

VITAE

Paula G. Williams

Department of Psychology
University of Utah
Salt Lake City, UT 84112
(801) 585-6271
paula.williams@psych.utah.edu

7933 Gambel Dr.
Park City, UT 84098

LICENSURE

May 15, 1996 Licensed Psychologist
North Carolina License #2205 (expired)

PROFESSIONAL POSITIONS

Aug. 2010-present **Associate Professor**, Department of Psychology, University of Utah, Salt Lake City, UT

Aug. 2004-July 2010 **Assistant Professor**, Department of Psychology, University of Utah, Salt Lake City, UT

Aug. 2005-present **Staff Associate**, University Counseling Center, University of Utah, Salt Lake City, UT

Aug. 2003-July 2004 **Visiting Scholar**, Department of Psychology, University of Utah, Salt Lake City, UT

Aug. 2002-Aug. 2003 **Co-Director of Clinical Training**, Department of Psychology, Washington State University, Pullman, WA

Aug. 2000-July 2004 **Assistant Professor**, Department of Psychology, Washington State University Pullman, WA

Aug.1996- May 2000 **Assistant Professor**, Department of Psychology, Loyola University Chicago Chicago, IL

EDUCATION

1994-1996 **Postdoctoral Fellowship-Behavioral Medicine**
Duke University Medical Center, Durham, NC

June 1995 **Ph.D., Clinical Psychology**
University of Utah, Salt Lake City, UT.

1993-1994 **Predoctoral Internship in Clinical Psychology**
Duke University Medical Center, Durham, NC

Sept. 1988 **M.S., Clinical Psychology**
Illinois State University, Normal, IL.

Jan. 1986 **B.S., Psychology/Genetics & Development**

University of Illinois, Urbana-Champaign, IL

HONORS

2000	LifeScan Diabetes Research Award (\$1000), Society of Behavioral Medicine
1996	Citation Paper Award, Society of Behavioral Medicine
1994	National Research Service Award, Grant No. 5T32-MH-19109
1993	Dissertation Award (\$500), American Psychological Association
1992	Marriner S. Eccles Graduate Fellowship, University of Utah
1992	Professional Development Award (\$500) & Commendation for Service Department of Psychology, University of Utah
1992	Preliminary Examination-Passed with High Distinction Department of Psychology, University of Utah
1991	Commendation for Research, Department of Psychology, University of Utah
1991	University Research Committee Graduate Fellowship, University of Utah
1990	Commendation for Overall Performance Department of Psychology, University of Utah

GRANT ACTIVITY

Grants received:

University Teaching Committee Grant-University of Utah (Principal Investigator) 2011-2012
“Development of an Experiential Course in Stress Management” (\$3500)

Funding Incentive Seed Grant-University of Utah (Principal Investigator) 2009-2010
“Insomnia and Stress Regulation: Neuropsychological and Psychophysiological Mechanisms” (\$22,400)

New Faculty Seed Grant-Washington State University (Principal Investigator) 2001-2003
“Individual differences in self-assessed health: A prospective examination of mechanisms and health behavior outcomes”
(\$6195)

Initiation and Completion Grant-Washington State University (Principal Investigator) 2003
“Individual differences in self-assessed health: A prospective examination of mechanisms and health behavior outcomes”
(\$600)

Loyola University Chicago Research Support Grant (Principal Investigator) 1999-2000
“Examination of factors related to illness behavior socialization in children” (\$1750)

Grants under review:

National Institutes of Health; RFA/Initiative: Sleep and Social Environment: Biopsychosocial Processes (Principal Investigator)
“Individual differences in vulnerability and resilience to stress-related sleep disruption: Testing a dynamic systems model of social stress and sleep”

National Institute on Aging (Co-Investigator; PI: Yana Suchy, Ph.D.)
“Reaction to novelty as a marker of preclinical cognitive decline in older adults”

JOURNAL ARTICLES AND BOOK CHAPTERS

- Crowell, S., Skidmore*, C., Rau*, H.K., & **Williams, P.G.** (in press). Psychosocial stress, emotional regulation, and resilience in adolescence. In W. O'Donohue, L. Bennuto, & L.W. Tolle (Eds.), *Handbook of adolescent health psychology*. New York, NY: Springer.
- Smith, T. W., Cribbet*, M. R., Nealey-Moore, J. B., Uchino, B. N., **Williams, P. G.**, MacKenzie*, J., & Thayer, J. F. (2011). Matters of the variable heart: Respiratory sinus arrhythmia as an index of sex differences in self-regulation in marriage. *Journal of Personality and Social Psychology, 100*, 103-119.
- Cribbet*, M. R., **Williams, P. G.**, Gunn*, H. E., & Rau*, H. K. (2011). Interactive effects of tonic and phasic respiratory sinus arrhythmia on affective responses to stress. *Emotion, 11*, 188-193.
- Williams, P. G.**, Smith, T. W., Gunn*, H. E., & Uchino, B. N. (2011). Personality and stress: Individual differences in exposure, reactivity, recovery, and restoration. In Contrada, R. & Baum, A. (Eds.), *Handbook of stress science: Biology, psychology, and health* (pp. 231-245). New York, NY: Springer.
- Williams, P. G.**, & Suchy, Y. (2011). Personality, temperament, and individual differences in executive functioning. In Y. Suchy, *Clinical Neuropsychology of Emotion, Part IV*. New York: Guilford Press.
- Williams, P. G.**, & Suchy, Y. (2011). Executive functioning, stress regulation, and health. In Y. Suchy, *Clinical Neuropsychology of Emotion, Part IV*. New York: Guilford Press.
- Williams, P. G.** (2010). Commentary: Self-regulation, executive functioning, and neurovisceral integration. *Pain, 151*, 5-6.
- Williams, P. G.**, Suchy, Y., & Kraybill*, M. L. (2010). Five-Factor Model personality traits and executive functioning in older adults. *Journal of Research in Personality, 44*, 485-491.
- Williams, P. G.**, Smith, T. W., & Jordan*, K. D. (2010). Health anxiety and hypochondriasis: Interpersonal extensions of the cognitive-behavioral perspective. Beck, G. (Ed.), *Interpersonal processes in the anxiety disorders: Implications for understanding psychopathology and treatment*. pp. 261-284. American Psychological Association.
- Suchy, Y., **Williams, P. G.**, Kraybill, M. L., Franchow*, E., & Butner, J. (2010). Instrumental activities of daily living among community-dwelling older adults: Personality associations with self-report, performance, and awareness of functional difficulties. *The Journals of Gerontology, Series B, Psychological Sciences and Social Sciences, 65*, 542-550.
- Williams, P. G.**, Rau*, H. K., Cribbet*, M. R., & Gunn*, H. E. (2009). Openness to Experience and stress regulation. *Journal of Research in Personality, 43*, 777-784.
- Williams, P. G.** & Thayer, J. F. (2009). Executive functioning and health: Introduction to the Special Series. *Annals of Behavioral Medicine, 37*, 101-105.
- Williams, P. G.**, Suchy, Y., & Rau*, H. K. (2009). Individual differences in executive functioning: Implications for stress regulation. *Annals of Behavioral Medicine, 37*, 126-140.

- Williams, P. G.** & Moroz*, T. L. (2009). Personality vulnerability to stress-related sleep disruption: Pathways to adverse mental and physical health outcomes. *Personality and Individual Differences*, *46*, 598-603.
- Williams, P. G.**, Smith, T. W., & Cribbet*, M. R. (2008). Personality and health: Current evidence, potential mechanisms, and future directions. In G. J. Boyle, G. Matthews, & D. H. Saklofske (Eds.), *Personality theory and assessment: Vol. 1 Personality theories and models*. pp. 635-658 Thousand Oaks, CA: Sage.
- Hutchinson*, J. G., & **Williams, P. G.** (2007). Neuroticism, daily hassles, and depressive symptoms: An examination of moderating and mediating effects. *Personality and Individual Differences*, *42*, 1367-1378.
- Williams, P. G.** (2006). Personality and illness behavior. In M. Völlrath (Ed.), *Handbook of personality and health*. pp. 157-173. West Sussex, UK: Wiley.
- Williams, P. G.**, & Gunn*, H. E. (2005). Gender, personality, and psychopathology. In M. Hersen, J. C. Thomas (Series Eds.) & J. C. Thomas, D. L. Segal (Vol. Eds.), *Comprehensive handbook of personality and psychopathology: Vol. 1 Personality and everyday functioning*. pp. 432-442 Hoboken, NJ: Wiley.
- Scalzo*, C. A., **Williams, P. G.**, & Holmbeck, G. N. (2005). Maternal self-assessed health and emotionality predict maternal response to child illness. *Children's Health Care*, *34*, 61-79.
- Williams, P. G.**, O'Brien*, C. D., & Colder, C. R. (2004). The effects of neuroticism and extraversion on self-assessed health and health-relevant cognition. *Personality and Individual Differences*, *37*, 83-94.
- Williams, P. G.** (2004). The psychopathology of self-assessed health: A cognitive approach to health anxiety and hypochondriasis [Special Issue: Cognition, Emotion, & Illness]. *Cognitive Therapy & Research*, *28*, 629-644.
- Williams, P. G.**, Wasserman*, M.S, & Lotto, A. J. (2003). Individual differences in self-assessed health: An information processing investigation of health and illness cognition. *Health Psychology*, *22*, 3-11.
- Williams, P. G.**, Colder, C. R., Lane, J. D., McCaskill, C. C., Feinglos, M., & Surwit, R. S. (2002). Examination of the neuroticism-symptom reporting relationship in patients with type 2 diabetes. *Personality and Social Psychology Bulletin*, *28*, 1015-1025.
- Williams, P. G.**, Holmbeck, G. N., & Neff*, R. (2002). Adolescent health psychology [Special Issue: Behavioral Medicine and Clinical Health Psychology]. *Journal of Consulting and Clinical Psychology*, *70*, 828-842.
- Williams, P. G.**, Colder, C. R., Richards, M. H., & Scalzo*, C. A. (2002). The role of self-assessed health in the relationship between gender and depressive symptoms among adolescents [Special Issue: Adolescent Health]. *Journal of Pediatric Psychology*, *11*, 509-517.
- Surwit, R. S., van Tilburg, M. A. L., Zucker, N., McCaskill, C. C., Parekh, P., Feinglos, M. N., Edwards,

C., **Williams, P. G.**, & Lane, J. D. (2002). Stress management improves long-term glycemic control in type 2 diabetes mellitus, *Diabetes Care*, 25, 30-34.

Williams, P.G., & Wiebe, D. J. (2000). Individual differences in self-assessed health: Gender, neuroticism, and physical symptom reports. *Personality and Individual Differences*, 28, 823-835.

Lane, J. D., McCaskill, C. C., **Williams, P. G.**, Parekh, P. I., Feinglos, M. N., & Surwit, R. S. (2000). Personality correlates of glycemic control in type 2 diabetes. *Diabetes Care*, 23, 1321-1325.

Zamboni*, B. D., Crawford, I., & **Williams, P. G.** (2000). Examining communication and assertiveness as predictors of condom use: Implications for HIV prevention. *AIDS Education and Prevention*, 12, 492-504.

Williams, P.G., Surwit, R.S., Babyak, M.A., & McCaskill, C.C. (1998). Personality predictors of mood related to dieting. *Journal of Consulting and Clinical Psychology*, 66, 994-1004.

Surwit, R.S., & **Williams, P.G.** (1996). Animal models provide insight into psychosomatic factors in diabetes. *Psychosomatic Medicine*, 58, 582-589.

Wiebe, D.J., **Williams, P.G.**, & Quackenbush, D. (1994). Sexual guilt and contraceptive knowledge: Interference or justification? *Journal of Research in Personality*, 28, 332-350.

Williams, P.G., Wiebe, D.J., & Smith, T.W. (1992). Coping processes as mediators of the relationship between hardiness and health. *Journal of Behavioral Medicine*, 15, 237-255.

Wiebe, D.J. & **Williams, P.G.** (1992). Hardiness and health: A social psychophysiological perspective on stress and adaptation. *Journal of Social and Clinical Psychology*, 11, 238-262.

Smith, T.W. & **Williams, P.G.** (1992). Personality and health: Advantages and limitations of the Five Factor Model. *Journal of Personality*, 60, 395-423.

Smith, T.W. & **Williams, P.G.** (1992). Stress reduction in the prevention and management of coronary heart disease. In F.G. Yanowitz (Ed.), *Coronary heart disease prevention*. New York, NY: Marcel Dekker, Inc.

Graybill, D., Peterson, S. P., & **Williams, P. G.** (1989). Variability of responses within the aggression categories on the Rosenzweig Picture-Frustration Study, Children's Form. *Journal of Personality Assessment*, 53, 472-477.

Graybill, D., **Williams, P.G.**, & Peterson, S. P. (1988). Cross-validation of modal responses on the Children's Form of the Rosenzweig Picture-Frustration Study. *Psychological Reports*, 62, 771-777.

*student co-author

OTHER PUBLICATIONS

Williams, P. G. (2004). Hypochondriasis. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.),

Encyclopedia of Health Psychology (pp. 145-146). New York: Kluwer. [159 word entry]

Williams, P. G. (2004). Cognitive appraisal. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 54-55). New York: Kluwer. [505 word entry]

Williams, P. G. (2004). Neuroticism. In A. J. Christensen, R. Martin, & J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (pp. 180-181). New York: Kluwer. [494 word entry]

Williams, P. G. (2002). [Review of the book *Promoting adherence to medical treatment in chronic childhood illness*]. *Psychology and Health*, 17, 120-121.

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

Williams, P. G., Suchy, Y., & Kraybill, M. L. Openness to experience and incipient cognitive decline among older adults. Manuscript under review.

Cribbet, M.R., Carlisle, M., Williams, P.G., Gunn, H.E., & Uchino, B. Sleep quality and telomere length. Manuscript in preparation.

Williams, P.G., Cribbet, M.R., Rau, H.K, Gunn, H.E., & Czajkowski, L. The effects of recent sleep quality on stress regulation in healthy, young adults. Manuscript in preparation.

Williams, P. G., Rau, H. K., Cribbet, M. R., & Gunn, H. E. Individual differences in executive attentional control and stress regulation: Associations with tonic and phasic physiology and affect. Manuscript in preparation.

Williams, P. G., Rau, H. K., Suchy, Y., Thorgusen, S., & Smith, T. W. What do self-report scales of attentional control measure? Associations with personality and cognitive performance. Manuscript in preparation.

Cribbet, M. R., Williams, P. G., Gunn, H. E., & Rau, H. K. Independent and interactive effects of tonic respiratory sinus arrhythmia and neuroticism on stress-related pre-sleep arousal. Manuscript in preparation.

PRESENTATIONS

Shinn, A., Rau, H.K., Williams, P.G., Cribbet, M.R., & Gunn, H.E. (2011, April). *Stress exposure and psychophysiological reactivity to a laboratory stress task*. Poster presented at the Rocky Mountain Psychological Association annual meeting, Salt Lake City, UT.

Rau, H.K., Williams, P.G., Cribbet, M., Gunn, H., & Yant, K. (2011, March). *Meta-awareness and stress regulation: Overestimation of attentional control abilities predicts poorer blood pressure recovery during stress*. Poster presented at the 69th Annual Meeting of the American Psychosomatic Society, San Antonio, TX.

Thorgusen, S., Suchy, Y., Rau, H., Williams, P. (2011, February). *Emotional distracters affect task performance under high executive demands*. Poster presented at the 39th annual meeting of the International Neuropsychological Society, Boston, MA.

Cribbet, M.R., Czajkowski, L.A., Williams, P.G., Gunn, H.E. (June, 2010). *Confirmatory factor analysis of the Pre-Sleep Arousal Scale in a sample of insomniacs and in a sample of controls*. Poster

presented at the 24th Annual Meeting of the American Academy of Sleep Medicine, San Antonio, TX.

Czajkowski, L.A., Cribbet, M.R., Williams, P.G., (June, 2010). *The effect of gender on pre-sleep arousal and functional outcomes in chronic insomnia*. Poster presented at the 24th Annual Meeting of the American Academy of Sleep Medicine, San Antonio, TX.

Rau, H.K., Williams, P.G., Cribbet, M., & Gunn, H. (2010, April). *The role of subjective perceptions of reactivity in stress regulation*. Poster presented at the 31st Annual Meeting of the Society for Behavioral Medicine, Seattle, WA.

Cribbet, M. R., Williams, P. G., Gunn, H. E., & Rau, H. K. (2010, March). *Interactive effects of tonic and phasic respiratory sinus arrhythmia on affective responses to stress*. Poster presented at the 68th Annual Meeting of the American Psychosomatic Society, Portland, OR.

Rau, H.K., Williams, P., Hazen, S., Cribbet, M., Gunn, H., & Shinn, A. (2010, March). *Individual differences in stress appraisal accuracy: Associations with personality and stress recovery*. Poster presented at the 68th Annual Scientific Conference of the American Psychosomatic Society, Portland, OR.

Vaux, L.M., Williams, P.G., Rau, H.K., Cribbet, M., & Gunn, H. (2010, March). *Executive attention moderates the association between trait worry and stress recovery*. Poster accepted for presentation at the 68th Annual Scientific Conference of the American Psychosomatic Society, Portland, OR.

Rau, H.K., Suchy, Y., Williams, P.G., & Butner, J. (2010, February). *Profiles of executive functioning in healthy young adults*. Poster accepted for presentation at the 38th Annual Meeting of the International Neuropsychological Society, Acapulco, Mexico.

Rau, H.K., Williams, P.G., Suchy, Y., & Thorgusen, S. (2009, July). *Openness to Experience and efficiency of attentional networks*. Poster presented at the annual meeting of the Association for Research in Personality, Evanston, IL.

Williams, P.G., Rau, H.K., Cribbet, M., & Gunn, H. (2009, March). *Executive attentional control and parasympathetic activation during stress*. Poster presented at the 67th Annual Meeting of the American Psychosomatic Society, Chicago, IL.

Cribbet, M., Williams, P.G., Curtis, C., Gunn, H., & Rau, H.K. (2009, March). *Respiratory sinus arrhythmia and regulatory deficits associated with depression*. Poster presented at the 67th Annual Meeting of the American Psychosomatic Society, Chicago, IL

Gunn, H., Williams, P.G., Cribbet, M., Curtis, C., & Rau, H.K. (2009, March). *Gender moderates the effects of hostile dominance on phasic respiratory sinus arrhythmia during stress*. Poster presented at the 67th Annual Meeting of the American Psychosomatic Society, Chicago, IL.

Williams, P.G., Gunn, H., Cribbet, M., & Rau, H. (2008, March). *Individual differences in stress-related perseverative cognition and pre-sleep arousal*. Poster presented at the 66th Annual Meeting of the American Psychosomatic Society, Baltimore, MD.

- Rau, H.K., Williams, P.G., Gunn, H., Cribbet, M., & Curtis, C. (2008, March). *Openness to experience and stress resilience*. Poster presented at the 66th Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Smith, T. W., Cribbet, M. R., Nealey-Moore, J. B., Uchino, B. N., Williams, P. G., MacKenzie, J., & Thayer, J. F. (2008, March). *Matters of the variable heart: Respiratory sinus arrhythmia as an index of sex differences in self-regulation in marriage*. Paper presented at the 66th Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Rau, H.K., Williams, P.G., Gunn, H., Cribbet, M., & Curtis, C. (2008, March). *The role of Openness in psychophysiological reactivity to stressful events*. Poster presented at the 29th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Gunn, H., Williams, P., Smith, T., Cribbet, M., & Rau, H. (2008, March). *Gender differences in appraisal of and physiological recovery from agentic vs. communal laboratory stressors*. Poster presented at the 29th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Rau, H.K., Suchy, Y., Williams, P., Thorgusen, S., & Simon, A. (2008, February). *Neuroticism and the influence of emotional distractors on cognitive task performance*. Poster presented at the 36th Annual Meeting of the International Neuropsychological Society, Waikoloa, HI.
- Rau, H.K., Suchy, Y., Williams, P., Thorgusen, S., & Simon, A. (2008, February). *Attention, executive control, and neuroticism: The effect of verbal versus nonverbal threats*. Poster presented at the 36th Annual Meeting of the International Neuropsychological Society, Waikoloa, HI.
- Rau, H., Suchy, Y., Williams, P., Thorgusen, S., & Simon, A. (2007, November). *Attentional bias for threatening facial expressions is associated with performance on switching tasks*. Poster presented at the 27th Annual National Academy of Neuropsychology Conference, Scottsdale, Arizona.
- Williams, P. G., & Moroz, T. L. (2006, March). *Neuroticism, stress, and sleep quality: The role of conscientiousness*. Presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
- Williams, P. G., Gunn, H. E., & Peat, C. (2006, January). *Neuroticism mediates gender differences in physical and mental well-being*. Presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Williams, P. G., & Gunn, H. E. (2005, March). *Gender moderates the effects of neuroticism on stress and well-being*. Presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
- Williams, P. G., & Moroz, T. L. (2004, March). *Functional disability mediates the relationship between self-assessed health and depression in older adolescents*. Presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Lanza, C., Richards, M. H., & Williams, P. G. (2003, August). *Negative affect as a mediator between gender and self-assessed health among adolescents*. Presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.

- Moroz, T. L., & Williams, P. G. (2003, May). *Neuroticism, daily hassles, and sleep quality: Moderating and mediating effects on physical and depressive symptoms*. Presented at the annual meeting of the American Psychological Society, Atlanta, GA.
- Williams, P. G., & Hutchinson, J. (2003, March). *The role of hypochondriacal tendencies in the relation between neuroticism and health self-regulatory behavior*. Presented at the meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- Williams, P. G., Freson, T. S., & Moroz, T. L. (2003, March). *The moderating effects of gender and aerobic fitness on stress-related mental and physical health outcomes*. Presented at the 61st annual meeting of American Psychosomatic Society, March, 2003, Phoenix, AZ.
- Williams, P. G., Lotto, A. J., & Wasserman, M. S. (2002, April). The use of laboratory information processing paradigms to study health and illness cognition. In P. G. Williams (Chair), *Health and illness cognition: Assessment methodologies and applications*. Symposium conducted at the meeting of the Society of Behavioral Medicine, Washington, D.C.
- Williams, P. G., Lotto, A. J., & Wasserman, M. S. (2002, April). *The influence of neuroticism on the processing of health-relevant information*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Surwit, R. S., Van Tilberg, M., Zucker, N., McCaskill, C. C., Parekh, P., Feinglos, M., Edwards, C., Williams, P., & Lane, J. D. (2002, April). *Stress management improves long-term glycemic control in type 2 diabetes mellitus*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Wasserman, M. S., & Williams, P.G. (2001, August). *Linking neuroticism and gender to disordered eating and body dissatisfaction*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Scalzo, C. A., & Williams, P. G. (2001, April). *Maternal Characteristics as Predictors of Maternal Response to Child Illness*. Poster presented at the annual meeting of the Florida Conference on Child Health Psychology, Gainesville, FL.
- Rubin, L., Scalzo, C. A., Haden, C., Burke, R., & Williams, P. G. (2001, April). *Child Health Status and Mother-Preschooler Conversations about Health Experiences*. Poster presented at the annual meeting of the Florida Conference on Child Health Psychology, Gainesville, FL.
- Williams, P. G., & Wasserman, M. S. (2001, March). *Gender differences in symptom reports: An information processing investigation of health cognition*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Wasserman, M. S., & Williams, P. G. (2001, March). *Linking body image information processing to disordered eating and body dissatisfaction*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Williams, P. G., & Colder, C. R. (2000, April). *Neuroticism and symptom reporting in type 2 diabetes*. Paper presented at the annual meeting of the Society of Behavior Medicine, Nashville, TN.
- Williams, P. G., & Wasserman, M. S. (2000, March). *Utility of a laboratory information-processing paradigm in the*

study of illness cognition. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

- Williams, P. G., Colder, C. R., Richards, M. H., & Scalzo, C. A. (2000, March). *The role of self-assessed health in the relationship between gender and depressive symptoms among adolescents.* Poster presented at the annual meeting of the Society for Research on Adolescents, Chicago, IL.
- O'Brien, C. D., Williams, P. G., & Colder, C. R. (2000, April). *Effects of neuroticism, extraversion, and mood on self-assessed health.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.
- Persky, I., & Williams, P. G. (2000, May). *Neuroticism and self-assessed health: The role of health behavior.* Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL
- Kahng, R., Welch, V., & Williams, P. G. (2000, March). *The relationship between self-reported symptoms and negative mood reactivity, and the moderating role of gender.* Poster presented at the annual meeting of the Society for Research on Adolescents, Chicago, IL.
- Williams, P. G., Richards, M. H., Colder, C. R., Hillmann, C. A., & Dugdale, J. (1998, March). *Gender differences in self-assessed health among adolescents.* Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Lane, J. D., McCaskill, C. C., Williams, P. G., Parekh, P. I., Feinglos, M. N., & Surwit, R. S. (1998, March). *Can a little worry help sometimes? Neuroticism predicts better glycemic control in Type 2 diabetes.* Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Zamboni, B. D, Crawford, I., & Williams, P.G. (1998). *The relationship between communication and assertiveness in social and sexual contexts: Implications for safer sex practices.* Paper presented at the Annual Midcontinent Regional meeting of the Society for the Scientific Study of Sex, Indianapolis, IN.
- Williams, P.G., Surwit, R.S., McCaskill, C.C., Bailey, G.W., Hillmann, C.A., & Westhoven, V. (1997, August). *Blood glucose estimates in Type II diabetes: The role of gender and negative affect.* Poster presented at the annual conference of the American Psychological Association, Chicago, IL.
- Williams, P.G., Surwit, R.S., Babyak, M.A., & McCaskill, C.C. (1996). *Personality predictors of mood and affect related to dieting.* Poster presented at the annual meeting of the North American Association for the Study of Obesity, Breckenridge, CO, October.
- Williams, P.G. & Wiebe, D.J. (1996, March). *Gender, emotional distress, and blood glucose in patients with Diabetes Mellitus.* Paper presented at the seventeenth annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Williams, P.G., Wiebe, D.J., & Rozanas, D. (1995, March). *Empirically validating the process of gender differences in physical symptom reporting.* Poster presented at the sixteenth annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Williams, P.G. & Wiebe, D.J. (1994, March). *Gender and symptom reporting: The role of negative affect and self-focused attention.* Poster presented at the Annual Meeting of the American Psychosomatic Society, Boston, MA.

- Wiebe, D.J., Quackenbush, D., & Williams, P.G. (1991, March). *Sex guilt and contraceptive knowledge: A test of two hypotheses*. Poster presented at the twelfth meeting of the Society of Behavioral Medicine, Washington, D.C.
- Wiebe, D.J. & Williams, P.G. (1991). *Psychosocial moderators of young adults' physiological response to stress*. Symposium entitled "Stress, health, and psychological functioning: Studies across the lifespan." Chairpersons: Virginia Goetsch & Barry Edelstein. Twenty third Interamerican Congress of Psychology. San Jose, Costa Rica.
- Williams, P.G., Wiebe, D.J., & Smith, T.W. (1990, April). *Hardiness and coping*. Poster presented at the eleventh meeting of the Society of Behavioral Medicine, Chicago, IL.
- Wiebe, D.J., Williams, P.G., & Smith, T.W. (1990, April). *Hardiness and neuroticism: Overlapping constructs?* Poster presented at the eleventh meeting of the Society of Behavioral Medicine, Chicago, IL.
- Wiebe, D.J., Williams, P.G., & Quackenbush, D. (1990, April). *Health beliefs and contraceptive behavior: The moderating effects of sexual attitudes*. Poster presented at the eleventh meeting of the Society of Behavioral Medicine, Chicago, IL.
- Graybill, D., Williams, P.G., & Peterson, S.P. (1989). *Children's Form of the Rosenzweig Picture-Frustration Study: Developmental changes, sex differences, and validity*. Paper presented at the meeting of the Society for Personality Assessment, New York, NY

INVITED PRESENTATIONS

- 2010, September. *Individual differences in health cognition and stress regulation: Implications for the study of cognitive changes associated with cancer and cancer treatment*. Cognitive, Affective, and Social Processes in Health Research Workgroup, National Cancer Institute, Bethesda, MD.
- 2003, November. *Individual differences in self-assessed health: Cognitive, affective, and developmental factors*. Dept. of Psychology, Ohio State University.
- 2003, November. *Primary care psychology: Training and supervision*. Dept. of Psychology, Ohio State University.
- 2002, November. *Individual differences in self-assessed health: Cognition, mood, and developmental factors*. Behavioral Medicine Research Group, Dept. of Psychology, University of Utah.
- 1999, April. *Gender differences in physical symptom perception and reporting*. Health Research and Policy Center, University of Illinois-Chicago.
- 1999, November. *Life after internship: Specialization in health psychology*. (Panel) Association of APA-Accredited Chicago-Area Psychology Internship Programs, Fall Workshop.

TEACHING EXPERIENCE

Courses taught:

Graduate:

- ❖ Assessment II (Personality Assessment)
- ❖ Assessment III & IV (Practicum)

- ❖ Introduction to the Profession of Clinical Psychology (Diagnostic Interviewing)
- ❖ Clinical Health Psychology/Behavioral Medicine
- ❖ Empirical Approaches to Psychotherapy
- ❖ Professional, Ethical, & Legal Issues
- ❖ Supervision and Consultation
- ❖ Medical Psychology Practicum
- ❖ Behavioral Medicine Practicum

Undergraduate:

- ❖ Stress Management
- ❖ Health Psychology
- ❖ Personality Theory
- ❖ Abnormal Psychology
- ❖ Clinical Psychology
- ❖ Field Experience

Teaching Assistant:

Graduate:

- ❖ Objective Personality Assessment

Undergraduate:

- ❖ Research Methods
- ❖ Statistics
- ❖ Experimental Psychology
- ❖ Abnormal Psychology
- ❖ Behavior Disorders of Childhood

THESES AND DISSERTATIONS CHAIRED

<u>Name</u>	<u>Title</u>	<u>Degree</u>	<u>Year</u>
Matthew Cribbet	Independent and interactive effects of tonic respiratory sinus arrhythmia and neuroticism on stress-related pre-sleep arousal	M.S.	2009
Holly Rau	Executive functioning profiles among healthy young adults	M.S.	2009
Heather Gunn	Gender differences in stress reactivity to agentic vs. communal stressors	M.S.	2007
Tammy Moroz	Neuroticism and sleep: Effects on daily functioning and mental and physical health outcomes	Ph.D. (WSU)	2005
James Hutchinson	Neuroticism, daily hassles, and depressive symptoms: An examination of mediating and moderating effects	M.S. (WSU)	2004
Susan Berel	An intervention to reduce high risk dieting	Ph.D.	2003

	attitudes and behaviors in college women	(WSU)	
Cori A. Scalzo	The effect of maternal neuroticism on maternal response to child illness	Ph.D. (Loyola)	2000
Michelle S. Wasserman	The relation between neuroticism and body image.	M.A. (Loyola)	2000
Cathleen O'Brien	Effects of neuroticism and mood on self-appraisal of health status	M.A. (Loyola)	1999

PROFESSIONAL TRAINING AND RELATED EXPERIENCES

1994-1996	Postdoctoral Fellow and Clinical Associate Duke University Medical Center, Durham, NC Consultation for biofeedback. Consultation and supervision of clinical psychology intern in the pediatric urology clinic. Consultation with endocrinology. Supervision of graduate students in medical psychology practicum. Supervisor: Richard S. Surwit, Ph.D.
1993-1994	Predoctoral Internship in Clinical Psychology Duke University Medical Center, Durham, NC. Consultation with medical patients for biofeedback and pain management. Evaluation of prospective lung transplant candidates and urology patients. Stress management group with day treatment psychiatric patients. Evaluation and psychotherapy with chronic pain patients. Evaluation, individual psychotherapy, and group psychotherapy (Dialectical Behavior Therapy) with psychiatric inpatients. Supervisors: James Blumenthal, Ph.D.; Charles Emery, Ph.D.; Karen Gil, Ph.D.; Francis Keefe, Ph.D.; Richard Surwit, Ph.D; Clive Robins, Ph.D.
Aug.-Oct. 1992 1990-1991	Clinical Clerkship- Division of Behavioral Medicine and Pain Clinic University of Utah Medical Center, Salt Lake City, UT. Assessment and psychotherapy with chronic pain patients. Supervisor: Scot W. Russell, Ph.D.
1991	Assessment Practicum- Dept. of Psychology University of Utah, Salt Lake City, UT. Completed 8 comprehensive assessments on a variety of populations, including chronic pain patients, adult outpatient mental health and child inpatient mental health. Supervisor: Don Strassberg, Ph.D.
1989-1991	Behavior Therapist- Weight Management Services Cottonwood Hospital, Murray, UT. Group behavior therapy with obese patients as part of the OPTIFAST weight loss and management program. Supervisor: Richard Shingleton, Ph.D.
1990	Clinical Practicum- Western Institute of Neuropsychiatry

Salt Lake City, UT.
 Observed supervisor interviews and conducted psychotherapy with
 psychiatric inpatients.
 Supervisor: Lorna Benjamin, Ph.D.

1989 **Clinical Clerkship**-Veteran's Administration Medical Center
 Salt Lake City, UT.
 Assessment and counseling patients pre- and post-surgery as part of the
 consultation team. Coronary artery bypass graft patients were seen for
 supportive counseling and provision of information regarding the
 psychological aspects of heart surgery.
 Supervisor: Scott F. Hill, Ph.D.

1987-1988 **Clinical Practicum**-Student Counseling Center
 Illinois State University, Normal, IL.
 Individual and group psychotherapy with college students. Co-leader of
 a stress management group.
 Supervisors: Alvin House, Ph.D.; Douglas Lamb, Ph.D.

1987-1988 **Clinical Practicum**-Adolf Meyer Zone Center, Decatur, IL.
 Assessment and psychotherapy with adult inpatients.
 Supervisor: William Kohen, Psy.D.

1986 **Counselor**-Illinois State University Wellness Program, Normal, IL.
 Led a six week smoking cessation group.
 Supervisor: William Wattles, Ph.D.

PROFESSIONAL ACTIVITIES

National:

Associate Editor, *Journal of Behavioral Medicine* (Oct. 2009-present)

Guest Editor, *Annals of Behavioral Medicine* (Special Paper Series: "Executive Functioning and Health").

Program Committee-American Psychosomatic Society 2011-present

Student Awards Committee-APA Division 38 2005-2009.

Symposium Chair ("Health and Illness Cognition: Assessment Methodologies and Applications"), annual meeting of the Society of Behavioral Medicine, April, 2002, Washington, D.C.

Program Track Chair ("Psychosocial Influences on Disease"), annual meeting of The Society of Behavioral Medicine, March, 2001, Seattle, WA.

Paper Session Chair ("Eating Disorders"), annual meeting of The Society of Behavioral Medicine, March, 2001, Seattle, WA.

Program Committee, Division 38 (Health Psychology), annual meeting of the American Psychological Association,

1998, San Francisco, CA

Program Committee, Division 38 (Health Psychology), annual meeting of the American Psychological Association, 1997, Chicago, IL.

Editorial Board:

Annals of Behavioral Medicine (2000-2009)

Ad Hoc Reviewer:

Behaviour Research and Therapy
Biological Psychology
Current Directions in Psychological Science
Cognitive Therapy and Research
Developmental Psychology
Health Psychology
Journal of Behavioral Medicine
Journal of Consulting and Clinical Psychology
Journal of Health Psychology
Journal of Pediatric Psychology
Journal of Personality
Journal of Personality and Social Psychology
Journal of Social and Clinical Psychology
Pain
Psychological Science
Psychology and Health
Women & Health

American Psychological Association-Division 38
 (reviewed submissions for the 1990, 2004 annual APA conferences)
 American Psychosomatic Society
 (reviewed submissions for the 2008 conference)
 Canada Foundation for Innovation-reviewer: Leaders Opportunity Fund Award
 Society of Behavioral Medicine
 (reviewed submissions for the 1995, 1996, & 2000 annual SBM conferences)

University:

Grant Review Panel, WSU-Spokane Seed Grant Competition, 2002.

Advisory Board, Loyola University Chicago-Center for Aging Studies (LUCCAS), 1997-2000.

Departmental:

Clinical Training Committee Member, Dept. of Psychology, University of Utah, 2004-present.

Graduate Committee Member, Dept. of Psychology, University of Utah, 2008-present

Undergraduate Committee Member, Dept. of Psychology, University of Utah, 2004-2008

Clinical Search Committee Member, Dept. of Psychology, University of Utah, 2004-2005

Chair, Clinical Search Committee, Dept. of Psychology, Washington State University, 2002-2003

Junior Faculty Representative, Executive Committee, Dept. of Psychology, Washington State University, 2002-2003.

Experimental Search Committee Member, Dept. of Psychology, Washington State University, 2002.

Clinical Search Committee Member, Dept. of Psychology, Washington State University, 2001-2002

Program Evaluation Committee Member. Department of Psychology, Washington State University, 2001-present.

Undergraduate Recruitment and Retainment Committee Member. Department of Psychology, Washington State University, 2000-2001.

Junior Faculty Representative, Executive Committee, Department of Psychology, Loyola University Chicago, 1996-1999.

Colloquium Committee Member, Department of Psychology, Loyola University Chicago, 1997-2000.

Curriculum Committee Member (Clinical Area), Department of Psychology, Loyola University Chicago, 1998-1999

Graduate Student Representative, Clinical Training Committee, Department of Psychology, University of Utah, 1989-1993. Acted as liaison between clinical psychology graduate students and clinical training committee. Voting member of faculty search and graduate student admission committees.

PROFESSIONAL MEMBERSHIPS

American Psychological Association

American Psychological Association-Division 38 (Health Psychology)

American Psychological Society

American Psychosomatic Society

Association for Research in Personality

Society of Behavioral Medicine

Society for Personality and Social Psychology