magazine, Nyfiken Vital, Today Show Health

GENERAL RESEARCH INTERESTS

Self and Self-Regulation
Emotion and Emotion-Regulation
Conflict Resolution
Social-Cognition
Affective/Social Neuroscience
Social/Emotional Intelligence
Social Networks
Judgment and Decision Making