

Darwin A. Guevarra

Curriculum Vitae

CONTACT INFORMATION

University of California, San Francisco
Center for Health and Community
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ACADEMIC POSITIONS

- 2021 – Present **Postdoctoral Scholar**, University of California, San Francisco, CA
Advisors: Wendy Berry Mendes & Dacher Keltner
- 2019 – 2021 **Postdoctoral Fellow**, Michigan State University, East Lansing, MI
Advisor: Jason S. Moser

EDUCATION

- 2019 **Ph.D. in Social Psychology**, University of Michigan, Ann Arbor, MI
Advisor: Ethan Kross
- 2015 **M.S. in Social Psychology**, University of Michigan, Ann Arbor, MI
Advisor: Ethan Kross
- 2013 **B.A. in Psychology**, San Francisco State University, CA
Advisor: Ryan T. Howell

RESEARCH INTERESTS

Emotion, Stress, Affect Regulation, Affective Neuroscience, Psychophysiology, Placebos, Well-Being

HONORS & AWARDS

- 2019 **Excellence in Mentorship Award**
Awarded to a graduate student for outstanding training and support of undergraduate research assistants, Department of Psychology, University of Michigan
- 2019 **SPSP Graduate Student Poster Award**
Poster awarded to the top 5 graduate student posters presented at the annual meeting of the Society for Personality and Social Psychology
- 2014 **NSF Graduate Research Fellowship, Honorable Mention**
National Science Foundation
- 2014 – 2019 **Rackham Travel Grant**
Rackham Graduate School, University of Michigan

- 2013 – 2018 **Horace H. Rackham Merit Fellowship**
Rackham Graduate School, University of Michigan
- 2013 **Horace H. Rackham Summer Institute Fellowship**
Rackham Graduate School, University of Michigan
- 2012 **Dr. Leslie and Phyllis Wong Scholarship Endowment**
San Francisco State University
- 2012 **SPSP Diversity Fund Undergraduate Registration Award**
Diversity and Climate Committee, Society for Personality and Social Psychology
- 2011 – 2013 **NIMH Career Opportunities in Research (COR) Training Grant**
National Institute of Mental Health

GRANTS

- 2020 **Co-I, (with Jason S. Moser) MSU COVID-19 Small Grant Competition**
Source: College of Social Science, Michigan State University
Project: *A pilot study testing the efficacy of placebos without deception to manage COVID-19 stress and anxiety*
Total Amount: \$5,000
- 2018 **PI, Department of Psychology Dissertation Grant**
Source: Department of Psychology, University of Michigan
Project: *Addressing response bias issues: Regulating pain with non-deceptive placebos*
Total Amount: \$1,000
- 2016 – 2017 **Co-PI, (with Jonathan Martindale) UROP Research Grant**
Source: Undergraduate Research Opportunity Program, University of Michigan
Project: *Uncertainty and pain duration*
Total Amount: \$1,000
- 2016 **PI, Rackham Summer Award**
Source: Rackham Graduate School, University of Michigan
Project: *Addressing demand characteristic effects for non-deceptive placebos*
Total Amount: \$8,000
- 2015 – 2016 **PI, UROP Research Grant**
Source: Undergraduate Research Opportunity Program, University of Michigan
Project: *Regulating emotions with placebos*
Total Amount: \$2,500
- 2014 **PI, Spring/Summer Research Grant**
Source: Rackham Graduate School, University of Michigan
Project: *Harnessing the benefits of placebos without deception to promote emotion regulation*
Total Amount: \$6,000

PUBLICATIONS

- Geers, A. L., Faasse, K., **Guevarra, D. A.**, Clemens, K. S., Helfer, S. G., & Colagiuri, B. (2021). Affect and emotions in placebo and nocebo effects: What do we know so far? *Social and Personality Psychology Compass*, e12575.
- Guevarra, D. A.**, Moser, J. S., Wager, T. D., & Kross, E. (2020). Placebos without deception reduce self-report and neural measures of emotional distress. *Nature Communications*, 11(1), 3785.
- Moser, S., Dougherty, A., Mattson, W. I., Katz, B., Moran, T. P., **Guevarra, D. A.**, Shablack, H., Ayduk, O., Jonides, J., Berman, M., & Kross, E. (2017). Third person self-talk facilitates emotional control without engaging cognitive control: Converging evidence from ERP and fMRI. *Scientific Reports*, 7(1), 4519.
- Penner, L. A., **Guevarra, D. A.**, Harper, F. W. K., Taub, J., Phipps, S., Albrecht, T. L., & Kross, E. (2016). Self-distancing buffers high trait anxious pediatric cancer caregivers against short- and longer-term distress. *Clinical Psychological Science*, 4(4), 629-640.
- Kross, E., & **Guevarra, D. A.** (2015). Self-control. *Oxford Bibliographies in Psychology*.
- Guevarra, D. A.**, & Howell, R. T. (2015). To have in order to do: Exploring the effects of consuming experiential products on well-being. *Journal of Consumer Psychology*, 25(1), 28-41.
- Zhang, J. W., Howell, R. T., Caprariello, P. A., & **Guevarra, D. A.** (2014). Damned if they do, damned if they don't: Material buyers are not happier from material or experiential consumption. *Journal of Research in Personality*, 50(1), 71-83.
- Howell, R. T., & **Guevarra, D. A.** (2013). Buying happiness: Differential consumption experiences for material and experiential purchases. In A. M. Columbus (Ed.), *Advances in psychology research* (Vol. 98, pp. 57-69). Hauppauge, NY: Nova Science Publishers.

MANUSCRIPTS UNDER REVIEW

- Guevarra, D.A.**, Louis, C., Gloe, L. M., Russman Block, S., Kashy, D., Klump, K. L., & Moser, J.S. (Under Review). Examining a window of vulnerability for affective symptoms in the mid-luteal phase of the menstrual cycle.

SELECTED MANUSCRIPTS IN PREPARATION

- Guevarra, D.A.**, Moros, J.N., Webster, C., Kross, E., & Moser, J.S. (In prep). Effects of open-label placebos administered through telehealth on COVID-related stress, anxiety, and depression.
- Guevarra, D.A.**, Velehorsch, T., Druskovich, C., Geers, A.L., & Ellsworth, P. C. (In prep). Differential effects of temporal information on the experience of physical pain and emotional distress.
- Guevarra, D. A.**, Colloca, L., & Geers, A. L. (In prep). Lay beliefs about non-deceptive placebo interventions.

Guevarra, D. A., Kross, E., & Moser, J. S. (In prep). Leveraging placebo effects in emotion regulation.

INVITED AND DEPARTMENTAL TALKS

Guevarra, D.A. (2020, November). *Advancing the Viability of Using Non-Deceptive Placebos to Regulate Affect and Affect-Related Conditions*. Presentation at the Social Psychology Brown Bag Speaker Series, Department of Psychology, University of Virginia.

Guevarra, D.A. (2019, September). *Are they real? Examining the regulatory effects of non-deceptive placebos on emotional distress*. Presentation at the Clinical Science Forum, Department of Psychology, Michigan State University, East Lansing, MI.

Guevarra, D. A., Moser, J. S., & Kross, E. (2019, May). *Are they real? Regulating emotional distress with non-deceptive placebos*. Presentation at the Social and Mind, Brain, and Behavior Brown-bag Speaker Series, San Francisco State University, San Francisco, CA.

Guevarra, D. A., Moser, J.S., & Kross, E. (2018, March). *Outsourcing regulation: Regulating emotions with non-deceptive placebos*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, MI.

Guevarra, D. A., & Kross, E. (2015, May). *Regulating emotions with non-deceptive placebos*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, MI.

Guevarra, D. A., & Kross, E. (2014, May). *The belief effect: Harnessing the benefits of placebos without deception in regulating emotions*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, MI

Guevarra, D. A., & Howell, R.T. (2013, May). *Buying happiness: Differential consumption experiences for material and experiential purchases*. Presentation at the Social and Mind, Brain, and Behavior Brown-bag Speaker Series, San Francisco State University, San Francisco, CA.

Guevarra, D. A., & Howell, R. T. (2012, April). *The iPad problem: What's between a material and experiential purchase?* Presentation at the Social and Mind, Brain, and Behavior Brown-bag Speaker Series, San Francisco State University, San Francisco, CA.

CONFERENCE PRESENTATIONS

Velehorsch, T., Winters, A.M., **Guevarra, D.A.**, & Moser, J.S. (2021, May). *Examining a window of vulnerability for affective symptoms in the mid-luteal phase of the menstrual cycle*. Presentation accepted at the annual meeting for the Association of Psychological Science. (Conference held online)

Guevarra, D.A., Moser, J.S., Wager, T.D., & Kross, E. (2021, May). *Placebos without deception reduce self-report and neural measures of emotional distress*. Presentation accepted at the 2021 Society for Interdisciplinary Placebo Studies, Baltimore, Maryland. (Conference will be held online)

- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2020, October). *Placebos without deception reduce self-report and neural measures of emotional distress*. Presentation at the Michigan Regional Postdoctoral Symposium, East Lansing, MI. (Conference held online)
- 2020 Winner of Michigan Regional Postdoc Research Talk Competition
- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2020, October). *Advancing the viability of non-deceptive placebos to improve physical and psychological health*. Presentation at the annual meeting of the Society for Psychophysiological Research, Vancouver, Canada. (Conference held online)
- Guevarra, D.A.**, Moser, J.S., Wager, T.D., & Kross, E. (2020, April). *Are they real? Non-deceptive placebos reduce self-reported and a neurological marker of emotional distress*. Presentation at the annual meeting of the Society for Affective Science, San Francisco, CA. (Conference cancelled)
- Moser, J.S., Kross, E., & **Guevarra, D.A.** (2019, September). Insights on explicit and implicit emotion regulation from electrophysiology. Paper presented in S. Schindler (Chair), *Electrocortical responses in emotion processing – Insights from healthy participants, amygdala-resection, and psychopathological patients*. Symposium conducted at the annual meeting of the Society for Psychophysiological Research, Washington, D.C.
- Howell, R. T., Vu, T., & **Guevarra, D. A.**, (2019, February). Some of the best things in life are things. Paper presented in G. E. Donnelly (Chair), *The upside of material consumption: Exploring the psychological value of material goods*. Symposium conducted at the annual meeting of the Society for Consumer Psychology, Savannah, GA.
- Guevarra, D. A.**, Howell, R. T., & Pchelin, P. (2013, January). *In pursuit of happiness: Which purchases live up to expectations?* Paper presented in A. Kumar (Chair) and T. Gilovich (Co-Chair), *On doing and having: 10 years of answers to “The Question” of experimental versus material consumption*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Guevarra, D. A.**, & Howell, R. T. (2012, May). *Is my iPad a material item? Addressing the fuzzy purchase conundrum*. Presentation at the Annual Student Research Competition at California State University Long Beach, Long Beach, CA.
- Winner of the San Francisco State University CSU Student Research Competition
 - First Place Winner of the CSU 26th Annual Student Research Competition

SELECTED CONFERENCE POSTER PRESENTATIONS

*Indicates undergraduate student mentee

- *Moros, J.A., *Subramaniam, S., *Lind, B.M., **Guevarra, D.A.**, & Moser, J.S. (2021). *Examining trait anxiety as a moderator of non-deceptive placebo effects in reducing COVID-19 related stress*. Annual University Undergraduate Research and Arts Forum at Michigan State University, East Lansing, MI.

- *Subramaniam, S., *Moros, J.M., *Alsabeh, D.R., *Nallabelli, A., *Nallabelli, N., & **Guevarra, D.A.**, & Moser, J.S. (2021). *The influence of experimenter warmth and competence on the efficacy of non-deceptive placebos in reducing COVID-19 related stress*. Annual University Undergraduate Research and Arts Forum at Michigan State University, East Lansing, MI.
- 2021 Winner of the Undergraduate Research and Arts Forum Outstanding Poster Award
- *Eckerle, W., Winters, A., & **Guevarra, D.A.** (2020, February). *Psychological and demographic predictors of open-label placebo endorsement*. Society of Personality and Social Psychology, New Orleans, LA.
- *Velehorsch, T., Martindale, J., *Sgambati, T.J., Ellsworth, P. C., & **Guevarra, D.A.** (2020, February). *Differential effects of knowledge duration on pain and negative feelings*. Society of Personality and Social Psychology, New Orleans, LA.
- 2020 2nd Place Winner of the Undergraduate Student Poster Award at SPSP
- *Eiroa-Solans, C., *Sgambati, T. J., *Bogen, A., & **Guevarra, D.A.** (2020, February). *Situational context in polyregulation: Intensity and controllability*. Society of Personality and Social Psychology, New Orleans, LA.
- *Bogen, A., *Shoha, S., *Eiroa-Solans, C., *Sgambati, T.J., Geers, A. L., & **Guevarra, D.A.** (2020, February). *Social perceptions of non-deceptive placebo believers and responders*. Society of Personality and Social Psychology, New Orleans, LA.
- Guevarra, D. A.**, Moser, J. S., & Kross, E. (2019, February). *Are they real? Non-deceptive placebos reduce emotional reactivity in both self-report and EEG data*. Society for Personality and Social Psychology, Portland, OR.
- 2019 Winner of the Graduate Student Poster Award at SPSP
- *Sgambati, T. J., *Solans, C. E., *Rich, R. K., & **Guevarra, D.A.** (2019, February). *Strategy selection: Emotional contexts and frequency of use*. Society for Personality and Social Psychology, Portland, OR.
- Guevarra, D. A.**, & Kross, E. (2016, January). *Believe it or not: Regulating negative emotions with non-deceptive placebos*. Society for Personality and Social Psychology, San Diego, CA.
- Guevarra, D. A.**, & Howell, R. T. (2015, February). *The iPad problem: The effects of experiential products on well-being*. Society for Personality and Social Psychology, Long Beach, CA.
- Guevarra, D. A.**, & Howell, R. T. (2014, February). *More than happiness: The eudaimonic benefits of experiential products and experiential purchases*. Society for Personality and Social Psychology, Austin, TX.
- Guevarra, D. A.**, & Howell, R. T. (2013, January). *Is my iPad a material or experiential purchase? Exploring the benefits of material purchases that provide experiences*. Society for Personality and Social Psychology, New Orleans, LA.
- Guevarra, D. A.**, & Howell, R. T. (2012, May). *The gray area between purchase types: The iPad problem*. Annual Graduate Research and Creative Works Showcase at San Francisco State University, San Francisco, CA.

Guevarra, D. A., Pchelin, P., & Howell, R. T. (2012, April). *Influence of experiential buying tendency on purchasing forecasts and experiences*. Western Psychological Association, San Francisco, CA.

Guevarra, D. A., Pchelin, P., & Howell, R. T. (2012, January). *The influence of materialism on purchasing forecasts and experiences*. Society for Personality and Social Psychology, San Diego, CA.

SELECTED NEWS COVERAGE

“The weird science of the placebo effect keeps getting more interesting.” (May 5, 2021). *Vox*.

“Can Placebos Work—Even When Patients Know They’re Fake?” (October 20, 2020). *Wired*.

“If You Believe a Placebo Reduces Negative Feelings, It Might” (August 9, 2020). *Psychology Today*.

“Feeling Stressed? Try Talking to Yourself, But in Third Person” (July 28, 2017). *Newsweek*.

“Silent Third Person Self-Talk Facilitates Emotion Regulation” (July 28, 2017). *Psychology Today*.

“How Money Can Buy You Happiness” (May 28, 2015). *Men’s Health*.

“Actually, Some Material Goods *Can* Make You Happy” (August 1, 2014). *The Atlantic*.

MENTORING AND ADVISING

Postdoc Independent Study Supervisor at Michigan State University

2021: Sharanya Subramaniam. *The influence of experimenter warmth and competence on the efficacy of non-deceptive placebos in regulating emotional distress*

Postdoc Mentor for Provost’s Undergraduate Research Initiative at Michigan State University

2020 – 2021: Jade N. Moros

Undergraduate Research Team at Michigan State University

2018 – 2021: Supervised 15+ research assistants

Undergraduate Research Team at University of Michigan: Mind & Body Research Group

2013 – 2019: Supervised 40+ research assistants

Undergraduate Research Opportunity Program (UROP) Mentor

2018 – 2019: Amber Mahmood and Rachael Rich

2016 – 2017: Sarnath Chari, Anusha Garg, Mandy Coterillo, and Lauren Patrick

2015 – 2016: Michaela Milillo, Holly Koperski, Summer Stern, and Gene Bell III

2014 – 2015: Nadja Beattie and Zain El-Amir

Undergraduate Senior Thesis Students

2016 – 2017: Jonathan Martindale. *The effects of knowing: How beliefs of pain duration impact subjective pain* (Co-advised with Phoebe Ellsworth)

2014 – 2015: Lawrence Y. Tello. *Beliefs influence the consequences of expressive suppression*
(Co-advised with Shinobu Kitayama and Ethan Kross)

Summer Research Advisor

Spring/Summer 2016: Beverlin del Rosario, Summer Research Opportunity Program (SROP)

Spring/Summer 2015: Juan Contreras, Community College Summer Researcher Fellowship Program

TEACHING EXPERIENCE

Note: Student ratings were on a 1-5 Likert Scale from “strongly disagree” (1) to “strongly agree” (5)

Practical Research Methods for Social and Personality Psychology (Winter 2019)

Role: Primary/Sole Instructor

Responsibilities: designed a class for students to experience the research process from idea conception to manuscript writing, lectured, created class modules that teaches concrete research skill sets such as coding in R and designing a Qualtrics survey, created writing assignments, graded, held office hours, and facilitated discussions.

Number of Students: 13

Overall, the instructor was an excellent teacher: Mean = 4.75; Median = 5.00

Introduction to Social Psychology (Fall 2018)

Role: Primary/Sole Instructor

Responsibilities: designed class syllabus, lectured, created writing assignments, created and administered exams, graded, held office hours, and facilitated discussions.

Number of Students: 15

Overall, the instructor was an excellent teacher: Mean = 5.00; Median = 5.00

Research Methods in Psychology (Winter 2018)

Role: Graduate Student Instructor with Dr. Colleen Seifert

Responsibilities: designed class syllabus, held two weekly sessions for approximately 20 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administer exams.

Number of Students: 37

Overall, the instructor was an excellent teacher: Mean = 5.00; Median = 5.00

Research Methods in Psychology (Fall 2017)

Role: Graduate Student Instructor with Dr. Julie Boland

Responsibilities: held two weekly sessions for approximately 20 students each, led class and group discussions, held office hours, graded writing assignments, and administered quizzes.

Number of Students: 36

Overall, the instructor was an excellent teacher: Mean = 4.27; Median = 5.00

Introduction to Social Psychology (Summer 2017)

Role: Primary/Sole Instructor

Responsibilities: designed class syllabus, lectured, created writing assignments, created and administered exams, graded, held office hours, and facilitated discussions.

Number of Students: 30

Overall, the instructor was an excellent teacher: Mean = 4.77; Median = 5.00

Research Methods in Psychology (Winter 2017)

Role: Graduate Student Instructor with Dr. Colleen Seifert

Responsibilities: designed class syllabus, held two weekly sessions for approximately 20 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administer exams.

Number of Students: 44

Overall, the instructor was an excellent teacher: Mean = 4.94; Median = 5.00

Introduction to Social Psychology (Fall 2016)

Role: Graduate Student Instructor with Dr. Carla Grayson

Responsibilities: designed class syllabus, held three weekly sessions to approximately 25 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administered exams.

Guess Lectured: “How to feel happier and feel less bad”

Number of Students: 78

Overall, the instructor was an excellent teacher: Mean = 4.82; Median = 5.00

Introduction to Social Psychology (Fall 2014)

Role: Graduate Student Instructor with Dr. Allison Earl

Responsibilities: designed class syllabus, held three weekly sessions to approximately 25 students each, led class and group discussions, held office hours, graded writing assignments, helped create and administered exams.

Number of Students: 70

Overall, the instructor was an excellent teacher: Mean = 4.35; Median = 5.00

Psychological Statistics (Spring 2013)

Role: Teaching Assistant with Dr. Ryan T. Howell

Responsibilities: assisted students with in-class group work and homework, held office tutoring hours, and organized and conducted review sessions.

Physiological Psychology (Fall 2012)

Role: Teaching Assistant with Dr. Mark W. Geisler

Responsibilities: held office tutoring hours, organized and conducted review sessions, and administered and graded exams.

Guess Lectured: “The neural architecture of (some) emotion regulation strategies: Attentional distraction and reappraisal”

PROFESSIONAL SERVICE

Diversity and Outreach Committee Member, SPR (2020 – Present)

Assist in expanding the representation of the Society for Psychophysiological Research’s membership and promote diversity in the science and profession.

Regional Postdoc Symposium Organization Committee Member, MSU (2020)

Assisted in organizing the 2020 Michigan Regional Postdoc Symposium held at Michigan State University, East Lansing.

Student Academic Affairs Committee Member, University of Michigan (2017 – 2018)

One graduate student annually selected in Social Psychology area to contribute in reviewing and making decisions on policy related to graduate and undergraduate programs in the Department of Psychology at the University of Michigan, Ann Arbor.

UM Psychology Department Associate (2016 – 2017)

Two graduate students annually selected in Social Psychology area to contribute to Department Faculty meetings.

Asian/Asian American Psychology Student Association Co-Chair (2015 – 2016)

Department of Psychology at the University of Michigan, Ann Arbor.

Rackham Merit Fellowship Graduate Student Advisory Council Member (2015 – 2016)

Selected Rackham Merit Fellows to contribute in making decisions on how to professionally, academically, and socially support Rackham Merit Fellows at the University of Michigan.

Public Relations Officer for Psi Chi, SFSU (2011 – 2012)

San Francisco State University, San Francisco, CA.

EDITORIAL SERVICE

Ad Hoc Reviewer (Journals):

Brain Connectivity
Cognition and Emotion
Design Science
Eating and Weight Disorders
International Journal of Psychophysiology
Journal of Economic Psychology
Journal of Neuroscience Research
Journal of Personality and Social Psychology
Journal of Positive Psychology
Psychophysiology

Ad Hoc Reviewer (Conferences):

Society for Personality and Social Psychology (2013, 2015, 2021)
Mid-Michigan Symposium on Undergraduate Research Experiences (2020)
Association for Psychological Science (2014)

PROFESSIONAL ORGANIZATIONS

Society for Personality and Social Psychology
Society for Affective Science
Association for Psychological Science
Society for Psychophysiological Research
Society for Interdisciplinary Placebo Studies

ADVANCED TRAINING

Professional Grant Development Workshop (2018)

Western Michigan University, Kalamazoo, MI

Bio Social Methods: Integrating biological and social science methods (2015 – 2016)

Bio Social Methods Collaborative, University of Michigan, Ann Arbor, MI

Structural Equation Modeling in Longitudinal Research (2015)

American Psychological Association (APA), Advanced Training Institute, Arizona State University, Tempe, AZ

Training Course in fMRI (2014)

University of Michigan, Functional MRI Laboratory, Ann Arbor, MI

Summer Program in Quantitative Methods of Social Research (2013)

Inter-university Consortium for Political and Social Research (ICPSR), University of Michigan Ann Arbor, MI

Courses taken: Mathematics for Social Scientist I; Introduction to Computing; Regression Analysis I; Regression Analysis II

REFERENCES

Ethan Kross, Ph.D.

Professor of Psychology
Director of the Emotion and Self-Control Lab
Department of Psychology, Social Area
University of Michigan, Ann Arbor
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Jason S. Moser, Ph.D.

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Director of the Clinical Psychophysiology Lab
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