

## **CURRICULUM VITAE**

**Suzanne C. Segerstrom**

Department of Psychology  
115 Kastle Hall  
University of Kentucky  
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### **EDUCATION**

#### **Lewis and Clark College, Portland, Oregon**

B.A. with Honors, 1990

#### **University of California, Los Angeles**

M.A., 1992

Major: Psychology

Ph.D., 1997

Major: Clinical Psychology

Minors: Health Psychology; Measurement and Psychometrics

### **PROFESSIONAL POSITIONS**

#### **Psychology Intern, 1996 – 1997**

Department of Psychology  
Vancouver Hospital and Health Sciences Center (University of British Columbia)

#### **Assistant Professor, 1997 – 2003**

#### **Associate Professor, 2003 – 2007**

#### **Professor, 2007 -**

Department of Psychology  
University of Kentucky

Joint Appointment, Department of Behavioral Sciences, School of Medicine  
Member, Markey Cancer Center  
Member, Barnstable-Brown Kentucky Diabetes and Obesity Center  
Member, Sanders-Brown Center on Aging

#### **Visiting Scholar, 2007**

Department of Psychology  
University of Illinois, Urbana-Champaign

## MEMBERSHIPS IN PROFESSIONAL SOCIETES

American Psychological Association  
 Division 8, Society for Personality and Social Psychology  
 Division 38, Health Psychology  
 American Psychosomatic Society  
 Association for Psychological Science  
 Psychoneuroimmunology Research Society  
 Society of Behavioral Medicine

## HONORS

Presidential Scholar, Lewis and Clark College	1985
Music Faculty Scholar, Lewis and Clark College	1986
Ben B. Cheney Foundation Scholar, Lewis and Clark College	1989
Edwin W. Pauley University Fellow, UCLA	1991
Institutional National Research Service Award, NIMH #MH15750, Health Psychology Trainee	1993
Jacob K. Javits Fellow, US Department of Education	1994
Student Research Award, Division 38 (Health Psychology), APA	1996
Tsung-yi Lin Award for Clinical Research, University of British Columbia	1997
Summer Faculty Research Fellow, University of Kentucky	1998, 1999
Top 10 Teacher Award, Arts & Sciences, University of Kentucky	1999
Martin E.P. Seligman Award for Outstanding Dissertation Research on the Science of Optimism and Hope, APA	2000
Templeton Positive Psychology Prize, 1 <sup>st</sup> Place	2002
Outstanding Young Alumna, Lewis and Clark College	2004
Robert Ader New Investigator Award, Psychoneuroimmunology Research Society	2007

## RESEARCH AWARDS AND GRANTS

Seed Grant, UCLA Norman Cousins Program in Psychoneuroimmunology “Optimism and Coping with Enduring Stress”	1994
Seed Grant, UCLA Norman Cousins Program in Psychoneuroimmunology “Physiological and Immune Effects of Fear, Anticipation, and Worry”	1995
Individual National Research Service Award, NIMH #MH10841-F31 “Optimism and Coping with Enduring Stress”	1995
Research Committee Grant, University of Kentucky “Immune Effects of Acute and Chronic Stress”	1999
Research Committee Grant, University of Kentucky “Writing and Health”	2001
Young Scholars Grant, Positive Psychology Network/Templeton Foundation (P.I.) “Writing and Health: The Adjustment, Health, and Immune Effects of Manipulating Repetitive Thought”	2001-2002
Clinical Hypotheses Program in Brain-Body Interaction, Dana Foundation (P.I.) “Response to Vaccination in Dementia Caregivers: A Test of Cognitive Vulnerability and Resilience”	2001-2006
Research Project Grant, NIMH (P.I.) #MH61531-R01 “Anxiety, Depression, Optimism, and Cellular Immunity”	2001-2007
Starter Grant, ALS Association (Co-investigator; E. Kasarskis, P.I.)	2005-2006

Suzanne C. Segerstrom, Ph.D.  
 Curriculum Vitae

“Emotional Disclosure in Patients with Amyotrophic Lateral Sclerosis:  
A Randomized, Controlled Trial”  
Research Project Grant, NIA (P.I.) 2006-2011  
#AG026307-R01 “Repetitive Thought, Stress, and Immunity in Older Adults”

## PUBLICATIONS

- Segerstrom, S.C.**, McCarthy, W.J., Caskey, N.H., Gross, T.M., & Jarvik, M.E. (1993). Optimistic bias among cigarette smokers. *Journal of Applied Social Psychology, 23*, 1606-1618.
- Schoeneman, T.J., **Segerstrom, S.**, Griffin, P., & Gresham, D. (1993). The psychiatric nosology of everyday life: Categories in implicit abnormal psychology. *Journal of Social and Clinical Psychology, 12*, 429-453.
- Miller, G.E., Jarvik, M.E., Caskey, N.H., **Segerstrom, S.C.**, Rosenblatt, M.R., & McCarthy, W.J. (1994). Cigarette mentholation increases smokers' exhaled carbon monoxide levels. *Experimental and Clinical Psychopharmacology, 2*, 154-160.
- Segerstrom, S.C.**, McCarthy, W.J., Gross, T.M., Caskey, N.H., Rosenblatt, M.R., Carpenter, C., & Jarvik, M.E. (1994). Effects of race and cigarette preference on perception of cigarette smokers. *Tobacco Control, 3*, 30-36.
- Segerstrom, S.C.** (1996). Perceptions of stress and control in the first semester of law school. *Willamette Law Review, 32*, 593-608.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., Reed, G.M., & Visscher, B.R. (1996). Causal attributions predict immune decline in HIV seropositive gay men. *Health Psychology, 15*, 485-493.
- Solomon, G.F., **Segerstrom, S.C.**, Grohr, P., Kemeny, M.E., & Fahey, J.L. (1997). Shaking up immunity: Psychological and immunologic changes following a natural disaster. *Psychosomatic Medicine, 59*, 114-127.
- Segerstrom, S.C.**, Solomon, G.F., Kemeny, M.E., & Fahey, J.L. (1998). Relationship of worry to immune sequelae of the Northridge earthquake. *Journal of Behavioral Medicine, 21*, 433-450.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., & Fahey, J.L. (1998). Optimism is associated with mood, coping, and immune change in response to stress. *Journal of Personality and Social Psychology, 74*, 1646-1655.
- Sochting, I., Taylor, S., Freeman, W., de Koning, E., **Segerstrom, S.**, & Thordarson, D. (1998). In vivo exposure for panic disorder and agoraphobia: Does a cognitive rationale enhance treatment efficacy? In E. Sanavio (Ed.), *Behavioural and cognitive therapy today: Essays in honor of Hans J. Eysenck*, pp. 293-302. Amsterdam: Elsevier.
- Segerstrom, S.C.**, Glover, D.A., Craske, M.G., & Fahey, J.L. (1999). Worry affects the immune response to phobic fear. *Brain, Behavior, and Immunity, 13*, 80-92.
- Segerstrom, S.C.** (2000). Personality and the immune system: Models, methods, and mechanisms. *Annals of Behavioral Medicine, 22*, 180-190.
- Segerstrom, S.C.**, Tsao, J.C.I., Alden, L.E., & Craske, M.G. (2000). Worry and rumination: Repetitive thought as a concomitant and predictor of negative mood. *Cognitive Therapy and Research, 24*, 671-688.
- Segerstrom, S.C.** (2001). Optimism and attentional bias for negative and positive stimuli. *Personality and Social Psychology Bulletin, 27*, 1334-1343.
- Segerstrom, S.C.** (2001). Optimism, goal conflict, and stressor-related immune change. *Journal of Behavioral Medicine, 24*, 441-467.

- Segerstrom, S.C., Kemeny, M.E., & Laudenslager, M.** (2001). Individual differences and psychoneuroimmunology. In R. Ader, D.L. Felton, & N. Cohen, Eds., *Psychoneuroimmunology: Vol. 2* (3e.) (pp. 87-109). San Diego, CA: Academic Press.
- Segerstrom, S.C.** (2003). Individual differences, immunity, and cancer: Lessons from personality psychology. *Brain, Behavior, and Immunity, 17 Suppl. 1*, 92-97.
- Segerstrom, S.C., Castaneda, J.O., & Spencer, T.E.** (2003). Optimism effects on cellular immunity: Testing the affective and persistence models. *Personality and Individual Differences, 35*, 1615-1624.
- Segerstrom, S.C., Stanton, A.L., Alden, L.E., & Shortridge, B.E.** (2003). A multidimensional structure for repetitive thought: What's on your mind, and how, and how much? *Journal of Personality and Social Psychology, 85*, 909-921.
- Bower, J.E., & **Segerstrom, S.C.** (2004). Stress management, finding benefit, and immune function: Positive mechanisms for intervention effects. *Journal of Psychosomatic Research, 56*, 9-11.
- Castaneda, J.O., & **Segerstrom, S.C.** (2004). Effects of stimulus type and worry on physiological response to fear. *Journal of Anxiety Disorders, 18*, 809-823.
- Segerstrom, S.C., & Miller, G.E.** (2004). Psychological stress and the human immune system: A meta-analytic study of 30 years of inquiry. *Psychological Bulletin, 130*, 601-630.
- Solberg Nes, L., & **Segerstrom, S.C.** (2004). Psychoneuroimmunology. In C. Spielberger (Ed.), *Encyclopedia of Applied Psychology, Vol. 3*. San Diego: Academic Press.
- Segerstrom, S.C.** (2005). Optimism and immunity: Do positive thoughts always lead to positive effects? *Brain, Behavior, and Immunity, 19*, 195-200.
- Solberg Nes, L., **Segerstrom, S.C., & Sephton, S.E.** (2005). Engagement and arousal: Optimism's effects during a brief stressor. *Personality and Social Psychology Bulletin, 31*, 111-120.
- Segerstrom, S.C.** (2006). *Breaking Murphy's Law: How optimists get what they want from life and pessimists can too*. New York: Guilford.  
 Translations: Danish, Dutch, Japanese, Korean, Polish, Portuguese, Russian  
 Published in Great Britain as: *The glass half-full: How optimists get what they want from life and pessimists can too*.  
 Anthologized in: *Measuring the Immeasurable* (Sounds True, Louisville, CO)
- Segerstrom, S.C.** (2006). How does optimism suppress immunity? Evaluation of three affective pathways. *Health Psychology, 25*, 653-657.
- Segerstrom, S.C., & Kemeny, M.E.** (2006). Worried to death? Stress, worry, and immune dysregulation in health and HIV. In N. Plotnikoff, R.E Faith, & A.J. Murgu (Eds.), *Cytokines, Stress, and Immunity* (2<sup>nd</sup> Ed.) (pp. 17-28). Boca Raton, FL: CRC Press.
- Segerstrom, S.C., Lubach, G.R., & Coe, C.L.** (2006). Identifying immune traits and biobehavioral correlates: Generalizability and reliability of immune responses in rhesus macaques. *Brain, Behavior, and Immunity, 20*, 349-358.
- Segerstrom, S.C., & Smith, T.W.** (2006). Physiological pathways from personality to health: The cardiovascular and immune systems. In M. Vollrath (Ed.), *Handbook of Personality and Health* (pp. 175-194). New York: Wiley.
- Segerstrom, S.C., & Solberg Nes, L.** (2006). When goals conflict but people prosper: The case of dispositional optimism. *Journal of Research in Personality, 40*, 675-693.
- Solberg Nes, L., & **Segerstrom, S.C.** (2006). Dispositional optimism and coping: A meta-analytic review. *Personality and Social Psychology Review, 10*, 235-251.

- Averill, A.J., Kasarskis, E.J., & **Segerstrom**, S.C. (2007). Psychological health in patients with amyotrophic lateral sclerosis. *Amyotrophic Lateral Sclerosis*, 8, 243-254.
- Lykins, E.L.B., **Segerstrom**, S.C., Averill, A.J., Evans, D.R., & Kemeny, M.E. (2007). Goal shifts following reminders of mortality: Reconciling posttraumatic growth and terror management theory. *Personality and Social Psychology Bulletin*, 33, 1088-1099.
- Segerstrom**, S.C. (2007). Optimism and resources: Effects on each other and on health over 10 years. *Journal of Research in Personality*, 41, 772-786.
- Segerstrom**, S.C., & Solberg Nes, L. (2007). Heart rate variability indexes self-regulatory strength, effort, and fatigue. *Psychological Science*, 18, 275-281.
- Segerstrom**, S.C. (2007). Stress, energy, and immunity: An ecological view. *Current Directions in Psychological Science*, 16, 326-330.
- Segerstrom**, S.C. (2008). Social networks and immunosuppression during stress: Relationship conflict or energy conservation? *Brain, Behavior, and Immunity*, 22, 279-284.
- Segerstrom**, S.C., & Roach, A. (2008). On the physical health benefits of self-enhancement. In E.C. Chang (Ed.), *Self-Criticism and Self-Enhancement: Theory, Research, and Clinical Implications* (pp. 37-54). Washington, DC: American Psychological Association.
- Segerstrom**, S.C., Schipper, L.J. & Greenberg, R.N. (2008). Caregiving, repetitive thought, and immune response to vaccination in older adults. *Brain, Behavior, and Immunity*, 22, 744-752.
- Solberg Nes, L., & **Segerstrom**, S.C. (2008). Conceptualizing coping: Optimism as a case study. *Personality and Social Psychology Compass*, 2, 2125-2140.
- Evans, D.R., Baer, R.A., & **Segerstrom**, S.C. (2009). The effects of mindfulness and self-consciousness on persistence. *Personality and Individual Differences*, 47, 379-382.
- Flynn, S.M., Schipper, L.J., Roach, A.R., & **Segerstrom**, S.C. (2009). Gender differences in delayed-type hypersensitivity response: Effects of stress and coping in first-year law students. *Brain, Behavior, and Immunity*, 23, 672-676.
- Roach, A.R., Averill, A.J., **Segerstrom**, S.C., & Kasarskis, E.J. (2009). The dynamics of quality of life in ALS patients and caregivers. *Annals of Behavioral Medicine*, 37, 197-206.
- Roose, N. J., Epstude, K., Fessel, F., Morrison, M., Smallman, R., Summerville, A., Galinsky, A., & **Segerstrom**, S. (2009). Repetitive regret, depression, and anxiety: Findings from a nationally representative survey. *Journal of Social and Clinical Psychology*, 28, 671-688.
- Salsman, J.S., **Segerstrom**, S.C., Brechting, E.H., Carlson, C.R., & Andrykowski, M.A. (2009). Posttraumatic growth and PTSD symptomatology among colorectal cancer survivors: A three-month longitudinal examination of cognitive processing. *Psycho-Oncology*, 18, 30-41.
- Segerstrom**, S.C. (2009). Biobehavioral controls: Threats to psychoneuroimmunology research? (Commentary). *Brain, Behavior, and Immunity*, 23, 885-886.
- Segerstrom**, S.C., & Laudenslager, M.L. (2009). When is enough, enough? Generalizability of primate immunity over time. *Brain, Behavior, and Immunity*, 23, 986-992.
- Solberg Nes, L., Evans, D.R., & **Segerstrom**, S.C. (2009). Optimism and college retention: Mediation by motivation, performance, and adjustment. *Journal of Applied Social Psychology*, 39, 1887-1912.
- Solberg Nes, L., Roach, A.R., & **Segerstrom**, S.C. (2009). Executive function, self-regulation, and chronic pain: A review. *Annals of Behavioral Medicine*, 37, 173-183.
- Roach, A.R., Salt, C.E., & **Segerstrom**, S.C. (in press). Generalizability of repetitive thought: Examining stability of thought content and process. *Cognitive Therapy and Research*.
- Segerstrom**, S.C., & Sephton, S.E. (in press). Optimistic expectancies and cell-mediated immunity: The role of positive affect. *Psychological Science*.

Solberg Nes, L., & **Segerstrom**, S.C. (in press). [Positive factors, immune activity, and psychotherapy.] In C. Schubert (Ed.), *Psychoneuroimmunologie und psychotherapie*. (German)

### **Manuscripts under review**

Carver, C.S., Scheier, M.F., & **Segerstrom**, S.C. (2009). *Optimism*.

Grimes, C.E., Solberg Nes, L., Waldman, A., & **Segerstrom**, S.C. (2009). *Output order reflects the cognitive accessibility of goals*.

**Segerstrom**, S.C., Roach, A.R., Evans, D.R., Schipper, L.J., & Darville, A.K. (2009). *The structure, validity, and correlates of trait repetitive thought in older adults*.

Solberg Nes, L., Carlson, C.R., Crofford, L.J., de Leeuw, R., & **Segerstrom**, S.C. (2009). *Self-regulatory deficits in fibromyalgia and temporomandibular disorders*.

### **INVITED PRESENTATIONS**

**Segerstrom**, S.C. (2001, October). *Positive preoccupation: Seeking (and finding) adaptive repetitive thought*. Invited address at the Positive Psychology Summit, Washington, DC.

**Segerstrom**, S.C. (2001, October). *The structure and consequences of repetitive thought*. Invited colloquium, Department of Psychology, University of Kansas, Lawrence, KS.

**Segerstrom**, S.C. (2002, February). *Individual differences in psychoneuroimmunology: Lessons from personality psychology*. Invited address at the Biological Mechanisms of Psychosocial Effects on Disease meeting, National Cancer Institute, Bethesda, MD.

**Segerstrom**, S.C. (2002, April). *Psychoimmunology*. Invited address at the 2<sup>nd</sup> Osteopathic Heritage Fund Symposium, University of New England, Portland, ME.

**Segerstrom**, S.C. (2004, February). *Optimism and immunity: Bright and dark sides*. Invited colloquium, Department of Psychology, University of Illinois, Champaign-Urbana, IL.

**Segerstrom**, S.C. (2004, September). *Optimism, immunity, and health: What's the catch?* Invited colloquium, Lewis and Clark College, Portland, OR.

**Segerstrom**, S.C. (2004, October). *Optimism and health: Bright and dark sides*. Invited address at the Third International Positive Psychology Summit, Washington, DC.

**Segerstrom**, S.C. (2005, April). *Psychology and the immune system*. Invited colloquium, Department of Psychology, University of Kentucky, Lexington, KY.

**Segerstrom**, S.C. (2006, May). *The ups and downs of human immunity and well-being: An ecological view*. Invited colloquium, Department of Psychology, University of Texas, Austin, TX.

**Segerstrom**, S.C. (2006, November). Immunological costs of dispositional optimism. In T.W. Britt (Chair), *Motivational processes as determined by physiology, emotion, and personality*. Symposium conducted at the meeting of the Society of Southeastern Social Psychologists, Knoxville, TN.

**Segerstrom**, S.C. (2007, May). *The behavioral ecology of optimism and human immunity*. Invited colloquium, Integrative Immunology and Behavior Program, University of Illinois, Champaign-Urbana, IL.

**Segerstrom**, S.C. (2007, October). *Optimism, resources, and immunity: A case of eco-psychoneuroimmunology*. Invited colloquium, Department of Kinesiology, University of Illinois, Champaign-Urbana, IL.

**Segerstrom**, S.C. (2007, October). An EMG for the self-regulatory muscle: Cardiac regulation reflects self-regulation. In S.C. Segerstrom & C.N. DeWall (Chairs), *New insights from the science of self-regulation: Physiological, behavioral, and emotional consequences*. Symposium conducted at the meeting of the Society of Southeastern Social Psychologists, Durham, NC.

- Segerstrom, S.C. , & Sephton, S.E.** (2008, March). Positive affect mediates expectancy effects on cellular immunity. In K. Salomon (Chair), *Positive affect and health: Opportunities for psychosomatic medicine*. Symposium conducted at the meeting of the American Psychosomatic Society, Baltimore, MD.
- Segerstrom, S.C. & Sephton, S.E.** (2008, October). How many tubes over how many days? Sampling methods for salivary cortisol. In R. Hoyle (Chair), *Innovative approaches to the measurement and analysis of social behavior*. Symposium conducted at the meeting of the Society of Southeastern Social Psychologists, Greenville, SC.
- Segerstrom, S.C.** (2008, November). *The varieties of future expectancy and their (different) effects on the immune system*. Invited colloquium, Institute for Behavioral Medicine Research, Ohio State University, Columbus, OH.
- Segerstrom, S.C.** (2009, February). The structure of affect and its immunological correlates. In N. Roberts (Chair), *How do we "transform," "translate," and apply emotion research?* Symposium conducted at the Emotion Preconference to the Society for Personality and Social Psychology, Tampa, FL.
- Segerstrom, S.C.** (2009, April). *Self-regulation, physiology, and pain*. Invited address at the New Developments in the Psychology of Illness Conference, Yasawa Islands, Fiji.
- Segerstrom, S.C.** (2009, May). "Fight or flight" versus "pause and plan": The effects of self-regulation on physiology and health. In D. Tucker (Chair), *Self-regulation, executive processes, and psychopathology*. Symposium conducted at the American Psychological Society, San Francisco, CA.

## PRESENTATIONS

- Segerstrom, S.C.** (1991, April). *Expectations for dementia and depression in old age*. Poster presented at the meeting of the Western Psychological Association, San Francisco, CA.
- Schoeneman, T.J., **Segerstrom, S.C.**, Griffin, P., & Gresham, D. (1991, June). *The psychiatric nosology of everyday life: Categories in implicit abnormal psychology*. Poster presented at the meeting of the American Psychological Society, Washington, DC.
- Segerstrom, S.C.**, McCarthy, W.J., Gross, T.M., Caskey, N.H., Rosenblatt, M.R., Carpenter, C., & Jarvik, M.E. (1993, July). *Effects of race and cigarette preference on perceptions of cigarette smokers*. Poster presented at the meeting of the American Psychological Society, Chicago, IL.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., & Reed, G.M. (1993, November). *Causal attributions predict health behavior in HIV seropositive gay and bisexual men*. Poster presented at the UCLA AIDS Institute Symposium, Los Angeles, CA.
- Solomon, G.F., **Segerstrom, S.C.**, Grohr, P., Kemeny, M.E., & Fahey, J.L. (1994, November). *Shaking up immunity: Psychological and immunologic changes following a natural disaster*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Key Biscayne, FL.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., & Fahey, J.L. (1996, April). *Optimism and coping affect stressor-related immune change*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Santa Monica, CA.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., & Fahey, J.L. (1996, August). *Optimism and coping with stress: Psychological and immune effects*. Poster presented at the meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Segerstrom, S.C.** (1999, March). *Worry affects the immune response to acute and chronic stressors*. Poster presented at the meeting of the American Psychosomatic Society, Vancouver, British Columbia, Canada. (Abstract in *Psychosomatic Medicine*, 61, 123.)

- Segerstrom, S.C.** (1999, April). *A chronic stressor results in decreasing DTH responses over time concomitant with changes in expectancies and mood.* Poster presented at the meeting of the Psychoneuroimmunology Research Society, Galveston, TX. (Abstract in *Neuroimmunomodulation*, 6, 248.)
- Segerstrom, S.C.** (1999, April). *Fear, anxiety, and worry: Autonomic and immune effects.* Paper presented at the meeting of the Psychoneuroimmunology Research Society, Galveston, TX. (Abstract in *Neuroimmunomodulation*, 6, 247.)
- Freeman, W.S., Taylor, S., & **Segerstrom, S.** (1999, November). *Cognitive-behavioral formulation and intervention for an unusual phobia of dogs barking.* Poster presented at the meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario, Canada.
- Segerstrom, S.C.** (2000, March). *Optimism and immune function: Who, when and how.* Poster presented at the meeting of the American Psychosomatic Society, Savannah, GA. (Abstract in *Psychosomatic Medicine*, 62, 122.)
- Segerstrom, S.C.** (2001, February). *Stress and the immune system: Effects of optimism and social network disruption.* Poster presented at the meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Segerstrom, S.C., Castaneda, J.O., & Spencer, T.E.** (2001, March). *Stress and cellular immunity: Evidence for an individual differences approach.* Paper presented at the meeting of the Society for Behavioral Medicine, Seattle, WA. (Abstract in *Annals of Behavioral Medicine*, 23, S122.)
- Segerstrom, S.C., Castaneda, J.O., & Spencer, T.E.** (2001, May). *The person and the situation: Interactive effects on cellular immunity.* Poster presented at the meeting of the Psychoneuroimmunology Research Society, Utrecht, The Netherlands. (Abstract in *Brain, Behavior, and Immunity*, 15, 182.)
- Segerstrom, S.C., & Miller G.E.** (2002, May). *Stress and immunity: Historical trends and meta-analytic results.* Poster presented at the meeting of the Psychoneuroimmunology Research Society, Madison, WI.
- Castaneda, J.O., & **Segerstrom, S.C.** (2002, November). *Effect of stimulus type and worry on physiological response to fear.* Poster presented at the meeting of the Association for the Advancement of the Behavior Therapy, Reno, NV.
- Segerstrom, S.C.** (2002, November). *Repetitive thought: A dimensional approach to differentiating worry and rumination.* Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Solberg Nes, L., & **Segerstrom, S.C.** (2003, March). *Persistence, performance, and physiology: The effects of optimism and public self-consciousness during short-term exposure to a stressor.* Poster presented at the meeting of the Society of Behavioral Medicine, Salt Lake City, UT. (Abstract in *Annals of Behavioral Medicine*, 25, S154.)
- Averill, A., & **Segerstrom, S.C.** (2003, October). *From darkness, light: Depression and growth in Alzheimer's caregivers.* Poster presented at the Second International Positive Psychology Summit, Washington, DC.
- Solberg Nes, L., **Segerstrom, S.C., & Sephton, S.E.** (2003, October). *Optimism and task engagement.* Poster presented at the Second International Positive Psychology Summit, Washington, DC.
- Segerstrom, S.C.** (2004, March). *Optimism, social networks, and immunity: Understanding contrary effects.* Poster presented at the meeting of the American Psychosomatic Society, Orlando, FL. (Abstract in *Psychosomatic Medicine*, 66(1), S-A-35.)
- Solberg Nes, L., & **Segerstrom, S.C.** (2004, October). *Dispositional optimism and coping: A meta-analytic review.* Poster presented at the Third International Positive Psychology Summit, Washington, DC.

- Solberg Nes, L., & **Segerstrom**, S.C. (2005, January). *Optimism and college freshmen: Well-being, engagement, and performance*. Poster presented at the meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Segerstrom**, S.C., & Sephton, S.E. (2005, March). *Spousal illness and negative repetitive thought predict morning hypocortisolemia in older adults*. Poster presented at the meeting of the American Psychosomatic Society, Vancouver, BC, Canada. (Abstract in *Psychosomatic Medicine*, 67(1), S-A-111.)
- Segerstrom**, S.C. (2005, June). The future's so bright: Benefits and costs of optimistic beliefs for cellular immune responses. In S.C. Segerstrom & C.L. Coe (Chairs), *The person in psychoneuroimmunology*. Symposium conducted at the meeting of the Psychoneuroimmunology Research Society, Denver, CO.
- Lykins, E.L.B., **Segerstrom**, S.C., Averill, A.J., & Kemeny, M.E. (2006, January). *Managing terror by changing goal values: The Northridge earthquake and the 9/11 attacks*. Poster presented at the meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Roach, A.R., Salt, C.E., & **Segerstrom**, S.C. (2006, January). *Examining traits in repetitive thought dimensions*. Poster presented at the meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Solberg Nes, L., **Segerstrom**, S.C., Mickelwaite, T.E., Snedeker, J.L., & Miller, F.C. (2006, January). *Optimism and coping in early pregnancy*. Poster presented at the meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Segerstrom**, S.C. (2006, March). Finding benefits and health: One puzzle and three theories. In A.L. Stanton (Chair), *Finding benefits in adversity: Psychological and physiological processes*. Symposium conducted at the meeting of the American Psychosomatic Society, Denver, CO.
- Solberg Nes, L., **Segerstrom**, S.C., Mickelwaite, T.E., Snedeker, J.L., Miller, F.C. (2006, March). *Effects of early pregnancy optimism and coping on anxiety and birth outcomes*. Poster presented at the 27<sup>th</sup> Annual Meeting & Scientific Sessions for the Society of Behavioral Medicine, San Francisco, CA. (Abstract in *Annals of Behavioral Medicine*, 31, S178.)
- Segerstrom**, S.C., & Fahey, J.L. (2006, June). *Immune activation predicts depressive symptoms at 10-year follow-up*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Miami, FL. (Abstract in *Brain, Behavior, and Immunity*, 20(3).)
- Roach, A.R., **Segerstrom**, S.C., Averill, A., & Kasarskis, E.J. (2007, March). *Quality of life in amyotrophic lateral sclerosis (ALS)*. Poster presented at the meeting of the Society for Behavioral Medicine, Washington, DC. (Abstract in *Annals of Behavioral Medicine*, 33, S062).
- Salsman, J., **Segerstrom**, S., Brechting, E., Carlson, C., & Andykowski, M. (2007, March). *Post-traumatic growth and PTSD symptomatology among colorectal cancer survivors: The impact of cognitive processing*. Poster presented at the meeting of the Society for Behavioral Medicine, Washington, DC. (Abstract in *Annals of Behavioral Medicine*, 33, S037.)
- Segerstrom**, S.C. (2007, March). *Changes in optimism, resources, and health over 10 years*. Poster presented at the meeting of the Society for Behavioral Medicine, Washington, DC. (Abstract in *Annals of Behavioral Medicine*, 33, S157).
- Roach, A.R., & **Segerstrom**, S.C. (2007, June). *Neuroendocrine and immune effects of repetitive thought*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Arcachon, France. (Abstract in *Brain, Behavior, and Immunity*, 21, e34.)
- Segerstrom**, S.C. (2007, June). *How optimistic expectations improve immunity: The role of positive affect*. Paper presented at the meeting of the Psychoneuroimmunology Research Society, Arcachon, France. (Abstract in *Brain, Behavior, and Immunity*, 21, e36.)

- Segerstrom, S.C.**, & Laudenslager, M.L. (2007, June). *When is enough, enough? Generalizability of immune measures over time*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Arcachon, France. (Abstract in *Brain, Behavior, and Immunity*, 21, e36).
- Solberg Nes, L., **Segerstrom, S.C.**, & Sephton, S.E. (2007, June). *Salivary cortisol levels and personality traits in Alzheimer's caregivers*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Arcachon, France. (Abstract in *Brain, Behavior, and Immunity*, 21, e28.)
- McQueary, S., & **Segerstrom, S.** (2008, February). *I'm not that bad: Situational optimism's influence on social comparisons*. Poster presented at the meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- Segerstrom, S.C.** (2008, February). Cardiac and immune substrates of self-regulation. In C.N. Dewall & M.T. Gailliot (Chairs), *Mind and body (without scanning the brain): Basic physiological processes facilitate understanding of complex social phenomena*. Symposium conducted at the meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- Segerstrom, S.C.**, & Sephton, S.E. (2008, March). *Variability in diurnal cortisol slope: Extent, source, and predictors*. Paper presented at the meeting of the American Psychosomatic Society, Baltimore, MD.
- Evans, D.R., & **Segerstrom, S.C.** (2008, March). *Positive and negative repetitive thought predict global perceived health in older adults*. Poster presented at the meeting of the Society for Behavioral Medicine, San Diego, CA.
- Solberg Nes, L., **Segerstrom, S.C.**, de Leeuw, R., & Carlson, C.R. (2008, March). *Self-regulatory fatigue in chronic pain patients: A new index*. Poster presented at the meeting of the Society for Behavioral Medicine, San Diego, CA.
- Segerstrom, S.C.**, Schipper, L.J. & Greenberg, R.N. (2008, May). Caregiving, repetitive thought, and serum IL-6 in older adults. In S. Cavigelli & J. Capitanio (Chairs), *Individual responses to the environment: Immune and health correlates*. Symposium conducted at the meeting of the Psychoneuroimmunology Research Society, Madison, WI. (Abstract in *Brain, Behavior, and Immunity*, 22.)
- Evans, D.R., **Segerstrom, S.C.**, & Baer, R.A. (2009, February). *The effects of mindfulness and self-consciousness on persistence at a difficult task*. Poster presented at the meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Flynn, S.M., Schipper, L.J., Roach, A.R., & **Segerstrom, S.C.** (2009, February). *Gender differences in delayed-type hypersensitivity response: Effects of stress and coping in first-year law students*. Poster presented at the meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Roach, A.R., Salt, C.E., & **Segerstrom, S.C.** (2009, February). *Generalizability of repetitive thought: Examining stability in thought content and process*. Poster presented at the meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Salsman, J., Brechting, E., **Segerstrom, S.**, Carlson, C., & Andrykowski, M.A. (2009, February). *Emotional approach coping as a predictor of post-traumatic growth among colorectal cancer survivors*. Paper presented at the meeting of the American Psychosocial Oncology Society, Charlotte, NC. (Abstract in *Psycho-Oncology*, 18 (Suppl.), S7-S8.)
- Segerstrom, S.C.** (2009, February). Situational and dispositional expectancies and immunity: Beyond "little" and "big" optimism. In A.L. Geers & L.A. Neff (Chairs), *When is it adaptive to expect the best? The unique and interactive effects of different forms of optimism on well-being*. Symposium conducted at the meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Solberg Nes, L., **Segerstrom, S.C.**, de Leeuw, R., Schmidt, J.E., & Carlson, C.R. (2009, February). *Self-regulatory fatigue and chronic pain: From scale development to improving self-regulatory*

*strength*. Poster presented at the meeting of the Society for Personality and Social Psychology, Tampa, FL.

Roach, A.R., Averill, A.J., **Segerstrom**, S.C., & Kasarskis, E.J. (2009, March). *Physical function and quality of life in amyotrophic lateral sclerosis*. Citation poster presented at the meeting of the American Psychosomatic Society, Chicago, IL.

**Segerstrom**, S.C. (2009, May). Self-regulatory fatigue, stress, and the heart. In R.A. Wright (Chair), *Motivation and cardiovascular response: Fundamental processes and implications for health*. Symposium conducted at the meeting of the American Psychological Society, San Francisco, CA.

## **PROFESSIONAL ACTIVITIES**

### **Committees**

Editorial Advisory Board, *Prevention* (2006-2008)  
Membership Committee, Psychoneuroimmunology Research Society (2009- )  
National Cancer Institute IRG: NCI-J (2005-2007)  
National Institutes of Health IRG: MESH (2009-2012)  
Program Committee, American Psychosomatic Society (2005-2008)  
University Senate, University of Kentucky (2006-2009)

### **Associate Editor**

Journal of Personality and Social Psychology: Personality Processes and Individual Differences (2006-2009)  
Journal of Personality (2009 - )

### **Consulting Editor**

Brain, Behavior, and Immunity (2009-2011)  
Health Psychology (2006- )  
Journal of Personality and Social Psychology: Personality Processes and Individual Differences (2004-2006)  
Journal of Research in Personality (2005- )  
Motivation and Emotion (2008-2010)  
Psychological Review (2009- )  
Psychological Science (2007-2009)

### **Ad Hoc Reviewer**

#### Journals

American Journal of Geriatric Psychiatry  
American Journal of Psychiatry  
American Psychologist  
Annals of Behavioral Medicine  
Anxiety, Stress, and Coping  
Applied Psychology: An International Review  
Basic and Applied Social Psychology  
Behaviour Research and Therapy  
Brain, Behavior, and Immunity  
British Journal of Health Psychology  
Cognitive Therapy and Research  
Current Directions in Psychological Science  
Emotion  
European Journal of Personality  
Human Immunology

Suzanne C. Segerstrom, Ph.D.  
Curriculum Vitae

International Journal of Behavioral Medicine  
Journal of Abnormal Psychology  
Journal of Applied Social Psychology  
Journal of Behavioral Medicine  
Journal of Clinical Oncology  
Journal of Consulting and Clinical Psychology  
Journal of Experimental Psychology: General  
Journal of Individual Differences  
Journal of Personality  
Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes  
Journal of Psychopathology and Behavioral Assessment  
Journal of Psychosomatic Research  
Journal of Social and Clinical Psychology  
Molecular Psychiatry  
Motivation and Emotion  
Personality and Individual Differences  
Personality and Social Psychology Bulletin  
Perspectives on Psychological Science  
Psychological Assessment  
Psychological Bulletin  
Psychological Medicine  
Psychoneuroendocrinology  
Psycho-oncology  
Psychosomatic Medicine

#### Conferences and Organizations

American Psychological Association (Division 38, Health Psychology; Early Career Awards)  
American Psychosomatic Society  
National Institutes of Health IRGs  
    NCI-G Education  
    F12B SEP Fellowships in Psychopathology, Developmental Disabilities, Stress and Aging  
        (Chair, November 2005)  
    BBBP-D SEP Adult and Child Psychopathology, Disorders, and Mental Health  
    BBBP-G SEP Fellowships in Psychopathology and Disorders of Aging  
    BBBP-2 Biobehavioral Mechanisms of Stress and Health  
    MESH Biobehavioral Mechanisms of Emotion, Stress, and Health  
National Science Foundation  
Psychoneuroimmunology Research Society  
Society of Behavioral Medicine

#### **Lecturer**

Cortex/Mind Matters Seminars (continuing medical education) (1998-2003)

### **GRADUATES AND GRADUATE STUDENTS**

#### **Jay O. Castaneda, Ph.D. (1999 - 2005)**

Dissertation: "Understanding the Construct of and Reasons for Worry" (2004)  
Thesis: "Effect of Stimulus Type and Worry on Physiological Response to Fear" (2001)  
Department of Psychology Scientist-Practitioner Award

Suzanne C. Segerstrom, Ph.D.  
Curriculum Vitae

**Alyssa J. Averill, Ph.D. (2000 - 2008)**

Dissertation: “Emotional Disclosure in Patients with Amyotrophic Lateral Sclerosis: A Randomized Clinical Trial” (2007)

Thesis: “The Impact of Dispositional Optimism, Spirituality, and Depression on Meaning and Salivary Cortisol in Alzheimer’s Caregivers vs. Healthy Controls” (2003)

Department of Psychology Jesse G. Harris Dissertation Award

**Lise Solberg Nes (2002 - 2009)**

Dissertation: “Self-regulatory Deficits in Fibromyalgia and Temporomandibular Disorder” (2009)

Thesis: “Optimism and the Freshman Year in College” (2004)

University of Kentucky Presidential Fellow

University of Kentucky Dissertation Year Fellow

Department of Psychology Jesse G. Harris Dissertation Award

**Abbey R. Roach (2004 - )**

Dissertation: “Executive Deficits in Amyotrophic Lateral Sclerosis: Examining the Consequences of Self-Regulatory Impairment on Quality of Life”

Thesis: “Examining the Dimensions and Effects of Repetitive Thought” (2006)

University of Kentucky Charles T. Wethington Jr. Fellow

Department of Psychology Jesse G. Harris Dissertation Award

**Sarah E. McQueary Flynn (2005 - )**

Dissertation: “Shame, Guilt, and Knowledge of HPV in Women Recently Diagnosed with HPV-Related Cervical Intraepithelial Neoplasia” (Co-chair with Jamie Studts, Ph.D.)

Thesis: “An Investigation of the Situational Determinants of Repetitive Thought Purpose” (2007)

**Daniel R. Evans (2006- )**

**Tory A. Moul (2008- )**

Thesis: “Self-regulation and Liver Function: Expanding an Ecological Model”

**Jaime J. Hardy (2009- )**