

Curriculum Vitae
Marc S. Schulz

Department of Psychology
Bryn Mawr College
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Current Position

Professor, Department of Psychology, Bryn Mawr College, 2009-present
(Assistant Professor, 1997-2003, Associate Professor, 2003-2009)

Sue Kardas Ph.D. 1971 Professorship (2022-present)

Director of the Bryn Mawr College Data Science Program (2020-present)

Rachel C. Hale Chair in the Sciences and Mathematics (2013-2018)

Associate Director, [Harvard Study of Adult Development](#), Harvard University (2014-present).

Senior Scientific Advisor, [Lifespan Research Foundation](#), Boston, MA (2017-present).

Prior Institutional Leadership Roles:

Chair, Psychology Department (2014-2020)

Director, Graduate Ph.D. Program in Clinical Developmental Psychology (2005-2020)

Education and Training

Academic:

1994	University of California, Berkeley, Ph.D. in Clinical Psychology.
1989	University of California, Berkeley, M.A. in Clinical Psychology.
1984	Amherst College, B.A. in Sociology, Magna Cum Laude.

Postdoctoral and Internship Training:

1994-1996	Postdoctoral Fellow, Harvard Medical School (Judge Baker Children's Center)
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National Institute of Mental Health NRSA Fellowship for Postdoctoral Research, Clinical Research Training Program (CRTP) and Across Generations Project, Stuart Hauser, M.D., Ph.D., supervisor.

- 1993-1994 Pollin Psychology Fellow, Clinical and Health Psychology Training Program, Harvard Medical School (Children's Hospital, Dana Farber Cancer Center, Judge Baker Children's Center), Gerald Koocher, Ph.D., supervisor.
- 1992-1993 Clinical Psychology Internship, Harvard Medical School (Children's Hospital, Massachusetts Mental Health Center, McLean Hospital)

Previous Academic Positions

Visiting Scientist, University of Porto, Department of Psychology, supported by a grant from the Portuguese Foundation for Science and Technology (Fundação para a Ciência e a Tecnologia), May - July, 2012.

Visiting Scholar, University of Fribourg, Department of Psychology, January-June, 2009.

Instructor in Psychology, Psychiatry Dept., Harvard Medical School and Children's Hospital, 1996-1997.

- Research Director and Project Coordinator, Coping with Breast Cancer Project, Harvard Medical School.
- Psychologist, Pain Treatment Service, Children's Hospital
- Research Associate, Across Generations Project, Harvard Medical School.

Grants and Awards

McPherson Award for Excellence, Bryn Mawr College award given annually to one faculty member for "excellence and service within and beyond the boundaries of this institution." 5/2020

Arthur Blank Foundation grant (Co-Investigator) to develop and test Life Span Transition "Interventions" (to promote well-being), based on the findings of the Harvard Study of Adult Development. \$600,000 award given to the Lifespan Research Foundation (2020-2023).

Co-Principal Investigator, National Institute on Aging (R01-AG045230), Mapping Socioemotional Paths from Family-of-Origin Experiences to Midlife Health, 07/15/2014 – 07/14/2019 (\$2,150,245).

Lifespan Research Foundation Grant to fund Post-Baccalaureate Fellow in my lab (2020-21).

Lifespan Research Foundation Grant for Sabbatical Enhancement, Spring, 2019.

Rachel C. Hale Chair in the Sciences and Mathematics at Bryn Mawr College recognizing teaching excellence and scholarly achievements (Term Appointment, 2013-2018)

Japan Foundation Grant for Contemplative Study Tour in Japan (\$30,000), September-October 2013.

Portuguese Foundation for Science and Technology (Fundação para a Ciência e a Tecnologia)

Visiting Scientist Grant (\$10,500), University of Porto, Psychology Department, May-July 2012

Mellon Foundation Grant for Conference (co-organizer): Clinical Psychology in the Liberal Arts College: Surviving and Thriving in the 21st Century (\$19,960), May 2012 at Williams College.

Co-Investigator, National Institute on Aging (R01-AG034554), Social and Neural Underpinnings of Octogenarian Wellbeing, 07/15/2009 – 06/30/2013 (\$949,271 in direct costs).

American Psychological Association and University of California Institute of Human Development Conference Grants (\$15,000 total): “Advances in Theory and Research on Family Development and Family-Based Prevention and Policy.” Co-organizers: John Coie, Ross Parke, Marsha Kline Pruett, 2005.

Co-Investigator, Bryn Mawr College Center for Science in Society Research Grant for Work and Family Project, \$4,000, 2002-2004.

Principal Investigator, Solomon Asch Center for Ethno-Political Conflict, Research Grant, \$9,900, 2001-2003.

National Institute for Mental Health, RO1 Grant subcontract for research on psychopathology trajectories, \$9,000, 1999-2000.

Principal Investigator, Penn National Commission Grant for Research on Reconciliation and Conflict Processes, \$16,350, 1999.

Principal Investigator, John Templeton Foundation Grant on Forgiveness Processes approved by External Scientific Review Panel for \$200,000 in funding over three years (grant never awarded because of Foundation fundraising difficulties). *Anger and Forgiveness Processes in Close Relationships*, 1999.

Bryn Mawr College Faculty Research Grants, 1998 (\$3,700), 2001 (\$3,490)

National Institute of Mental Health National Research Service Award (NRSA) for Post-Graduate Research, 1994-1996.

Linda Pollin Fellowship in Clinical Health Psychology, 1993-1994.

Spring Foundation Dissertation Research Grant, 1991-92.

Sheldon J. Korchin Dissertation Prize in Clinical Psychology at the University of California, Berkeley, 1991.

Woodrow Wilson Foundation Spencer Dissertation-Year Fellowship, Alternate Selection, 1991.

Amherst College Memorial Fellowship for Graduate Study, 1986-1990.

Research Presentation Travel Grants, University of California, Berkeley, 1989 & 1991.

Institute for East Asian Studies-Masayasu Edayoshi Fellowship for research in Japan, Summer, 1987.

University of California Nonresident Tuition Scholarships, 1986-87.

Publications

Waldinger, R.J. & Schulz, M.S. (2023). *The Good Life: Lessons from the World’s Longest Study on Happiness*. New York: Simon & Schuster

- ***Instant New York Times Bestseller*** (also on bestselling lists from Washington Post, Wall Street Journal, San Francisco Chronicle, Chicago Tribune, Boston Globe, Publishers Weekly, Indie Bestsellers)
- Translated into more than 45 languages around the world

Additional Honors

- [Time Magazine Must Read for 2023](#)
 - Time Magazine, Most Anticipated Books of 2023
- Next Big Idea Club “Must Read”
- Amazon Editor’s Pick: [Best Nonfiction 2023, Top 20 Science Books of 2023](#)
- Kirkus Starred Review
- Nature: One of “Five Best Science Picks”

- [Greater Good Science Center: Favorite Books of 2023](#)
- AARP's Best Books of 2023
- [Goodreads Choice, Shortlisted for Best Nonfiction Book, 2023](#)
- [Behavioral Scientist's Notable Books of 2023](#)
- Inc. 13 Psychology Books to Read this Summer, 2023
- Prix Des Lectures Selection (French Translation), 2024
- New York Post, "[22 Best Motivational Books to become your best self in 2025](#)"

Media Coverage (Selected)

New York Times, Wall Street Journal, Atlantic Magazine, CBS Sunday Morning, CNBC Morning Joe, CBS Evening News, CBS Primetime with John Dickerson, ABC News Live Prime, PBS NewsHour, Bloomberg, Reuters, The Washington Post, Le Monde, People Magazine, AARP, On Point (NPR, WBUR), New Scientist, Readers Digest, Time Magazine, NPR All Things Considered, U.S News and World Report, Boston Globe, Coast to Coast AM, FiveThirtyEight Politics, Making Sense with Sam Harris, Ten Percent Happier, Connections with Marty Moss-Coane (WHYY, NPR), BBC (Mundo, Radio Newcastle, Late Night Jo), The Guardian, The Daily Mail, Forbes, CNBC, Reuters, Der Spiegel, Readers Digest, Fortune, Oprah Daily, Irish Independent, New Scientist, DeMorgen, Haaretz, Zetland, Maria Shriver's Sunday Paper, Talking Feds/Talking Books, Plain English/Derek Thompson (x2), Feel Better, Live More (Dr. Rangan Chatterjee), The Chris Evans Breakfast Show (Virgin Radio), Positive Leadership (Jean-Phillippe Courtois)

Peer-Reviewed Journal Articles

Petrova, K., Nevarez, M.D., Waldinger, R.J., and Schulz, M.S. (2024). Emotional support across adulthood: A 60-year study of men's social networks.. *Journal of Psychology and Aging*, 39(8), 933-945, DOI: [10.1037/pag0000843](https://doi.org/10.1037/pag0000843).

Viher, P., Kubicki, M., Shenton, M., Schulz, M.S., & Waldinger, R.J. (2024). More organized white matter is associated with positivity bias in older adults. *Brain Imaging and Behavior*. <https://doi.org/10.1007/s11682-024-00850-5>

Atherton, O.E., Graham, E.K., Dorame, A., Horgan, D.E., Luo, J., Nevarez, M.D., Ferrie, J.P., Spiro, A., Schulz, M.S., Waldinger, R.J., Mroczek, D.K., & Lee, L.O. (2023). Is there intergenerational continuity in early life experiences? Findings from the Harvard Study of Adult Development. *Journal of Family Psychology*, 37(8), 1123-1136. DOI: 10.1037/fam0001144.

**Selected as APA Editor's Choice journal article ("outstanding, noteworthy, and impactful")*

Petrova, K., & Schulz, M.S. (2022). Emotional experiences in technology-mediated and in-person interactions: An experience-sampling study. *Cognition and Emotion*, 36(4), 750-757. <https://doi.org/10.1080/02699931.2022.2043244>

- Petrova, K., Nevarez, M.D., Rice, J., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (2021). Coherence between feelings and heart rate: Links to early adversity and responses to stress. *Affective Science*, 2(1), 1-13. <https://doi.org/10.1007/s42761-020-00027-5>
- Petrova, K., Nevarez, M.D., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (2021). Self-distancing and avoidance mediate the links between trait mindfulness and responses to emotional challenges. *Mindfulness*, 12(4), 947-958. <https://doi.org/10.1007/s12671-020-01559-4>
- Brandão, T., Matias, M., Ferreira, T., Vieira, J., Schulz, M. S., & Matos, P. M. (2020). Attachment, emotion regulation, and well-being in couples: Intrapersonal and Interpersonal associations. *Journal of Personality*, 88(4), 748-761. <https://doi.org/10.1111/jopy.12523>
- Morrill, M.I., Schulz, M.S., Nevarez, M., Preacher, K., & Waldinger, R.J. (2019). Assessing within- and between-family variations in an expanded measure of childhood adversity. *Psychological Assessment*, 31(5), 660-673.
- Brandão, T., Tavares, R., Schulz, M. S., & Matos, P. M. (2019). Experiences of breast cancer patients and helpful aspects of Supportive-Expressive Group Therapy: A qualitative study, *European Journal of Cancer Care*. 28:e13078. <https://doi.org/10.1111/ecc.13078>
- Dworkin, J.D., Zimmerman, V., Waldinger, R.J., & Schulz, M.S. (2019). *Capturing naturally occurring emotional suppression as it unfolds in couple interactions*. *Emotion*, 19(7), 1224-1235.
- Brandao, T, Schulz, M.S., & Matos, P.M. (2018) Attachment and adaptation to breast cancer: The mediating role of avoidant emotion processes. *European Journal of Cancer Care*, 27(2): e12830.
- Waldinger, R.J. & Schulz, M.S. (2018). The Blind Psychological Scientists and the Elephant: Reply to Sherlock and Zietsch. *Psychological Science*, 29, 158-160.
- Brandão, T., Schulz, M. S., Gross, J. J. & Matos, P. M. (2017). The Emotion Regulation Questionnaire in women with cancer: A psychometric evaluation and an item response theory analysis. *Psycho-Oncology*, 26, 1647-1653.
- Brandão, T., Schulz, M. S., & Matos, P. M. (2017). Psychological adjustment after breast cancer: A systematic review of longitudinal studies. *Psycho-Oncology*, 26, 917-926.
- Waldinger, M.S., & Schulz, M.S. (2016). The long reach of nurturing family environments: Links with midlife emotion-regulatory styles and late-life security in intimate relationships, *Psychological Science*, 27(11), 1443-1450.
- Gouveia, T., Schulz, M.S., & Costa, M.E. (2016). Authenticity in relationships: Predicting caregiving and attachment in adult romantic relationships. *Journal of Counseling Psychology*, 63 (6), 736-744.

- Brandao, T., Tavares, R., Schulz, M.S., & Matos, P.M. (2016). Measuring emotion regulation and emotional expression in breast cancer patients: A systematic review. *Clinical Psychology Review, 43*, 114-127.
- Waldinger, R.J., Cohen, S., Schulz, M.S., & Crowell, J. (2015). Security of attachment to spouses in late life: Concurrent and predictive links with cognitive and emotional wellbeing. *Clinical Psychological Science, 3*(4), 516-529.
- Cohen, S., Schulz, M.S., Liu, S., Halassa, M., & Waldinger, R.J. (2015). Empathic accuracy and aggression in couples: Individual and dyadic links. *Journal of Marriage and Family, 77*, 697-711.
- Liu, S., Schulz, M.S., & Waldinger, R.J. (2015). Cumulative contribution of child maltreatment to emotional experience and regulatory intent in intimate adult relationships. *Journal of Aggression, Maltreatment and Trauma, 24*(6), 636-655.
- Maneta, E., Cohen, S., Schulz, M.S., & Waldinger, R.J. (2015). Linkages between emotional abuse and marital satisfaction: The mediating role of empathic accuracy for hostile emotions. *Child Abuse and Neglect, 44*, 8-17.
- Brandao, T., Schulz, M.S., & Menos-Matos, P. (2014). Psychological intervention with couples facing breast cancer: A systematic review. *Psychology and Health, 29*(5), 491-516.
- Maneta, E., Cohen, S., Schulz, M. S., & Waldinger, R. J. (2013). Two to tango: A dyadic analysis of links between borderline personality traits and intimate partner violence. *Journal of Personality Disorders, 27*, 233-43.
- Maneta, E.K., Cohen, S., Schulz, M.S., & Waldinger, R.J. (2012). Links between childhood physical abuse and intimate partner aggression: The mediating role of anger expression. *Journal of Violence and Victims, 27*, 315- 328.
- Cohen, S., Schulz, M.S., Weiss, E., & Waldinger, R.J. (2012). Eye of the beholder: The individual and dyadic contributions of empathic accuracy and perceived empathic effort to relationship satisfaction. *Journal of Family Psychology, 26*, 236-245.
- Liu, L., Cohen, S., Schulz, M.S., & Waldinger, R.J. (2011). Sources of somatization: Exploring the roles of insecurity in relationships and styles of anger experience and expression. *Social Science and Medicine, 73*, 1436-1443.
- Waldinger, R.J., Kensinger, E.A., & Schulz, M.S. (2011). Neural activity, neural connectivity, and the processing of emotionally-valenced information in older adults: Links with life satisfaction. *Cognitive, Affective, and Behavioral Neuroscience, 11*, 426-436.
- Waldinger, R.J., & Schulz, M.S. (2010). Facing the music or burying our heads in the sand?: Adaptive emotion regulation in midlife and late life. *Research in Human Development, 7*, 292-306.
- Waldinger, R.J., & Schulz, M.S. (2010). What's love got to do with it? Social functioning, perceived

- health, and daily happiness in married octogenarians, *Psychology and Aging*, 25, 422-431.
- Whitton, S.W., Waldinger, R.J., Schulz, M.S., Allen, J.P., Crowell, J.A., & Hauser, S.T. (2008). Prospective associations from family-of-origin interactions to adult marital interactions and relationship adjustment. *Journal of Family Psychology*, 22, 274-286.
- Waldinger, R.J. & Schulz, M.S. (2006). Linking hearts and minds in couple interactions: Intentions, attributions and overriding sentiments. *Journal of Family Psychology*, 20, 494-504.
- Schulz, M.S., Cowan, P.A., & Cowan, C.P. (2006). Promoting healthy beginnings: A randomized controlled trial of a preventive intervention to preserve marital quality during the transition to parenthood. *Journal of Clinical and Consulting Psychology*, 74, 20-31.
- Waldinger, R.J., Schulz, M.S., Barsky, A.J., & Ahern, D.K. (2006). Mapping the road from childhood trauma to adult somatization: The role of attachment. *Journal of Psychosomatic Medicine*, 68, 129-135.
- Schulz, M.S., & Waldinger, R.J. (2005). The value of pooling "naïve" expertise. *American Psychologist*, 60, 656-657.
- Schulz, M.S., Waldinger, R.J., Hauser, S.T., & Allen, J.P. (2005). Adolescents' behavior in the presence of interparental hostility: Developmental and emotion regulatory influences. *Development and Psychopathology*, 17, 489-507.
- Harter, K.S., Waldinger, R.J., & Schulz, M.S. (2005). The relation of shame to anger in intimate adult relationships (Abstracts of the American Psychoanalytic Association Winter Meetings, *Journal of the American Psychoanalytic Association*, 53, 1333-1335).
- Schulz, M.S., Cowan, P.A., Cowan, C.P., & Brennan, R. T. (2004). Coming home upset: Gender, marital satisfaction and the daily spillover of workday experience into marriage. *Journal of Family Psychology*, 18, 250-263.
- Waldinger, R.J., Schulz, M.S., Hauser, S.T., Allen, J.P., & Crowell, J.A. (2004). Reading others' emotions: The role of intuitive judgments in predicting marital satisfaction, quality and stability. *Journal of Family Psychology*, 18, 58-71.
- Stein, J. & Schulz, M.S. (2000). Emotion and its regulation: Recent family-based research. *Couple and Family Therapy Quarterly*, 9-13, American Psychological Association Division 39.
- Schulz, M.S. & Masek, B.J. (1996). Medical crisis intervention with children and adolescents in chronic pain. *Professional Psychology: Research and Practice*, 27, 121-129.

Edited Books

- Schulz, M.S., Pruetz, M.K., Kerig, P.K., & Parke, R.D. (Eds.) (2010). *Strengthening Couple Relationships for Optimal Child Development: Lessons from Research and Intervention*. Washington, DC: American Psychological Association.

P.K. Kerig, M.S. Schulz, & S.T. Hauser (Eds.) (2012). *Adolescence and beyond: Family processes and development*. Oxford University Press.

- In addition to print publication, published to *Oxford Scholarship Online*, May 2012.

Scholarly Book Chapters

Schulz, M.S. & Waldinger, R.J. (in Press). Relationships Keep Us Happier and Healthier throughout the Lifespan. L. Bormans (ed.), *World Book of Happiness*. Dutch, French, and German editions.

Waldinger, R.J., & Schulz, M.S. (2015). Defenses as a transdiagnostic window on psychopathology. In P. Luyten, L. Mayes, P. Fonagy, M. Target, & S.J. Blatt (eds.), *Handbook of contemporary psychodynamic approaches to psychopathology* (pp. 110-128). Guilford Press.

Schulz, M.S. & Lazarus, R.S. (2012). Emotion regulation during adolescence: A cognitive-mediational conceptualization. In P.K. Kerig, M.S. Schulz, & S.T. Hauser (Eds.), *Adolescence and beyond: Family processes and development* (pp. 19-42). Oxford University Press.

Schulz, M.S., & Kerig, P.K. (2012). Looking Beyond Adolescence: Translating Basic Research into Clinical Practice. In P.K. Kerig, M.S. Schulz, & S.T. Hauser (Eds.), *Adolescence and beyond: Family processes and development* (pp. 304-313). Oxford University Press.

Hauser, S.T., Allen, J.P., & Schulz, M.S. (2012). Exceptional Outcomes: Using Narratives and Family Observations to Understand Resilience. In P.K. Kerig, M.S. Schulz, & S.T. Hauser (Eds.), *Adolescence and beyond: Family processes and development* (pp. 231-248). Oxford University Press.

Schulz, M.S. & Waldinger, R.J. (2010). Capturing the Elusive: Studying Emotion Processes in Couple Relationships. In M.S. Schulz, M.S., M.K. Pruett, P.K. Kerig, & R.D. Parke (eds.). *Strengthening Couple Relationships for Optimal Child Development: Lessons from Research and Intervention*. Washington, DC: American Psychological Association.

Schulz, M.S., Kerig, P.K., Pruett, M.K., & Parke, R.D. (2010). Introduction: Feathering the nest. In M.S. Schulz, M.S., M.K. Pruett, P.K. Kerig, & R. D. Parke (eds.). *Strengthening Couple Relationships for Optimal Child Development: Lessons from Research and Intervention*. Washington, DC: American Psychological Association.

Parke, R.D., Schulz, M.S., Pruett, M.K., & Kerig, P.K. (2010). Tracing the development of the couples and family research tradition: The enduring contributions of Philip and Carolyn Pape Cowan. In M.S. Schulz, M.S., M.K. Pruett, P.K. Kerig, & R.D. Parke (eds.). *Strengthening Couple Relationships for Optimal Child Development: Lessons from Research and Intervention*. Washington, DC: American Psychological Association.

Schulz, M.S., Kerig, P.K., Pruett, M.K., & Parke, R.D. (2010). Coda: Looking to the Future. In M.S. Schulz, M.S., M.K. Pruett, P.K. Kerig, & R. D. Parke (eds.). *Strengthening Couple Relationships for Optimal Child Development: Lessons from Research and Intervention*. Washington, DC: American Psychological Association.

Schulz, M.S. (2005). Parents' work experiences and children's adaptation to school. In P.A. Cowan, C.P. Cowan, J.C. Ablow, V.K. Johnson, & J.R. Measelle (eds.), *The family context of parenting in children's adaptation to elementary school*, Monographs in Parenting Series (Journal of Parenting: Science and Practice) (pp. 237-253). Mahwah, NJ: Lawrence Erlbaum Associates.

Schulz, M.S. & Waldinger, R.J. (2004). Looking in the mirror: Participants as observers of their own and their partners' emotions in marital interactions. In P. Kerig & D. Baucom (Eds.), *Couple observational coding systems* (pp. 257-270). Mahwah, NJ: Lawrence Erlbaum Associates.

Schulz, M.S., Bennett, A., & Stein, J. (1999). To forgive or not to forgive: The nature of offenses and the costs and benefits of confronting upsetting experiences. A report commissioned by the Penn National Commission on Society, Culture, and Community, Judith Rodin, Chair. Philadelphia, PA: University of Pennsylvania.

Cowan, P.A., Cowan, C.P., & Schulz, M.S. (1996). Thinking about risk and resilience in families. In E.M. Hetherington & E. Blechman (Eds.), *Stress, coping, and resiliency in children and families, Advances in Family Research, Vol. 5* (pp.1-38). Mahwah, NJ: Lawrence Erlbaum Associates.

Cowan, P.A., Cowan, C.P., Schulz, M.S., & Heming, G. (1994). Prebirth to preschool family factors predicting children's adaptation to kindergarten. In R. Parke & S. Kellam (Eds.), *Exploring family relationships with other social contexts, Advances in Family Research, Vol. 4* (pp. 75-114). Hillsdale, NJ: Lawrence Erlbaum Associates.

Writing for Popular Audience

- Waldinger, R. & Schulz, M. (January 13, 2023). The Lifelong Power of Close Relationships, *Wall Street Journal* (The Saturday Essay Cover Story). <https://www.wsj.com/articles/the-lifelong-power-of-close-relationships-11673625450>
- Waldinger, R. & Schulz, M. (January 19, 2023). What the Longest Study on Human Happiness Found is the Key to a Good Life. *The Atlantic*. <https://www.theatlantic.com/ideas/archive/2023/01/harvard-happiness-study-relationships/672753/>
- Waldinger, R. & Schulz, M. (January 25, 2023). What decades of Research Tells us about Living the Good Life. *Big Think*. <https://bigthink.com/health/the-good-life-book/>
- Waldinger, R. & Schulz, M. (January 25, 2023). How to add new life to your relationships (even your best ones!). *Ideas.TED.com* <https://ideas.ted.com/how-to-add-new-life-to-your-relationships-even-your-best-ones/>
- Schulz, M. & Waldinger, R. (February 10, 2023). An 85-year Harvard study found the No. 1 thing that makes us happy in life: It helps us 'live longer'. *CNBC*
- Waldinger, R. & Schulz, M. (February 20, 2023). The Gottman Institute Blog. https://www.gottman.com/blog/the-person-beside-you-how-intimate-relationships-shape-our-lives/?utm_source=Blog&utm_medium=Email&utm_campaign=RSS
- Waldinger, R. & Schulz, M. (April 13, 2023). Two Crucial Predictors of Happiness, *Goop*.
- Schulz, M. (November 26, 2023). Invest in Connection: Being Present Pays Dividends. *Character Lab Tips*

Manuscripts under review and in preparation

- Petrova, K., Nevarez, M.D., Waldinger, R.J., and Schulz, M.S. A sixty-year longitudinal study of variation in lifetime trajectories of social support (Revise and Resubmit).
<https://osf.io/m3gnk>
- Nevarez, M.D., Schulz, M.S., Morrill, M.I., & Waldinger, R.J. (in preparation). Clarifying links between childhood adversity and midlife cognition: Studying siblings nested within families.
- Poulos-Hopkins, S., Tharaud, J., Petrova, K., Schulz, M.S. (in preparation). Couple to Family: The evolution of couples' marital satisfaction, intimacy, and growth during the transition to parenthood.
- Nevarez, M.D., Petrova, K., Schulz, M.S., Seeman, T.E., and Waldinger, R.J. (in preparation). Socioeconomic status moderates associations between personality and cardiovascular risk in midlife.
- Schulz, M.S., Laurenceau, J.P., Petrova, K., & Waldinger, R.J. The nature and implications of lifetime trajectories of marital satisfaction (in preparation).
- Schulz, M.S., Nevarez, M., Petrova, K., Lachman, M., Spiro, A., Preacher, K., & Waldinger, R.J. Comparing retrospective and prospective accounts of adversity: Sensitivity, consistency and measurement structure (in preparation).
- Poulos-Hopkins, S., Tharaud, J., Petrova, K., & Schulz, M.S. (in preparation). An intimate look at marital change: Looking closely at the transition to parenthood.
- Anderegg, V., Rice, J., Schulz, M.S., & Waldinger, R.J. (in preparation). Does my parents' marital satisfaction affect my own?
- Lee, L., Schulz, M.S., Morrill, M.I., Spiro, A., & Waldinger, R.J. (in preparation). Latent class analysis of early adversity profiles.

Conference Presentations

- Petrova, K., Nevarez, M.D., Rice, J., Waldinger, R.J. & Schulz, M.S. (April, 2022). Coherence between feelings and heart rate: Links to early adversity and responses to stress. In Natalia Van Doren & Jessica P Loughheed (Chairs), The adaptive value of emotion coherence: Examining individual differences and risks for psychopathology. Annual Conference of the Society for Affective Science.
- Petrova, K. & Schulz, M.S. (April 2021). Emotion recognition in digitally mediated communication. Annual Conference of the Society for Affective Science.
- Petrova, K., Nevarez, M.D., Waldinger, R.J. & Schulz, M.S. (February, 2021). Variation in the subjective experience of loneliness: Latent profile analysis and links to wellbeing. Annual conference of the Society for Personality and Social Psychology, San Francisco, CA (held virtually).
- Petrova, K., Nevarez, M.D., Rice, J., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (April, 2020). The origins and active ingredients of regulatory flexibility. Annual Conference of the Society for Affective Science, San Francisco, CA (held virtually).
- Tharaud, J.B., Petrova, K., Waldinger, R.J., & Schulz, M.S. (April, 2020). In search of memories past: core relational themes and affective experiences. Annual Conference of the Society for Affective Science, San Francisco, CA (held virtually).

- Petrova, K., Nevarez, M.D., Preacher, K.P., Waldinger, R.J., & Schulz, M.S. (April, 2019). Navigating common emotional challenges: The roles of mindfulness and emotional engagement. Society for Affective Science, Boston, MA.
- Rice, J., Anderegg, V., Petrova, K., Schulz, M., & Waldinger, R. (April 2019). Whose report matters more?: Multiple perspectives on parental relationship satisfaction and their influence on offspring relationship satisfaction later in life. Harvard Psychiatry Day, Boston, MA.
- Petrova, K., Nevarez, M.D., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (March 2019) Navigating common emotional challenges: The roles of mindfulness and emotional engagement. Annual Conference of the Society for Affective Science, Boston, MA.
- Chad-Friedman, S., Morrill, M.I., Anderegg, V., Schulz, M.S., Nevarez, M.D., & Waldinger, R.J. (2018, November). The enduring influence of early paternal care: Midlife relationships, mental health, and physical health outcomes, Annual Meeting of the Association for Behavioral and Cognitive Therapy, Washington, DC.
- Rice, J., Anderegg, V., Petrova, K., Schulz, M.S., & Waldinger, R.J. (2018, November). Does my parents' marriage affect my own?: The impact of parental relationship satisfaction and stability on offspring relationship satisfaction and stability later in life. Annual Meeting of the Association for Behavioral and Cognitive Therapy. Washington, DC.
- Rice, J., Anderegg, V., Schulz, M.S., Waldinger, R.J. (2018, March). Does my parents' marital satisfaction affect my own?: The impact of parental relationship satisfaction on offspring relationship satisfaction and stability later in life. Harvard Psychiatry Day. Boston, MA.
- Waldinger, R.J., & Schulz, M.S. (2017, May). Pathways to Late-Life Resilience: Childhood Nurturance, Midlife Emotion Regulation, and Late-Life Attachment. In Wai-Kai Hou (Chair), Psychological Resilience within Intimate Relationships: Processes and Mechanisms. Association for Psychological Science, Boston, MA.
- Brandão, T., Tavares, R., Schulz, M. S., & Matos, P. M. (2016, July). Experiences of breast cancer patients and helpful processes in SEGT: A qualitative study. Paper presented at the 31st International Congress of Psychology, Yokohama, Japan. [Abstract] *International Journal of Psychology*, 51, S1, 266-294.
- Brandão, T., Matias, M., Ferreira, T., Vieira, J., Schulz, M.S., & Matos, P.M. (2016, July). Attachment, emotion regulation, and well-being in couples: A dyadic approach. In Hiroshi Ashida (Chair), Emotion, Cognition, and Health: Integrating Empirical Evidence. Symposium conducted at the 31st International Congress of Psychology, Yokohama, Japan. [Abstract] *International Journal of Psychology*, 51, 629-630.
- Brandão, T., Schulz, M. S., & Matos, P. M. (2016, July). Questionário de Regulação Emocional: Avaliação psicométrica e teoria de resposta ao item em mulheres com cancro [The Emotion Regulation Questionnaire: Psychometric properties and item response theory in women with cancer]. Paper presented at the IX Simpósio Nacional de Investigação em Psicologia, Algarve, Portugal.
- Brandão, T., Schulz, M. S., & Matos, P. M. (2016, June). Adaptação psicológica ao cancro da mama: Revisão sistemática de estudos longitudinais [Psychological adaptation to breast cancer: A systematic review of longitudinal studies]. In Paula Mena Matos (Chair) & Célia Sales (Chair), Conhecer e intervir no cancro da mama: A adaptação psicológica como pano de fundo. Symposium conducted at the IX Simpósio Nacional de Investigação em Psicologia, Algarve, Portugal.
- Schulz, M.S., Dworkin, & Waldinger (2016, March). Links among depressive symptomatology, emotional inertia and relationship satisfaction. Society for Affective Science, Chicago, IL.

- Brandão, T., Schulz, M. S., & Matos, P. M. (August, 2015). Psychological adaptation to breast cancer: A systematic review of longitudinal studies. Poster presented at the 23rd World Congress on Psychosomatic Medicine, Glasgow, Scotland. [Abstract] *Psychotherapy and Psychosomatics*, 84, S1, 1-82.
- Dworkin, J., Schulz, M.S., & Waldinger, R.J. (2015, April). Capturing emotional suppression as it naturally unfolds in couple interactions. Society for Affective Science, Oakland, CA.
- Schulz, M.S., & Waldinger, R.J. (2014, November). Tracing Marital Quality Across Five Decades to Identify Opportunities for Intervention. Annual Meeting of the Association for Behavioral and Cognitive Therapy, Philadelphia, PA.
- Brandao, T., Tavares, R., Schulz, M.S., & Matos, P.M. (2014, October). Measuring emotion regulation and emotion expression in women with breast cancer: A systematic review. 16th World Congress of Psych-Oncology, Lisbon, Portugal. [Abstract] *Psycho-Oncology*, 23, S3, 152-153.
- Schulz, M.S., Lavin, E., Waldinger, R.J. (2014, April). Two to tango: Marital satisfaction and dyadic emotion processes and regulation. Society for Affective Science, Washington, DC.
- Gouveia, T., Schulz, M.S., & Costa, M.E. (2014, March). What makes us more authentic in relationships? Contributions of caregiving and attachment to parents and romantic partner. Presented at the International Family Therapy Association World Family Therapy Congress, Panama City, Panama.
- Gouveia, T., Schulz, M.S., & Costa, M.E. (2014, March). Authenticity in relationship scale: Adaptation and validation to the Portuguese population. Presented at the International Family Therapy Association World Family Therapy Congress, Panama City, Panama.
- Olszuk, T., Mack, T.C., & Schulz, M.S. (2013, May). Tracking mindfulness in student-athletes: A person centered approach. Presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Coleman, E., Reich, G., & Schulz, M.S. (2012, November). The Role of Emotional Embodiment in Expression Recognition among Adults with Insecure Attachment Styles. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, National Harbor, MD.
- Marvin, S.E., Schulz, M.S., & Waldinger, R.J. (2011, November). Dyadic Anger in Intimate Partner Violence. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Toronto, Canada.
- Maneta E, Cohen S, Schulz M, & Waldinger RJ. (May, 2011). The long-term impact of childhood physical abuse on romantic relationships: The mediating role of anger expression. Presented at the American Psychiatric Association Annual Meeting, Honolulu, HI.
- Schulz, M.S., Waldinger, R.J., & Lavin, E. (2010, September). Capturing emotion regulation in action: Multi-Method dynamic approaches to assessing emotion in couple interactions. Paper presented at the biennial meeting of the European Society of Family Relations, Milan, Italy.
- Scott, J.R. & Schulz, M.S. (2009, November). The how, what, and why of mindfulness: Motivation for observing and emotional well-being. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, New York, NY.
- Waldinger RJ, Schulz MS, & Kensinger E. (October, 2009). Looking on the bright side of life: Marital functioning throughout adulthood as a predictor of the positivity effect in old age. Paper presented at the meetings of the Society for the Study of Human Development, Ann Arbor, MI.

- Scott, J.R. & Schulz, M.S. (2009, June). Daily Experience and Mindfulness: Motives Matter. Presented at the biennial meeting of the Society for Ambulatory Assessment, Griefswald, Germany.
- Waldinger, R.J. & Schulz, M.S. (November, 2008). When the leopard changes spots: Correlates of change in the Big 5 personality factors and in defense mechanisms across 5 decades. Paper presented at the meetings of the Gerontological Society of America, Washington, D.C.
- Waldinger, R.J. & Schulz, M.S. (2008, July). Heart rate variability, emotion regulation, and intimate partner violence. In M.S. Schulz (Chair), Innovative methods for studying the influence of emotions on couple relationships. Paper presented at the meeting of the International Association for Relationship Research, Providence, RI.
- Weiss, E., Waldinger, R.J., & Schulz, M.S. (2008, July). The influence of emotional arousal on interpersonal sensitivity: Modeling within-partner covariation across time. In M.S. Schulz (Chair), Innovative methods for studying the influence of emotions on couple relationships. Paper presented at the meeting of the International Association for Relationship Research, Providence, RI.
- Kim, H., Schulz, M.S., & Compton, R. (2007, November). Relationships among Mindfulness, Rumination and EEG Asymmetries. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Philadelphia, PA.
- Waldinger, R.J., Schulz, M.S., Hasan, N.S., & Dion, N. (2007, November). Checking the Brakes: Heart Rate Variability and Intimate Partner Violence. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Philadelphia, PA.
- Grundy, K.M., Schulz, M.S., Zimmerman, V.D., & Miller, M. (2007, November). Exploring Cognitive Consequences of Expressive Emotion Suppression: The Relationship between Mindfulness and Memory. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Philadelphia, PA.
- Schulz, M.S. & Waldinger, R.J. (2007, November). Reading Others' Emotions: Using Intuitive Judgments from Naive Coders to Predict Relationship Satisfaction and Stability. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Philadelphia, PA.
- Waldinger, R.J. & Schulz, M.S. (2007, October). What's Love Got To Do With It?: Relationship satisfaction, social connections, health stressors, and daily mood in married octogenarians. Paper presented at the biennial meeting of the Society for the Study of Human Development, State College, PA.
- Winkles, J.K., Whitton, S.W., Waldinger, R.J., Schulz, M.S., & Hauser, S.T. (2007, March). Associations of attachment styles with expression of broad and specific emotions during couple conflicts. Poster presented at the biennial meetings of the Society for Research in Child Development, Boston, MA.
- Hamilton, D., Schulz, M.S., & Hills, T. (2007, March). The Power of Positive Thinking: Do Positive Emotions Broaden the Cognitive Repertoire of Preschoolers. Poster presented at the biennial meetings of the Society for Research in Child Development, Boston, MA.
- Schulz, M.S. (2006, November). Promoting healthy beginnings: A randomized controlled trial of a preventive intervention to preserve marital quality during the transition to parenthood. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL.
- Stein, J., Schulz, M.S., & Waldinger, R.J. (2006, November). Connecting heart and mind: Links among beliefs about the consequences of emotion, interpersonal intentions, and affective

- expression in marital interactions. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL.
- Schulz, M. & Waldinger, R.J. (2006, July). Linking Hearts and Minds in Couple Interactions Via Video Recall: Intentions, Attributions and Overriding Sentiments. Paper presented at the biennial conference of the International Association for Relationship Research, Rethymnon, Crete, Greece.
- Waldinger, R.J., Kuo, S., Schulz, M., & Vaillant, G. (2006, July). Grumpy Old Men?: Social Integration as a Moderator of Links Between Daily Stressors And Well-Being In Octogenarian Men And Their Partners. Paper presented at the biennial conference of the International Association for Relationship Research, Rethymnon, Crete, Greece.
- Schulz, M. (2005, October). Emotion Regulation and Couple Interactions: Integrating Cognitive-Mediational and Family Research Perspectives. Invited paper presented at Advances in Theory and Research on Family Development and Family-Based Prevention and Policy, Berkeley, CA
- Paris, A., Frantz, J., Heindel, S., & Schulz, M.S. (2005, April). Multimethod approaches to studying the effects of interparental conflict history on sensitivity to future relationship conflict. Poster presented at the biennial meetings of the Society for Research in Child Development, Atlanta, GA.
- Bennett, A.E. & Schulz, M.S. (2005, April). Assessing work-family conflict on a daily basis: Links to parenting. Poster presented at the biennial meetings of the Society for Research in Child Development, Atlanta, GA.
- Kristina, S. M., Harter, K.S.M., Waldinger, R.J., & Schulz, M.S. (2005, January). The Relation of Shame to Anger in Intimate Adult Relationships. Poster presented at the annual meeting of the American Psychoanalytic Association, New York, NY.
- Schulz, M.S., Waldinger, R.J., Chivers, L., & Zimmerman, V. (2003, November). Assessing Cognitions and Emotions in Couple Interactions: Methods and Links to Marital Quality. Paper presented at the annual meetings of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Waldinger, R.J., Schulz, M.S., Moore, C., & Weiss, E. (2003, November). The Active Ingredients of Empathic Behavior and Perceptions in Couple Interactions. Paper presented at the annual meetings of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Zimmerman, V.D., Schulz, M.S., & Waldinger, R.J. (2003, November). The Measurement and Consequences of Emotion Suppression in Marital Interactions: Does Hiding Your Emotions Require Physiological Work? Poster presented at the annual meetings of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Frantz, J., Heindel, S., & Schulz, M.S. (2003, April). More than meets the eye: Effects of interparental conflict history on encoding and reacting to future relationship conflict. Paper presented at the biennial meetings of the Society for Research in Child Development, Tampa, FL.
- Waldinger, R.J., Moore, C., & Schulz, M.S. (2003, April). Childhood sexual abuse and the experience of adult intimacy: Links with attachment styles and self-reports of emotion during video recall of couple interactions. Paper presented at the biennial meetings of the Society for Research in Child Development, Tampa, FL.
- Waldinger, R.J., Schulz, M.S., & Moore, C. (2002, October). Looking in the mirror: Participants as observers of their own and their partners' emotions in couple interactions. Poster presented at the American Psychological Association Conference: Couples Under Stress, Boston, MA.

- Waldinger, R.J., Moore, C., Chivers, L., Heaney, A., & Schulz, M.S. (2001, December). "Mountains out of molehills?: How borderline individuals read their partners' emotions." Invited poster presentation at the annual meeting of the American Psychoanalytic Association, New York, NY.
- Schulz, M.S. & Cowan, C.P. (2001, April). Promoting healthy beginnings: Marital quality during the transition to parenthood. A poster presented at the biennial meetings of the Society for Research in Child Development, Minneapolis, MN.
- Bennett, A. & Schulz, M.S. (2001, April). Parenting stress, daily parenting experience and working parents' psychological investment in family. A poster presented at the biennial meetings of the Society for Research in Child Development, Minneapolis, MN.
- Heaney, A., Waldinger, R.J., Schulz, M.S., & Moore, C. (2000, November). You just don't understand: Child abuse and empathic accuracy in adult couples. A poster presented at the annual meetings of the International Society for Traumatic Stress Studies, San Antonio TX.
- Stein, J. & Schulz, M.S. (2000, August). Assessing beliefs about emotional expression within marriage. Poster presented at the annual meetings of the American Psychological Association, Washington, DC.
- Waldinger, R.J. & Schulz, M.S. (2000, June). When abuse survivors marry: Emotion regulation in intimate relationships. A paper presented at the 7th International Family Violence Research Conference, University of New Hampshire, Durham, NH.
- Moore, C., Heaney, A., Waldinger, R.J., & Schulz, M.S. (2000, July). Empathic accuracy in child sexual abuse survivors. A poster presented at the 7th International Family Violence Research Conference, University of New Hampshire, Durham, NH.
- Schulz, M.S., Hauser, S.T., Allen, J., Crowell, J., Gralinski-Bakker, H., Hladek, D., Best, K., & Waldinger, R.J. (2000, March). Psychopathology and development: Trajectories of psychopathology from early adolescence through young adulthood. Paper presented at the biennial meetings of the Society for Research on Adolescence, Chicago, IL.
- Bennett, A., & Schulz, M.S. (1999, June). Linking psychological investment in work and family roles, parenting stress, and quality of parent-child interactions among working parents with young children. Poster presented at the meetings of the Pennsylvania Psychological Association, King of Prussia, PA.
- Stein, J. & Schulz, M.S. (1999, June). Beliefs about emotional expression within marriage. Poster presented at the meetings of the Pennsylvania Psychological Association, King of Prussia, PA.
- Schulz, M.S. & Waldinger, R.J. (1999, April). Links between adolescents' emotional regulatory capacities and their emotional behavior in marital interactions as young adults. Paper presented at the biennial meetings of the Society for Research in Child Development, Albuquerque, NM.
- Waldinger, R.J., Schulz, M.S., & Gerber, A. (1999, April). Intimacy after child abuse: Emotion regulation in the marriages of abused children grown up. Paper presented at the biennial meetings of the Society for Research in Child Development, Albuquerque, NM.
- Schulz, M.S. (1998, February). Emotional regulatory capacities and adolescents' behavior in family interactions: The impact of interparental hostility. Paper presented at the biennial meetings of the Society for Research on Adolescence, San Diego, CA.
- Schulz, M.S. (1997, April). Daily linkages between parents' stressful work experiences and the quality of parent-child interactions. Paper presented at the biennial meetings of the Society for Research in Child Development, Washington, DC.
- Schulz, M.S. (1997, April). Parental work conditions and children's school adaptation: Identifying familial moderators and pathways. Paper presented at the biennial meetings of the Society for Research in Child Development, Washington, DC.

- Almeida, D. & Schulz, M.S. (1996, June). Examining the days of our lives: Using daily and within-day data collections to study family processes. Invited paper presented at the Family Research Consortium Summer Institute, San Diego, CA.
- Schulz, M.S., Hauser, S.T., Allen, J., & Borman-Spurrell, E. (1996, June). Emotion-focused coping styles and adolescents' behavior in family interactions. Paper presented at the Family Research Consortium Summer Institute, San Diego, CA.
- Schulz, M.S. (1993, March). Family interaction under stress: Emotional spillover from work stress to family life for parents of kindergartners. Paper presented at the biennial meetings of the Society for Research in Child Development, New Orleans, LA.
- Schulz, M.S. & Measelle, J.R. (1992, November). Psychological processes that shape the impact of women's job stress on women's well-being and family life. Paper presented at the American Psychological Association-National Institute for Occupational Safety and Health Conference on Stress in the 90's, Washington, DC.
- Schulz, M.S. (1992, April). Coping with negative emotional arousal from work: Spillover into marital and parent-child relationships. Invited colloquium at the Wright Institute, Berkeley, CA.
- Schulz, M.S. (1991, April). Linkages among both parents' work roles, parenting style and children's adjustment to school. Paper presented at the biennial meetings of the Society for Research in Child Development, Seattle, WA.
- Schulz, M.S. (1989, April). Cognitive complexity, expectations, and idealizations during the transition to parenthood. Paper presented at the biennial meetings of the Society for Research in Child Development, Kansas City, MO.

Selective List of Invited Presentations:

*Keynotes and Talks about **The Good Life and/or The Harvard Study of Adult Development:***

- Rotman School of Management, University of Toronto, April 9, 2025.
- Chestnut Hill College, November 19, 2024.
- Friends Central School, Philadelphia, PA, October 28, 2024
- Amherst College Alumni Reunion, June 1, 2024.
- Arizona State University, Faculty Women's Association Leadership Summit (Virtual), April 4, 2024
- Philadelphia Club of Medical Women, April 30, 2024
- 13th Annual Howard S. Turner Distinguished Lecture. Dunwoody Village, Newtown Square, PA, April 25, 2024.
- *Series of three talks on Social Connection in Academia.* Milwaukee School of Engineering, April 1, 2024
- Harvard Law School, January 4, 2024 (virtual).
- *Distinguished Speaker Series*, Westminster-Canterbury of the Blue Ridge Senior Living, Charlottesville, VA, December 5, 2023.
- Sue Kardas, Ph.D. 1971 Chair Lecture, Bryn Mawr, College, October 26, 2023.
- Gentry Annual Lecture, Wake Robin Life Plan Community, Shelburne, VT, October 17, 2023
- Keynote for Goldman Sachs, Madrid, Spain, October 8, 2023.

- *Lessons from the Harvard Study of Adult Development about Social Connection and Work*, The Center on Capitalism and Society, 20th Annual Conference: Let's talk about Capitalism – And Society Too, Columbia University, September 18, 2023.
- Culture and Longevity Forum, ETH Zurich, September 1, 2023.
- *If it Makes You Happy: The Science and Philosophy of the Good Life* (Panel Presentation with Meghan Sullivan, Ph.D. (Notre Dame), Toronto Public Library, May 17, 2023 (Virtual)
- Healthier Kids Foundation Keynote Speaker, March 25, 2023 (Virtual).
- Smithsonian Institution, May 18, 2023 (Virtual).
- Webinar for Amherst College, March 21, 2023 (Virtual)
- Keynote for McMaster University community, January 31, 2023 (Virtual)

Early adversity and midlife physical, cognitive, and socio-affective health. Invited talk at the National Academies of Science Workshop: Leveraging insights and approaches from social and affective neuroscience to promote adaptive aging, Washington, DC, November 2019.

Health and Happiness as We Age: Lessons from the Harvard Study of Adult Development. Science Lecture Series, Quadrangle Senior Living Community, Haverford, PA, April 17, 2018.

Health, happiness, and the study of lives through time: Eighty years of lessons from the Harvard Study of Adult Development. Invited Grand Rounds, Georgetown University Medical School, Washington, DC, February 22, 2018.

Health, happiness, and the study of lives through time: Eighty years of lessons from the Harvard Study of Adult Development. Invited talk at Austen Riggs Psychiatric Center, Stockbridge, MA, October 13, 2017.

Health, Happiness and the Study of Lives through Time. Invited talk to the Athenaeum Society, Bryn Mawr College, April 30, 2017.

Facilitating Couple Relationships during the Transition to Parenthood. Invited talk at the Department of Psychology, University of Fribourg, Switzerland, June 1, 2016.

Psychology of Mindfulness: What We Know and Don't Know, Invited talk at the Institute for Religion and Science at Chestnut Hill College, PA, November 16, 2015

Bryn Mawr's 360° Interdisciplinary Program, Invited talk on Pedagogical Innovations to the Faculty Senate, The College of New Jersey, May 11, 2015.

Studying Well-Being Late in Life and Intergenerational Influences on Health: What's Love got to do with it? Science Lecture Series, Quadrangle Senior Living Community, Haverford, PA, February 17, 2015.

Methods of Studying Lifespan Development: The Intensive Study of Individuals; Invited talk at the Universidad del Desarrollo, Santiago, Chile, January 2014.

Navigating Salient Developmental Challenges in the Transition from Adolescence to Young Adulthood; Invited talks at the Universidad del Desarrollo, Santiago, Chile **and** the Universidad del Desarrollo, Concepcion, Chile, January 2014.

Embracing the hardness of a softer science: Studying emotion, systems and change. Rachel C. Hale Chair Lecture, Bryn Mawr College, October 24, 2013.

Two to Tango: Moving beyond individualistic conceptions of emotion processes and regulation. Invited Colloquium at the University of Zurich, Department of Psychology, May 22, 2013.

Series of Six Invited Lectures on *Emotion and Couple Relationships*, May-July 2012, University of Porto, Department of Psychology.

Dynamic Systems Modeling of Emotional Exchanges in Couple Relationships. Invited presentation for the Tri-Co Mathematical Modeling Initiative, December, 2011.

Convocation Speech, Bryn Mawr College, August 31, 2009.

Capturing the Elusive: Emotion Processes in Couple Relationships. Invited Colloquium at the University of Zurich, Department of Psychology, May 26, 2009.

Emotion Regulation: History, Theory and Measurement in Couple Relationships, Keynote Address for European Society for Family Relations, Doctoral Workshop, University of Fribourg, April 27, 2009.

Emotion Regulation in Couple Relationships. Invited Colloquium at the University of Fribourg, Department of Psychology, April 2, 2009.

Close Relationships, Presentation to the Social and Cultural Psychology Proseminar at the University of Pennsylvania, Department of Psychology, February 26, 2008.

Passion and Reason: Emotion Processes in Couple Relationships, Invited colloquium for the Departments of Psychology and Human Development, Virginia Tech University, September 8, 2006.

Panelist, "The (Continuing) Evolution of (My) Mind: An Engagement with Dan Gottlieb." Bryn Mawr College, March 31, 2004.

In-studio guest for "Voices in the Family" show on Children and Responses to 9/11 on WHYY (National Public Radio), October 8, 2001.

Panelist for Theatre Ariel "Conversation" about Born Guilty. National Museum of American Jewish History, Philadelphia, PA, February 7, 2001.

Invited Colloquium Speaker, Department of Psychology, Lehigh University, April 14, 2000.

Invited Presentation, White Dog Café "Table Talks" Community Discussions, Philadelphia, PA. Presentation on Forgiveness in Marriages, February 7, 2000.

Psychology Department Colloquium, University of Delaware, November 15, 1999. Presentation on emotion regulation in family relationships.

Penn National Commission Annual Meetings, Philadelphia, PA, November 8, 1999.
Presentation on anger and reconciliation processes.

Symposium on Forgiveness and Reconciliation, Harvard University, October 1999. Invited participant in workshops on forgiveness and family relationships.

Solomon Asch Center for Ethno-Political Conflict, University of Pennsylvania, July 1999.
Presentation on forgiveness.

Howard Hughes Medical Institute Summer Research Program, Bryn Mawr College, June 1999. Presentation on the study of emotion in marriage.

Courses Taught

Graduate: Multivariate Statistics, Developmental Psychopathology, Psychotherapy

Undergraduate: Quantifying Happiness, Abnormal Psychology, Emotion Research Seminar, Developmental Psychopathology, Psychology of Mindfulness, Identity under Pressure, Advanced Research Methods, Research Methods in Clinical Psychology, Advanced Statistics, Advanced Topics in Clinical Psychology, Advanced Data Science, Senior Seminar

Professional Experience

Consultant, Boston Early Adversity and Mortality Study (BEAMS), RO1 grant funded by NIH National Institute on Aging (Lewina Lee and Daniel Mroczek, Co-PIs).

Steering Committee, National Academy of Sciences Workshop (Leveraging insights and approaches from social and affective neuroscience to promote adaptive aging). Sponsored by the National Institute on Aging. November 18-19, 2019, Washington, DC.

External Reviewer for Faculty Promotion Cases, Davidson College (2020), Franklin & Marshall (2019), Harvard Medical School (2016, 2012), Swarthmore College (2016), University of Fribourg, Switzerland (2011), UCLA Medical School (2005).

Invited Reviewer: *Journal of Emotion, Journal of Marriage and Family, Child Development, Journal of Personality and Social Psychology, Journal of Family Psychology, Cambridge University Press, Journal of Social and Clinical Psychology, Journal of Research on Adolescence, Taylor and Francis/Routledge Press.*

Consultant to Swiss National Science Foundation Study: “Dyadic coping in adolescent couples: How do young couples cope together and how is their dyadic coping influenced by their parents.” Guy Bodenmann, Principal Investigator, University of Zurich, 2010-2017

Consultant, Chilean Study of Adult Development, Universidad del Desarrollo, Santiago, Chile. Ramon Florenzano, M.D., Principal Investigator, 2014-2018.

External Reviewer for Faculty Sabbatical Fellowship Awards, Swarthmore College, 2009, 2010, 2011, 2014, 2016.

Dissertation Supervisor (2 students), University of Porto, Department of Psychology, 2012-2017

Consultant, (IM)BALANCE: Impact of work-family conciliation on parenting and children's development, a research project funded by the Portuguese Foundation for Science and Technology (102,336 euros), May 2013-May 2015.

Statistics Consultant: Lifespan Depressive Symptomatology as a Predictor of Late Life Neurocognitive Functioning: A 70 Year Prospective Longitudinal Study, Johanna Malone, Ph.D. (PI), funded by the Harvard Department of Psychiatry, Kaplan Fellowship, 2013-14.

Honors Examiner for Swarthmore College, Department of Psychology, May, 2008 & 2014.

Reviewer for Swiss National Science Foundation Grants for Psychological Research, 2010, 2013.

Editorial Board, *Journal of Family Psychology*, 2006-2010.

Visiting Scholar, University of Fribourg, Switzerland, Chair of Clinical Psychology, Spring 2009

Invited Faculty Member, European Society for Family Research Doctoral Workshop, Investigating Interpersonal Sensitivity and Emotion Regulation in Couples and Families. University of Fribourg, April, 2009.

Senior Researcher, Harvard Study of Adult Development Project, directed by George Vaillant and then Robert Waldinger, Harvard University (75+ year study of individual and family adaptation), 2002-2014.

Consultant for Harvard NeuroDiscovery Center Grant to Robert J. Waldinger, Principal Investigator, "Social Neuroscience of Successful Aging." 2007-2009.

Consultant to Fidelity Foundation Grant to Robert J. Waldinger, Principal Investigator, "Adding Neuroscience Assessments and Genetics to a 68-Year Longitudinal Study of Aging." 2008-2009

Symposium organizer and chair, Innovative methods for studying the influence of emotions on couple relationships. Biennial meetings of the International Association for Relationship Research, Providence, RI, July, 2008.

Staff Psychologist, Bryn Mawr College Child Study Institute, 1997- 2019.

Research Associate and Consultant, Across Generations Project, Harvard Medical School and Judge Baker Children's Center, 1994-2008. A longitudinal study of individual and family development from adolescence through adulthood.

Symposium organizer and chair, Moving couples research to the front lines: Results from three preventive interventions designed to promote healthy couple and family relationships. Annual meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL, November, 2006.

Symposium organizer and chair, Moving Beyond Snapshots of Affective and Relational Processes: New Findings Using Experience Sampling and Video Recall. Biennial conference of the International Association for Relationship Research, Rethymnon, Crete, Greece, July 2006.

Conference co-organizer: Advances in Theory and Research on Family Development and Family-Based Prevention and Policy, Berkeley, CA, October 2005.

Research Director, Coping with Breast Cancer Project, Harvard Medical School, Boston, MA, 1996-1997; Research Associate, 1997-2000.

Symposium co-organizer and co-chair, Psychopathology across time: Studying trajectories of maladaptive functioning from adolescence through early adulthood. Biennial meetings of the Society for Research on Adolescence, Chicago, IL, March 2000.

Symposium co-organizer and co-chair, Parents' work and children's family experiences: Using daily diaries to examine the linkages. Biennial meetings of the Society for Research in Child Development, Washington, DC, April 1997.

Supervisor and Instructor, Pain Treatment Service and Behavioral Medicine Department, Children's Hospital and Harvard Medical School, Boston, MA 1996-1997.

Psychology Fellowship, Children's Hospital and Dana Farber Cancer Institute, Harvard Medical School, Boston, MA. September 1993-August 1994.

Psychology Internship, Massachusetts Mental Health Center, Children's Hospital and McLean Hospital/Harvard Medical School, Boston, MA. July 1992-June 1993.

Psychology Testing Practicum, Langley Porter Psychiatric Institute, University of California, San Francisco Medical Center, January 1990-June 1990.

Presentations at Continuing Education Conferences or Grand Rounds for Mental Health Professionals:

Organizer and Presenter, "Focused Interventions for Children with Medical Problems," cosponsored by Bryn Mawr College Child Study Institute, Linda Pollin Institute at Harvard Medical School and the Pennsylvania Psychological Association. Bryn Mawr, PA, October 1998.

Chronic Pain: Etiology and Treatment, presented at "Intervening with Medically Ill Patients," sponsored by Harvard Medical School, Boston, MA, May 1996.

Treating Chronic Pain in Childhood, presented at "Crisis Counseling for Patients and Families of Patients with Chronic Medical Illnesses," sponsored by the University of Maryland School of Medicine, Baltimore, MD, November 1995.

Beyond It's all in Your Head: Psychological Considerations in Chronic Pain in Childhood, presented at "Medical Crisis Counseling," sponsored by Children's Hospital, Boston, MA, July 1994.

Individuation and group identity: Reflections on a group therapy intervention for conduct-disordered adolescent boys. Grand Rounds presentation with A. Mayer at the Massachusetts Mental Health Center, Harvard Medical School, May 1993.

Additional Consulting and Professional Experience

Consultant to Depression Preventive Intervention Project, Harvard Medical School, Boston, MA. William Beardslee, M.D., principal investigator, 1996.

Reviewer, Student Editorial Board, American Journal of Community Psychology, 1990-1991.

Consultant to Philip Zimbardo, Ph.D. and Harper Collins Press for chapter on abnormal psychology in introductory psychology textbook, 1990-1991.

Consultant on Program Planning and Development, Healthy Mothers, Healthy Babies, Berkeley, CA, 1988-1989.

Staff Writer, Committee for Economic Development, Social Policy Analysis, New York, NY, 1985-1986.

Consultant on Program Evaluation and Planning, Programs for Disadvantaged Youth, New York Foundation, New York, NY, 1983.

Staff Writer and Researcher, Public Agenda Foundation, New York, NY, 1982-1983

Community Organizer, N.Y. Public Interest Research Group's Citizens Alliance, 1981.

Supervision of Honors Theses, M.A. Theses and Ph.D. Dissertations

Senior Theses (Director)

1. Jean McGloin (1999). Men and women: Who is more physiologically reactive in emotional situations?
2. Lauren Hellew (1999). Psychological and physiological correlates of shifting cognitive and emotional states.
3. Masumi Iida (2000). Beliefs about emotional expression in close relationships: A comparison of Japanese and Americans.
4. Jenifer Snavelly (2000). Gender differences in negative emotional experience and expression.
5. Gretchen Holthaus (2000). Gender differences in negative emotional experience in close relationships.

6. Jen Doubile (2000). The role of interparental conflict in shaping perceptions of emotion. (Haverford Psychology major; co-director: Doug Davis).
7. Jen Faerber (2000). Biases in assessing emotional experience in close relationships: The role of parental marital conflict. (Haverford Psychology major; co-director: Doug Davis).
8. Jill Furterer (2001). Experiencing and expressing emotion: Suppression of emotion in marital interactions.
9. Elizabeth Andrew (2001). Emotion suppression: New methodologies in the study of gender differences in emotion regulation.
10. Greta Tessman (2003). Attributional and language use patterns of depressed individuals in naturalistic couple interaction.
11. Tracy Hills (2004). Positive mood induction and emotion facial recognition.
12. Julie Eddy (2007). An attachment theory perspective on work.
13. Odile Schalit (2007). A study of the implications of adult development for personal work experience.
14. Bonnie Balun (2007). Work and family life.
15. Margaret Miller (2008). Physiological effects of suppression.
16. Genevieve Reich (2010). Mindfulness, attentional skills, and emotion recognition
17. Elizabeth Coleman (2010). Adult attachment and the use of embodiment during expression recognition.
18. Elaine Lavin (2011). Dyadic emotion regulation in couple interactions.
19. Adelyn Kisbaugh (2012). Mindfulness and metacognition.
20. Alessandra Lembo (2012). Emotion display rules across cultures.
21. Tiffany Ozluk (2012). Everyday mindfulness.
22. Maheen Noon (2013). The role of mindfulness in reactivity and recovery from stress.
23. Kellie Meyer (2013). Marital conflict and divorce.
24. Sarah Buonanno (2013). Aging well together: A longitudinal study of the protective effect of marriage on mortality.
25. Hannah Rossen (2015). Stomping on eggshells: Borderline personality features and negative affect regulation.
26. Jordan Dworkin (2015). Capturing emotional suppression as it naturally unfolds in couple interactions.
27. Jihan Liang (2016). Speech Dynamics of Marital Interactions.
28. Alex Kohn (2016). Interpersonal conflict and relationship satisfaction: How does the nature of personal reflection influence this connection?
29. Jieni Zhou (2017). Links between stressful events and the ebb and flow of marital satisfaction: Individual variability and the moderating role of childhood family environment.
30. Austen Hamilton (2017). Emotion regulation and marital satisfaction: A predictive study.
31. Emma Levin (2017). Marital satisfaction in first and second marriages: A person-centered approach.
32. Anita Ntem (2018). Mindfulness interventions in educational settings.
33. Amala Someshwar (2018). War, What Is It Good For?: Examining Marital Satisfaction and Stability During World War II
34. Jessica Tharaud (2019). Deconstructing the Emotion Narrative: Core Relational Themes, Reported Emotion, and Engagement with Autobiographical Memory
35. Kate Petrova (2020). Intrapersonally-driven loneliness: Latent profile analysis and links to wellbeing.
36. Emma Pinsky (2020). Empathic accuracy in older married couples: Correlates and consequences.

37. Amanda Feinberg (2020). Redemptive narratives: Recovering from a low point.
38. Marina Kheyfets (2021). Neighborhood risk factors for mortality.
39. Tanojah Avery (2022). Security of attachment, greatest fears and emotion expression in late life marriage
40. Emma Meyers (2022). Recalled life satisfaction and the influence of domains
41. Mahek Nirav Shah (2022). Mapping adult relationship orientations and their connections to childhood family environment.

Masters Theses (Director)

1. Alexis Bennett (1999). Linking psychological investment in work and family roles, parenting stress and quality of parent-child interactions among working parents with young children.
2. Julia Stein (2000). Measuring beliefs about emotional expression within marriage: Presentation of a new measure and implications for communication within marriage.
3. Timothy Edge (2000). Marital tension and the quality of parent-child interactions: Using daily diaries to examine the linkage.
4. Deanna Hamilton (2001). A look at psychopathology across the life-span: The validity of retrospective recall.
5. Virginia Zimmerman (2003). Emotional suppression and physiological reactivity in couple interactions.
6. Emily Malcoun (2004). Religiosity and forgiveness processes in couple relationships.
7. Emily Weiss (2004). Empathy and marriage.
8. Jeanne Frantz (2004). Effects of interparental conflict on sensitivity to negative affect.
9. Amy Paris (2005). Multimethod approaches to studying the effects of interparental conflict history: The history of family resolution styles interview.
10. Heejin Kim (2006). The relationship among mindfulness, rumination and hemispheric asymmetries in brain activity.
11. Karen Grundy (2007). Exploring the Cognitive Consequences of Expressive Emotion Suppression: The Relationship between Mindfulness and Memory
12. Joanna Scott (2008). Mindfulness and Daily Coping.
13. Sarah Scheckter (2008). Regrets in Middle Life: Typology, Correlates and Consequences.
14. Lindsey Dever (2011). Socioemotional Selectivity Theory: Time perspective and affective biases.
15. Mary McMannaman (2012). Embodiment and the understanding of others' emotions: The role of experiential avoidance.

Dissertations (Director)

1. Cheryl Stayton (2002). Normative compulsive behavior in children ages 6 to 11.
2. Staci Heindel (2003). The effects of parental marital conflict on perceptions of conflict and emotion.
3. Alexis Bennett (2004). Work and family role conflict: The daily experiences of working parents.
4. Bhavna Shyamalan (2005). The cultural construction of emotional experience: The influence of cultural values in Presbyterian and Hindu samples.
5. Timothy Edge (2005). Links between daily work experience and family life for firefighters: The role of attachment style.
6. Deanna Hamilton (2005). The Power of Positive Thinking: Do Positive Emotions Broaden the Cognitive Repertoire of Preschoolers?

7. Julia Stein (2006). Believe in your heart? Interconnections among partners' beliefs about the consequences of sharing feelings in marriage and their intentions and expressiveness in marital conflicts.
8. Virginia Zimmerman (2007). The Physiological Consequences of the Emotional Suppression of Anger: Investigation in both Non-social and Interpersonal Contexts.
9. Emily Weiss (2008). Interpersonal Sensitivity in Couple Interactions.
10. Emily Malcoun (2008). Determinants of Outcomes in Mindfulness-Based Stress Reduction (MBSR) Interventions.
11. Sarah E. Marvin (2011). Dyadic Emotion Processes in the Prediction of Intimate Partner Violence.
12. Heejin Kim (2011). The Relationships Among Styles Of Mindfulness Engagement, Components Of Emotion Regulation, And Heart Rate Variability.
13. Joanna Scott (2013). Why be mindful? A profile approach to understanding the role of motivation and in emotion regulation.
14. Sarah Scheckter (2013). Analyzing Well-being in Late Life: Quantitative and Qualitative Approaches.
15. Amy Paris (2014). Work experience, coherence, and well-being: An examination of coherence and later work measures.
16. Mary McManaman (2016). Enhancing empathic accuracy in couples.
17. Tania Gouveia (2016). Authenticity in relationships and romantic partner attachment (University of Porto, co-supervised with Maria Emilia Costa).
18. Tania Raquel Pais Brandao (2017). Adaptation to breast cancer: Exploring the role of attachment and emotion regulation processes (University of Porto, co-supervised with Paula Mena Matos).
19. Stefanie Poulos Hopkins (2019). Intimacy and marital satisfaction during the transition to parenthood.