

John A. Updegraff

<http://updegrafflab.org/>

Academic Appointments

- 2015 - **Professor**
Department of Psychological Sciences
Kent State University
- 2010 - 2015 **Associate Professor**
Department of Psychological Sciences
Kent State University
- 2004 - 2010 **Assistant Professor**
Department of Psychological Sciences
Kent State University
- 2002 - 2004 **NIMH Postdoctoral Fellow**
Department of Psychology and Social Behavior
University of California, Irvine

Education

- 1998 - 2002 **Ph.D. in Social Psychology**
University of California, Los Angeles
Minors: Health Psychology, Measurement
- 1997 - 1998 **M. A. in Psychology**
University of California, Los Angeles
- 1991 - 1996 **B.A. in Psychology and Social Behavior** (*cum laude*)
Minor: English and Comparative Literature
University of California, Irvine

Awards and Honors

- 2013 ISI "Highly Cited" for Gallagher & Updegraff (2012) and Hill & Updegraff (2012)
- 2010 Elected member, *Society of Experimental Social Psychology*
- 2010 Top 10 Most Cited Article from *JESP* 2005-2009 (Updegraff et al., 2007)
- 2009 Fellow, *Summer Institute on Social/Personality Psychology and Health*, National Cancer Institute
- 2007 Fellow, *Summer Institute for Informed Patient Choice*, Dartmouth Institute for Health Policy and Clinical Practice
- 2003 Martin E. P. Seligman Award for Outstanding Dissertation Research in Positive Psychology (Honorable mention)
- 2002 Society for Personality and Social Psychology Student Publication Award (Honorable mention for Updegraff, Taylor, Kemeny & Wyatt)
- 2002 Positive Psychology Travel Grant
- 2001 RAND Graduate Student Summer Associate
- 2001 Harold H. Kelley Award for Best Basic Research Paper in Social Psychology, UCLA
- 2001 Graduate Division Conference Travel Grant Award, UCLA
- 1999 NIMH Predoctoral Training Fellowship in Health Psychology, UCLA

- 1998 NSF Graduate Research Fellowship (Honorable mention), UCLA
- 1997 University Fellowship, UCLA
- 1997 NSF Graduate Research Fellowship (Honorable mention), UC Irvine
- 1996 Excellence in Research Award, UC Irvine
- 1995 Presidential Undergraduate Research Fellowship, UC Irvine
- 1994 Phi Beta Kappa, UC Irvine
- 1991 Chancellor's Scholarship, UC Irvine
- 1991 Regent's Scholarship, UC Irvine
- 1991 Valedictorian, Costa Mesa High School, Costa Mesa, California

Peer-Reviewed Publications

Note: Student/Postdoc authors in bold.

Kelly, S., & Updegraff, J. A. (in press). Substituting activities mediates the effect of cognitive flexibility on physical activity: A daily diary study. *Journal of Behavioral Medicine*.

Strong, C., Lin, C-Y., Jalilolghadr, S., **Updegraff, J. A.**, Brostrom, A., & Pakpour, A. H. (in press). Sleep hygiene behaviors in Iranian adolescents: An application of the Theory of Planned Behavior. *Journal of Sleep Research*.

Anderson, J. R., Hawkins, M. A. W., **Updegraff, J.**, Gunstad, J., & Spitznagel, M. B. (in press). Baseline glucoregulatory function moderates the effect of dairy milk and fruit juice on postprandial cognition in healthy young adults. *European Journal of Nutrition*.

Berzins, T., Gere, J., **Kelly, S. M.**, & **Updegraff, J. A.** (in press). Associations between social control, motivation, and exercise: how romantic partners influence exercise during young adulthood. *Journal of Health Psychology*.

Kim, H., Sherman, D. K., & **Updegraff, J. A.** (2016). Fear of Ebola: The Influence of collectivism on xenophobic threat responses. *Psychological Science*, 27(7), 935–944.

- Published in **American Psychological Society's (APS) flagship journal (IF = 5.48)**, and selected for a more accessible [feature article](#) in the online APS Observer.

Emanuel, A. S., Godinho, C. A., Steinman, C. T., & Updegraff, J. A. (2016). Education differences in cancer fatalism: The role of information-seeking experiences. *Journal of Health Psychology*. Epub ahead of print. DOI: 10.1177/1359105316664129

Rife, S., Kerns, K., & **Updegraff, J. A.** (2016). Seeking support in response to social and achievement stressors: A multi-venue analysis. *Personal Relationships*, 23, 364-379.

Pakpour, A. H., Lin, C-Y, & **Updegraff, J. A.** (2016). The relationship between the theory of planned behavior and medication adherence in patients with epilepsy. *Epilepsy and Behavior*, 61, 231-236.

Steinman, C. T., & Updegraff, J. A. (2015). Delay and death-thought accessibility: A meta-analysis. *Personality and Social Psychology Bulletin*, 41, 1682-96.

Updegraff, J. A., Brick, C., **Emanuel, A. S.**, Mintzer, R. E., & Sherman, D. K. (2015). Message framing for health: Moderation by perceived susceptibility and motivational orientation in a diverse sample of Americans. *Health Psychology*, 34, 20-29.

Pakpour, A. H., Gholami, M., Esmaeili, R., Abolhasan Naghibi, S., **Updegraff, J. A.**, Molloy, G. J., & Dombrowski, S. U. (2015). A randomized controlled multimodal behavioural intervention trial for improving antiepileptic drug adherence. *Epilepsy and Behavior*, 52, 133-142.

Betsch, C., Böhm, R., (remaining authors in alphabetical order) Airhihenbuwa, C., Butler, R., Chapman, G., Haase, N., Herrmann, B., Igarashi, T., Kitayama, S., Korn, L., Nurm, Ü-K., Rohrmann, B., Rothman, A., Shavitt, S., **Updegraff, J.**, & Uskul, A. (2015). Improving medical and health decision-making through culture-sensitive health communication: An agenda for science and practice. *Medical Decision Making*, 36, 811-33.

Brick, C., **McCully, S. N.**, **Updegraff, J. A.**, Ehret, P. J., Areguin, M. A., & Sherman, D. K. (2015). Impact of cultural exposure and message framing on oral health behavior: Exploring the role of message memory. *Medical Decision Making*, 36, 834-43.

Mowle, E. N., Doss, B. D., Georgia, E. J., & **Updegraff, J. A.** (2014). Application of regulatory focus theory to Google search advertising. *Journal of Consumer Marketing*, 31, 494-502.

Pakpour, A., Gellert, P., Asefzadeh, S., **Updegraff, J. A.**, Molloy, G. J., & Sniehotta, F. F. (2014). Intention and planning predict medication adherence following coronary artery bypass graft surgery. *Journal of Psychosomatic Research*, 77, 287-295.

Pakpour, A. H., Yekaninejad, M. S., Sniehotta, F. F., **Updegraff, J. A.**, & Dombrowski, S. U. (2014). The effectiveness of gain- versus loss-framed health messages to improve oral health in Iranian secondary schools: A cluster-randomized controlled trial. *Annals of Behavioral Medicine*, 47, 376-387.

Updegraff, J.A., & Rothman, A. J. (2013). Health message framing: Moderators, mediators, and mysteries. *Social and Personality Psychology Compass*, 7, 668-679.

McCully, S. N., **Don, B. P.**, & **Updegraff, J. A.** (2013). Using the internet to help with diet, weight and physical activity: Results from the Health Information National Trends Survey (HINTS). *Journal of Medical Internet Research*. doi:10.2196/jmir.2612.

Emanuel, A. S., **McCully, S. N.**, **Gallagher, K. M.**, & **Updegraff, J. A.** (2012). Theory of planned behavior explains gender difference in fruit and vegetable consumption. *Appetite*, 59, 693-697.

Ciesla, J.A., Reilly, L.C., Dickson, K.S., **Emanuel, A.S.**, **Updegraff, J.A.** (2012). Dispositional mindfulness moderates the effects of stress among adolescents: Rumination as a mediator. *Journal of Clinical Child and Adolescent Psychology*, 41, 760-70.

Muller, M. D., Gunstad, J., Alosco, M. L., Miller, L. A., **Updegraff, J. A.**, Spitznagel, M. B., & Glickman, E. L. (2012). Acute cold exposure and cognitive function: Evidence for sustained impairment. *Ergonomics*, 55, 792-798.

Segar, M. L., **Updegraff, J. A.**, Zikmund-Fisher, B. J., & Richardson, C. R. (2012). Physical activity advertisements that feature daily well-being improve autonomy and body image in overweight women but not men. *Journal of Obesity*. doi:10.1155/2012/354721.

Gallagher, K. M., & **Updegraff, J. A.** (2012). Health message framing effects on attitudes, intentions, and behavior: A meta-analytic review. *Annals of Behavioral Medicine*, 43, 101-116.

- **ISI “Highly Cited” paper – top 1% in citations for field and year.**

Hill, C. L., & Updegraff, J. A. (2012). Mindfulness and its relationship to emotional regulation. *Emotion, 21*, 81-90.

- **ISI “Highly Cited” paper – top 1% in citations for field and year.**

Sherman, D. K., Uskul, A.K., & **Updegraff, J. A.** (2011). The role of the self in responses to health communications: A cultural perspective. *Self and Identity, 10*, 284-294.

Updegraff, J. A., Emanuel, A. S., Gallagher, K. M., & Steinman, C. T. (2011). Framing flu prevention - An experimental field test of signs promoting hand hygiene during the 2009-2010 H1N1 pandemic. *Health Psychology, 30*, 295-299.

Gallagher, K. M., & Updegraff, J. A. (2011). When “fit” leads to fit and when “fit” leads to fat: How message framing and intrinsic v. extrinsic exercise outcomes interact in promoting physical activity. *Psychology and Health, 26*, 819-834.

Gallagher, K. M., Updegraff, J. A., Rothman, A.J., & Sims, L. (2011). Perceived susceptibility to breast cancer moderates the effect of gain- and loss-framed messages on use of screening mammography. *Health Psychology, 30*, 145-152 .

Spitznagel, M. B., Benitez, A., **Updegraff, J.**, Potter, V., Alexander, T., Glickman, E., & Gunstad, J. (2010). Serum ghrelin is inversely associated with cognitive function in a sample of non-demented elderly. *Psychiatry and Clinical Neurosciences, 64*: 608-11.

Emanuel, A. S., Updegraff, J. A., Kalmbach, D. A., & Ciesla, J. A. (2010). The role of mindfulness facets in affective forecasting. *Personality and Individual Differences, 49*, 815-818.

Updegraff, J. A., Emanuel, A. S., Suh, E. M., & Gallagher, K. M. (2010). Sheltering the self from the storm: Self-construal abstractness and the stability of self-esteem. *Personality and Social Psychology Bulletin, 36*, 97-108.

Spitznagel, M.B., **Updegraff, J.**, Pierce, K., Walter, K., Collinsworth, T., Glickman, E., Gunstad, J., (2009). Cognitive function during acute cold exposure with or without sleep deprivation lasting 53 h. *Aviation, Space and Environmental Medicine, 80*, 703-708.

Sherman, D. K., **Updegraff, J. A.**, & Mann, T. L. (2008). Improving oral health behavior: A social psychological approach. *Journal of the American Dental Association, 139*, 1382-1387.

Updegraff, J. A., Silver, R. C., & Holman, E. A. (2008). Searching for and finding meaning in a collective trauma: Results from a national longitudinal study of the 9/11 terrorist attacks. *Journal of Personality and Social Psychology, 95*, 709-722.

Suh, E. M., Diener, E., & **Updegraff, J. A.** (2008). From culture to priming conditions: How the self influences life satisfaction judgments. *Journal of Cross-Cultural Psychology, 39*, 3-15.

Updegraff, J. A., Sherman, D. K., Luyster, F. S., & Mann, T. L. (2007). The effects of message quality and congruency on perceptions of tailored health communications. *Journal of Experimental Social Psychology, 43*, 249-257.

- **“Top 10 Most Cited Article” from *JESP* (IF = 2.5) between 2005-2009.**

Updegraff, J. A., & Suh, E. M. (2007). Happiness is a warm abstract thought: Self-construal abstractness and subjective well-being. *Journal of Positive Psychology, 2*, 18-28.

Sherman, D. K., Mann, T. L., & **Updegraff, J. A.** (2006). Approach/avoidance orientation, message framing, and health behavior: Understanding the congruency effect. *Motivation and Emotion, 30*, 164-168.

Updegraff, J. A., & Marshall, G. M. (2005). Predictors of perceived growth following direct exposure to community violence. *Journal of Social and Clinical Psychology, 24*, 538-560.

Mann, T. L., Sherman, D. S., & **Updegraff, J. A.** (2004). Dispositional motivations and message framing: A test of the congruency hypothesis. *Health Psychology, 23*, 330-334.

Updegraff, J. A., Gable, S. L., & Taylor, S. E. (2004). What makes experiences satisfying? The interaction of approach-avoidance motivations and emotions in well-being. *Journal of Personality and Social Psychology, 86*, 496-504.

Taylor, S. E., Lewis, B., Gruenewald, T., Gurung, R. A. R., **Updegraff, J.** & Klein, L. C. (2002). Sex differences in biobehavioral responses to threat: Reply to Geary and Flinn. *Psychological Review, 109*, 751-753.

Updegraff, J. A., Taylor, S. E., Kemeny, M. E., & Wyatt, G. E. (2002). Positive and negative effects of HIV-infection in women with low socioeconomic resources. *Personality and Social Psychology Bulletin, 28*, 382-394.

Taylor, S. E., Klein, L. C., Lewis, B. L., Gruenewald, T. L., Gurung, R. A. R., & **Updegraff, J. A.** (2000). Biobehavioral responses to stress in females: Tend-and-befriend, not fight-or-flight. *Psychological Review, 107*, 411-429.

Reprinted as: Taylor, S. E., Klein, L. C., Lewis, B. L., Gruenewald, T. L., Gurung, R. A. R., & **Updegraff, J. A.** (2002). Biobehavioral responses to stress in females: Tend-and-befriend, not fight-or-flight. In J. T. Cacioppo, G. G. Berntson, R. Adolphs, C. S. Carter, & R. J. Davidson (Eds.), *Foundations in Social Neuroscience* (pp. 661-694). Cambridge: MIT Press.

Manuscripts Under Review

Lipkus, I. M., Johnson, C., Amarasekara, S., Pan, W., **Updegraff, J. A.** Reactions to online colorectal cancer risk estimates among a nationally representative sample of adults who have never been screened.

Strong, C., Lin, C-Y., Jalilolghadr, S., **Updegraff, J. A.**, Brostrom, A., & Pakpour, A. H. Sleep hygiene behaviors in Iranian adolescents: An application of the Theory of Planned Behavior.

Godinho, C. A., **Updegraff, J. A.**, Alvarez, M. J., & Lima, M. L. (revise and resubmit). When is congruency helpful? Interactive effects of frame, motivational orientation and perceived message quality on fruit and vegetable consumption.

Buchholz, L. J., Crowther, J. H., & **Updegraff, J. A.** (under review). Losing control: Using self-regulation and self-control to examine problematic drinking and eating: A meta-analytic study.

Don, B. P., & **Updegraff, J. A.** Purpose in life and self-rated physical health: A longitudinal examination among older adults.

Rife, S., Kerns, K., & **Updegraff, J. A.** Support seeking in response to stress: Person-level moderators, contextual factors, and the role of online venues.

Sherman, D. K., Brick, C., Binning, K. R., Mintzer, R. E., **McCully, S. N.**, & **Updegraff, J. A.** Culture and health communication: The role of cultural exposure in health message framing.

Books

Brannon, L., **Updegraff, J. A.**, & Feist, J. (2017). *Health psychology: An Introduction to behavior and health* (9th ed). Belmont, CA: Cengage.

Brannon, L., Feist, J., & **Updegraff, J. A.** (2013). *Health psychology: An Introduction to behavior and health* (8th ed). Belmont, CA: Cengage.

Book Chapters

Updegraff, J. A. (2017). Tailoring health behavior interventions. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks: Sage.

McCully, S. N., & **Updegraff, J. A.** (2017). Message framing. In L. Cohen (Ed.), *Wiley Encyclopedia of Health Psychology*. New York: Wiley-Blackwell.

Silver, R. C., & **Updegraff, J. A.** (2013). Searching for and finding meaning following personal and collective traumas. In K. Markman, T. Proulx, and M. Lindberg (Eds.) *Psychology of Meaning*. Washington: American Psychological Association

Updegraff, J. A., Rothman, A. J., & Salovey, P. (2012). Using message framing to promote healthful behaviors: An update. In J. A. Trafton (Ed.), *Best Practices in the Behavioral Management of Chronic Disease*.

Rothman, A. J., & **Updegraff, J. A.** (2010). Specifying when and how gain- and loss-framed messages motivate healthy behavior: An integrated approach. In G. Keren (Ed.), *Perspectives on Framing* (pp. 257-277). London: Psychology Press / Taylor & Francis.

Updegraff, J. A., & Taylor, S. E. (2000). From vulnerability to growth: Positive and negative effects of stressful life events. In J. H. Harvey & E. Miller (Eds.), *Loss and Trauma: General and Close Relationship Perspectives* (pp. 3-28). Philadelphia: Brunner-Routledge.

Selected Press Coverage/Interviews

National Public Radio (NPR): “It’s Tough to Make Good Health Choices but Science Can Help.” July 7, 2016.

MSNBC News: “Psychology explains why guys don’t eat vegetables.” August 24, 2012.

Extramural Grants Awarded as PI/Co-I

Updegraff, J. A. NIH / National Institute of Dental and Craniofacial Research (1 R21 DE019704-01). *Message framing for oral health in a diverse longitudinal sample of Americans: A social psychological approach*. Role: **Principal Investigator** (with Co-PI David Sherman, UC Santa Barbara). Total amount awarded: **\$409,540**.

Updegraff, J. A. NIH / National Cancer Institute (1 R03 CA128468-01). *Promoting mammography usage with an individualized approach to message framing*. Role: **Principal Investigator**. Total amount awarded: **\$133,903**.

Updegraff, A. G., & Updegraff, J. A. Akron Children's Hospital Foundation Research Grant. *A pilot test of a motivationally-based text messaging intervention for promoting diabetes management in adolescents*. **Co-Principal Investigator** (PI: Dr. Alanna Gelbwasser Updegraff, Akron Children's Hospital). Total amount awarded: **\$10,328**.

Updegraff, J. A. Kent-Summa Center for the Treatment and Study of Traumatic Stress. *Responses to messages promoting mammography screenings*. Role: **Principal Investigator**. Total amount awarded: **\$8,000**.

Extramural Grants Awarded in Other Roles

Lipkus, I (Duke University). NIH / National Cancer Institute. *Effects of message framing and risk feedback on CRC screening*. Role: **Investigator**

Kim, H., & Sherman, D. K. (UC Santa Barbara). National Science Foundation. *RAPID: The psychology of fear: Cultural orientation and response to Ebola threat*. Role: **Investigator**

Spitznagel, M. B. (Kent State). Dairy Research Institute. *Is milk the drink that helps you think?* Role: **Investigator**.

Extramural Grants Under Review

Updegraff, J. A. & Sherman, D. K. (2016, September). National Cancer Institute. *Message framing for promoting HPV vaccination*. Role: **Principal Investigator**. Total amount requested: **\$410,327**.

Updegraff, J. A., Dunlosky, J. T., & Rawson, K. A. (2016, August). Institute for Educational Sciences. *Exploring the benefits of support for self-regulation skills on college students' academic achievement and persistence*. Role: **Principal Investigator**. Total amount requested: **\$1,334,496.67**

Intramural Grants

Updegraff, J. A. Kent State University, Research and Sponsored Programs. *Using theory-guided communications to promote hand sanitizer utilization in public settings*. Role: **Principal Investigator**. Total amount awarded: **\$6,500**.

Updegraff, J. A. Kent State University, Summer Research Activity Grant. *Risk, efficacy and adherence to preventive cancer behaviors in the Health Information National Trends (HINTS) surveys*. Role: **Principal Investigator**. Total amount awarded: **\$6,500**.

Kent State University, Summer Research Activity Grant. *Self-Construal Abstractness as a Predictor of Self-Esteem Stability*. Role: **Principal Investigator**. Total amount awarded: **\$6,500**.

Invited Talks

University of Urfurt, Germany, *Culture-Sensitive Health Communication Small Group Meeting*, May 2014
ISCTE-University Institute of Lisbon, Portugal, May 2013
Cleveland State University, Department of Psychology, April 2009.

Kent State University Foundation Board of Directors Meeting, February, 2009.
Summa Health System of Akron, Grand Rounds, September 2006.
Ohio State University, Group for Attitudes and Persuasion, Department of Psychology, Fall 2005
University of Miami, Department of Psychology, Winter 2004
University of South Florida, Department of Psychology, Winter 2004
Kent State University, Department of Psychology, Winter 2004
UCLA, Health Psychology and Behavioral Medicine Colloquium, Department of Psychology, Fall 2003
Positive Psychology Summer Institute, Montchanin, Delaware, Summer 2003
UC Irvine, Department of Psychology and Social Behavior, Fall 2002
RAND, Psychology and Health Research Consortium, Santa Monica, CA, Fall 2001

Selected Conference Presentations

Note: Student authors in bold.

Updegraff, J. A., Brick, C., **McCully, S.**, Mintzer, R., Binning, K., & Sherman, D. K. (2016, August). *Culture and health communication: The role of cultural exposure in health message framing*. Symposium presentation at the 23rd International Congress of the International Association for Cross Cultural Psychology, Nagoya, Japan.

Godinho, C, Emanuel, A.S., Steinman, C., & Updegraff, J. A. (2015). *Education differences in cancer fatalism: the role of information seeking experiences*. Symposium presentation at the annual meeting of the European Health Psychology Society in Limassol, Cyprus.

Godinho, C., Updegraff, J. A., Alvarez, M. J., & Lima, M. L. (2015). *Interactive effects of frame, motivational orientation and perceived message quality on fruit and vegetable consumption*. Symposium presentation at the annual meeting of the European Health Psychology Society in Limassol, Cyprus.

Gellert, P., Pakpour, A., Sefzadeh, S. A., **Updegraff, J. A.**, Molloy, G. J., & Sniehotta, F. F. (2015). *Intentional and unintentional non-adherence: Motivation and planning predicting medication adherence following coronary artery bypass graft surgery*. Symposium presentation at the annual meeting of the European Health Psychology Society in Limassol, Cyprus.

Updegraff, J. A., & Sherman, D. K. (2015, August). *Culture and health communication: The role of cultural exposure in health message framing*. In Sherman & Updegraff symposium “Message framing and health: Exploring the role of context”, 2015 conference of the American Psychological Association, Toronto, ON.

McCully, S. & Updegraff, J. A. (2014, April). *Barriers to physical activity in young adults: An exploratory factor analysis*. Presentation at the annual meeting of the Society for Behavioral medicine, Philadelphia, PA.

Segar, M., Ubel, P., Zikmund-Fisher, B., **Updegraff, J.**, & Richardson, C. (2013, May). *Marketing exercise: In physical activity campaigns, does the reason for being active predict affective response?* Annual conference of the American College of Sports Medicine in Indianapolis, IN.

Emanuel, A. S., & Updegraff, J. A. (2013, April). *Who seeks health information from the Internet versus a health care provider?* Presentation at the annual conference of the Society for Behavioral Medicine, San Francisco, CA.

McCully, S. N., & Updegraff, J. A. (2013, April). *Using maintenance self-efficacy to predict physical activity trajectories*. Presentation at the annual conference of the Society for Behavioral Medicine, San Francisco, CA.

Brick, C., Binning, K. R., Sherman, D. K., **Updegraff, J. A.**, & Mintzer, R. E. (2013, February). *Acculturation determines the effectiveness of framed oral health messages*. Presentation at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

Emanuel, A. S., McCully, S. N., Gallagher, K. M., & Updegraff, J. A. (2013, February). *Using the theory of planned behavior to explain the gender difference in fruit and vegetable consumption*. Presentation at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

Gallagher, K. M., & Updegraff, J. A. (2013, February). *Helping older adults sustain their gains: A theory-based intervention to promote adherence to home exercise following physical therapy*. Presentation at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

Updegraff, J. A., & Sherman, D. K. (2013, February). *Improving oral health behavior with message framing*. Presentation at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

Updegraff, J. A. (2012, May). *Framing messages to promote healthy behavior*. Presentation at the annual conference of the Midwestern Psychological Association, Chicago, IL.

Updegraff, J. A. (2012, April). *Improving oral health behavior: A motivational approach to health message framing*. In H. Patrick (chair) symposium "Personality and social context: Motivational perspectives on health behavior" at the annual conference of the Society for Behavioral Medicine, New Orleans, LA.

Updegraff, J. A. (2012, Jan). *Framing messages to promote healthy behavior*. Presentation at the Health Preconference, Society for Personality and Social Psychology, San Diego, CA.

Emanuel, A. S., & Updegraff, J. A. (2012, Jan). *Self-affirmation counters self-control depletion in restrained eaters*. Poster presented at the annual convention of the Society for Personality and Social Psychology, San Diego, CA.

Brick, C., Sherman, D., **McCully, S., & Updegraff, J.** (2012, Jan). *The congruency effect in health behavior change: Improved recall for gain- vs. loss-frame oral health messages matched to culture*. Poster presented at the annual convention of the Society for Personality and Social Psychology, San Diego, CA

Rothman, A., Wlaschin, J., Bartels, R., **Updegraff, J.A., & Gallagher, K.M.** (2011, Sept). *What moderates the impact of framing on health behavior? A comparison of two theoretical perspectives*. Presentation at the annual convention of the European Health Psychology Society, Crete, Greece.

Emanuel, A.S., Updegraff, J.A., Gallagher, K. M., & Steinman, C. (2011, Jan). *Framing flu prevention: Experimental field test of signs promoting hand hygiene during the H1N1 pandemic*. Poster presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

Gallagher, K.M. & Updegraff, J.A. (2010, June). *Promoting physical activity with message framing: Highlighting the importance of intrinsic and extrinsic exercise outcomes*. Poster accepted for presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Minneapolis, Minnesota.

Emanuel, A. S., & Updegraff, J. A. (2010, Jan). *Regulatory focus and affective forecasts for the 2008 Presidential election*. Poster presented at the annual convention of the Society for Personality and Social Psychology, Las Vegas, Nevada.

Silver, R. C., **Updegraff, J. A.**, & Holman, E. A. (2010, Jan). *Searching for and finding meaning in both personal and collective traumas*. Paper presented at the annual convention of the Society for Personality and Social Psychology, Las Vegas, Nevada.

Updegraff, J. A., Rothman, A. J., & **Gallagher, K. M.** (2010, Jan). *A test of two approaches to using message framing to promote mammography usage*. Paper presented at the annual convention of the Society for Personality and Social Psychology, Las Vegas, Nevada.

Gunstad, J., Smith, J., Muller, M., **Updegraff, J.**, Spitznagel, M., Szabo, A., Pierce, K., & Glickman, E. (2009, July). *Effects of acute cold exposure on cognitive function: Evidence for sustained impairment*. Poster presented at the 2009 International Conference on Environmental Ergonomics, Boston, MA.

Gallagher, K.M., **Updegraff, J. A.**, & Rothman, A. (2009, Apr). *Message framing for mammography use: The moderating role of perceived risk*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Montreal, Canada.

Gunstad, J., Spitznagel, M.B., Benitez, A., Potter, V., **Updegraff, J.**, Alexander, T., Glickman, E. (2009, June). *Serum ghrelin is inversely associated with cognitive function in a sample of non-demented elderly*. (2009, June). Poster presented at the 13th Annual Department of Psychiatry, Northeastern Ohio Universities College of Medicine Research and Scholarly Activities Day, Akron, OH, United States.

Gunstad, J., Spitznagel, M. B., **Updegraff, J.**, Collinsworth, T., Pierce, K., & Glickman, E. (2009). *Cognitive dysfunction during acute cold exposure and recovery in healthy young adult males*. Poster presented at Kent State University Celebration of Scholarship.

Spitznagel, M., Gunstad, J., **Updegraff, J.**, Collinsworth, T., Pierce, K., & Glickman, E. (2009, Feb). *The effects of 53-hours sleep deprivation and acute cold exposure on cognitive function*. Poster presented at the annual meeting of the International Neuropsychological Society, Atlanta, GA.

Graham, D., & **Updegraff, J. A.** (2008, May). *Motivation's role in health message framing*. Poster presented at the annual convention of the Midwestern Psychological Association, Chicago, IL.

Garofalo, G., & **Updegraff, J. A.** (2007, May). *Contingencies of self-worth and their relationship with daily events*. Poster presented at the annual convention of the Midwestern Psychological Association, Chicago, IL.

Hill, C. L., & **Updegraff, J. A.** (2007, January). *Mindfulness moderates the relationship between negative event appraisals and negative affect*. Poster presented at the annual convention of the Society for Personality and Social Psychology, Memphis, TN.

Slanina, J., & **Updegraff, J. A.** (2006, April). *Gender differences in responses to daily negative events*. Paper presentation at the annual Ohio Undergraduate Psychology Research Conference, Baldwin-Wallace College, OH.

Updegraff, J. A., & Marshall, G. M. (2005, May). *Predictors of perceived growth following direct exposure to community violence*. Poster presented to the Conference on Positive Life Changes, Benefit-Finding and Growth Following Illness, University of Connecticut, Storrs, CT.

Updegraff, J. A., & Suh, E. M. (2005, Jan). *Happiness is a warm abstract thought: Self-construal specificity and subjective well-being*. Poster presented at the 6th annual convention of the Society for Personality and Social Psychology, New Orleans, LA.

Updegraff, J. A., Gable, S. L., & Taylor, S. E. (2003, May). *What makes experiences satisfying? Dispositional motivations and emotions in well-being*. Paper presented at the 15th annual convention of the American Psychological Society, Atlanta, GA.

Mann, T. L., **Updegraff, J. A., & Sherman, D.K.** (2002, August). *Approach/avoidance orientation and health behavior change*. Symposium paper presented at the annual convention of the American Psychological Association, Chicago, IL.

Updegraff, J. A. (2001, June). *Benefits of HIV infection in low SES women*. Poster presented at the annual convention of the American Psychological Society, Toronto, Ontario.

Taylor, S. E. & **Updegraff, J. A.** (2000, November). *Finding meaning in AIDS*. Paper presented to the Conference on Integrating Psychology and Medicine. Waiheke, New Zealand.

Professional Service: Leadership

Steering Committee Member, *Social Personality and Health Network* (May 2012-present)

- Steering committee member of 150+ member international organization of researchers at the intersection of social, personality and health psychology.

Task force member, APA Division 38 Task Force on Branding (August 2013- August 2015)

- Part of 6-member team charged with “rebranding” the field of health psychology to address the needs of the American Psychological Association’s division devoted to health psychology.

Virtual brownbag organizer/host, *Social Personality and Health Network* (May 2012 – May 2015)

See: <http://www.youtube.com/user/sphnetwork>.

Treasurer, *Social Personality and Health Network* (Feb 2014 -)

Outside letter writer for promotion/tenure candidates

Oakland University

Lewis and Clark College

Professional Service: Grants Panelist and Reviewing

Standing Panelist (2013-2016), *National Science Foundation*, Social Psychology Review Panel

Temporary Member (2011), *National Institutes of Health*, Risk, Prevention, & Health Behavior IRG

Ad-Hoc Reviewer:

- *Social Sciences and Humanities Research Council of Canada* (Nov 2010)
- *Michael Smith Foundation for Health Research* (May 2012)
- *Anthony Marchionne Foundation*, Small Grants Program

Professional Service: Editorial Boards and Reviewing

Consulting Editor, *Health Psychology* (2017-2018)

Editorial Board, *Personality and Psychology Bulletin* (2006-2009)

Ad-Hoc Reviewer (Sept 2009 – present)

- *Health Psychology* (5)
- *Journal of Personality and Social Psychology* (4)
- *Annals of Behavioral Medicine* (2)
- *Journal of Behavioral Medicine* (2)
- *Journal of Health Psychology* (2)
- *International Journal of Sport & Exercise Psychology* (2)
- *Psychological Science* (2)
- *Psycho-Oncology* (2)
- *Appetite*
- *British Journal of Health Psychology*
- *Communication Research*
- *European Journal of Personality*
- *Journal of Adolescent Health*
- *Journal of Communication*
- *Journal of Experimental Social Psychology*
- *Nicotine & Tobacco Research*
- *Psychological Bulletin*
- *Psychology and Health*

Ad-Hoc Reviewer (to Sept 2009)

American Psychological Association (Book Proposals), American Psychologist, Annals of Behavioral Medicine, British Journal of Health Psychology, Emotion, European Journal of Personality, Health Communication, Health Psychology, Human Communication Research, Journal of Communication, Journal of Consulting and Clinical Psychology, Journal of Experimental Social Psychology, Journal of Personality, Journal of Personality and Social Psychology, Journal of Research in Personality, Journal of Social and Personal Relationships, Medical Decision Making, Motivation and Emotion, Personality and Social Psychology Bulletin, Personality and Social Psychology Review, Psychological Science, Psychology and Health, Psycho-Oncology

Teaching

Principal Instructor, Kent State University Department of Psychology

- Undergraduate courses
 - General Psychology (434-person lecture course)
 - General Psychology (Honors)
 - Health Psychology
- Graduate courses
 - Social Psychology
 - Health Behavior Change
 - Social Psychological Perspectives on Well-Being

Principal Instructor, UCLA Department of Psychology

- Introductory Psychology

Teaching Assistant, UCLA Department of Psychology

- Research Methods in Social Psychology
- Social Psychology
- Psychological Statistics
- Research Methods in Psychology
- Nonexperimental Methods in Social Psychology
- Human Motivation
- Survey Research Methods

Advising

Primary advisor:

- **Amber Emanuel**, Dissertation
 - “Self affirmations counter self control depletion”
- **Kristel M. Gallagher**, Dissertation
 - “Helping older adults sustain their gains: A theory-based intervention to promote adherence to home exercise following physical therapy.”
- **Christina Hill**, Dissertation
 - “Assessing the relationship between mindfulness, borderline features and emotional awareness in young adults”
- **Brian P. Don**, Dissertation prospectus
 - “The contribution of specific, close relationships to meaning in life”
- **Amber Emanuel**, Masters thesis
 - “The role of mindfulness in affective forecasting.”
- **Kristel M. Gallagher**, Masters thesis
 - “It’s the thought that counts: Framed exercise outcomes differentially influence physical activity in young adults”
- **Scout N. McCully**, Masters thesis
 - “Task-switching, flexible self-regulation and physical activity in young adults”
- **Jennifer Park**, Masters thesis
 - “Persuasion processes and different methods of message framing”
- **Giovanni Garofalo**, Masters thesis
 - “The effects of social comparisons on happiness in a motivational context.”
- **Danielle Graham**, Undergraduate honors thesis
 - “Motivation's Role in Health Message Framing”

Co-advisor:

- **Sean Rife**, Dissertation
 - “Social support seeking in response to stress: Person-level moderators, contextual factors, and the role of online venues”

Professional Associations

- *American Psychological Society*
- *Society of Experimental Social Psychology*
- *Society for Personality and Social Psychology*
- *Society for Behavioral Medicine*