

John A. Updegraff

April 2011

Personal Information

Department of Psychology
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Kent State University
Kent, OH 44242
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Academic Appointments

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

Education

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

Awards And Honors

- 2010 Elected to membership as Fellow, *Society of Experimental Social Psychology*
- 2010 Top Ten Most Cited Article from *JESP* 2005-2009 for Updegraff et al (2007)
- 2009 Fellow, *Summer Institute on Social/Personality Psychology and Health*, National Cancer Institute
- 2007 Fellow, *Summer Institute for Informed Patient Choice*, Dartmouth Institute for Health Policy and Clinical Practice
- 2006- Editorial Board, *Personality and Social Psychology Bulletin*
- 2003 Martin E. P. Seligman Award for Outstanding Dissertation Research in Positive Psychology (Honorable mention)
- 2002 Society for Personality and Social Psychology Student Publication Award (Honorable mention for Updegraff, Taylor, Kemeny & Wyatt)
- 2002 Positive Psychology Travel Grant
- 2001 RAND Graduate Student Summer Associate

- 2001 Harold H. Kelley Award for Best Basic Research Paper in Social Psychology, UCLA
2001 Graduate Division Conference Travel Grant Award, UCLA
1999 NIMH Predoctoral Training Fellowship in Health Psychology, UCLA
1998 NSF Graduate Research Fellowship (Honorable mention), UCLA
1997 University Fellowship, UCLA
1997 NSF Graduate Research Fellowship (Honorable mention), UC Irvine
1996 Excellence in Research Award, UC Irvine
1995 Presidential Undergraduate Research Fellowship, UC Irvine
1994 Phi Beta Kappa, UC Irvine
1991 Chancellor's Scholarship, UC Irvine
1991 Regent's Scholarship, UC Irvine
1991 Valedictorian, Costa Mesa High School, Costa Mesa, California

Peer-Reviewed Publications

Note: Student authors in bold.

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

Gallagher, K. M., Updegraff, J. A., Rothman, A.J., & Sims, L. (in press). Perceived risk of breast cancer moderates the effect of gain- and loss-framed messages on mammography. *Health Psychology*.

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

Gallagher, K. M., & Updegraff, J. A. (in press). When "fit" leads to fit and when "fit" leads to fat: How message framing and intrinsic v. extrinsic exercise outcomes interact in promoting physical activity. *Psychology and Health*.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Book Chapters

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

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

Grants Awarded

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

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

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

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

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

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

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

Conference Presentations

Note: Student authors in bold.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Invited Talks

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

Reviewing

Editorial Board, *Personality and Psychology Bulletin*

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

Ad-Hoc Reviewer for Grant Proposals:

- *Social Sciences and Humanities Research Council of Canada*
- *Anthony Marchionne Foundation, Small Grants Program*

Ad-Hoc Reviewer

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

- *Psychology and Health*
- *Psycho-Oncology*

Teaching

Principal Instructor, Kent State University Department of Psychology

- Social Psychological Perspectives on Well-Being (*Fall 2005; Fall 2007*)
- Graduate Social Psychology (*Spring 2005; Spring 2007; Spring 2008; Spring 2009*)
- Health Psychology (*Spring 2005; Fall 2005; Fall 2006; Spring 2009*)
- General Psychology (*Fall 2006; Fall 2008; Fall 2009*)
- Honors General Psychology (*Fall 2004; Spring 2006; Spring 2008*)

Principal Instructor, UCLA Department of Psychology

- Introductory Psychology

Teaching Assistant, UCLA Department of Psychology

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

Advising

Primary advisor:

- **Christina Hill, M.A.**, Dissertation
 - “Assessing the relationship between mindfulness, borderline features and emotional awareness in young adults”
- **Amber Emanuel, M. A.**, Dissertation Prospectus
 - “Self affirmations counter self control depletion”
- **Amber Emanuel, M. A.**, Masters thesis
 - “The role of mindfulness in affective forecasting.”
- **Kristel M. Gallagher, M.A.**, Dissertation Prospectus
 - “Helping older adults sustain their gains: A theory-based intervention to promote adherence to home exercise following physical therapy.”
- **Kristel M. Gallagher, M.A.**, Masters thesis
 - “It’s the thought that counts: Framed exercise outcomes differentially influence physical activity in young adults”
- **Giovanni Garofalo, M.A.**, Masters thesis
 - “The effects of social comparisons on happiness in a motivational context.”
- **Danielle Graham, B.A.**, Undergraduate honors thesis
 - “Motivation’s Role in Health Message Framing”

Dissertation committee member:

Abbey Tissot, Andrew Schlegelmilch, Annie St. Hilaire, Anya Benitez, Christina Graor (Sociology), Emily Haigh, Jason Seacat, Katie Horsey, Melanie Tabak, Pam Hunt (Sociology), Stephanie Miller, Taryn Myers

Thesis committee member:

Crystal Gabert, Cynthia Khan, Effie Linardatos, Elizabeth Casey, Emily Haigh, Faith Luyster, Frank Kenner, Gwendolyn Kiste, Jen Aakre, Jude Chamberlain, Kelly Stanek, Meggan Donahue, Melanie Tabak, Nicholas Anderson, Nicolle Singer, Stephanie Miller, Susanne Biehle, Tom Geaghan, Vivek Venugopal.

Undergraduate research supervisor:

Aaron Sahle, Amanda Rogers, Angela Porter, Aron Wilson, Chelsea Kociuba, Cody Polack, Danielle Graham, Danielle Seidita, David Kalmbach, Doug Zubik, Heather Seedhouse, Jacob Roope, Jared Slanina, Jennifer Regal, Jessica Runion, Jillian Jarosz, Joe Ranallo, Kelsey Diadiun, Kimberly Kostura, Kristen Butcher, Kristy Soloski, Kylan Ward, Meredith Snyder, Rachel Noles, Susan Hannan, Susan Zalac, Vanessa Potter

Professional Associations

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