

# BENJAMIN ABRAVANEL SWERDLOW (né ABRAVANEL)

August 2022

## CONTACT INFORMATION

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## EDUCATION

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- 2015-2022    **PhD, Psychology (Clinical Science)**  
University of California, Berkeley  
Berkeley, CA  
Dissertation: *Naturalistic assessment of interpersonal emotion regulation in romantic couples: Feasibility, reliability, and validity* (Filed: May 2022)  
Advisor: Sheri L. Johnson, Ph.D.
- 2018        **M.A., Psychology (Clinical Science)**  
University of California, Berkeley  
Berkeley, CA  
Master's Thesis: *Shame on me for needing you: Links between interpersonal emotion regulation and experience of shame in daily life*  
Advisor: Sheri L. Johnson, Ph.D.
- 2012        Pembroke-King's Programme  
Cambridge University  
Cambridge, UK
- 2009-2013   **B.A., Psychology & B.A., English**  
*Honors in Psychology*  
Wesleyan University  
Middletown, CT  
Honors Thesis: *Emotional Memory for Film Clips*  
Advisor: Charles Sanislow, Ph.D.

## FELLOWSHIPS & AWARDS

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- 2020        UC Berkeley Department of Psychology Graduate Student Instructor Excellence Award
- 2019        UC Berkeley Outstanding Graduate Student Instructor Award
- 2019        Sheldon J. Korchin Prize in Clinical Psychology
- 2017        UC Berkeley Department of Psychology Travel Award
- 2017-2020   Greater Good Science Center Research Fellowship
- 2016-2018   NIMH Predoctoral Training Consortium in Affective Science Fellowship (T32-MH020006)
- 2015-2016   UC Berkeley Graduate Division Travel Awards
- 2015-2021   UC Berkeley Department of Psychology Summer Research Fellowships
- 2013        Holtzberg Fellowship for Clinical and Community Psychology
- 2012        Phi Beta Kappa, Fall Inductee

2011 Ford Teaching Fellowship  
2009-2013 Wesleyan University Dean's List

## PROFESSIONAL EXPERIENCE

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2022- Assistant Professor of Psychology, Lake Forest College  
2021-2022 Predoctoral Psychology Intern, Dartmouth-Hitchcock Medical Center

## PUBLICATIONS

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### Journal Articles

- Sandel, D. B.\*, Pearlstein, J. G.\*, **Swerdlow, B. A.**, & Johnson, S. L. (accepted). Who disengages from emotion and when?: An EMA study of how urgency and distress intolerance relate to daily emotion regulation. *Emotion*.
- Swerdlow, B. A.**, Sandel, D. B., & Johnson, S. L. (accepted). Shame on me for needing you: Links between interpersonal emotion regulation and experiences of shame. *Emotion*.
- Sandel, D. B., Modavi, K., **Swerdlow, B. A.**, Tharp, J. A., Timpano, K. R., & Johnson, S. L. (accepted). The interaction of shame and urgency in non-suicidal self-injury and suicide attempts. *Journal of Emotion and Psychopathology*.
- Swerdlow, B. A.\***, Sandel, D. B.\*, Pearlstein, J. G., & Johnson, S. L. (2022). Momentary emotion goals and spontaneous emotion regulation in daily life: An ecological momentary assessment study of desire for high versus low arousal positive emotion. *Affective Science*. <https://doi.org/10.1007/s42761-022-00108-7>
- Johnson, S. L., Robinson, M., Anvar, S.\*\*\*, **Swerdlow, B. A.**, & Timpano, K. (2022). Emotion-related impulsivity and rumination: Unique and conjoint effects on suicidal ideation, suicide attempts, and nonsuicidal self-injury across two samples. *Suicide and Life-Threatening Behavior*. <https://doi.org/10.1111/sltb.12849>
- Swerdlow, B. A.**, Johnson, S. L., Timpano, K., Porter, P.\*\*\*, & Dev, A. (2021). Longitudinal associations between internalizing symptoms, social behavior, and social perceptions amid the initial months of the COVID-19 pandemic in the United States: Evidence from a transdiagnostic community sample. *Journal of Affective Disorders*, 294, 805-812. <https://doi.org/10.1016/j.jad.2021.07.093>
- Johnson, S. L., **Swerdlow, B. A.**, Tharp, J. A., Chen, S., Tackett, J. L., Zeitzer, J. (2021). Social dominance and multiple dimensions of psychopathology: An experimental test of reactivity to leadership and subordinate roles. *PLoS ONE*, 16(4), e0250099. <https://doi.org/10.1371/journal.pone.0250099>
- Swerdlow, B. A.**, & Johnson, S. L. (2020). The Interpersonal Regulation Interaction Scale (IRIS): A multistudy investigation of receivers' retrospective evaluations of interpersonal emotion regulation interactions. *Emotion*. <https://doi.org/10.1037/emo0000927>
- Johnson, S. L., Zisser, M., Sandel, D., **Swerdlow, B.**, Carver, C. S., Sanchez, A., Fernandez, E. (2020). Development of a brief online intervention to address aggression in the context of emotion-related impulsivity: Evidence from a wait-list controlled trial. *Behaviour Research and Therapy*, 134, 103708. <https://doi.org/10.1016/j.brat.2020.103708>
- Johnson, S. L., Sandel, D., Zisser, M., Pearlstein, J., **Swerdlow, B.**, Sanchez, A., Fernandez, E., & Carver, C. S. (2020). A brief online intervention to address aggression in the context of emotion-related impulsivity for those with remitted bipolar disorder: Feasibility, acceptability and pilot outcome data. *Journal of Behavioral and*

- Cognitive Therapy*, 30, 65-74. <https://doi.org/10.1016/j.jbct.2020.03.005>
- Swerdlow, B. A.**\*, Pearlstein, J.\*, Sandel, D., Mauss, I., & Johnson, S. L. (2020). Maladaptive behavior and affect regulation: A functionalist perspective. *Emotion*, 20, 75-79. <https://doi.org/10.1037/emo0000660>
- Peckham, A. D., **Swerdlow, B. A.**, & Johnson, S. L. (2019). Working memory capacity interacts with emotion regulation strategies to predict symptoms of mania. *Psychiatry Research*, 281, 112551. <https://doi.org/10.1016/j.psychres.2019.112551>
- Swerdlow, B. A.**, Pearlstein, J., & Johnson, S. L. (2019). Multivariate associations of ideal affect with clinical symptoms. *Emotion*, 19, 617-628. <https://doi.org/10.1037/emo0000468>
- Swerdlow, B. A.** (2018). Tracing the evolution of the Tarasoff duty in California. *Journal of Sociology and Social Welfare*, 45, 25-38.
- Johnson, S. L., **Swerdlow, B. A.**, Treadway, M., Tharp, J. A., & Carver, C. S. (2017). Willingness to expend effort toward reward and extreme ambitions in bipolar I disorder. *Clinical Psychological Science*, 5, 943-951. <https://doi.org/10.1177/2167702617718181>
- Abravanel, B. T.**, & Sinha, R. (2015). Emotion dysregulation mediates the relationship between lifetime cumulative adversity and depressive symptomatology. *Journal of Psychiatric Research*, 61, 89-96. <https://doi.org/10.1016/j.jpsychires.2014.11.012>
- Gabert-Quillen, C. A., Bartolini, E. E., **Abravanel, B. T.**, & Sanislow, C. A. (2015). Ratings for emotion film clips. *Behavior Research Methods*, 47, 773-787. <https://doi.org/10.3758/s13428-014-0500-0>

### **Conference Abstracts**

- Swerdlow, B. A.**, & Johnson, S. L. (2021). Associations between intra- and inter-personal emotion regulation. *Affective Science*. <https://doi.org/10.1007/s42761-021-00071-9>

### **Book Chapters**

- Johnson, S. L., **Swerdlow, B. A.**, Pearlstein, J. & Ironside, M., & Carver, C. S. (2021). The approach system as a component of personality. In O. P. John & R. W. Robins (Eds.), *Handbook of personality: Theory and research* (4th ed.). New York: NY: Guilford Press. <https://doi.apa.org/record/2021-06060-023>
- Johnson, S. L., Pearlstein, J., **Swerdlow B. A.**, & Carver, C. S. (2018). Mood-related impulsivity in the onset and course of mood disorders. In S. Sangha & D. Foti (Eds.), *Neurobiology of abnormal emotion and motivated behaviors: Integrating animal and human research*. Academic Press: Cambridge, MA. <https://doi.org/10.1016/B978-0-12-813693-5.00002-2>
- Johnson, S. L., **Swerdlow, B.**, Pearlstein, J., & McMaster, K. (2016). Bipolar disorder in couple and family therapy. In J. Lebow, A. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of couple and family therapy*. Springer International Publishing. [https://doi.org/10.1007/978-3-319-15877-8\\_441-1](https://doi.org/10.1007/978-3-319-15877-8_441-1)

### **Under Review**

- Swerdlow, B. A.**, Pearlstein, J. G., Sandel, D. B., & Johnson, S. L. (invited chapter, under review). Negative affect and non-suicidal self-injury. In I. Baetens, E. Lloyd-Richardson, & J. Whitlock (Eds.), *The handbook of nonsuicidal self-injury*. Oxford University Press.
- Anvar, S.\*\*, **Swerdlow, B. A.**, Jobes, D., Timpano, K. R., Mandel, A. A., Kleinman, E., Joiner, T., & Johnson, S. L. (under revision). Emotion-related impulsivity and suicidal ideation: Toward a more specific model.

- Maddox, M.\*\*, **Swerdlow, B. A.**, & Johnson, S. L. (under review). Couples amidst COVID-19: Effects of impulsivity on relationship satisfaction and internalizing symptoms.
- Price, L. N.\*\*, **Swerdlow, B. A.**, & Johnson, S. L. (under review). Relationship satisfaction during COVID-19: The role of emotional support and social engagement.
- Villanueva, C., **Swerdlow, B. A.**, & Gruber, J. (invited chapter, under review). Emotion regulation in bipolar disorder. In J. J. Gross & B. Ford (Eds.), *Handbook of emotion regulation* (3<sup>rd</sup> ed.). Guilford Press.

### **In Preparation**

- Swerdlow, B. A.**, Johnson, S. L., & Berk, L. (in preparation). Experiences of interpersonal emotion regulation: A cross-sample comparison of college students, adults with emotionally impulsive aggression, and adults with lifetime bipolar diagnoses.
- Swerdlow, B. A.**, & Johnson, S. L. (in preparation). If I struggle with my emotions, will we struggle with them too?: A multi-study investigation of associations between intrapersonal and interpersonal emotion regulation difficulties.
- Swerdlow, B. A.** & Johnson, S. L. (in preparation). Interpersonal emotion regulation in daily life: Perceived benefits and associations with well-being, loneliness, and future support-seeking.
- Swerdlow, B. A.**, Baker, S. N., Leifker, F. R., Straud, C. L., Rozek, D. C., & Sippel, L. M. (in preparation). The impact of trauma-focused psychotherapy for posttraumatic stress disorder on interpersonal functioning: A systematic review and meta-analysis of randomized clinical trials.
- Swerdlow, B. A.**, Pearlstein, J., Anthony, N. B., & Johnson, S. L. (in preparation). Defining adaptation in psychology: Challenges and principles.
- Levitan, J. M.\*\*, & **Swerdlow, B. A.** (in preparation). Morality in the age of Reddit: Demonstrating a text mining approach to predicting moral judgments of parenting behavior on r/AITA
- Johnson, S. L., Levitan, J. M.\*\*, Marks, L. C.\*\*, **Swerdlow, B. A.**, & Timpano, K. R. (in preparation). Emotion-related impulsivity relates to one form of speech dysfluency during high arousal states.

\* co-first author

\*\* undergraduate or post-baccalaureate student

### **PRESENTATIONS**

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#### **Talks**

- Sandel, D. B., Pearlstein, J., **Swerdlow, B.**, & Johnson, S. L. (2021, May). *State and trait emotion dysregulation: An EMA study of how urgency and distress intolerance relate to daily emotion regulation strategy use*. Flash talk at the 2021 Association for Psychological Science (APS) Annual Convention.
- Swerdlow, B. A.**, & Johnson, S. L. (2021, April). *Wanting vs. liking: Associations between intra- and inter-personal emotion regulation*. Virtual flash talk presented at the annual meeting of the Society for Affective Science. <https://osf.io/4prhe/>
- Marks, L. C.\*\*\*, Levitan, J. M.\*\*\*, Yadav, A.\*\*, Hannawi, J.\*\*, **Swerdlow, B. A.**, Timpano, K., & Johnson, S. L. (2021, April). *Emotion-related impulsivity and speech disfluency*. Virtual flash talk presented at the annual meeting of the Society for Affective Science.

- Swerdlow, B. A., & Johnson, S. L.** (2018, August). *Interpersonal emotion regulation in daily life: Associations with perceived benefits, wellbeing, social connectedness, and future support-seeking*. Presented at the annual Affective Science Training Consortium summer workshop, Berkeley, CA.
- Swerdlow, B. A., & Johnson, S. L.** (2017, October). *Toxic side effects of interpersonal emotion regulation: Focus on shame*. Talk presented at the UC Berkeley Clinical Science Colloquium, Berkeley, CA.
- Swerdlow, B. A., & Johnson, S. L.** (2017, July). *Toxic side effects of interpersonal emotion regulation*. Presented at the annual Affective Science Training Consortium summer workshop, Berkeley, CA.
- Peckham, A. D., Johnson, S. L., & **Swerdlow, B. A.** (2015, November). *Working memory capacity interacts with emotion regulation strategies to predict mania over time*. In A. Dodd (Chair), "Cognitive Style and Emotion Regulation in Bipolar Disorder." Symposium at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.

### **Posters**

- Sandel, D. B., Modavi, K., **Swerdlow, B. A.**, Tharp, J. A., Timpano, K. R., & Johnson, S. L. (2021, November). *Heightened levels of both shame and urgency may relate to NSSI and suicide outcomes*. Submitted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
- Price, L.\*\* , **Swerdlow, B. A.**, & Johnson, S. L. (2021, May). *Relationship satisfaction during COVID-19: The role of emotional support and social engagement*. Presented at the 7th annual MQ Mental Health Science Summit, virtual.
- Maddox, M.\*\* , **Swerdlow, B. A.**, & Johnson, S. L. (2021, May). *Couples in COVID-19: The effects of impulsivity on relationship satisfaction and internalizing symptoms*. Presented at the 7th annual MQ Mental Health Science Summit, virtual.
- Swerdlow, B. A.**, & Johnson, S. L. (2020, March). *Experiences of interpersonal emotion regulation: Exploratory and confirmatory factor analyses of recipients' ratings of recalled interactions*. Presented at the annual meeting of the Society for Affective Science, virtual.
- Swerdlow, B. A.**, & Johnson, S. L. (2019, March). *Interpersonal emotion regulation in daily life: Perceived effectiveness, psychological wellbeing, loneliness, and future support-seeking*. Presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Swerdlow, B. A.**, Sandel, D. S., & Johnson, S. L. (2018, April). *Shame on me for needing you: Results of a daily diary study of interpersonal emotion regulation*. Presented at the annual meeting of the Society for Affective Science, Los Angeles, CA.
- Swerdlow, B. A.**, Tharp, J. A., Chen, S., Tackett, J. L., Carney, D. R., Kriegsfeld, L. J., & Johnson, S. L. (2017, September). *Social dominance and physiological reactivity: Ties to symptomatology*. Presented at the annual meeting of the Society for Research in Psychopathology, Denver, CO.
- Swerdlow, B. A.**, & Johnson, S. L. (2017, April). *Multivariate associations between ideal affect and transdiagnostic clinical symptoms*. Presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Swerdlow, B. A.**, & Johnson, S. L. (2016, October). *Wanting more, but finding less: Associations of psychological symptoms with interpersonal emotion regulation*. Presented at the annual meeting of the Society for Research in Psychopathology, Baltimore, MD.
- Swerdlow, B. A.**, & Johnson, S. L. (2016, May). *Associations of psychological symptoms*

*with outcomes of interpersonal emotion regulation.* Presented at the annual UC Berkeley Department of Psychology Poster Session.

**Swerdlow, B. A.,** Treadway, M. T., & Johnson, S. L. (2016, March). *Goal overvaluation predicts willingness to work for rewards in bipolar I disorder.* Presented at the annual meeting of the Society for Affective Science, Chicago, IL.

**Abravanel, B. T.,** & Sanislow, C. A. (2013). *Emotional memory for film clips.* Presented at the annual Wesleyan University Natural Sciences and Math Poster Session, Middletown, CT.

**Abravanel, B. T.,** & Sanislow, C. A. (2013). *Emotion memory for film clips.* Presented at the annual Wesleyan University Psychology Research Poster Session, Middletown, CT.

Brugioni, A., **Abravanel, B. T.,** & Sanislow, C. A. (2012). *Developing a stimulus set of film clips to study emotion.* Presented at the annual Wesleyan University Psychology Research Poster Session, Middletown, CT.

**Abravanel, B. T.** (2011). *Social network utilization as a specific correlate of adolescent suicidality.* Presented at the inaugural WesSupport Research Presentation Session, Middletown, CT.

**Abravanel, B. T.** (2011). *Social network utilization as a specific correlate of adolescent suicidality.* Presented at the annual Wesleyan University Quantitative Analysis Center Poster Session, Middletown, CT.

\* co-first author

\*\* undergraduate or post-baccalaureate student

## **TEACHING & MENTORSHIP**

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### **Teaching**

2022- **Assistant Professor**  
*Introduction to Psychological Science*  
*Psychopathology & Clinical Science*  
*Narratives of Mental Illness & Recovery*  
*Personality Psychology*  
Lake Forest College

2019 **Lead Instructor**  
*Principles of Psychology*  
UC Berkeley

Designed a curriculum, syllabus, lesson plans and lecture materials, writing assignments, and exams and delivered lectures for a class of 200 undergraduates. Oversaw two graduate students who assisted with grading.

2017-2021 **Independent Study Mentor**  
*Supervised Independent Research*  
UC Berkeley

Supervised and mentored undergraduates (1-4 per semester) who were pursuing research opportunities outside of the classroom.

2015-2021 **Graduate Student Instructor**  
*Clinical Psychology*

*Developmental Psychopathology*  
*Psychology of Personality*  
*Human Happiness*  
*Introduction to Psychology*  
UC Berkeley

For each class, led three, one-hour weekly discussion sections consisting of twenty-five students. Lectured, facilitated discussions and activities, graded student work, and provided assistance in office hours.

### **Guest Lecturing**

2018 “Neurobiology of Anhedonia” for *Clinical Neuropsychology*, UC Berkeley  
2015 “Bipolar Spectrum Disorders and Treatment for Mood Disorders” for *Clinical Psychology*, UC Berkeley

### **Individual Mentorship**

2020-2021 Post-Baccalaureate Student Research Co-Advisor  
Mentee: Julia Levenson  
Projects: 1) “Emotion-related impulsivity, physiological arousal, and speech dysfluency”; 2) “Morality in the age of Reddit: A text mining approach to predicting moral judgments on r/AITA”

2020-2021 Post-Baccalaureate Student Research Co-Advisor  
Mentee: Mackenzie Maddox  
Project: “Actor-partner associations of emotion-related impulsivity with internalizing symptoms and relationship satisfaction in romantic couples before and during the COVID-19 pandemic”

2020-2021 Undergraduate Honors Thesis Research Co-Advisor  
Undergraduate Research Apprentice Program (URAP) Mentor  
Mentee: Robin Stuart  
Thesis: “Multiple paths to sexual coercion: Associations between dark triad personality traits, emotion-related impulsivity, and sexual coaxing and coercing behavior in undergraduates”

2020-2021 Undergraduate Honors Thesis Research Co-Advisor  
Undergraduate Research Apprentice Program (URAP) Mentor  
Mentee: Sarah Anvar  
Thesis: “Impulsivity and suicidality: Differential associations of emotion-related impulsivity with acute suicidal affective disturbance, suicidal ideation, and suicide attempts”

2020-2021 Undergraduate Honors Thesis Research Co-Advisor  
Undergraduate Research Apprentice Program (URAP) Mentor  
Mentee: Lauren Price  
Thesis: “Predicting changes in couples’ relationship satisfaction amid the COVID-19 pandemic”

2016 Student Research Opportunities Program (SROP) Co-Advisor  
Mentee: Anthony Miles

Project: “Depression and consistency of self across interpersonal contexts”

2011-2013    Peer Tutor and Mentor  
*Foundations of Contemporary Psychology*  
*Psychopathology*  
 Dean's Office, Wesleyan University

2011 Ford Teaching Fellow & Writing Mentor  
English Department, Wesleyan University

### Selected Feedback from Teaching Evaluations:

*“This teacher obviously is a master at his craft.”*

*“Ben Swerdlow captures students' attention and enhances their understanding of the material by fostering in-class discussion, giving examples to prove his claims, and staying after class to answer questions. He always offers his time to help students better understand the material.”*

*“He is very well versed in the subject and his passion for the subject is very evident in his very thorough lectures. He is also very articulate and is good at breaking down rather complicated concepts.”*

*“Professor Swerdlow's classes are extremely engaging in the sense that the material that he teaches is not just from the slides, but also just relevant concepts that he knows that can interest us. As a result, I oftentimes find myself in class just completely immersed into the topic matter without even having to try.”*

*“Ben is one of the best lecturers I have seen. He really knows all of the concepts very well and uses his slideshows only for visuals or demonstrations. He breaks down concepts very well and often asks for student participation for engagement with the content. He is always asking for questions and does not mind clarifying any of the concepts. He also seems very passionate about his field so it makes the presentations that much more engaging.”*

*“He knew the material extremely well. It was very obvious that he came to class prepared and excited to teach us. Each of his slides had an important contribution to the lectures and lecture content was explained well. Great person, very accessible. I went to many office hours and he was very receptive to students who came for all kinds of reasons. He encouraged us to do the best of our ability, and tested us accordingly. His tests were challenging, which forced students to engage with the material on a deeper level.”*

*“Ben is very approachable and is very knowledgeable and passionate about his field of study. He always handles questions well and encourages students to ask questions, share their thoughts, and provides helpful resources. He does a great job at making something as complicated as psychopathology, easier to understand and I feel that it is because of his discussion, that I am doing well in the class.”*

## SERVICE

2021-2022	Member, Diversity, Equity, and Inclusion Committee, Dartmouth-Hitchcock Medical Center Department of Psychiatry
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2021-2022	Member, LGBTQIA+ Employee Resource Group, Dartmouth-Hitchcock Medical Center
2019-2020	Co-Creator and Inaugural Mentor, Department of Psychology Graduate Student Mentorship Program, UC Berkeley
2019-2020	Clinical Science Graduate Student Year Representative, UC Berkeley
2017-2018	Member, Clinical Science Colloquium Committee, UC Berkeley
2017	Member, Clinical Science Admissions Committee, UC Berkeley
2015-2021	Member, Graduate Assembly of Students in Psychology, UC Berkeley

## **METHODOLOGICAL & STATISTICAL EXPERTISE**

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Ecological Momentary Assessment	Multilevel Modeling
Ambulatory Acoustic Sampling	Factor Analysis
Ambulatory Psychophysiology	Structural Equation Modeling
Measure Development	Actor-Partner Interdependence Modeling
Observational Coding	Regularized Regression

## **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS & PROFESSIONAL ACTIVITIES**

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Society for Ambulatory Assessment  
 Society for Affective Science  
 Society for Research in Psychopathology  
 Association for Psychological Science  
 American Psychological Association  
 Psi Chi (International Honor Society in Psychology)  
 Active Minds  
*Mind Matters* (Undergraduate Psychology Magazine), Editor: 2010-2013

## **EDITORIAL ACTIVITIES**

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2022	<i>Cognitive Neuropsychiatry</i> , ad hoc reviewer
2020	<i>Journal of Affective Disorders</i> , ad hoc reviewer
2020	<i>SAGE Open</i> , ad hoc reviewer
2019-2022	<i>Emotion</i> , ad hoc reviewer