

ETHAN KROSS

University of Michigan

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EDUCATION

COLUMBIA UNIVERSITY (2001-2007)

MA, MPHIL, PhD in Psychology (Advisor: Walter Mischel)

UNIVERSITY OF PENNSYLVANIA (1997-2001)

BA *magna cum laude* in Psychology (departmental honors), minor in religious studies

EMPLOYMENT

Area Chair, Social Psychology, University of Michigan (2023–current)

Faculty Lead, Innovation, Eisenberg Family Depression Center, University of Michigan (2023–current)

Professor, Management & Organizations, Ross School of Business, University of Michigan (2020–current)

Professor, Department of Psychology, College of LSA, University of Michigan (2016–current)

Associate Professor, Department of Psychology, College of LSA, University of Michigan (2013–2016)

Assistant Professor, Department of Psychology, College of LSA, University of Michigan (2008–2013)

Faculty Associate, Center for Positive Organizations, Ross School of Business (2021–current)

Faculty Associate, Research Center for Group Dynamics, ISR (2008–current)

Faculty Affiliate, University of Michigan Center for Human Growth and Development (2019–2020)

Faculty Affiliate, University of Michigan Depression Center (2008–current)

Faculty Affiliate, Center for Culture, Mind and Brain, University of Michigan (2009–current)

Post-Doctoral Research Fellow, Social & Affective Neuroscience, Columbia University (2007–2008)

SELECTED AWARDS

- **Fellow, American Association for the Advancement of Science (AAAS; 2024)**, Awarded “*for distinguished and broad contributions to the science of emotion regulation and dedication to applying that science for the betterment of all people.*”
- **Faculty Recognition Award, University of Michigan (2019)**, Awarded for demonstrating outstanding achievements in scholarly research and/or creative endeavors; excellence as a teacher, advisor and mentor; and distinguished participation in service activities.

- **Inaugural John A. Swets Memorial Award for Excellence in Collaborative Research in Psychological Science (2019)**, *Awarded biennially to honor the research of University of Michigan faculty who are engaged in ongoing and potentially transformative collaborative research across disciplinary boundaries.*
- **Fellow, Society of Personality and Social Psychology (2018)**
- **John Dewey Award, University of Michigan (2016)**, *Awarded annually by the College Executive Committee to a Full Professor who models the full range of John Dewey's talents: scholarly productivity, provision of leadership, and engagement with and care for students.*
- **Fellow, Association for Psychological Science (2014)**
- **Individual Award for Outstanding Contributions to Undergraduate Education, College of Literature Science and Arts, University of Michigan (2014)**
- **Janet Taylor Spence Award, Association for Psychological Science (2014)**, *Awarded annually for transformative early career contributions to psychological science.*
- **Inaugural Early Career Investigator Award, Federation of Associations in Behavioral & Brain Sciences, Society of Experimental Social Psychology (2014)**, *Awarded every three years to a SESP member who has made major research contributions to the sciences of mind, brain, and behavior during the first 10 years post-PhD.*
- **SAGE Young Scholars Award, Foundation for Personality and Social Psychology (2013)**, *Awarded to early-career faculty who "have demonstrated exceptional individual achievements in social and/or personality psychology, conducting research that places them at the forefront of their peers."*
- **"Rising Star," Association for Psychological Science (2013)**
- **University of Michigan Class of 1923 Memorial Teaching Award (2013)**, *Awarded by the College Executive Committee to a newly tenured Associate Professor who has demonstrated outstanding undergraduate teaching.*
- **Brenda A. Milner Award, Division 6 of the American Psychological Association (2012-2013)**, *Recognizes the author of an outstanding paper in the field of behavioral neuroscience or comparative psychology*
- **Fellow, Society of Experimental Social Psychology (2012)**
- *Science* Editor's Choice Article (2010)
- **Summer Institute in Cognitive Neuroscience Fellowship, UC Santa Barbara (2007)**
- *Science* Editor's Choice Article (2005)
- **Richard Christie Memorial Fellow, Columbia University, Psychology (2005-2006)**
- **Phi Beta Kappa, University of Pennsylvania (2001)**
- **Nathan Appleman Scholarship, University of Pennsylvania (2000-2001)**

GRANTS

- 2019 - 2024 **PI** (w/Angela Duckworth), John Templeton Foundation, “The Toolbox Project: A Randomized Controlled Trial”
Total Amount: \$1,500,000
- 2019 - 2021 **Co-I** (PI: Susan Gelman) John Templeton Foundation, “From ‘Me’ to ‘We’: Children’s Attention to Kindness, Caring, and Consideration for Others Through Perspective Shifts in Language”
Total Amount: \$194,830
- 2016 – 2021 **Co-I; PI on a subcontract** (PI: Kristen Lindgren), NIAAA RO1, “Evaluating Change in Drinking Identity as a Mechanism for Reducing Hazardous Drinking”
Total Amount: \$2,878,442
Subcontract Amount: \$122,456
- 2016 – 2019 **PI** (w/Angela Duckworth), John Templeton Foundation & The Character Lab, “The Toolbox Project: Changing the Way Children Learn About Self-Control”
Total Amount: \$1,123,825
- 2015 – 2017 **PI** (w/Warren Herold), The Self, Motivation & Virtue Project, “The Virtue of Self-Distancing”
Total Amount: \$189,981
- 2015 – 2017 **PI**, Riverdale Country School, “Teaching Self-Control”
Total Amount: \$195,000
- 2014 - 2015 **PI** (w/Jason Moser), National Science Foundation RAPID, “Nudging People Towards Rationality: Harnessing Language to Reduce Ebola Hysteria”
Total Amount: \$120,000
- 2013 - 2015 **PI** (w/Ozlem Ayduk), The Character Lab, “Cultivating Young Minds: Training Self-Distancing to Promote Self-Control, Emotional Intelligence, and Academic Performance.”
Total Amount: \$250,000
- 2013 - 2018 **Consultant**, NIMH RO1 (PI: Tor Wager), “Brain Mechanisms of the Placebo Response and Their Relation to Regulatory Processes.”
Total Amount: \$5,478,524
- 2013 - 2016 **Consultant**, NSF (PIs: Rudy Mendoza-Denton, Ozlem Ayduk), “Interpersonal and Intrapersonal Mechanisms in Improving Mentoring Relationships for URM Students in STEM Fields.”
Total Amount: \$498,710
- 2012 - 2015 **PI** (w/Angela Duckworth and Stephanie Carlson), John Templeton Foundation, “Fostering Self-Control: Strategies that Facilitate Working, Waiting, and Emotion Regulation.”
Total Amount: \$1,280,000
Subcontract Amount: \$270,062

- 2012 - 2014 **PI** (w/Ozlem Ayduk), John Templeton Foundation, “From Good Intentions to Virtue: Training Self-Distancing to Promote Prosocial Affect, Cognition, and Behavior.”
Total Amount: \$130,108
Subcontract Amount: \$68,037
- 2011 – 2014 **Co-I** (PI: Robert Sellers), NSF, “African American Racial Identity and Coping with Racial Stressors.”
Total amount: \$449,163
- 2011 - 2012 **PI**, Depression Center Community Volunteer Committee, “Developing a Self-Distancing Intervention for Major Depressive Disorder.”
Total Amount: \$2,500
- 2010 - 2011 **Co-I** (PIs: Scott Peltier, Patricia Deldin, Edward Domino), Michigan Institute for Clinical and Health Research (MICHR), “NMDA Antagonism: Target of Drug Discovery for Depression and Pain.”
Total Amount: \$46,404
- 2010 – 2011 **Co-I** (PIs: Katherine Krpan & John Jonides), Michigan Institute for Clinical and Health Research (MICHR), “The Efficacy and Mechanisms of Expressive Writing as a Treatment for Depression Following Traumatic Brain Injury.”
Total Amount: \$50,000
- 2010 **PI**, University of Michigan Summer Research Grants Program, “Boosting Wisdom Via Psychological Distancing.”
Total Amount: \$6,000
- 2006 – 2008 **PI**, (Predoctoral Fellowship), NIMH RSA, “Enabling Adaptive Processing of Negative Experiences.”
Total Amount: \$81,844 (declined after 2007 to start postdoc)
- 2002 - 2005 **PI**, NSF Graduate Fellowship
Total Amount: \$109,500

SELECTED INVITED TALKS & WORKSHOPS

2023

Microsoft

Association of Independent Schools in New England, Keynote

University of Michigan Health Clinical Leadership Meeting

Maize x Blue Marketing and Communications Summit - University of Michigan, Keynote

Event: Medical Education Faculty Symposium - University of Michigan Medicine, Keynote

Learning and the Brain, Keynote

US Air Force

Spring Arbor University

Warsaw Institute for Social Research

2022

Harvard School of Public Health (Fall 2022 & Spring 2022)
Ohio State University
Yale University
Queens University, Distinguished Lecture
Carleton University
Midwestern Psychological Association, Invited Presidential Address
University of Michigan Center for Positive Organizational Scholarship, Keynote
University of Texas, Austin
Kauffman Foundation
Menlo Park School District
Workday

2021

Dyson Deans Distinguished Speaker, SC Johnson College of Business, Cornell
Microsoft
Apple Books and Fitness
Positive Business Conference, Ross Business School
TEDx Gateway
South by Southwest (SXSW) Festival
Harvard Kennedy School Alumni
Harvard Psychology Department
Jewish Federation
Happify
MadeFor
Dell
London Business Forum
Kumano
Next Big Idea Club
University of Michigan Alumni Club, Washington D.C.
Big Idea Speaker Series, Rotman School of Management, University of Toronto
Wharton Behavior Change for Good Talk Series
Boston College
Life Improvement Science Conference

2020

Society for Affective Sciences, San Francisco, CA (Cancelled due to COVID)
Osher Lifelong Learning Institute (Keynote), University of Michigan
Society for the Study of Motivation, New Orleans, LA
Carleton University
University of Toledo
Clayton County School District (Keynote), GA
LGBTQ-LA (Keynote)
Edutopia (Keynote)

2019

Ross School of Business
University of Chicago
Harvard Business School

Yale School of Management
Ohio State University Center for Ethics and Human Values (Keynote)
Michigan State University
Midwestern Psychological Association (Plenary Speaker), Chicago, IL
Sydney Symposium of Social Psychology, Visegrad, Hungary
Netherlands National Institute for Advanced Sciences Workshop on Stress Inhibition, Netherlands
Association for Psychological Science, Cross-Cutting Theme Symposium, Washington D.C.
International Convention of Psychological Science, Paris

2018

Kellogg School of Management, Northwestern University
4th International Symposium on Resilience Research, Mainz, Germany
Cold Spring Harbor Laboratory, Digital Media and Developing Minds
John Templeton Foundation, Character Virtue Development Meeting
Association for Cognitive & Behavioral Therapies, ABCT, Washington D.C.
Society for Social and Personality Psychology, SPSP, Atlanta
Close Relationships Preconference, SPSP, Atlanta

2017

Booth School of Business, University of Chicago
University of Oregon, Colloquium
Education Summit (Plenary Speaker), Philadelphia
Small Group Meeting on Ostracism, Social Exclusion, and Rejection, Lucerne, Switzerland
Cleveland Metrohealth Conference (Plenary Speaker)
Staff Development Lecture, Psychology Department, University of Michigan
Social Psychology in the 21st Century Preconference, SPSP, San Antonio
Psychology of Technology Preconference, SPSP, San Antonio

2016

Columbia University, Colloquium
New Directions in the Psychology of Technology Research Conference, USC
Neuroleadership Summit, New York
International Conference Psychological Science, Fukuyama, Japan
Ann Arbor Public Library Public Lecture, Ann Arbor
Emotions Preconference, Society for Personality and Social Psychology, San Diego
Friedman Brain Institute Translational Neuroscience Seminar Series, Mt. Sinai

2015

Yale University
Cornell University
B.F. Skinner Lecture, Association for Behavior Analysis International
Fitts Banquet (Keynote), University of Michigan
University of St. Thomas
IPSR Colloquium, University of California, Berkeley
Interdisciplinary Moral Forum, Marquette University
Vassar College

2014

Lyman Briggs College Speaker Series, Michigan State University
Peer-to-Peer Depression Awareness Campaign, University of Michigan
University of Michigan Clinical Psychology Speaker Series

University of Michigan Social Psychology Speaker Series
Character Lab, Best Practices Research Symposium
Association for Psychological Science, Science and Technology Symposium
Wayne State University
Depression on College Campuses Conference, Ann Arbor
Tanner Lecture Symposium (Moderator), Ann Arbor
2nd International Consortium of Cultural Neuroscience Meeting (Discussant).
Consortium for Research on Emotional Intelligence in Organization (Keynote)
Ross School of Business, Interdisciplinary Committee on Organization Studies Speaker Series
University of Michigan Clinical Child Psychology Speaker Series
University of Michigan Cognition and Cognitive Neuroscience Speaker Series

2013

White House, Psychological Science & Behavioral Economics in the Service of Public Policy
The Ohio State University
University of Waterloo Social Psychology Speaker Series
Life Course Development (LIFE) Program Academy, Institute for Social Research
Ross School of Business, Management & Organizations Department Speaker Series

2012

The Ohio State University
University of Colorado (Boulder)
Yale University Clinical Psychology Speaker Series
Leiden University (Netherlands), Lorenz Center
Neuroleadership Summit, New York
Neuroleadership Institute, Executive Education Speaker Series
University of Michigan Decision Making Consortium Speaker Series
University of Michigan School of Social Work
Institute of Social Research (UMICH), Summer Institute Cultural Neuroscience

2011

Johns Hopkins University Center for Advanced Modeling
Michigan State University Social-Personality Psychology Speaker Series
University of Toronto Social-Personality-Abnormal Psychology Speaker Series
Michigan State University Clinical Psychology Speaker Series
Neuroleadership Institute Executive Education Speaker Series
Ross School of Business (UMICH), Marketing Department Speaker Series
Depression Research Center (UMICH), Depression Outreach Talk Series
Institute of Social Research (UMICH), Knight-Wallace Speaker Series
Institute of Social Research (UMICH), Emotion Speaker Series
Depression Research Center (UMICH), Colloquium

2010

University of Michigan Cultural Neuroscience Speaker Series
University of Michigan Clinical Psychology Speaker Series
University of Michigan Decision Making Consortium Speaker Series

2009

Columbia University Advances in Motivation Science
Boston University US National Center for Post Traumatic Stress Disorder Speaker Series
Katholieke Universiteit Leuven (Belgium), Individual Differences Speaker Series

Institute of Social Research (UMICH) Self Control Speaker Series
University of Michigan, Department of Psychiatry, Speaker Series
University of Michigan, Biopsychology, Self Control Speaker Series

2008

Harvard University, Social Psychology Speaker Series
University of California, Los Angeles, Social Psychology Speaker Series
University of Michigan, Social Psychology Speaker Series
University of Michigan, Cultural Neuroscience Speaker Series

2006

Booth School of Business (University of Chicago), Colloquium
University of Michigan, Psychology Department, Colloquium

2002 - 2005

Columbia University, Social Psychology Speaker Series
Columbia University, Social Psychology Speaker Series
Columbia University, Social Psychology Speaker Series

PROFESSIONAL SERVICE

Associate Editor

Journal of Personality and Social Psychology: ASC (2017 - 2019)
Journal of Personality and Social Psychology: PPID (2015 - 2017)
Journal of Personality (Declined)

Consulting Editor

Psychological Science (2015 – present)
Journal of Personality and Social Psychology: ASC (2013 – present)
Journal of Personality and Social Psychology: PPID (2011 – 2014)
Personality and Social Psychology Bulletin (2012 – 2014)
Affective Science (2019 – present)

Guest Editor/Co-Editor

Proceedings of the National Academy of Sciences
Organizational Behavior and Human Decision Processes (2018-2019, Special Issue on “The Psychology of Conversations”)

Ad Hoc Reviewer (Selected Journals)

| | |
|---|---|
| Nature | Neuropsychologia |
| Psychological Review | Perspectives on Psychological Science |
| PNAS | Journal of Affective Disorders |
| Current Directions in Psychological Science | Journal of Cognitive Neuroscience |
| Psychological Science | Neuroimage |
| Clinical Psychological Science | Social Cognitive & Affective Neuroscience |
| Journal of Personality & Social Psychology | Cognition |
| Journal of Experimental Psychology: General | CABN |
| Emotion | Behavioural Brain Research |

Biological Psychiatry
Social Cognition
Journal of Research in Personality
Social Psychological and Personality Science

Cognition & Emotion
Cognitive Therapy & Research
Journal of Social & Clinical Psychology
Behaviour Research & Therapy

Reviewer (Funding Agencies)

Member, Social Psychology Panel, National Science Foundation (2014 – 2017)

Ad Hoc Reviewer (Funding Agencies)

National Science Foundation
Israeli Science Foundation
Research Foundation Flanders
John Templeton Foundation
Center for Decision Research, University of Chicago Booth School of Business

PUBLICATIONS

† = **Current or former student co-author**

* = **Corresponding Author**

Books

1. **Kross, E.** (2021). *Chatter: The Voice in Our Head, Why it Matters, and How to Harness It*. Crown Publishing Group, Penguin Random House.

Published in over 40 languages; *Kirkus Reviews*, *Publishers Weekly*, and *Shelf Awareness* starred reviews

Winter 2021 Winning Selection, *Malcolm Gladwell*, *Susan Cain*, *Adam Grant*, and *Daniel H. Pink's Next Big Idea Club*

Journal Articles & Book Chapters

In Press

116. †Baldwin, C.R., †Berg, M., †Yuan, J., Sowden, W., Kitayama, S., & **Kross, E.** (accepted pending minor revisions requested). How culture shapes moral reasoning about close others. *Journal of Experimental Psychology: General*.

2024

115. Lindgren, K. P., Baldwin, A. S., Kross, E., Ramirez, J. J., Tristao, T., Peterson, K. P., Teachman, B. A., Wiers, R., Neighbors, C., (2024). Investigating cognitive and motivational proximal outcomes in a randomized clinical trial of writing about the future self to reduce drinking. *Alcohol: Clinical and Experimental Research*.

2023

114. **Kross, E.** & Ayduk, O. (2023). Distancing: What it is, How it Works, and Where to Go Next. *Handbook of Emotion Regulation, 3rd Ed.*, James J. Gross and Brett Ford (eds).
113. †Gueverra, D., **Kross, E.**, & Moser, J. (2023). Harnessing placebo effects to regulate emotions. *Handbook of Emotion Regulation, 3rd Ed.*, James J. Gross and Brett Ford (eds).
112. Lindgren, K. P., Baldwin, S. A., Ramirez, J. R., **Kross, E.**, Peterson, K. P., Tristao, T., Teachman, B. A., Wiers, R. A., & Neighbors, C. (2023). Writing About the Future Self to Shift Drinking Identity: An Experimental Investigation. *Alcohol*.
111. Pfund, G., Strecher, V., **Kross, E.**, & Hill, P.L. (2023). Sense of purpose and strategies for coping with anxiety across adulthood. *The Journal of Gerontopsychology and Geriatric Psychiatry*.
110. **Kross, E.**, Ong, M., & Ayduk, O. (2023). Self-Reflection at Work: Why it Matters and How to Harness its Potential and Avoid its Pitfalls. *Annual Review of Organizational Psychology, 10*, 441-464.
109. †Rodriguez, M., & **Kross, E.** (2023). Sensory Emotion Regulation, *Trends in Cognitive Sciences, 27*(4), 379-390.
108. †Orvell, A., Elli, G., Umscheid, V., Ella Simmons, **Kross, E.**, & Gelman, S. (2023) Learning the rules of the game: The role of generic “you” and “we” in shaping children’s interpretations of norms. *Child Development, 94*(1), 159-171.
107. Lindgren, K., Baldwin, S., Peterson, K., Ramirez, J.J., Teachman, B., **Kross, E.**, Wiers, R., & Neighbors, C. (2023). Maturing Out: Between- and Within-Persons Changes in Social-Network Drinking, Drinking Identity, and Hazardous Drinking Following College Graduation. *Clinical Psychological Science, 11*(1), 23–39.
106. Orvell, A., †Bruehlman-Senecal, E., †Vickers, B., **Kross, E.**, & Ayduk, O. (2023). From the laboratory to daily life: Preliminary evidence that self-distancing training buffers vulnerable individuals against rumination and depression over time. *Psychology of Consciousness: Theory, Research, and Practice, 10*(2), 164-180.

2022

105. Verduyn, P & **Kross, E.** (2022). Do social network sites influence well-being? The extended active-passive model. *Current Directions in Psychological Science*, 31(1), 62-68.
104. †Gainsburg, I., †Sowden, W.J., †Drake, B., Harrold, W., & **Kross, E.** (2022). Distanced self-talk increases rational self-interest. *Scientific Reports*, 12(1), 511.
103. †Webster, C., †Berg, M., **Kross, E.**, & Moser, J. (2022). An Event-Related Potential Investigation of Distanced Self-Talk: Replication and Comparison to Detached Reappraisal. *International Journal of Psychophysiology*, 177, 122-132.
102. Orvell, A., Gelman, S. A., & **Kross, E.** (2022) What “you” and “we” say about me: How small shifts in language reveal and empower fundamental shifts in perspective. *Social and Personality Psychology Compass*, 16(5), e12665.
101. Salvador, C., Orvell, A., **Kross, E.**, & Gelman, S. (2022). How Spanish speakers express norms using generic person markers. *Scientific Reports*, 12(1), 5016.

2021

100. **Kross, E.**, Verduyn, P., †Costello, C., Sheppes, G., Jonides, J., & Ybarra, O. (2021). Social media and well-being: Pitfalls, progress, and next steps. *Trends in Cognitive Sciences*, 25(1), 55-66.
99. **Kross, E.** (2021). Why being introspective is a double-edged sword. *Los Angeles Times*.
98. †Weidman, A. C., & **Kross, E.** (2021). Examining emotional tool use in daily life. *Journal of Personality and Social Psychology*, 120(5), 1344-1366.
97. †Berg, M., Kitayama, S., & **Kross, E.** (2021). How relationships bias moral reasoning: Neural and self-report evidence. *Journal of Experimental Social Psychology*, 95, 104156.
96. Verduyn, P., Nino G., & **Kross, E.** (2021). The impact of social network sites on mental health: Distinguishing active from passive use. *World Psychiatry*, 20(1), 133-134.
95. Verduyn, P., Schulte-Strathaus, J., **Kross, E.**, & Hulsheger, U. (2021). When do smartphones displace face-to-face interactions and what to do about it? *Computers in Human Behaviour*, 114, 106550.
94. †Soter, L., †Berg, M., Gelman, S., & **Kross, E.** (2021). What we would (but shouldn't) do for those we love: Universalism versus Partiality in Responding to Others' Moral Transgressions. *Cognition*, 217, 104886.

2020

93. †Guevarra, D., Moser, J., Wager, T., & **Kross, E.** (2020). Placebos without deception reduce self-report and neural measures of emotion distress. *Nature Communications*, *11*(1), 3785.

Featured in *Wired*, *Medium* and *Psychology Today*.

92. †Orvell, A., **Kross, E.**, Gelman, S. (2020). “You” speaks to me: Effects of generic-you in creating resonance between people and ideas. *Proceedings of the National Academy of Sciences*, *117*(49), 31038-31045.
91. †Orvell, A., †Vickers, B., †Drake, B., Verduyn, P., Ayduk, O., Moser, J., Jonides, J., & **Kross, E.** (2020). Does distanced self-talk facilitate emotion regulation across a range of emotionally intense experiences? *Clinical Psychological Science*, *9*(1), 68-78.
90. †Weidman, A., †Sowden, W., †Berg, M., & **Kross, E.** (2020). Punish or protect? How close relationships shape responses to moral violations. *Personality and Social Psychology Bulletin*, *46*(5), 693-708.
89. †Furman, C. R., **Kross, E.**, & Gearhardt, A. N. (2020). Distanced self-talk enhances goal pursuit to eat healthier. *Clinical Psychological Science*, *8*, 366-373.

Featured in *BBC News*, *International Business Times*, and *Associations for Psychological Science* among other outlets.

88. Verduyn, P., Gugushvili, N., Massar, K., Taht, K., & **Kross, E.** (2020). Social comparison on social networking sites. *Current Opinion in Psychology*, *36*, 32-37.
87. **Kross, E.**, & †Cazaubon, S. (2020). How does social media influence people’s emotional lives? In J. P. Forgas, W. D. Crano & K. Fiedler (Eds.), *Applications of Social Psychology*. London: Routledge.

Reprinted in, Ciarán Mc Mahon (Ed.), *Psychological Insights for Understanding COVID-19 and Media and Technology*. London: Routledge

86. Fujita, K., †Orvell, A., & **Kross, E.** (2020). Smarter, not harder: A toolbox approach to enhancing self-control. *Policy Insights from Behavioral and Brain Sciences*, *7*(2), 149-156.
85. †Gainsburg, I., & **Kross, E.** (2020). Distanced self-talk changes how people conceptualize the self. *Journal of Experimental Social Psychology*, *88*, 103969.
84. †Sternberg, N., Luria, R., Vickers, B., **Kross, E.**, & Sheppes, G. (2020). When Facebook and finals collide: Procrastinatory social media usage predicts enhanced anxiety. *Computers in Human Behavior*, *109*, 106358.

2019

83. Orvell, A., Ayduk, O., Moser, J., Gelman, S., & **Kross, E.** (2019). Linguistic shifts: A relatively effortless route to emotion regulation? *Current Directions in Psychological Science*, 28(6), 567-573.
82. †Orvell, A., **Kross, E.**, & Gelman, S. (2019). “You” and “I” in a foreign land: Examining the normative force of generic-you. *Journal of Experimental Social Psychology*, 85, 103869.
81. **Kross, E.** (2019). Remembering Walter Mischel (1930 – 2018). *Association for Psychological Science Observer*, 32(5).
80. †Orvell, A., & **Kross, E.** (2019). How self-talk promotes self-regulation: Implications for coping with emotional pain. In S. C. Rudert, R. Greifender, & K. D. Williams (Eds.), *Current Directions in Ostracism, Social Exclusion and Rejection Research*. New York, NY: Routledge
79. †Grenell, A., †White, R.E., †Prager, E.O., †Schaeffer, C., **Kross, E.**, Duckworth, A. L., & Carlson, S. M. (2019). Experimental paradigm for measuring the effects of self-distancing in young children. *JoVE*, 145, e59056.
78. †*Lee, D., †Orvell, A., †Briskin, J., †Shrapnell, T., Gelman, S., Ayduk, O., Ybarra, O., & ***Kross, E.**, (2019). When chatting about negative experiences helps—and when it hurts: Distinguishing adaptive vs. maladaptive social support in computer-mediated communications. *Emotion*, 20, 368-375.
77. †Grenell, A., †Prager, E., †Schaefer, C., **Kross, E.**, Duckworth, A., & Carlson, S. M. (2019). Individual differences in the effectiveness of self-distancing for young children’s emotion regulation. *British Journal of Developmental Psychology*, 37, 84-100.
76. †Herold, W., †Sowden, W., & **Kross, E.** (2019). Virtue and Self-Distancing. In N.E. Snow & D. Narvaez (Eds.), *Self, Motivation and Virtue: Innovative Interdisciplinary Research*. New York, NY: Routledge.

2018

75. ***Kross, E.**, †Verduyn, P., †Boyer, M., †Drake, B., †Gainsburg, I., †Vickers, B., Ybarra, O., & Jonides, J. (2018). Does counting emotion words on online social networks provide a window into people’s subjective experience of emotion? A case study on Facebook. *Emotion*, 19(1), 97-107.
74. †Orvell, A., **Kross, E.**, & Gelman, S. (2018). Lessons learned: Young children’s use of generic-you to make meaning from negative experiences. *Journal of Experimental Psychology: General*, 148(1), 184-191.
73. †White, R., †Kuehn, M. M., **Kross, E.**, & Ayduk, O. (2018). Focusing on the future from afar: Self-distancing from future stressors facilitates adaptive coping. *Emotion*, 15, 903-916.

Featured in *BBC News* and *INC*.

72. Kaplow, J. B., †Wardecker, B. M., Layne, C. M., **Kross, E.**, Burnside, A., Edelstein, R. S., & Prossin, A. R. (2018). Out of the mouths of babes: Links between linguistic structure of loss narratives and psychophysiological functioning in parentally bereaved children. *Journal of Traumatic Stress, 31*(3), 342-351.
71. †*Orvell, A., **Kross, E.**, & Gelman, S. (2018). That’s how “you” do it: Generic you expresses norms in early childhood. *Journal of Experimental Child Psychology, 165*, 183-195.
70. †Cardinale, R., †O’Donnell, L., †Chun, J., †Park, J., **Kross, E.**, Kamali, M., McInnis, M., & Deldin, P. (2018). A preliminary study of central nervous system arousal and sleep quality in Bipolar Disorder. *Psychopathology, 51*, 269-275.

2017

69. †*Orvell, A., ***Kross, E.**, & *Gelman, S. (2017). How “you” makes meaning. *Science, 355*, 1299-1302.

Featured in *Science Podcast, BBC Radio, Washington Post, Huffington Post, and Popular Science* among other outlets

68. **Kross, E.** (2017). Is psychology headed in the right direction? *Perspectives on Psychological Science, 12*(4), 694-698.
67. *Moser, J., †Dougherty, A., Moran, T., †Guevarra, D., & Jonides, J., Berman, M., & ***Kross, E.** (2017). Third person self-talk facilitates emotion regulation without engaging cognitive control: Converging evidence from ERP and fMRI. *Scientific Reports, 7*, 4519.

Featured in *The Today Show, NPR, The Guardian, Newsweek, Forbes, INC, New York Magazine, Newsweek, and Inverse* among other outlets.

66. ***Kross, E.**, & *Ayduk, O. (2017). Self-distancing: Theory, research and current directions. In J. Olson & M. Zanna (Eds.), *Advances in Experimental Social Psychology, Vol 55*, 81-136.
65. †*Felsman, P., Verduyn, P., Ayduk, O., & ***Kross, E.** (2017). Being Present: Focusing on the present predicts life satisfaction but not happiness. *Emotion, 17*(7), 1047-1051.
64. Koban, L., **Kross, E.**, Woo, C.W., Ruzic, L., & Wager, T. D. (2017). Frontal-brainstem pathways mediating placebo effects on emotional pain. *Journal of Neuroscience, 37*(13), 3621-3631.

Featured in *The Evening Standard, USA Today, US News & World Report, Time, Medium, Discover, Wired, and New York Magazine* among other outlets.

63. **Kross, E.**, †Vickers, B. D., †Orvell, A., †Gainsburg, I., †Moran, T. P., †Boyer, M., Jonides, J., Moser, J., & Ayduk, O. (2017). Third person-self talk reduces Ebola worry and risk perception by enhancing rational thinking. *Applied Psychology: Health and Well-Being, 9*(3), 387-409.

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Kross and Olsson contributed equally

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Both authors contributed equally

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Authors Askren through Strother contributed equally and are noted in alphabetical order.

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Commentary: *Journal Watch Psychiatry*, 502.

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Both authors contributed equally

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18. †*Grossman, I., & ***Kross, E.** (2010). The impact of culture on adaptive vs. maladaptive self-reflection. *Psychological Science, 21*(8), 1150-1157.

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Commentary: Carter, C.S. (2009). The ups and downs of emotion regulation. *Biological Psychiatry*, 65, 359-360.

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9. ***Kross, E.** (2009). When the self becomes other: Toward an integrative understanding of the processes distinguishing adaptive self-reflection from rumination. *Annals of the New York Academy of Sciences*, 1167, 35-40.
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Both authors contributed equally

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5. ***Kross, E.**, & *Ayduk, O. (2008). Facilitating adaptive emotional analysis: Distinguishing distanced-analysis of depressive experiences from immersed-analysis and distraction. *Personality and Social Psychology Bulletin, 34*(7), 924-938.
4. ***Kross, E.**, & †Clasen, P. (2008). Neural processes in rejection sensitivity: Differences in emotional appraisal or control? In F. Erkmann (Ed.), *Acceptance: The Essence of Peace* (pp. 51-64). Turkish Psychology Association: Istanbul.

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3. ***Kross, E.**, Egner, T., Downey, G., Ochsner, K., & Hirsch, J. (2007). Neural dynamics of rejection sensitivity. *Journal of Cognitive Neuroscience, 19*(6), 945-956.

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2. Mischel, W., DeSmet, A., & **Kross, E.** (2006). Self-regulation in the service of conflict resolution. In M. Deutsch, P.T. Coleman, and E.C. Marcus (Eds.), *Handbook of Conflict Resolution* (2nd ed., pp. 294-313). San Francisco: Jossey-Bass.

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1. ***Kross, E.**, *Ayduk, O., & Mischel, W. (2005). When asking “why” does not hurt: Distinguishing rumination from reflective processing of negative emotions. *Psychological Science, 16*(9), 709-715.

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CHAired SYMPOSIA

1. **Kross, E.** (2019, March). *Can Cognitive Emotion Regulation be Effortless?* Symposium conducted at the annual meeting of the International Congress of Cognitive Psychotherapy, Rome, IT.
2. Moser, J., & **Kross, E.** (2019, March). *Can Cognitive Emotion Regulation be Effortless?* Symposium conducted at the annual meeting of the International Convention of Psychological Science, Paris, FR.

3. Weidman, A. C. & **Kross, E.** (2019, February). *Pre-empting self-control: How people proactively control impulses and regulate behavior*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Portland, OR.
4. Weidman, A. C. & **Kross, E.** (2018, October). *Exploring how other people profoundly shape our most consequential life decisions*. Symposium conducted at the annual meeting of the Society for Experimental Social Psychology (SESP), Seattle, WA.
5. Orvell, A., **Kross, E.**, Gelman, S.A. (2018, April). *How “you” makes meaning*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Atlanta, GA.
6. **Kross, E.** & Ayduk, O. (2014, May). *Self-Talk: Towards an integrative understanding of a basic (often overlooked) regulatory mechanism*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), San Francisco, CA.
7. Ayduk, O., & **Kross, E.** (2013, September). *Divergent and convergent perspectives on psychological distance: Meaning, functions and implications*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Berkeley, CA.
8. **Kross, E.** (2012, July). *Unpacking emotion regulation: from brain to mind to social contexts*. Symposium conducted at the 16th European Conference on Personality, Trieste, Italy.
9. †Park, J., & **Kross, E.** (2012, January). *Meaning-making: From theories to intervention*. Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
10. **Kross, E.** (2011, July). *Self-discrepancy, self-distancing, and self-regulation*. Symposium conducted at the 16th European Association of Social Psychology (EASP) General Meeting, Stockholm, Sweden.
11. Moser, J., & **Kross, E.** (2011, May). *Automatic and volitional emotion regulation across levels of analysis*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
12. Van Boven, L., & **Kross, E.** (2011, January). *Perspectives on psychological distance’s phenomenological foundations*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
13. **Kross, E.** (2011, January). *Rumination: From basic mechanisms to intervention*. Symposium conducted at the University of Michigan Depression Center Colloquium Series, Ann Arbor, MI.
14. Van Boven, L., & **Kross, E.** (2010, October). *Perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, MN.
15. †Grossmann, I., & **Kross, E.** (2010, February). *Culture and emotion regulation*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Las Vegas, NV.

16. Kober, H., & **Kross, E.** (2009, May). *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
17. Zayas, V., & **Kross, E.** (2008, May). *Rejection and social threat: Psychological and physiological responses and their regulation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Chicago, IL.
18. **Kross, E.**, & Ayduk, O. (2008, January). *Bridging the mind and body: Unpacking the effects of worry and rumination on physical health*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, NM.
19. Ayduk, O., & **Kross, E.** (2006, January). *A multiple levels approach to adaptive vs. maladaptive emotional processing*. Symposium conducted at the annual meeting of the Society of Personality and Social Psychology, Palm Springs, CA.

SYMPOSIA & INVITED CONFERENCE TALKS

1. Orvell, A., Giulia, E., Simmons, E., Umscheid, V., **Kross, E.**, & Gelman, A. (2021, April). *This is how “you” play it: Children rely on generic pronouns to learn new norms*. Paper presented at the Annual Meeting of the Society for Research in Child Development, Virtual Meeting.
2. **Kross, E.** (2020, June). *Beyond the Effortful Control of Emotion: How Subtle Shifts in Language Effortlessly Promote Emotion Regulation*. Paper presented at the annual meeting of the International Congress of Cognitive Psychotherapy, Rome, IT.
3. Weidman, A. C., Sowden, W., & **Kross, E.** (2019, February). *Do people use emotions as tools? It depends on valence*. Paper presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), Portland, OR.
4. Weidman, A. C., Sowden, W., & **Kross, E.** (2018, October). *Tipping the loyalty dilemma: How close relationships influence moral judgments*. Paper presented at the annual convention of the Society for Experimental Social Psychology (SESP), Seattle, WA.
5. Weidman, A. C. & **Kross, E.** (2018, April). *Do people use emotions as tools?* Paper presented at the Society for Affective Science Positive Emotion Pre-Conference, Los Angeles, CA.
6. Orvell, A., **Kross, E.**, Gelman, S.A. (2018, April). *Hidden in plain sight: The psychological function of generic “you.”* In Data Blitz, Psychology of Language Preconference. Symposium conducted at the annual convention of the Society of Personality and Social Psychology (SPSP), Atlanta, GA.
7. Vickers, B.D., & **Kross, E.** (2017, May). *Emotion regulation over time: Does switching between emotion regulation strategies impact their effectiveness?* In Webb, T. (Chair), *An action control perspective on emotion regulation*. Symposium conducted at the 29th annual convention of the Association for Psychological Science, Boston, MA.

8. **Kross, E.** Moser, J., & Ayduk, O. (2016, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in G. Sheppes (Chair), Beyond good and evil: New avenues in emotion regulation. Symposium conducted at the Association for Psychological Science, Chicago, IL.
9. **Orvell, A.,** Ayduk, O., & **Kross, E.** (2016, May). *From laboratory to daily life: Self-distancing training buffers against rumination and depression over time*. Paper presented in G. Surenkok (Chair), Social routes for affect regulation. Symposium conducted at the Association for Psychological Science, Chicago, IL.
10. **Kross, E.** & Ayduk, O. (2016, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in J. Steinmetz (Chair), Self-regulation in social context. Symposium conducted at the Society for the Study of Motivation, Chicago, IL.
11. **Kross, E.,** & Ayduk, O. (2015, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in O. Ayduk (Chair), New directions in research on the emotion regulatory functions of psychological distance. Symposium conducted at the 14th European Congress of Psychology, Milan, IT.
12. **Kross, E.,** Moser, M., & Ayduk, O. (2015, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in D. Moscovitch (Co-Chair) and J. Moser (Co-Chair), Cognitive Emotion Regulation Training in Anxiety: Emerging Evidence and Variations. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), New York.
13. †Sowden, W., & **Kross, E.** (2015, May). *The loyalty dilemma: The influence of relational distance on interpersonal judgment*. Paper presented in W. Sowden (Co-Chair) and E. Kross (Co-Chair), Flipping the moral switch: New perspectives on the regulation of moral judgment. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), New York.
14. **Kross, E.,** Moser, M., & Ayduk, O. (2015, May). *Third person self-talk facilitates emotion control without recruiting cognitive control*. Paper presented in J. Laitner (Chair), What neuroscience can tell us about the psychology of well-being. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
15. Ayduk, O., **Kross, E.,** & Moser, J. (2015, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in G. Oettingen (Co-Chair) and T. Sevincer (Co-Chair), Spontaneous Thoughts and Images. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
16. **Kross, E.** & Ayduk, O. (2014, May). *Self-talk as a regulatory mechanism: How you do it matters*. Paper presented in E. Kross (Co-Chair) and O. Ayduk (Co-Chair), *Self-Talk: Towards An Integrative Understanding of a Basic (Often Overlooked) Regulatory Mechanism*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), San Francisco, CA.

17. Moser, J.S., Moran, T.P., & **Kross, E.** (2014, May). *What's in your name? Third person self-talk attenuates neural markers of negative emotion processing.* Paper presented in E. Kross (Co-Chair) and O. Ayduk (Co-Chair), *Self-Talk: Towards An Integrative Understanding of a Basic (Often Overlooked) Regulatory Mechanism.* Symposium conducted at the annual meeting of the Association for Psychological Science (APS), San Francisco, CA.
18. Wardecker, B. M., Kaplow, J. B., Edelstein, R. S., & **Kross, E.** (2013, November). Linguistic correlates of risk and resilience in parentally bereaved children. Paper presented in J. Kaplow (Chair), *Correlates and predictors of "good grief" in bereaved children and adolescents: Implications for intervention.* Symposium conducted at the annual meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.
19. **Kross, E.,** & Ayduk, O. (2013, September). Self-talk as a regulatory mechanism: Implications for affect, behavior, and personal narratives. Paper presented in D Sherman (Chair), *Narrative and Intervention: How Story Shaping Affects and Reflects Important Life Outcomes.* Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Berkeley, CA.
20. Ayduk, O., **Kross, E.,** & Moser, J. (2013, September). Self-distancing: An adaptive or maladaptive regulatory mechanism? Paper presented in O. Ayduk (Co-Chair) and E. Kross (Co-Chair), *Divergent and convergent perspectives on psychological distance: Meaning, functions and implications.* Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Berkeley, CA.
21. Grossmann, I., & **Kross, E.** (2013, May). Wisdom of others: Distance from the self and perspective taking in close relations. Paper presented in M.W. Travers (Co-Chair) and L. Van Boven (Co-Chair), *So close, so far: Motivation, metacognition, and perceptions of distance.* Symposium conducted at the 25th annual meeting of the Association for Psychological Science (APS), Washington, DC.
22. †Bremner, R., & **Kross, E.** (2013, January). Self-distancing can correct biased social perception. Paper presented in *Data Blitz* session conducted at the 14th annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
23. **Kross, E.** (2012, August). The role that self-distancing plays in enabling adaptive self-reflection. Paper presented in E. Koster (Co-Chair) and A. Vanden Bogaerde (Co-Chair), *Self-focused attention in anxiety and depression.* Symposium conducted at the 42nd Annual European Association for Behavioural and Cognitive Therapies Conference, Geneva, Switzerland.
24. **Kross, E.** (2012, July). From affect to behavior: The behavioral effects of self-distancing. Paper presented in E. Kross (Chair), *Unpacking emotion regulation: From brain through mind to social contexts.* Symposium conducted at the 16th European Conference on Personality, Trieste, Italy.
25. **Kross, E.,** †Berman, M., Mischel, W., Smith, E.E., & Wager, T.D. (2012, January). Social rejection shares somatosensory representations with physical pain. Paper presented in G. Freedman (Co-Chair) and J. Beer (Co-Chair), *The many faces of social rejection.* Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

26. †Park, J., & **Kross, E.** (2012, January). Stepping back to move forward: Self-distancing mediates the meaning-making effects of expressive writing. Paper presented in J. Park (Co-Chair) and E. Kross (Co-Chair), *Meaning-making: From theories to intervention*. Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
27. **Kross, E.** (2011, July). From affect to behavior: The behavioral implications of self-distancing. Paper presented in E. Kross (Chair), *Self-discrepancy, self-distancing, and self-regulation*. Symposium conducted at the 16th meeting of the European Association for Social Psychology (EASP), Stockholm, Sweden.
28. **Kross, E.** (2011, May). From affect to behavior: The behavioral implications of self-distancing. Paper presented in J. Moser (Co-Chair) and E. Kross (Co-Chair), *Automatic and volitional emotion regulation processes across levels of analysis*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
29. **Kross, E.** (2011, May). Discussant in R.M. Cheung (Co-Chair) and C.R. Critcher (Co-Chair), *Withholding the socially undesirable: The cases of anger, sexuality and sexual orientation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
30. †Grossmann, I., & **Kross, E.** (2011, May). Boosting wisdom: Psychological distancing enhances wise reasoning and behavior in I. Grossmann (Co-Chair) and O. Ybarra (Co-Chair), *Creativity and wisdom: New experimental and training developments*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
31. **Kross, E.**, Ayduk, O., & †Burson, A. (2011, January). From affect to behavior: The behavioral implications of self-distancing. Paper presented in L. Van Boven (Co-Chair) and E. Kross (Co-Chair), *Perspectives on psychological distance's phenomenological foundations*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
32. Ayduk, O., & **Kross, E.** (2010, November). Distance from the self and constructive behaviors towards partners: Implications of spontaneous self-distancing for interpersonal behavior. Paper presented in B. Wisco (Chair), *Getting Unstuck: Alternatives to ruminative self-focus*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, CA.
33. †Park, J., & **Kross, E.** (2010, November). Psychological distancing and asymmetrical frontal cortical responses to happy memories among bipolar patients and healthy control participants. Paper presented in J.M Richards (Co-Chair) and S.B. Daughters (Co-Chair), *The neural mechanisms underlying emotion regulation and psychopathology: Bridging cognitive affective neuroscience and clinical research*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, CA.
34. Kober, H., †Mende-Siedlecki, P., †Buhle, J., **Kross, E.**, Hughes, B., Wager, T., & Ochsner, K. (2010, November). Mindfulness modulates the neural activity associated with pain and negative emotion: An fMRI study. Paper presented in H. Kober (Co-Chair) and J. Brewer (Co-Chair), *The mindful brain*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, CA.

35. **Kross, E.**, Ayduk, O., & †Burson, A. (2010, October). From affect to behavior: The behavioral implications of self-distancing. Paper presented in L. Van Boven (Co-Chair) and E. Kross (Co-Chair), *Perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, MN.
36. Zayas, V., †Selcuk, E., †Gunaydin, G., & **Kross, E.** (2010, July). Mental representations of attachment figures facilitate emotional recovery. Paper presented in V. Zayas (Chair), *Social regulation: The role of significant others in regulating affect, cognition, and behavior*. Symposium conducted at the annual meeting of the International Association for Relationship Research (IARR), Herzliya, Israel.
37. †Grossmann, I., & **Kross, E.** (2010, May). The impact of culture and psychological distance on adaptive vs. maladaptive self-reflection. Paper presented in J. Davis (Chair), *Psychological distance, embodiment, and affect*. Symposium conducted at the annual meeting of the American Psychological Society (APS) meeting, Boston, MA.
38. Kober, H., †Mende-Siedlecki, P., **Kross, E.**, Weber, J., Mischel, W., Hart, C.L., & Ochsner, K.N. (2010, April). Prefrontal-subcortical pathways mediating successful regulation of craving in cigarettes. Paper presented in K. Ochsner (Chair), *Emotion and Social Cognition*. Symposium conducted at the annual meeting of the Cognitive Neuroscience Society, Toronto, Canada.
39. †Grossmann, I., & **Kross, E.** (2010, January). Cross-cultural peculiarities of rumination and its consequences. Paper presented in I. Grossmann (Co-Chair) and E. Kross (Co-Chair), *Culture and emotion regulation*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Las Vegas, NV.
40. **Kross, E.**, †Davidson, M., Weber, J., & Ochsner, K. (2009, November). Coping with emotions past: The neural bases of regulating affect associated with autobiographical memories. Paper presented in H. Kober (Co-Chair) and E. Kross (Co-Chair), *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
41. **Kross, E.**, & Ayduk, O. (2009, November). Reflecting on the self...from a distance: Implications of spontaneous self-distancing for emotional reactivity and processing. Paper presented in B. Wisco (Co-Chair) and L. Hilt (Co-Chair), *Adaptive versus maladaptive self-reflection in depression*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
42. Kober, H., **Kross, E.**, †Mende-Siedlecki, P., Mischel, W., Hart, C.L., & Ochsner, K.N. (2009, November). Regulation of craving. Paper presented in H. Kober (Co-Chair) and E. Kross (Co-Chair), *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, NY.
43. **Kross, E.** (2009, May). Towards demystifying the “working through” paradox: An integrative examination of the processes distinguishing adaptive self-reflection from dysfunctional rumination. Paper presented in A. Gyurak (Co-Chair) and C. Hooker (Co-Chair), *Neural underpinnings of emotion regulation and the implications for social relationships*. Symposium conducted at the annual meeting of the American Psychological Society (APS) meeting, San Francisco, CA.

44. **Kross, E.** (2008, November). When the self becomes other: Towards an integrative understanding of the processes underlying adaptive self-reflection from dysfunctional rumination. Paper presented in K. Ochsner (Chair), *From animosity to empathy: Neuroimaging studies on the building blocks of fairness*. Symposium conducted at the New York Academy of Sciences (NYAS) Values and Empathy Across Social Barriers: A Neurocognitive Approach to Fairness meeting, Barcelona, Spain.
45. **Kross, E., & Ayduk, O.** (2008, November). Towards demystifying the “working-through” paradox: Distinguishing adaptive and maladaptive self-reflection across multiple levels of analysis. Paper presented in L. Hilt (Chair), *Self-relevant thinking in depression: Cognitive and Neural Processes*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Orlando, FL.
46. Kober, H., **Kross, E.,** †Mende-Siedlecki, P., Hart, C.L., Mischel, W., & Ochsner, K.N. (2008, June). A social-cognitive-neuroscience approach to the cognitive regulation of craving. Paper presented in *Late Breaking Research*. Symposium conducted at the annual meeting of the College on Problems of Drug Dependence, San Juan, Puerto Rico.
47. **Kross, E., & Ayduk, O.** (2008, May). Enabling adaptive “working through”. Paper presented in V. Zayas (Co-Chair) and E. Kross (Co-Chair), *Rejection and social threat: Psychological and physiological responses and their regulation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Chicago, IL.
48. **Kross, E., & Ayduk, O.** (2008, March). Demystifying the “working through” paradox: Psychological and physiological processes and outcomes distinguishing reflective processing of negative emotions from rumination. Paper presented in D. Pereira (Chair), *Health Behaviors*. Symposium conducted at the annual meeting of the American Psychosomatic Society (APS), Baltimore, MD.
49. **Kross, E., & Ayduk, O.** (2008, February). Demystifying the “working-through” paradox: Processes and outcomes distinguishing adaptive and maladaptive self-reflection. Paper presented in E. Kross (Chair) and O. Ayduk (Co-Chair), *Bridging the mind and body: Unpacking the effects of worry and rumination on physical health*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, NM.
50. **Kross, E., & Ayduk, O.** (2007, November). Psychological and physiological processes distinguishing adaptive and maladaptive self-reflection. Paper presented in E.A.P. Haigh (Chair) and D.M. Fresco (Co-Chair), *“A melancholy of mine own:” Basic mechanisms, functions, and consequences of ruminative self-reflection*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Philadelphia, PA.
51. **Kross, E., Ayduk, O., & Mischel, W.** (2007, January). Enabling adaptive “working through.” Paper presented in L. Libby (Chair) and R. Eibach (Co-Chair), *Perspectives on the self: Social psychological implications of point of view in mental imagery*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Memphis, TN.

52. Ayduk, O., & **Kross, E.** (2006, November). When asking why doesn't hurt: Distinguishing reflective processing of negative emotions from rumination. Paper presented in J. Joormann (Chair), *Taking a closer look at rumination and emotion regulation: Adaptive versus maladaptive components, relation to emotional disorders, and implications for interventions*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Chicago, IL.
53. **Kross, E.**, Ayduk, O., & Mischel, W. (2006, October). Enabling adaptive “working through”: Short-term and delayed outcomes distinguishing reflective processing of negative emotions from rumination. Paper presented in A. Fishbach (Chair) and N. Liberman (Co-Chair), *The principles of self-regulation*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Philadelphia, PA.
54. **Kross, E.** (2006, June). Neural dynamics of rejection sensitivity. Paper presented in O. Ayduk (Chair), *Rejection sensitivity*. Symposium conducted at the first International Congress on Interpersonal Acceptance and Rejection, Istanbul, Turkey.
55. **Kross, E.**, Ayduk, O., & Mischel, W. (2006, January). When asking why doesn't hurt: Psychological mechanisms distinguishing reflective versus ruminative processing of negative emotions. Paper presented in O. Ayduk (Chair) and E. Kross (Co-Chair), *A multiple levels approach to adaptive vs. maladaptive emotional processing*. Symposium conducted at the eighth annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, CA.
56. Mischel, W., Ayduk, O., & **Kross, E.** (2006, January). Demystifying willpower: Hot/cool system interactions in self-regulation. Paper presented in Y. Trope (Chair) and A. Fishbach (Co-Chair), *Self control processes: New theoretical and empirical directions*. Symposium conducted at the eighth annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, CA.
57. **Kross, E.**, Ayduk, O., & Mischel, W. (2005, October). Psychological distance in adaptive “working through.” Paper presented in Y. Trope (Chair) and K. Fujita (Co-Chair), *New perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), San Diego, CA.
58. Ayduk, O., & **Kross, E.** (2005, January). Psychological distance in emotion regulation. Paper presented in S. Chen (Chair) and W. Gardner (Co-Chair), *Self-regulation and function*. Symposium conducted at the annual Self and Identity SPSP Preconference, New Orleans, LA.

SERVICE

Psychology Department

- Graduate Student Admissions Committee 2008, 2009
- Brickman Prize Committee 2009, 2017
- Social Psychology Speaker Series Organizer 2009–2010
- Augmented Executive Committee 2009–2010, 2016–2017
2019–2021

- Executive Committee 2009–2010, 2019–2021
- Graduate Student Admissions Committee, Chair 2011
- Graduate Student Recruitment Committee 2012
- Third Tier Undergraduate Advisor 2012
- Space Committee 2012–2014
- Annual Review Committee 2013
- Social Psychology Junior Faculty Search Committee, *Chair* 2013
- Teaching Academy Task Force 2013
- Mentoring Committee, Joshua Ackerman 2014–2017
- 3rd Year Review Committee, Alison Earl 2015
- Fitts Banquet Keynote 2015
- Ruth Hammil Award Committee 2015
- Social Area Diversity Fellowship Committee 2014, 2016
- Ruth Hamill Award Committee, *Chair* 2015
- Promotion Committee, Ozlem Ayduk 2014–2015
- Affective Social Neuroscience Search Committee, *Chair* 2016–2019
- Junior Faculty Mentoring Committee, Taraz Lee 2016–current
- Student Academic Affairs Committee 2017
- Promotion Committee, Robin Edelstein 2019–2020
- Social Psychology Area Faculty Search Committee, Chair (from 2014 onwards) 2010, 2011, 2014, 2020-2021
- Acting Chair, Social Area Aug-Sep, 2020
- Teaching Mentor, Amie Gordon 2020 – current
- Promotion Committee, Arnold Ho 2020
- Mentoring Committee, Amie Gordon 2020 – current
- Diversity Equity Inclusion Faculty Search Committee 2021– 2022
- Promotion Committee, Joshua Ackerman, Chair 2022
- Awards Committee 2022 – 2023
- Area Chair, Social Psychology 2023 — current
- Launch Committee, Sara Sperry 2022 — 2023
- Launch Committee, Stefanie Russman 2023 — 2024

Institute for Social Research

- Group Dynamics Speaker Series Organizer 2009, 2014
- Group Dynamics Executive Committee 2009–2010, 2014–2015, 2016–2017
- Daniel Katz Fellowship Committee 2015–2017
- Communications Advisory Group 2015–2017
- Policy Committee 2020-2022

Ross School of Business

- Sanger Leadership Center Advisory Board 2021-2024
- Renewal Committee, Shirli Kopelman 2024
- Mentoring Committee, Charleen Rose Case 2023-204

University of Michigan

- Office of Vice President for Research (OVPR), Grant Reviewer 2009
- Graduation Marshal 2009
- Undergraduate Research Opportunity Program (UROP), Guest Lecturer 2009, 2010
- University of Michigan Depression Center Colloquium Organizer Winter 2011
- LS&A College Nominating Committee 2013
- LS&A Mentoring Panel (11/15) 2013
- Rackham Fellowships Committee 2013–2015
- New Faculty Launch Committee Convener, UMICH LSA 2017–2018
- University of Michigan Honors Seminar Speaker Fall 2020
- University of Michigan Medical School, Launch Committee Member (Sarah Sperry) 2022–2023
- Eisenberg Depression Research Center Faculty Search Committee 2022—current
- Eisenberg Depression Research Center Executive Committee 2023—current
- Athletes Connected Research Advisory Board 2023—current

National (also see [Professional Service](#) & [Invited Talks and Workshops](#))

- White House Meeting on Psychology and Public Policy 2012
- Local representative, Midwestern Psychological Association 2012–current
- McArthur Foundation Consultant 2013
- APA Early Career Award Selection Panel (Individual Differences) 2013
- APS Janet Taylor Spence Award Committee 2016–2019
- Society for Study of Motivation Conference Program Committee 2017
- Founding Advisor, Psychology of Technology Institute 2018–current
- APS Convention Program Committee, *Chair* 2020-2022
- Wharton Behavior Change for Good Initiative, Member 2020-current
- APA Committee on Scientific Awards, Member 2022-current
- Society for Affective Sciences, Executive Committee 2024-current

DISSERTATION COMMITTEES***Committee Chair/Co-Chair***

- Jiyoung Park Michigan–Psych (2012)
- Ryan Bremner Michigan–Psych (2013)
- Mary Liu Michigan–Psych (2013)
- Aleah Burson Michigan–Psych (2013)
- Walter Sowden Michigan–Psych (2015)
- Daniel Porter Michigan–Psych (2016)
- Darwin Guevarra Michigan–Psych (2019)
- Ariana Orvell Michigan–Psych (2019)
- Susanna Chandhock Michigan–Psych (2021)
- Martha Berg Michigan–Psych (2021)
- Laura Soter Michigan–Psych/Philosophy (2022)

Committee Member

- Hedy Kober Columbia–Psych (2009)
- Hyang Sook Kim Michigan–Psych (2011)
- Dan Kirk NYU–Psych (2011)
- Igor Grossmann Michigan–Psych (2012)
- Kelley Hemsall Pattison Michigan–Nursing (2012)
- Philip Cheng Michigan–Psych (2012)
- Kerri Wakefield Michigan–Education (2012)
- Beatriz Pereira Michigan–Marketing (2013)
- Lori Hoggard Michigan–Psych (2013)
- Jason Stornelli Michigan–Marketing (2014)
- Stephanie Carpenter Michigan–Marketing (2014)
- Jennifer Goldschmied Michigan–Psych (2015)
- Adrienne Dougherty Michigan–Psych (2015)
- Lucio Ramirez Michigan–Psych (2015)
- Josh Wondra Michigan–Psych (2016)
- David Lee Michigan–Psych (2016)
- Joseph Bayer Michigan–Communications (2016)
- Madeline Ong Michigan–Management (2016)
- Izzy Gainsburg Michigan–Psych (2019)
- Peter Felsman Michigan–Psych/SSW (2019)
- Megan Seymour Michigan–Psych (2019)
- Eric Nook Harvard–Psych (2020)
- Colleen Frank Michigan–Psych (2021)
- Mijeong Kwon Michigan–Ross (2022)
- Maayan Katzir Tel Aviv University–Clinical Psychology (2022)
- Kathryn Schertz University of Chicago (2022)
- Soyeon Choi Michigan–Psych (2023)
- Sakura Takahashi Michigan–Psych (2023)
- Katherine Bae Michigan–Ross (2023)
- Maria Waggoner Washinton University–Philosophy (2023)

- Savannah Adams Michigan—Psych (2023)

PROFESSIONAL AFFILIATIONS

- Midwestern Psychological Association
- Social & Affective Neuroscience Society
- Association for Behavioral and Cognitive Therapies
- Cognitive Neuroscience Society
- Society for Neuroscience
- New York Academy of Sciences
- Society for Personality and Social Psychology
- Association for Psychological Science
- American Psychological Association
- American Association for the Advancement of Science (AAAS)

TEACHING EXPERIENCE

Undergraduate

| | |
|---|--|
| Science of Self Control | 2008, 2009, 2012, 2013, 2014, 2019, 2023 |
| Introduction to Social Psychology | 2010, 2011, 2013, 2015 |
| Leading Yourself & Managing Relationships | 2023 |

Graduate

| | |
|-----------------------------------|------------------------------|
| Self-Control & Emotion Regulation | 2009, 2012, 2013, 2018, 2019 |
| Advances in Social Psychology | 2017 |
| Psychology Teaching Academy | 2019, 2020, 2021, 2022 |
| Psychology PhD Outplacement | 2019, 2020, 2021, 2022 |