

VITAE

Paula G. Williams

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PROFESSIONAL POSITIONS

- July 2022-present **Professor**, Department of Psychology, University of Utah, Salt Lake City, UT
- July 2022-present **Associate Chair**, Department of Psychology, University of Utah, Salt Lake City, UT
- July 2015-June 2022 **Director of Graduate Studies**, Department of Psychology, University of Utah, Salt Lake City, UT
- 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. 2005-2011 **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

2022 Abstract Citation Award, American Psychosomatic Society (x2)
2021 Alumnus of the Year Lifetime Achievement Award
Dept. of Psychology, Illinois State University
2020 Abstract Citation Award, American Psychosomatic Society
2012 Innovative Teaching Award, University of Utah (\$10,000)
2008 Abstract Citation Award, American Psychosomatic Society
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 and contracts received:

Department of Defense (subcontract co-PIs: Williams, Bryan; PI: Chad Morrow, Psy.D.) 2018-2021
“Validation of a mobile smart phone app to assess sleep quality” (\$93,996)

Interdisciplinary Faculty Research Seed Grant-Global Change and Sustainability Center (GCSC) and the Society, Water and Climate Research Group (SWC), University of Utah (Principal Investigator) 2018-present
“Individual Differences in Environmental Attitudes and Behavior: Examination of Personality, Neurocognitive Mechanisms, and Malleability” (\$9925)

Neuroscience Initiative Collaborative Pilot Project Grant (Renewal)-University of Utah (Principal Investigator) 2016-2018
“Examination of neurobehavioral and neurophysiological mechanisms underlying habitual short sleep duration” (\$49,966)

Stress Measurement Network Pilot Grant-National Institute on Aging (Principal Investigator) 2016-present
“Development of a standard protocol for the assessment of stress-related vocal responding” (\$7536)

Interdisciplinary Research Pilot Program Grant-University of Utah (Principal Investigator) 2015-present
“Individual differences in the experience of aesthetic stimuli” (\$9200)

Neuroscience Initiative Collaborative Pilot Project Grant-University of Utah (Principal Investigator) 2015-2016
“Examination of neurobehavioral and neurophysiological mechanisms underlying habitual short sleep duration” (\$48,250)

Updated 11/14/22

Innovative Teaching Award-University of Utah (Principal Investigator) 2012-2014

“Development of a tailored, web-based stress management program: Supplemental instruction for Psychology 3330: Stress Management” (\$10,000)

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 Heart, Lung, and Blood Institute (R01; Principal Investigator) – June 2021

“Habitual short sleep duration: Neurobehavioral mechanisms and cardiometabolic risk” [under revision]

MENTORED AWARDS

Primary mentor:

Graduate Research Fellowship – 2022-2023 (Kimberley Johnson)

Marriner S. Eccles Graduate Fellowship in Political Economy – 2019-2020 (Kimberley Johnson)

University Teaching Assistant Award – 2011-2012 (Matthew Cribbet & Margaret Tarampi)

American Psychological Association, Division 38 – Student Research Award (\$1500) – 2010 (Matthew Cribbet)

Mind and Life Institute, Francisco J. Varela Research Award (\$15,000) – 2008 (Holly Rau)

Consultant:

National Research Service Award – 2020-present (Parisa Kaliush)

National Research Service Award – 2016-2019 (Jeremy Grove)

JOURNAL ARTICLES

Carlson*, S.E., Smith, T.W., **Williams, P.G.**, Parkhurst*, K.A., Tinajero*, R., Goans*, C., Hirai, M., & Ruiz, J. M. (in press). Partialling alters interpersonal correlates of negative affective symptoms and traits: A circumplex illustration. *Journal of Personality*.

Johnson*, K.T., **Williams, P.G.**, Aspinwall, L.G., & Curtis*, B.J. (2022). Resilience to stress-related sleep disturbance: Examination of early pandemic coping and affect [Special Issue: Development of Resilience in Response to Stress and Trauma]. *Health Psychology*. Advance online publication. <http://dx.doi.org/10.1037/hea0001169>

- Williams, P.G.**, Johnson*, K.T., Bride*, D.L., Baucom, B.R.W., & Crowell, S.E. (2022). Individual differences in aesthetic engagement and proneness to aesthetic chill: Associations with awe. *Psychology of Aesthetics, Creativity, and the Arts*. Advance online publication. <http://dx.doi.org/10.1037/aca0000458>
- Johnson*, K.T., **Williams, P.G.**, & Hill, J. (2022). The importance of information: Prenatal education surrounding birth-related pelvic floor trauma mitigates symptom-related distress [Special Issue: Optimizing Health in the Fourth Trimester]. *Journal of Women's Health Physical Therapy*, 46, 62-72. DOI: 10.1097/JWH.0000000000000229.
- Hinkson*, K. D., Jr., Drake-Brooks, M. M., Christensen, K., Loveland, M. D., Robinson, A. K., Burningham, C., Crowell, S. E., **Williams, P. G.**, & Bryan, C. J. (2022). Examination of the mental health and academic performance of a nationwide sample of student veterans. *Journal of American College Health* 70:8, 2334-2341. DOI: 10.1080/07448481.2020.1858837
- Johnson*, K.T., **Williams, P.G.**, Smith, T.W., & Baucom, B.R.W. (2021). Individual differences in aesthetic engagement and proneness to aesthetic chill: Associations with stress-related growth orientation. *Psychology of Aesthetics, Creativity, and the Arts*. Advance online publication. <http://dx.doi.org/10.1037/aca0000410>
- Deits-Lebehn*, C., Smith, T.W., Grove*, J., **Williams, P.G.**, & Uchino, B.N. (2021). Interpersonal processes contribute to the association of dispositional mindfulness with social functioning. *Mindfulness*. Advance online publication. <https://doi.org/10.1007/s12671-021-01798-z>
- Williams^, P.G.**, Barger^, S.D., & Curtis*, B.J. (2021). Individual differences in habitual short sleep duration and dysfunction: Subjective health versus objective cardiovascular disease risk. *Health Psychology*, 40, 587-596.
- Tobin, S., **Williams, P.G.**, Baron, K., Halliday, T. & Depner, C.M. (2021). Challenges and opportunities for applying consumer wearables to sleep medicine and research. *Sleep Medicine Clinics*, 16, 607-618.
- Tinajero*, R., **Williams, P.G.**, Cribbet*, M.R., Rau*, H.K., Bride*, D.L., & Suchy, Y. (2020). Reported history of childhood trauma and stress-related vulnerability: Associations with emotion regulation, executive functioning, daily hassles, and pre-sleep arousal. *Stress and Health*. DOI: 10.1002/smi.2938
- Grove*, J., Smith, T.W., Carlson*, S., Bryan, C., Crowell, S., Czajkowski, L., **Williams, P.G.**, & Parkhurst*, K. (2020). Prospective association between suicide cognitions and emotional responses to a laboratory stressor: The mediating role of nightly subjective sleep quality. *Journal of Affective Disorders*, 265, 77-84.
- Smith, T.W., Diets-Lebehn*, C., **Williams, P.G.**, Baucom, B.R.W., & Uchino, B.N. (2020). Toward a social psychophysiology of vagally-mediated heart rate variability: Self-regulation, emotion, and interpersonal processes. *Social and Personality Psychology Compass*. doi.org/10.1111/spc3.12516
- Baron*, C.E., Smith, T.W., Baucom, B.R., Uchino, B.N., **Williams, P.G.**, Sundar, K.M., & Czajkowski, L. (2019). Relationship partner social behavior and CPAP adherence: The role of autonomy support. *Health Psychology*. doi: 10.1037/hea0000827
- Williams, P.G.**, Cribbet*, M. R., Tinajero*, R., Rau*, H.K., Thayer, J.F., & Suchy, Y. (2019). The association between individual differences in executive functioning and resting high frequency heart rate variability. *Biological Psychology*. doi.org/10.1016/j.biopsycho.2019.107772
- Curtis*, B.J., **Williams, P.G.**, & Anderson, J.S. (2019). Neural reward processing in self-reported short sleepers: Examination of gambling task brain activation in the Human Connectome Project database. *SLEEP*. doi: 10.1093/sleep/zsz129

- Williams, P.G.**, Curtis*, B.J., & Anderson, J.S. (2019). Toward an individual differences approach to habitual short sleep duration: A reply to Massar and Chee. *SLEEP* [Letter to the Editor]. doi: 10.1093/sleep/zsz035
- Deits-Lebehn*, C., Smith, T.W., Grove*, J., **Williams, P.G.**, & Uchino, B.N. (2019). Dispositional mindfulness, nonattachment, and experiential avoidance. *Personality and Individual Differences*, *151*. DOI: 10.1016/j.paid.2019.109522.
- Williams, P.G.**, Johnson*, K.T., Curtis*, B.J., King*, J.B., & Anderson, J.S. (2018). Individual differences in aesthetic engagement are reflected in resting-state fMRI connectivity: Implications for stress resilience. *NeuroImage*, *179*, 156-165.
- Curtis*, B.J., **Williams, P.G.**, & Anderson, J.S. (2018). Objective cognitive functioning in self-reported habitual short sleepers not reporting daytime dysfunction: Examination of impulsivity via delay discounting. *SLEEP*, *41*. doi: 10.1093/sleep/zsy115
- Tinajero*, R., **Williams, P.G.**, Cribbet*, M.R., Rau*, H.K., Bride*, D.L., & Suchy, Y. (2018). Nonrestorative sleep in healthy adults without insomnia: Associations with executive functioning, fatigue, and pre-sleep arousal. *Sleep Health*, *4*, 284-291.
- Suchy, Y., Franchow*, E., Niermeyer*, M., Ziemnik*, R., **Williams, P.G.**, Pennington*, N. (2018). Exaggerated reaction to novelty as a predictor of incipient cognitive decline among community-dwelling older adults. *Clinical and Experimental Neuropsychology*, *40*, 987-999.
- Williams, P.G.**, Rau*, H.K., Suchy, Y., Thorgusen*, S., & Smith, T.W. (2017). On the validity of self-report assessment of cognitive abilities: Attentional Control Scale associations with cognitive performance, emotional adjustment, and personality. *Psychological Assessment*, *29*, 519-530.
- Gunn*, H.E., Critchfield, K., Mackaronis*, J., Rau*, H.K., Cribbet*, M.R., Troxel, W.M., & **Williams, P.G.** (2017). Affiliative interpersonal behaviors during stress are associated with sleep quality, and pre-sleep arousal in healthy, young adults. *Sleep Health*, *3*, 98-101.
- Grove*, J., Smith, T.W., Crowell, S.E., **Williams, P.G.**, & Jordan, K.D. (2017). Borderline personality features, interpersonal correlates, and blood pressure response to social stressors: Implications for cardiovascular risk. *Personality and Individual Differences*, *113*, 38-47.
- Curtis*, B.J., **Williams, P.G.**, Jones, C.R., & Anderson, J.S. (2016). Sleep duration and resting fMRI functional connectivity: Examination of short sleepers with and without perceived daytime dysfunction. *Brain and Behavior*, *0*:1-13. e00576, doi: 10.1002/brb3.576
- Smith, T.W., & **Williams, P.G.** (2016). Assessment of social traits in married couples: Self-reports versus spouse ratings around the interpersonal circumplex. *Psychological Assessment*, *28*, 726-736.
- Rau*, H.K., & **Williams, P.G.** (2016). Dispositional mindfulness: A critical review of construct validation research [Special Issue: Mindfulness]. *Personality and Individual Differences*, *93*, 32-43.
- Rau*, H.K., Suchy, Y., Butner, J.E., & **Williams, P.G.** (2015). Latent profiles of executive functioning in healthy, young adults: Evidence of individual differences in hemispheric asymmetry. *Psychological Research*, DOI 10.1007/s00426-015-0706-5.

- Jordan*, K.D., **Williams, P.G.**, & Smith, T.W. (2015). Interpersonal distinctions among hypochondriacal traits: Styles, goals, vulnerabilities, and perceptions of health care providers. *Journal of Social and Clinical Psychology, 34*, 459-475.
- Smith, T., & **Williams, P.G.** (2015). Self-reports and spouse ratings of neuroticism: Perspectives on emotional adjustment in couples. *Journal of Family Psychology, 29*, 302-307.
- Cribbet*, M.R., Carlisle*, M., Cawthon, R.M., Uchino, B., **Williams, P.G.**, Smith, T.W., Gunn*, H.E., & Light, K.C (2014). Cellular aging and restorative processes: Subjective sleep quality and duration moderate the association between age and telomere length in a sample of middle-aged and older adults. *SLEEP, 37*, 65-70.
- Williams, P.G.**, Suchy, Y., & Kraybill, M.L. (2013). Preliminary evidence for low Openness to Experience as a pre-clinical marker of incipient cognitive decline among older adults. *Journal of Research in Personality, 47*, 945-951
- Williams, P.G.**, Cribbet*, M.R., Rau*, H.K, Gunn*, H.E., & Czajkowski, L. (2013). The effects of poor sleep on cognitive, affective, and physiological responses to a laboratory stressor. *Annals of Behavioral Medicine, 46*, 40-51.
- Franchow*, E., Suchy, Y., Thorgusen*, S., & **Williams, P.G.** (2013). Beyond education: The contribution of Openness to cognitive reserve in older adulthood. *Journal of Aging Sciences, 1*, 109. doi: 10.4172/2329-8847.1000109
- Hartz, A., Ross, J.J., Noyes, R., & **Williams, P.G.** (2013). Somatic symptoms and psychological characteristics associated with insomnia in postmenopausal women. *Sleep Medicine, 14*, 71-78.
- 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.** (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.
- 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.
- 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.
- 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.

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; ^first and second authors contributed equally

BOOK CHAPTERS AND TECHNICAL REPORTS

Williams, P.G., & Carlson, S.E. (in press). Personality and emotional adjustment in health risk and resilience. T.W. Smith and N.B. Anderson (Eds.), *APA Handbook of Health Psychology (Vol. 1)*. Washington, D.C.: American Psychological Association.

Suchy, Y. Brothers, S.L., Carlson, S.E., & Williams, P.G. (in press). Sleep, fatigue, and pain in older adulthood. S. Bush & B. Yochim (Eds.), *A Handbook of Geriatric Neuropsychology: Practice Essentials, 2nd Edition*. New York: Taylor & Francis.

Williams, P.G., Bryan, C.J., Morrow, C., Curtis, B.J., Carlson, S.E., & Baucom, B.R.W. (2021). Validation of a mobile smart phone app to assess sleep quality. Air Force Research Laboratory (AFRL) technical report.

Williams, P.G., Tinajero*, R., & Suchy, Y. (2017). Executive functioning and health. *Oxford Handbooks Online*. DOI: 10.1093/oxfordhb/9780199935291.013.7

Smith, T. W., **Williams, P.G.**, & Ruiz, J.M. (2016). Clinical health psychology. In J.C. Norcross, G.R. VandenBos, and D.K. Freedheim (Editors-in-Chief), *APA Handbook of Clinical Psychology: Vol. 1 Roots and Branches* (pp. 223-257). Washington, D.C.: American Psychological Association.

Smith, T.W., **Williams, P.G.**, & Segerstrom, S.C. (2015). Personality and physical health. In L. Cooper and R. Larsen (Eds), *APA Handbook of Personality and Social Psychology (Vol 4): Personality Processes and Individual Differences* (pp. 639-661). Washington, D.C.: American Psychological Association.

Smith, T.W., & **Williams, P.G.** (2013). Behavioral medicine and clinical health psychology. In M. J. Lambert (Ed), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (pp. 690-734). New York: John Wiley & Sons.

Crowell, S., Skidmore*, C., Rau*, H.K., & **Williams, P.G.** (2013). 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.

Updated 11/14/22

- Williams, P. G., & Suchy, Y.** (2011). Temperament, personality, and heritability of individual differences in executive functioning. In Y. Suchy, *Clinical Neuropsychology of Emotion, Part IV*. pp. 223-234. New York: Guilford Press.
- Williams, P. G., & Suchy, Y.** (2011). Stress regulation, executive functioning, and physical and mental health. In Y. Suchy, *Clinical Neuropsychology of Emotion, Part IV*. pp. 235-246. New York: Guilford Press.
- 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., Smith, T. W., & Jordan*, K. D.** (2010). Health anxiety and hypochondriasis: Interpersonal extensions of the cognitive-behavioral perspective. In Beck, G. (Ed.), *Interpersonal processes in the anxiety disorders: Implications for understanding psychopathology and treatment*. pp. 261-284. American Psychological Association.
- 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.
- Williams, P. G.** (2006). Personality and illness behavior. In M. Vollrath (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.
- 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.

OTHER PUBLICATIONS

- Williams, P.G.** (September 20, 2021). A healthy sleep schedule is essential during college and beyond. *The Daily Utah Chronicle*. [invited Op-Ed]
- Cribbet*, M.R. & **Williams, P.G.** (2012). Personality. In M.D. Gellman & J.R. Turner (Eds.) *Encyclopedia of Behavioral Medicine*, New York, NY: Springer.
- Rau*, H. & **Williams, P.** (2012). Illness Cognitions and Perceptions. In M.D. Gellman & J.R. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer.
- Rau*, H. & **Williams, P.** (2012). Illness Behavior. In M.D. Gellman & J.R. Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer.
- 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

Carlson, S.E., Suchy, Y., Baron, K.G., Johnson, K.T., & Williams, P.G. A daily examination of executive functioning and chronotype in bedtime procrastination. Manuscript under review.

Curtis, B.J., McKinney, T.L., Euler, M., Anderson, J., Baron, K.G., Smith, T.W., & Williams, P.G. Sleepy without stimulation: Examining subjective and objective sleepiness in actigraphy-verified habitual short sleepers not reporting daytime dysfunction. Manuscript under review.

Williams, P.G., & Carlson, S.E. Individual differences relevant to Lifestyle Medicine: Personality and emotional adjustment in health risk and resilience. C. Fagundes and G. Merlo (Eds.), *Lifestyle Psychiatry: Through the Lens of Behavioral Medicine*. Oxfordshire, U.K.: Taylor & Francis. Manuscript under review [invited].

Kaliush, P.R., Conradt, E., Kerig, P.K., Williams, P.G., & Crowell, S.E. A multilevel developmental psychopathology model of childbirth and the perinatal transition. Revision under review.

Cribbet, M.R., Jordan, K.D, Williams, P.G., & Smith, T.W. Prior night sleep duration and salivary cortisol responses to social evaluative threat. Manuscript in preparation.

Williams, P.G., Carlson, S.E., Curtis, B.J., Baucom, B.R.W., Morrow, C., & Bryan, C.J. Examination of the Sleep Cycle mobile smartphone app in military couples: Associations with actigraphy and sleep diaries. Manuscript in preparation.

PRESENTATIONS

Guevara, J. E., Carlson, S., Cassim, T., Suchy, Y., Euler, M. J. & Williams, P. (2023, February). *Examining the relationships between physiological, cognitive, and self-report indices of self-regulation*. [Poster Presentation]. The International Neuropsychological Society 2023 Annual Meeting, San Diego, CA.

Williams, P.G., Curtis, B.J., McKinney, T.L., Euler, M., Anderson, J., Baron, K.G., & Smith, T.W. (2022, June). *Sleepy without stimulation: Examining subjective and objective sleepiness in actigraphy-verified habitual short sleepers not reporting daytime dysfunction*. Poster presented at SLEEP: Annual meeting of the Associated Professional Sleep Societies. Charlotte, NC.

Kaliush, P. R., Baron, K., Williams, P. G., Conradt, E., & Crowell, S. E. (2022, June). *Associations among pre-sleep arousal, facets of emotion dysregulation, and sleep quality and efficiency during pregnancy*. Poster presented at SLEEP: Annual meeting of the Associated Professional Sleep Societies. Charlotte, NC.

Williams, P.G., Carlson, S.E., Curtis, B.J., Baron, K., Depner, C.M., Baucom, B.R.W., Morrow, C., & Bryan, C.J. (2022, March). *Examination of the Sleep Cycle mobile smartphone app in military couples: Associations with actigraphy and sleep diaries* [Citation Poster]. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.

- Carlson, S.E., Curtis, B.J., Bryan, C.J., Morrow, C.E., Baucom, B.R.W., & Williams, P.G. (2022, March). *The impact of actor and partner overnight movement on sleep quality metrics in military couples*. Paper presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
- Carlson, S.E., Johnson, K.T., Curtis, B.J., & Williams, P.G. (2022, March). *A daily diary study of bedtime procrastination and short sleep duration: Examination of subjective executive function and chronotype* [Citation Poster]. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
- Johnson, K.T., Williams, P.G., & Hill, J. (2021, June). *Maternal birth injury: An understudied contributor to postpartum sleep disturbance and depression*. SLEEP 2021 35th Annual Meeting of the Associated Professional Sleep Societies (virtual).
- Williams, P.G. & Johnson, K.T. (2020, December). *Navigating a pandemic in a climate of misinformation: Environmental attitudes and adherence to COVID-19 Public Health Guidelines* [Citation Poster]. American Psychosomatic Society virtual conference.
- Carlson, S.E., Johnson, K.T., Curtis, B.J., Williams, P.G. (2020, December). *Desynchronized: Changes in sleep timing and social jetlag during the Covid-19 pandemic* [Citation Poster]. American Psychosomatic Society virtual conference.
- Johnson, K.T., Williams, P.G., & Curtis, B.J. (2020, December). *Resilience to sleep disturbance during Covid-19: Growth oriented coping and positive affect*. American Psychosomatic Society virtual conference.
- Baucom, K.J.W., McBride, S., Deits-Lebehn, C., Fortenberry, K.T., Frame, K.A., Smith, T.W., Williams, P.G., & Baucom, B.R.W. (2020, November). *Incorporating bluetooth proximity sensors into objective assessment of physical activity in couples* [Symposium presentation]. The Association for Behavioral and Cognitive Therapies, virtual convention.
- Williams, P.G., Barger, S.D., & Curtis, B.J. (2020, March). *Individual differences in habitual short sleep duration: Examination of self-rated health versus objective cardiovascular disease risk*. Paper accepted for presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA (cancelled).
- Johnson, K., & Williams, P.G. (2020, March). *Reported frequency of childhood aesthetic experiences: Associations with Openness to Experience and stress resilience in adulthood*. Accepted for presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA (cancelled).
- Johnson, K., Williams, P.G., Gunn, H.E., Cribbet, M.R., & Rau, H.K. (2020, March). *Individual differences in aesthetic engagement and stress resilience: Examination of growth orientation as a possible mechanism*. Accepted for presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA (cancelled).
- Cribbet, M.R., Williams, P.G., Tinajero, R., & Rau, H.K. (2019, June). *Childhood adversity and adult sleep: The role of deprivation and threat*. Paper presented at the annual meeting of the Associated Professional Sleep Societies, San Antonio, TX. [Abstract was 1 of 16 selected out of all abstract submissions for presentation at Club Hypnos Data Blitz session]
- Cribbet, M.R., Williams, P.G., Tinajero, R., Rau, H.K. (2019, March). *Childhood adversity and adult sleep: The role of deprivation and threat*. Poster presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

- Hinkson, K.D., Brooks, M.M., Burningham, C., Williams, P.G., Crowell, S., & Bryan, C.J. (November, 2018). *Exploring postsecondary academic performance and academic problems as risk factors of suicidal ideation and behavior in a national sample of student veterans*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
- Hinkson, K.D., Brooks, M.M., Burningham, C., Williams, P.G., Crowell, S., & Bryan, C.J. (November, 2018). *Disaggregated clusters of PTSD as predictors of lower academic performance in student veterans*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
- Williams, P.G., Baucom, B., Jati, A., & Georgiou, P. (November, 2018). *Physiological and affective responses to stress are encoded in vocal acoustic properties*. Panel Discussion: What counts as evidence: Kernels of contradictions in nonverbal theory and methods. National Communication Association annual convention, Salt Lake City, UT.
- Jati, A., Williams, P., Baucom, B. and Georgiou, P. (April, 2018). *Towards predicting physiology from speech during stressful conversations: Heart rate and respiratory sinus arrhythmia*. Proceedings of IEEE International Conference on Audio, Speech and Signal Processing (ICASSP), Calgary, Alberta, Canada
- Williams, P.G., Curtis, B.J., Johnson, K., King, J.B., & Anderson, J.S. (March, 2018). *Individual differences in aesthetic engagement are reflected in resting-state fMRI connectivity: Implications for stress resilience*. Paper presented at the 76th annual meeting of the American Psychosomatic Society, Louisville, KY.
- Williams, P.G., Baucom, B., Jati, A., & Georgiou, P. (March, 2018). *Physiological and affective responses to stress are encoded in vocal acoustic properties*. Paper presented at the 76th annual meeting of the American Psychosomatic Society, Louisville, KY.
- Johnson, K., Williams, P.G., Bride, D.L., Baucom, B., & Crowell, S. (March, 2018). *Individual differences in aesthetic engagement and stress resilience: The role of positive reinterpretation & growth-oriented coping*. Poster presented at the 76th annual meeting of the American Psychosomatic Society, Louisville, KY.
- Williams, P. G., Curtis, B. J., Zawadzki, M. J., Suchy, Y., Rau, H. K., Jones, C. R., & Anderson, J. S. (June, 2017). *Are short sleepers who deny dysfunction more dysfunctional than normal sleepers?* Poster presented at the annual meeting of the Association for Research in Personality, Sacramento, CA.
- Tinajero, R., Rau, H.K., Bride, D., Suchy, Y., Cribbet, M.R., & Williams, P.G. (March, 2016). *Reported history of childhood trauma and stress-related vulnerability: The role of emotion regulation and executive functioning*. Poster presented at the 74th annual meeting of the American Psychosomatic Society, Denver, CO.
- Williams, P.G., Butner, J., Rau, H.K., Bride, D., & Cribbet, M.R. (January, 2016). *Individual differences in self-regulatory capacity and autonomic nervous system activation during the pre-sleep period: A dynamical systems examination*. Symposium paper (Symposium title: The Other Third of Our Lives: A Self-Regulatory Perspective on Sleep and Social Behavior) presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Williams, P.G., Bride, D.L., Rau, H.K., Cribbet, M.R., Gunn, H.E., & Crowell, S. (June, 2015). *Individual differences in stress restoration: Personality, sleep, and aesthetic experience*. Symposium paper presented at the annual meeting of the Association for Research in Personality, St. Louis, MO.
- Bride, D.L., Williams, P.G., Baucom, B., & Crowell, S. (June, 2015). *Openness to experience and awe: Individual differences in response to an aesthetic stimulus*. Poster presented at the annual meeting of the Association for Research in Personality, St. Louis, MO.

- Williams, P.G., Rau, H.K., Cribbet, M.R., Bride, D., & Suchy, Y. (March, 2015). *Individual differences reflecting neurovisceral integration: Composite scores on neuropsychological tests of executive function are significantly associated with resting high frequency-heart rate variability*. Paper presented at the 73rd meeting of the American Psychosomatic Society, Savannah, GA.
- Williams, P.G., Butner, J., Rau, H.K., Bride, D., Cribbet, M.R., Silver, M., Wilson, S., & Baucom, B. (March, 2014). *A dynamical systems analysis of autonomic nervous system activation in the pre-sleep period*. Poster presented at the 72nd meeting of the American Psychosomatic Society, San Francisco, CA.
- Bride, D., Williams, P.G., Baucom, B., O'Connor, C., & Crowell, S. (March, 2014). *Individual differences in emotional and physiological responses to aesthetic stimuli: Personality, sleep quality, and resting respiratory sinus arrhythmia*. Poster presented at the 72nd meeting of the American Psychosomatic Society, San Francisco, CA.
- Cribbet, M.R., Rau, H.K., Bride, D., & Williams, P.G. (March, 2014). *Resting high frequency heart rate variability is associated with affective response to romantic partner interactions in daily life*. Poster presented at the 72nd meeting of the American Psychosomatic Society, San Francisco, CA.
- Silver, M., Rau, H.K., Cribbet, M.R., Vaux, L., & Williams, P.G. (March, 2014). *Reported history of childhood trauma predicts increased pre-sleep arousal in healthy adults*. Poster presented at the 72nd meeting of the American Psychosomatic Society, San Francisco, CA.
- Gunn, H.E., Critchfield, K.L., Mackaronis, J.E., MacArthur, L.E., Rau, H.K., Cribbet, M.R., & Williams, P.G. (March, 2013). *An interpersonal analysis of psychosocial stress and sleep*. Symposium paper presented at the 71st meeting of the American Psychosomatic Society, Miami, FL.
- Cribbet, M.R., Williams, P.G., Rau, H.K. & Vaux, L. (March, 2013). *Associations among marital quality, sleep quality, and high frequency heart rate variability*. Symposium paper presented at the 71st meeting of the American Psychosomatic Society, Miami, FL.
- Rau, H.K., Cribbet, M.R., Vaux, L., & Williams, P.G. (March, 2013). *Trait mindfulness is associated with affective stability, self-reported executive functioning, and lower pre-sleep arousal in daily life*. Paper presented at the 71st meeting of the American Psychosomatic Society, Miami, FL.
- 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

- 2022, October. *Individual differences in engagement with art, nature, and beauty: Associations with awe, stress resilience, and stress-related growth*. Department of Psychology, Illinois State University.
- 2022, April. *Individual differences in engagement with art, nature, and beauty: Associations with awe, stress resilience, and stress-related growth*. Building 21, McGill University [virtual].
- 2022, March. *The role of engagement with art, nature, and beauty in fostering stress resilience*. National Association for Interpretation Northwest Region Spring Virtual Workshop.
- 2020, September. *Understanding and managing stress: A general framework and COVID-19 considerations*. Women in Health, Medicine, and Science, University of Utah (webinar).
- 2019, October. *Stress and graduate school: Considerations for Directors of Graduate Studies*. Directors of Graduate Studies meeting, University of Utah.
- 2019, July. *Graduate school and stress*. Graduate student workshop, Joint Meeting of Ichthyologists and Herpetologists, Snowbird, UT.
- 2018, November. *Managing stress as a graduate student*. The Graduate School, University of Utah.
- 2018, September. *Dealing with difficult litigants and lawyers: Perspectives on reducing interpersonal stress*. Annual Judicial Conference, Snowbird, UT.
- 2016, March. *Individual differences in stress regulation: Vulnerability to sleep disturbance*. Sleep Grand Rounds, University of Utah School of Medicine.
- 2015, April. *Individual differences in stress regulation: Moderators of stress exposure, reactivity, recovery, and*
- Updated 11/14/22

restoration. University of California-Merced.

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 Clinical Science
- ❖ Introduction to the Profession of Clinical Psychology (Diagnostic Interviewing)
- ❖ First-Year Practicum (Professional Development and Teaching)
- ❖ Foundations of Clinical Health Psychology I & II
- ❖ 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
- ❖ Survey of 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>
Steven Carlson	The thief of (bed)time: The role of chronotype and daily executive function in bedtime procrastination	M.S.	2022
Brian Curtis	Sleepy without stimulation: Examining subjective and objective sleepiness in actigraphy-verified habitual short sleepers not reporting daytime dysfunction	Ph.D.	2021
Ruben Tinajero	Associations among nonrestorative sleep, daytime dysfunction, and pre-sleep arousal: A multilevel modeling analysis	Ph.D.	2020
Kimberley Johnson	Individual differences in aesthetic engagement and aesthetic chill proneness: Associations with stress-related growth orientation	M.S.	2020
Brian Curtis	Objective cognitive functioning in self-reported habitual short sleepers not reporting daytime dysfunction: Examination of impulsivity via delay discounting	M.S.	2018
Ruben Tinajero	Nonrestorative sleep in healthy adults without insomnia: Associations with executive functioning, fatigue, and pre-sleep arousal	M.S.	2017
Holly Rau	Dispositional mindfulness and stress resilience: Self-regulatory capacity, affective stability, and pre-sleep arousal in daily life	Ph.D.	2015
Daniel Bride	Openness to experience and awe: Examination of dispositional tendencies, laboratory induction and daily life experiences	M.S.	2015
Matthew Cribbet	An examination of relationship quality and sleep disruption: A daily diary and ambulatory physiology monitoring approach	Ph.D.	2013
Heather Gunn	An interpersonal analysis of psychosocial stress and sleep	Ph.D.	2012

Lindsay Vaux	Examination of executive function as a moderator of the association between trait worry and attentional threat bias	M.S.	2012
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 attitudes and behaviors in college women	Ph.D. (WSU)	2003
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 Research in Personality* (March 2022 – present)
Special Issue Co-Editor: *Personality in Stress Risk and Resilience*

Consulting Editor, *Health Psychology* (September 2022 – present)

Climate Change, Sustainability and Health Special Interest Group-American Psychosomatic Society (member; March 2022-present)

RPT Reviewer -Dept. of Psychology, University of Maine Oct. 2021

Program Committee-American Psychosomatic Society 2011-2015

Associate Editor, *Journal of Behavioral Medicine* (Oct. 2009-Oct. 2013)

Ad hoc Reviewer, Behavioral Medicine: Interventions and Outcomes Study Section, National Institutes of Health (June 2012).

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

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:

American Journal of Alzheimer’s Disease & Other Dementias; Behaviour Research and Therapy; Behavioral Medicine;

Updated 11/14/22

British Journal of Health Psychology; Biological Psychology; Clinical Psychological Science; Cognitive, Affective, and Behavioral Neurosciences; Cognitive Therapy and Research; Current Directions in Psychological Science; Developmental Psychology; Health Psychology; Health Psychology Review; Journal of Behavioral Medicine; Journal of Consulting and Clinical Psychology; Journal of General 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; PLOS ONE; Psychological Bulletin; Psychological Review; Psychological Science; Psychology and Health; Psychology of Aesthetics, Creativity, and the Arts; Psychophysiology; Sleep Health; Sleep Medicine; Social Science and Medicine; The Clinical Neuropsychologist; 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:

Reviewer-Undergraduate Research Opportunities Program (UROP), University of Utah, 2022

Reviewer-Funding Incentive Seed Grant, University of Utah, 2016

RPT Committee-Occupational Therapy, University of Utah, 2015

Institutional Review Board, University of Utah, 2012-2015

RPT Reviewer-Dept. of Family & Preventative Medicine, University of Utah, 2013

Intellectual Explorations Area Committee-Social Sciences, University of Utah, 2012-2015

Health, Society, & Policy Advisory Board (formerly Behavioral Science and Health Committee), University of Utah, 2011-2015

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.

Executive Committee, Department of Psychology, University of Utah, 2022-present

Co-Chair, Cognition and Neural Science Faculty Search Committee, Dept. of Psychology, University of Utah, 2022

Coordinator, Behavioral Medicine Research Group, Dept. of Psychology, University of Utah, 2018-present

Chair, Graduate Committee, Dept. of Psychology, University of Utah, 2015-2022

Space Committee, Dept. of Psychology, University of Utah, 2015-2016.

Ad Hoc member, Personnel Committee, (RPT review, candidate choice), Dept. of Psychology, University of Utah, 2015

Personnel Committee, Dept. of Psychology, University of Utah, 2011-2012

Graduate Committee Member, Dept. of Psychology, University of Utah, 2008-2010

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.

PROFESSIONAL MEMBERSHIPS

Society for Health Psychology (American Psychological Association-Division 38)

American Psychosomatic Society

Association for Research in Personality

Sleep Research Society

Society of Behavioral Medicine

Society of Behavioral Sleep Medicine

Society for Personality and Social Psychology

Society for the Psychology of Aesthetics, Creativity, and the Arts (American Psychological Association-Division 10)