

LISA G. ASPINWALL

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Education

B.A., Psychology	Stanford University, 1987 with honors and with distinction
M.A., Social psychology	University of California, Los Angeles, 1988
Ph.D., Social psychology	University of California, Los Angeles, 1991

Employment

Assistant Professor, Department of Psychology, University of Maryland, 1991-1997
Associate Professor, Department of Psychology, University of Maryland, 1997-2000
Associate Professor, Department of Psychology, University of Utah, 2000-present
Associate Member, Huntsman Cancer Institute, Cancer Control and Population Sciences Program, 2004-present

Academic Honors, Teaching Awards, and Prizes

Gordon A. Craig Prize (history), Stanford University, 1984
Phi Beta Kappa, 1986
Firestone Medal for Excellence in Research, Stanford University, 1987
National Science Foundation Graduate Fellowship, 1987-1991
NIMH Health Psychology Research Trainee, 1989-1990
Sigma Xi Outstanding Graduate Science Student Award, UCLA, 1991
Certificate of Teaching Excellence, University of Maryland, 1994
Excellence in Teaching Award, College of Behavioral and Social Sciences,
University of Maryland, 1995
Semester Research Award, General Research Board, University of Maryland, 1998
Templeton Positive Psychology Prize (\$50,000), John Templeton Foundation
and APA, 2000

Professional Memberships

Fellow, American Psychological Association (APA),
Div. 8 (Personality & Social), Div. 38 (Health)

Fellow, Association for Psychological Science (APS)

Fellow, Society of Experimental Social Psychology (SESP)

Fellow, Society for Personality and Social Psychology (SPSP)

Service to National Organizations

Convention Committee, Society for Personality and Social Psychology, 1998-2000

Program Chair, Div. 8 (Society for Personality and Social Psychology),
APA Convention, 1999

Chair, Selection Committee, Martin E.P. Seligman Award for Outstanding Dissertation
Research in Positive Psychology, American Psychological Association, 2000-2002

Training Committee, Society for Personality and Social Psychology, 2001-2003
Training Committee Chair, 2003

Co-Director, Positive Psychology Summer Science Institute & Research Awards, 2001

Co-Founder & Co-Director, GLBT Alliance in Social and Personality Psychology
(GASP), 2001-present

Review Panel, National Cancer Institute, Centers of Excellence in Cancer
Communications Research, 2001

Health Cognitions Working Group, National Cancer Institute, Cancer Control and
Population of Sciences, 2001-present

Placek Award Scientific Review Committee, American Psychological Foundation,
2002-2007

APA Committee on Women in Psychology, Div. 8 Representative, 2002-2003

Selection Committee, Division 38 (Health Psychology) Early Career Award, American
Psychological Association, 2003

Organizer/Program Chair, Annual Meeting of the Health Cognitions Working Group,
National Cancer Institute, Snowbird, UT, 2004, June

Panelist, Integrative Graduate Education and Research Traineeship (IGERT) program,
National Science Foundation, 2004

Service to National Organizations, contd.

Review Panel, National Cancer Institute, Centers of Excellence in Cancer Communications Research II (CECCR II), 2008

Review Panel, National Institute on Aging, Special Emphasis Panel on Subjective Well-Being, 2011

Review Panel, Center for Scientific Review, NIH, OppNet Basic Research on Self-Regulation (R21), 2011

International Service

GenoMEL (Melanoma Genetics Consortium), Health Psychology Group, 2006-present

Departmental & University Service

Graduate Committee, 2000-2001

Institutional Review Board, University of Utah, 2001-2002

Quantitative Psychology Search Committee, 2001-2002

University Honors Advisor for Psychology, 2001-2004

Director, Senior Honors Thesis Program, Dept. of Psychology, U. of Utah, 2001-2004

Director of Graduate Studies, Dept. of Psychology, University of Utah, 2002-2005

Cancer Clinical Investigations Committee, Huntsman Cancer Institute, 2005-2006

Chair, Diversity Committee, Department of Psychology, University of Utah, 2007-2008

College Curriculum Committee, College of Social and Behavioral Science, University of Utah, 2007-2008

University Research Committee, University of Utah, 2007-2010

Oversight Committee, Genetic Counseling Shared Resource, Huntsman Cancer Institute, 2008-present.

Steering Committee, Cancer Control and Population Sciences Program, Huntsman Cancer Institute, July 2008-present.

Institutional Review Board, University of Utah, 2008-2010

Chair, Distinguished Scholarly and Creative Research Award Subcommittee, University Research Committee, 2009-2010

Academic Senate, University of Utah, 2010-2013

Area Coordinator, Social Psychology Ph.D. Program, University of Utah, 2010-present

Internal Reviewer, Department of Oncological Sciences, University of Utah, 2010

College RPT Committee, College of Social and Behavioral Science, University of Utah, 2010-present.

Other Professional Experience

Fellow, NSF-Sponsored Institute for Cardiovascular Social Psychophysiology, 1995

Consulting Activities

Cornell-DuPont Collaboration (R&D), 1998-1999.

P.I. Alice Isen, Johnson Graduate School of Management, Cornell University.

Psychological Consultant (unpaid), *Mental Engineering*, 1999-2000.

Award-winning Public Television show devoted to explaining persuasion and advertising techniques in accessible language, www.mentalengineering.com.

Grants

The Spring Foundation for Research on Women in Contemporary Society, \$5,000.

Individual differences, coping, and well-being: Adjustment to college in first-generation college students. Awarded 8/1990 to Lisa G. Aspinwall (co- P.I. Ron E. F. Duran).

Biomedical Research Award, University of Maryland, \$10,000. *Optimism, risk assessment and self-regulation: A micro-level investigation of how people process information about potential health threats*, \$10,000. Awarded 11/1991 to P.I. Lisa G. Aspinwall.

National Science Foundation, \$223,051. *Affect and the Processing of Negative Information*, SBR-9709677, 7/1/98 - 6/30/03. Awarded 7/1998 to P.I. Lisa G. Aspinwall. Transferred to University of Utah as BCS-0196354, and extended to 6/30/2003.

Proposal Initiative Grant, College of Social and Behavioral Science, University of Utah, \$4,000 (Summer, 2004). *Psychological Aspects of Genetic Testing Among Familial Melanoma Patients: A Prospective Study of Personality and Tailored Risk Communications in the p16 Kindreds.* P.I. Lisa G. Aspinwall.

Funding Incentive Seed Grant, Office of the Vice President for Research, University of Utah, \$30,500 (June 1, 2005-May 30, 2006). *A Prospective Longitudinal Study of Psychological and Behavioral Responses to the Receipt of p16 Genetic Testing Results.* P.I. Lisa G. Aspinwall; Co-Investigator Sancy A. Leachman.

Grants, contd.

Cancer Control and Population Sciences Pilot Project, Huntsman Cancer Institute, \$40,087 (initial award, \$29,587, July 1, 2008-June 30, 2009; second award to extend project, \$10,500, July 1, 2009-June 30, 2010). *Understanding Multiple Barriers to Sustained Adherence: Psychosocial Determinants of Underscreening and Overscreening among High-Risk Familial Melanoma Patients*. P.I. Lisa G. Aspinwall; Co-Investigator Sancy A. Leachman.

Cancer Control and Population Sciences Pilot Project, Huntsman Cancer Institute, \$39,952, November 2010. *Evaluation of patient and provider attitudes toward genetic prostate cancer risk assessment and corresponding educational needs*. P.I.s Neeraj Agarwal & Anita Kinney; Co-Investigators Wendy Kohlmann, Christopher Dechet, Lisa G. Aspinwall.

National Cancer Institute, 1R01CA158322-01, \$2,719,544 (April 8, 2011-March 30, 2016). *Impact of melanoma genetic testing on health cognitions and prevention behaviors*. Co-PI's Lisa G. Aspinwall, Sancy A. Leachman.

Editorial Activities

Associate Editor, Motivation and Emotion, 1999-2002

Guest Editor, Special Issues of Motivation and Emotion

Positive Affect and Self-Regulation, 22, March and June 1998.

Emotion Regulation Across the Lifespan: Integrating Diverse Developmental Perspectives, 27, March and June 2003 (co-editor Lisa M. Diamond).

The Psychology of Future-Oriented Thinking, 29, December 2005.

Editorial Boards

Health Psychology, 1994

Journal of Applied Social Psychology, 1996-present

Women's Health: Research on Gender, Behavior, and Policy, 1997-1998

Motivation and Emotion, 1998-2002

Psychological Science, 2000-2002

Psychology and Health, 2011-present

Ad hoc reviewer for the following journals, funding agencies, and awards programs
(partial list):

American Psychologist
Annals of Behavioral Medicine
Anxiety, Stress, & Coping
Archives of General Psychiatry
Behavior Therapy
BMC Cancer
British Journal of Social Psychology
Cognition and Emotion
Developmental Psychology
European Journal of Social Psychology
Health Psychology
Human Relations
Journal of Adolescence
Journal of Applied Social Psychology
Journal of Behavioral Medicine
Journal of Consulting and Clinical Psychology
Journal of Experimental Psychology: General
Journal of Experimental Social Psychology
Journal of Health Communication
Journal of Research in Personality
Journal of Personality and Social Psychology
Journal of Social and Clinical Psychology
Memory & Cognition
Motivation and Emotion
Personality and Social Psychology Bulletin
Personality and Social Psychology Review

Psychological Bulletin
Psychological Review
Psychological Science
Psychology and Aging
Psychology and Health
Review of General Psychology

Self and Identity
Social Cognition
Social Psychology Compass
Social Science and Medicine

American Psychological Foundation
 APA Dissertation Awards
 APA Public Interest Directorate
 APA Sci. Directorate Early Career Awards
 CUNY and NYU Faculty Grants
 Dutch Social Science Research Council
 Fetzer Foundation (multiple RFPs)
 Israel Science Foundation
 National Cancer Institute
 National Science Foundation
 NIH
 Office of Naval Research
 Templeton Foundation

German-Israeli Foundation for Scientific Research and Development
Public Health Genomics

Publications

- Taylor, S.E., Collins, R.L., Skokan, L.A., & Aspinwall, L.G. (1989). Maintaining positive illusions in the face of negative information: Getting the facts without letting them get to you. *Journal of Social and Clinical Psychology, 8*, 114-129.
- Lepper, M.R., Aspinwall, L.G., Mumme, D.L., & Chabay, R.W. (1990). Self-perception and social perception processes in tutoring: Subtle social control strategies of expert tutors. In J.M. Olson & M.P. Zanna (Eds.) *Self-inference and social inference: The Ontario Symposium*, Vol. 6 (pp. 217-237). Hillsdale, NJ: Erlbaum.
- Taylor, S.E., & Aspinwall, L.G. (1990). Psychosocial aspects of chronic illness. Presented as a Master Lecture at the American Psychological Association annual meetings, New Orleans, LA (1989, August). Reprinted in P.T. Costa, Jr., & G.R. VandenBos (Eds.), *Psychological aspects of serious illness: Chronic conditions, fatal disease, and clinical care* (pp. 3-60). Washington, DC: APA.
- Taylor, S.E., Buunk, B.P., & Aspinwall, L.G. (1990). Social comparison, stress and coping. *Personality and Social Psychology Bulletin, 16*, 74-89.
- Aspinwall, L.G., Kemeny, M.E., Taylor, S.E., Schneider, S.G., & Dudley, J.P. (1991). Psychosocial predictors of gay men's AIDS risk-reduction behavior. *Health Psychology, 10*, 432-444.
- Taylor, S.E., Kemeny, M.E., Reed, G.M., & Aspinwall, L.G. (1991). Assault on the self: Positive illusions and adjustment to threatening events. In G.A. Goethals & J.A. Strauss (Eds.), *The self: An interdisciplinary perspective* (pp. 239-254). New York: Springer-Verlag.
- Aspinwall, L.G., & Taylor, S.E. (1992). Modeling cognitive adaptation: A longitudinal investigation of the impact of individual differences and coping on college adjustment and performance. *Journal of Personality and Social Psychology, 63*, 989-1003.
- Taylor, S.E., Kemeny, M.E., Aspinwall, L.G., Schneider, S.G., Rodriguez, R., & Herbert, M. (1992). Optimism, coping, psychological distress, and high-risk sexual behavior among men at risk for Acquired Immunodeficiency Syndrome (AIDS). *Journal of Personality and Social Psychology, 63*, 460-473.
- Aspinwall, L.G., & Taylor, S.E. (1993). The effects of social comparison direction, threat, and self-esteem on affect, self-evaluation, and expected success. *Journal of Personality and Social Psychology, 64*, 708-722.
- Taylor, S.E., & Aspinwall, L.G. (1993). Coping with the stress of chronic illness. In L. Goldberger & S. Breznitz (Eds.), *Handbook on stress* (pp. 511-531). New York: Free Press.
- Taylor, S.E., Aspinwall, L.G., & Giuliano, T.A. (1993). Emotions as psychological achievements. In S.M.H. Van Goozen, N.E. Van de Poll, & J.A. Sergeant (Eds.), *Emotions: Essays on current issues in the field of emotion theory*. Hillsdale, NJ: Erlbaum.

Publications, contd.

- Taylor, S.E., Aspinwall, L.G., Giuliano, T.A., Dakof, G.A., & Reardon, K. (1993).
Storytelling and coping with stressful events. *Journal of Applied Social Psychology*,
23, 703-733.
- Taylor, S.E., Kemeny, M.E., Schneider, S.G., & Aspinwall, L.G. (1993). Coping with the
threat of AIDS. In J.B. Pryor & G.D. Reeder (Eds.), *The social psychology of HIV
infection* (pp. 305-332). Hillsdale, NJ: Erlbaum.
- Aspinwall, L.G., & *Brunhart, S.M. (1996). Distinguishing optimism from denial:
Optimistic beliefs predict attention to health threats. *Personality and Social
Psychology Bulletin*, 22, 993-1003.
- Taylor, S.E., & Aspinwall, L.G. (1996). Mediating and moderating processes in
psychosocial stress: Appraisal, coping, resistance and vulnerability. In H.B. Kaplan
(Ed.), *Psychosocial stress: Perspectives on structure, theory, life-course, and
methods* (pp. 71-110). San Diego: Academic Press.
- Aspinwall, L.G. (1997). Where planning meets coping: Proactive coping and the
detection and management of potential stressors. In S.L. Friedman & E.K. Scholnick
(Eds.), *The developmental psychology of planning: Why, how, and when do we plan?*
(pp. 285-320). Hillsdale, NJ: Erlbaum.
- Aspinwall, L.G. (1997). Future-oriented aspects of social comparisons: A framework for
studying health-related comparison activity. In B.P. Buunk & F.X. Gibbons (Eds.),
Health, coping, and well-being: Perspectives from social comparison theory (pp.
125-165). Mahwah, NJ: Erlbaum.
- Aspinwall, L.G., & Taylor, S.E. (1997). A stitch in time: Self-regulation and proactive
coping. *Psychological Bulletin*, 121, 417-436.
- Aspinwall, L.G. (1998). Rethinking the role of positive affect in self-regulation.
Motivation and Emotion, 22, 1-32.
- Aspinwall, L.G. (1998). Social comparison. In E. Blechman & K. Brownell (Eds.),
Behavioral medicine and women: A comprehensive handbook (pp. 176-182). New
York: Guilford.
- *Reed, M.B., & Aspinwall, L.G. (1998). Self-affirmation reduces biased processing of
health-risk information. *Motivation and Emotion*, 22, 99-132.
- Aspinwall, L.G. (1999). Persuasion for the purpose of cancer risk-reduction:
Understanding responses to risk communications. *Journal of the National Cancer
Institute Monographs, Cancer Risk Communication: What We Know and What We
Need to Learn*, 25, 88-93.

***= student working under my supervision**

Publications, contd.

- Aspinwall, L.G., & Duràn, R.E.F. (1999). Psychology applied to health. In A.M. Stec & D.A. Bernstein (Eds.), *Psychology: Fields of Application* (pp. 17-38). Boston: Houghton Mifflin.
- Aspinwall, L.G., & *Richter, L. (1999). Optimism and self-mastery predict more rapid disengagement from unsolvable tasks in the presence of alternatives. *Motivation and Emotion*, 23, 221-245.
- Aspinwall, L.G., & *Brunhart, S.M. (2000). What I do know won't hurt me: Optimism, attention to negative information, coping, and health. In J.E. Gillham (Ed.), *The science of optimism and hope: Research essays in honor of Martin E.P. Seligman* (pp. 162-200). Philadelphia: Templeton Foundation.
- Aspinwall, L. G. (2001). Dealing with adversity: Self-regulation, coping, adaptation, and health. In A. Tesser & N. Schwarz (Eds.), *Blackwell Handbook of Social Psychology: Intraindividual Processes* (pp. 591-614). Malden, MA: Blackwell.
- (Reprinted in M.B. Brewer & M. Hewstone (Eds.), 2004, *Applied social psychology* [pp. 3-27]. Malden, MA: Blackwell).
- Aspinwall, L.G., *Richter, L., & *Hoffman, R.R. (2001). Understanding how optimism “works”: An examination of optimists’ adaptive moderation of belief and behavior. In E. C. Chang (Ed.), *Optimism and pessimism: Theory, research, and practice* (pp. 217-238). Washington: American Psychological Association.
- Aspinwall, L.G., *Hill, D.L., & *Leaf, S.L. (2002). Prospects, pitfalls, and plans: A proactive perspective on social comparison activity. *European Review of Social Psychology*, 12, 267-298.
- Aspinwall, L.G., & *Leaf, S.L. (2002). In search of the unique aspects of hope: Pinning our hopes on positive emotions, future-oriented thinking, hard times, and other people. *Psychological Inquiry*, 13, 276-288.
- Aspinwall, L. G., & Staudinger, U. M. (2003). A psychology of human strengths: Some central issues of an emerging field. In L. G. Aspinwall & U. M. Staudinger (Eds.), *A psychology of human strengths: Fundamental questions and future directions for a positive psychology* (pp. 9-22). Washington, DC: APA Books.
- Diamond, L. M., & Aspinwall, L. G. (2003). Integrating diverse developmental perspectives on emotion regulation. *Motivation and Emotion*, 27, 1-6.
- Diamond, L. M., & Aspinwall, L. G. (2003). Emotion regulation across the life span: An integrative perspective emphasizing self-regulation, positive affect, and dyadic processes. *Motivation and Emotion*, 27, 125-156.

***= student working under my supervision**

Publications, contd.

- Aspinwall, L.G., & ***MacNamara**, A. (2005). Taking positive changes seriously: Toward a positive psychology of cancer survivorship and resilience. *Cancer*, *104*(11 Suppl), 2549-2556.
- Aspinwall, L.G. (2005). The psychology of future-oriented thinking: From achievement to proactive coping, adaptation, and aging. *Motivation and Emotion*, *29*, 203-235.
- Aspinwall, L.G., ***Sechrist**, G.B., & ***Jones**, P. (2005). Expect the best and prepare for the worst: Anticipatory coping and preparations for Y2K. *Motivation and Emotion*, *29*, 357-388.
- Aspinwall, L. G., ***Leaf**, S. L., Dola, E. R., Kohlmann, W., & Leachman, S. A. (2008). *CDKN2A/p16* genetic test reporting improves early detection intentions and practices in high-risk melanoma families. *Cancer Epidemiology, Biomarkers & Prevention*, *17*, 1510-1519.
- Aspinwall, L. G., ***Leaf**, S. L., Kohlmann, W., Dola, E. R., & Leachman, S. A. (2009). Patterns of photoprotection following *CDKN2A/p16* genetic test reporting and counseling. *Journal of the American Academy of Dermatology*, *60*, 745-757.
- Aspinwall, L. G., & Tedeschi, R.G. (2010). The value of Positive Psychology for Health Psychology: Progress and pitfalls in examining the relation of positive phenomena to health. *Annals of Behavioral Medicine*, *39*, 4-15.
- Aspinwall, L.G., & Tedeschi, R.G. (2010). Of babies and bathwater: A reply to Coyne and Tennen's views on positive psychology and health. *Annals of Behavioral Medicine*, *39*, 27-34.
- Bränström, R., Chang, Y., Kasparian, N., Affleck, P., Tibben, A., Aspinwall, L.G., et al. (2010). Melanoma risk factors, risk perceptions and intentional tanning: An online survey in Europe, Israel, the USA and Australia. *European Journal of Cancer Prevention*, *19*, 216-226.
- Bränström, R., Kasparian, N.A., Chang, Y., Affleck, P., Tibben, A., Aspinwall, L.G., et al. (2010). Predictors of sun protection behaviors and severe sunburn in an international online study. *Cancer Epidemiology, Biomarkers & Prevention*, *19*, 2199-210.
- ***Leaf**, S. L., Aspinwall, L. G., & Leachman, S. A. (2010). God and agency in the era of molecular medicine: Religious beliefs predict sun-protection behaviors following melanoma genetic test reporting. *Archive for the Psychology of Religion*, *32*, 87-112.
- ***Taber**, J. M., Aspinwall, L. G., Kohlmann, W., ***Dow**, R., & Leachman, S. A. (2010). Parental preferences for *CDKN2A/p16* genetic testing of minors. *Genetics in Medicine*, *12*, 823-838.

*= student working under my supervision

Publications, contd.

Aspinwall, L. G. (2011). Future-oriented thinking, proactive coping, and the management of potential threats to health and well-being. In S. Folkman (Ed.), *The Oxford Handbook of Stress, Health and Coping*. New York: Oxford University Press (pp. 334-365).

Aspinwall, L. G., *Leaf, S. L., & Leachman, S. A. (2011, in press). Meaning and agency in the context of genetic testing for familial cancer. To appear in P.T.P. Wong (Ed.), *The Human Quest for Meaning* (2nd Edition). New York: Routledge.

Aspinwall, L. G., & *Pengchit, W. (2011, in press). Positive psychology. In M. D. Gellman & J. R. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. City: Springer.

Edited Book

Aspinwall, L. G., & Staudinger, U. M. (Eds.) (2003). *A psychology of human strengths: Fundamental questions and future directions for a positive psychology*. Washington, DC: APA Books.

A CHOICE Magazine Outstanding Academic Title

Finnish (Edita) and Spanish (Ediciones Paidós) editions published in 2009.

Manuscripts Submitted for Publication

Aspinwall, L. G., *Taber, J. M., *Leaf, S. L., Kohlmann, W., & Leachman, S. A. (2011). *A 2-year prospective study of the psychological outcomes and perceived costs and benefits of CDKN2A/p16 counseling and test reporting*.

Aspinwall, L. G., *Taber, J. M., Kohlmann, W., *Leaf, S. L., & Leachman, S. A. (2011). *Optimistic and pessimistic risk estimates and recall following melanoma genetic test reporting: A 2-year prospective study*.

Boortz, L. A., Pengchit, W., Simmons, R. G., Walters, S., Pappas, L., Gammon, A., Aspinwall, L. G., Schwartz, M., Burt, R., Boucher, K. M., & Kinney, A. Y. (2010). *Enhancing Intervention Fidelity in a Randomized Cancer Risk Counseling Trial: Preliminary Assessment of Treatment Integrity and Behavior Change Counseling Intervention*.

Kasparian, N.A., Bränström, R., Chang, Y., Affleck, P., Tibben, A., Aspinwall, L.G., et al. (2011). *Skin examination behavior: The role of skin cancer history, risk perceptions and skin cancer-related worry in determining physician- and self-conducted skin examination*.

***= student working under my supervision**

Manuscripts in Preparation

- Aspinwall, L. G., *Taber, J. M., Kohlmann, W., & Leachman, S. A. (2011). Genetic counseling and cancer. To appear in B.I. Carr & J. Steel (Eds.), *Psychological Aspects of Cancer*, Springer.
- Aspinwall, L. G., *Taber, J. M., *Leaf, S. L., Kohlmann, W., & Leachman, S. A. (2011). *Impact of melanoma genetic test reporting and counseling on perceived control over melanoma development and early detection*.
- Puca, R. M., & Aspinwall, L. G. (2008). *Knowing when to be optimistic: Mindsets moderate performance estimates among dispositional optimists*.
- *Taber, J. M., & Aspinwall, L. G. (2011). *Communicating melanoma prevention options to high-risk participants: Baseline risk moderates the impact of message framing on response efficacy and attitudes toward sunscreen*.

***= student working under my supervision**

Short Encyclopedia Entries, Newsletters, Trade Publications, and Online Reports

- Swim, J. K., & Aspinwall, L. G. (2001). Trends in graduate admissions and support in personality and social psychology Ph.D. programs in North America, 2000-2001. Report prepared for the Training Committee of the Society for Personality and Social Psychology.
- Aspinwall, L.G. (2002). Happier and wiser: Optimism and positive affect promote careful realistic thinking and behavior. In C.R. Snyder & S. Lopez (Eds.), *Handbook of positive psychology* (pp. 754-755). New York: Oxford.
- Aspinwall, L.G. (2002). Proactive coping, well-being, and health. In N.J. Smelser & P.B. Baltes (Eds.), *The international encyclopedia of the social and behavioral sciences*. Oxford, England: Elsevier.
- Aspinwall, L. G. (2002). Positive thinking: Just kidding yourself, or a helpful tool when the chips are down? *Psychology Teacher Network*, Summer, pp. 2-8.

Papers Presented at Professional Meetings & Invited Colloquia

- Taylor, S. E., Collins, R. L., Skokan, L. A., & Aspinwall, L. G. (1988, August). Illusions, reality, and adjustment in coping with victimizing events. Paper presented for symposium on *Self-illusions: When are they adaptive?* at the American Psychological Association annual meetings in Atlanta.
- Aspinwall, L.G. (1989, January). *Storytelling and reaction to similar others undergoing stress*. Lecture presented at the UCLA Health Psychology/Behavioral Medicine Seminar, Los Angeles, CA.
- Collins, B. E., & Aspinwall, L. G. (1989, May). Impression management in negotiations for safer sex. Paper presented for symposium on *Negotiating safer sex: Personal and interpersonal issues* at the Second Iowa Conference on Personal Relationships, Iowa City, IA.
- Aspinwall, L. G. (1990, February). *Psychosocial predictors of gay men's AIDS risk-reduction behavior*. Lecture presented at the UCLA Health Psychology/Behavioral Medicine Seminar, Los Angeles, CA.
- Aspinwall, L. G. (1991, March). *Psychosocial predictors of gay men's AIDS risk-reduction behavior*. Paper presented at the NIMH Research Training Directors' Meeting, Bethesda, MD.
- Aspinwall, L. G. (1991, August). Psychosocial predictors of AIDS risk-reduction behavior over time. Paper presented for symposium on *Adapting to HIV infection: Psychological adjustment, behavior change, and health* at the American Psychological Association annual meetings in San Francisco.
- Aspinwall, L. G., & Duràn, R. E. F. (1992, January). Personal and social sources of resilience in first-generation college students. Paper presented at the first annual *Symposium on resiliency and women* at the Spring Foundation meetings in Stanford, CA.
- Aspinwall, L. G. (1992, December). *Optimism, self-regulation and health*. Invited colloquium, Department of Psychology, The Johns Hopkins University.
- Aspinwall, L. G., & Kissam, K.D. (1993, August). Understanding the effects of downward comparison in stressed populations. Paper presented for symposium on *Social comparison and health* at the American Psychological Association annual meetings in Toronto.
- Aspinwall, L. G. (1993, August). Optimism, self-regulation, and health: An experimental paradigm. Paper presented for symposium on *Optimism, self-representation, and health: Recent theoretical developments* at the American Psychological Association annual meetings in Toronto.
- Aspinwall, L. G. (1994, April). *Optimism and attention to threatening information*. Invited colloquium, Department of Psychology, New York University.

Papers Presented at Professional Meetings & Invited Colloquia

- Aspinwall, L. G. (1994, July). What I do know won't hurt me: Optimistic appraisals are responsive to new information. Paper presented for symposium on *Biased appraisals of health threats: Optimism, denial, information processing and behavior* at the annual meetings of the American Psychological Society in Washington, D.C.
- Aspinwall, L. G. (1994, August). What I do know won't hurt me: Optimistic appraisals Are responsive to new information. Paper presented for symposium on *Biases in the appraisal of health threats: Process and adaptiveness* at the annual meetings of the American Psychological Association in Los Angeles.
- Aspinwall, L. G. (1994, October). *Optimism and attention to threatening information*. Invited colloquium, Department of Psychology, University of Virginia.
- Aspinwall, L. G. (1995, May). *Proactive coping and self-regulation*. Italy-U.S.A. Bilateral Seminar in Social Psychology, Bertinoro, Italy.
- Aspinwall, L. G. (1995, October). Dynamic aspects of social comparisons: The proactive management of potential stressors. Paper presented for symposium on *Social comparison, stress and health: New developments in theory and research* at the joint meetings of SESP/EAESP, Washington, DC.
- Aspinwall, L. G. (1996, March). *Optimism and attention to threatening information: New evidence*. Invited colloquium, George Washington University.
- Aspinwall, L. G. (1996, April). *Optimism and proactive coping: The process of detecting and remediating potential threats to well-being*. Invited colloquium, Health Psychology Proseminar, CUNY Graduate Center.
- Aspinwall, L. G., & Hill, D. L. (1996, June). *Health cognitions and response modulation: Understanding health-related decision making*. Invited paper, Second Annual Iowa Conference on Health Cognitions, Ames, IA.
- Aspinwall, L. G. (1996, July). Optimism and the process of appraising and responding to potential and actual threats. Paper presented for symposium on *Detecting and responding to threat: Perspectives from clinical, personality and social psychology* at the annual meetings of the American Psychological Society in San Francisco.
- Aspinwall, L. G. (1997, April). *Proactive coping and the detection and management of potential stressors*. Invited colloquium, Gettysburg College.
- Reed, M. B. & Aspinwall, L. G. (1997, April). Positive affect and attention to self-relevant negative information. Paper presented for invited symposium on *Positive beliefs and health* at the annual meetings of the Eastern Psychological Association in Washington, DC.
- Aspinwall, L. G. (1997, June). Proactive coping and the detection and management of potential stressors. Paper presented for symposium on *Reconsidering planning: Multiple psychological and contextual perspectives* at the annual meetings of the Jean Piaget Society in Los Angeles.

Papers Presented at Professional Meetings & Invited Colloquia

- Aspinwall, L. G., Frazier, L. E., & Cooper, D. A. (1997, August). Being shown up vs. being shown how: When exposure to upward comparisons fosters superior performance. Paper presented for symposium on *The self under threat in upward social comparison* at the annual meetings of the American Psychological Association in Chicago.
- Aspinwall, L. G. (1998, February). Optimism and attention to negative information: Implications for coping and health. Invited presentation for symposium on *Understanding and cultivating hope* at the Symposium on the Science and Optimism of Hope sponsored by the Templeton Foundation in Philadelphia.
- Aspinwall, L. G. (1998, November). *Understanding optimism: Resources, skills, coping, and health*. Invited colloquium, Bucknell University.
- Aspinwall, L. G. (1998, December). Persuasion for the purpose of cancer risk reduction. Presented for National Cancer Institute workshop on *Cancer risk communication: What we know and what we need to learn* in Potomac, MD.
- Aspinwall, L. G., Hill, D. L., & Reed, M. B. (1999, June). Mood as resource: Expected positive mood facilitates the processing of negative feedback about the self. Paper presented for symposium on *Beneficial repercussions of positive emotions* at the annual meetings of the American Psychological Society in Denver.
- Aspinwall, L. G. (1999, October). *How does optimism "work"?: Positive beliefs and the upward spiral of knowledge, effective coping, and well-being*. Invited colloquium, University of Pennsylvania.
- Aspinwall, L.G. (1999, Nov.). *Affect, self-regulation, and responses to health-risk information*. Invited presentation, Health Cognitions Meeting, Captiva Island, FL.
- Aspinwall, L.G., & Sechrist, G. B (2000, June). Proactive coping, expectations, and performance: Learning from others' experiences. Paper presented for invited symposium on *Current research in mental simulations* at the annual meetings of the American Psychological Society in Miami.
- Aspinwall, L.G. (2000, July). Social comparison, self-regulation, and task performance: Timing is everything. Paper presented for invited symposium on *Managing conceptions about self and other: Adaptive functions for action and self-regulation* at the International Congress of Psychology in Stockholm, Sweden.
- Aspinwall, L.G. (2001, March). *Something's coming, something good: Bridging research on optimism, positive affect, and the self*. Invited colloquium, Department of Psychology, Cornell University.
- Aspinwall, L.G. (2001, April). Happier and wiser: Positive affect promotes careful attention to risk information. Invited paper for keynote integrative symposium on *Heart and mind: Emotion, decision making, and risk* (Gretchen Chapman, Chair). Presented at the annual meetings of the Eastern Psychological Association in Washington, DC.

Papers Presented at Professional Meetings & Invited Colloquia

- Aspinwall, L.G. (2001, November). *Something's coming, something good: A self-regulatory approach to understanding optimism, positive affect, and other psychological resources*. Invited colloquium, Department of Psychology, University of Oregon.
- Aspinwall, L.G. (2002, May). Keynote address, *Toward a more positive psychology: Lessons for -- and from -- health psychology*. Presented at the Fourth Dutch Conference on Psychology and Health, Kerkrade, the Netherlands.
- Aspinwall, L.G., & Leaf, S. L. (2002, May). Something's coming, something good: A self-regulatory approach to understanding optimism, positive affect, and other psychological resources. Presented for symposium on *Optimism: Recent developments and new perspectives* at the Fourth Dutch Conference on Psychology and Health, Kerkrade, the Netherlands.
- Aspinwall, L.G. (2002, May). *A self-regulatory approach to understanding optimism, positive affect, and other psychological resources*. Distinguished Lecture, Department of Psychology, University of Hamburg.
- Aspinwall, L.G., & Clark, A. (2002, June). Keynote address, Strength, adaptation, and change: Toward a positive psychology of cancer survivorship. Presented at *Cancer survivorship: Resilience across the lifespan* at a joint meeting of the National Cancer Institute's Office of Cancer Survivorship and the American Cancer Society, Washington, DC.
- Aspinwall, L.G. (2002, August). Understanding the psychological resources that fuel resilience, adaptation, and growth. Presented for symposium on *Resilience and stressful life events* at the annual meetings of the American Psychological Association in Chicago.
- Aspinwall, L.G. (2003, January). Toward a more positive psychology. Presented as discussant for preconference on *Positive psychology and health* at the annual meetings of the Society of Personality and Social Psychology in Universal City, CA.
- Aspinwall, L. G. (2003, September). Keynote address, *Does positive thinking help or hurt? Critical issues in understanding the role of positive beliefs and emotions in managing adversity*. Presented at the 17th European Health Psychology Society Conference, Kos, Greece.
- Aspinwall, L.G., (2003, October). Is Freud dead everywhere but the English Department? No, but he should be. Panel presentation for *The passionate mind: Emotion, cognition, and the construction of self* at the Utah Symposium in Science and Literature, Salt Lake City, UT.
- Aspinwall, L. G. (2004, March). *Affect, health cognitions, and the processing of health-risk information*. Presentation for the Cancer Control and Population Sciences Seminar, Huntsman Cancer Institute, Salt Lake City, UT.

Papers Presented at Professional Meetings & Invited Colloquia

- Aspinwall, L. G., & Leaf, S. L. (2004, June). *A prospective study of psychological and behavioral responses to genetic testing for familial melanoma*. Presented for the annual meeting of the Health Cognitions Working Group, National Cancer Institute, Snowbird, UT.
- Campo, R. A., & Aspinwall, L. G. (2004, August). *The effect of expected positive mood on the processing of failure feedback and physiological responses*. Poster presented for annual meeting of the American Psychological Association, Honolulu, HI.
- Leaf, S. L., & Aspinwall, L. G. (2007, January). *Positive mood and health risk: Feeling good boosts health cognitions and behavioral intentions related to skin cancer*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Aspinwall, L. G. (2007, October). Keynote address, Affect, health cognitions, and the management of familial cancer risk. Presented at the Research Institute for Psychology & Health's international seminar *New directions in emotion regulation and health*, Utrecht, The Netherlands.
- Aspinwall, L. G. (2008, March). *Will the real Positive Psychology please stand up?* Invited participant, The Great Debate: *Positive psychology: How positive should we be?* Presented at the annual meetings of the Society for Behavioral Medicine, San Diego.
- Aspinwall, L. G. (2009, September). *Genetic testing and the proactive management of familial cancer risk*. Invited speaker, *The State of Science In Stress and Coping: A Symposium in Honor of Susan Folkman*, San Francisco, CA.
- Leachman, S.A., Taber, J.M., Leaf, S., & Aspinwall, L.G. (2009, November). *Melanoma genetic counseling and testing improve patient compliance and perceived control*. Invited presentation, 3rd World Meeting of Interdisciplinary Melanoma/Skin Cancer Centers, Berlin, Germany.
- Aspinwall, L. G. (2009, November). *Pollyanna in the Lab: What Have We Learned from the Systematic Study of Positive Thinking?* Invited speaker, ARUP Laboratories, Salt Lake City, UT.
- Taber, J. M., Aspinwall, L. G., & Leachman, S. A. (2010, January). *Risk underestimation following receipt of positive melanoma genetic test results predicts improvement in prevention and screening*. Poster presented at the annual meetings of the Society of Personality and Social Psychology, Las Vegas, NV.
- Aspinwall, L. G., Taber, J. M., & Leachman, S. A. (2010, April). *Genetic Testing and the Proactive Management of Familial Cancer Risk*. Presented in *Directions in Stress and Coping Research in Chronic Illness* at the annual meetings of the Society for Behavioral Medicine, Seattle. Abstract available in *Annals of Behavioral Medicine*, 39 (Suppl), s126.

Papers Presented at Professional Meetings & Invited Colloquia, contd.

- Taber, J. M., Aspinwall, L. G., & Leachman, S. A. (2010, April). *Predictors of sustained improvements in skin self-examination adherence in high-risk melanoma families following genetic test reporting*. Presented in paper session "Don't Walk on the Sunny Side of the Street": Skin Cancer and Melanoma Risk at the annual meetings of the Society for Behavioral Medicine, Seattle. Abstract available in *Annals of Behavioral Medicine*, 39 (Suppl), s210.
- Pengchit, W. & Aspinwall, L. G. (2011, January). *Not too scared to think carefully: Optimism fosters processing of persuasive messages regarding health risk*. Poster presented at the annual meetings of the Society of Personality and Social Psychology, San Antonio, TX.
- Taber, J. M. & Aspinwall, L. G. (2011, January). *Understanding the impact of message framing on prevention behaviors among high-risk individuals: A simulation study*. Poster presented at the annual meetings of the Society of Personality and Social Psychology, San Antonio, TX.
- Aspinwall, L. G. (2011, February). *Pollyanna in the Lab: What Have We Learned from the Systematic Study of Positive Thinking and Health?* Invited presentation to the Staff Development Series for the University Of Utah Counseling Center and Student Health Center, Salt Lake City, UT.
- Aspinwall, L. G., & Leachman, S. A. (2011, February). *Genetic Testing and the Proactive Management of Familial Cancer Risk*. Presented to the External Advisory Board of the Cancer Control and Population Sciences program of the Huntsman Cancer Institute, Salt Lake City, UT.
- Taber, J., Aspinwall, L.G., Heichman, K., & Kinney, A. (2011, March). *Blood-based colorectal cancer screening: Eliciting attitudes and determining predictors of interest in a multiethnic sample*. Poster presented at annual meetings of the American Society for Preventive Oncology, Las Vegas, NV.