

CURRICULUM VITAE

**CHRISTOPHER L. ZERR**

Department of Psychological and Brain Sciences, Washington University in St. Louis  
1 Brookings Dr., CB 1125, St. Louis, MO 63130  
Email: c.l.zerr@wustl.edu, Phone: 314.255.7447

**EDUCATION**

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|---|----------------|
| <i>Washington University in St. Louis</i><br>Doctoral Student<br><i>Advisor: Kathleen B. McDermott</i>                        | 2015 – Present |
| <i>Truman State University</i><br>B.Sc., Psychology with Honors, Statistical Methods<br><i>Valedictorian, Summa Cum Laude</i> | 2011 – 2015    |

**RESEARCH EXPERIENCE**

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| ❖ <i>Memory and Cognition Laboratory</i> , Washington University in St. Louis<br>Graduate Researcher<br><i>Supervisor: Kathleen B. McDermott, PhD</i>             | 2015 – Present    |
| ❖ <i>Center for Applied Psychophysiology</i> , Truman State University<br>Laboratory Manager<br><i>Supervisor: Fredric Shaffer, PhD</i>                           | 2011 – 2015       |
| ❖ <i>Center for Arrhythmia Research</i> , University of Michigan<br>Undergraduate Research Fellow<br><i>Supervisor: José Jalife, MD</i>                           | May – August 2013 |
| ❖ <i>Clinical Psychosocial Laboratory</i> , Truman State University<br><i>Supervisor: Jeffrey R. Vittengl, PhD</i>  | 2013 – 2015       |
| ❖ <i>Summer Neuroscience Undergraduate Research Fellowship</i> , University of Vermont<br>Undergraduate Research Fellow<br><i>Supervisor: Mark E. Bouton, PhD</i> | May – August 2014 |

**PUBLICATIONS**

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- McDermott, K. B., & **Zerr, C. L.** (2019). Individual differences in learning efficiency. *Current Directions in Psychological Science*, 28, 607-613.
- Zerr, C. L.**, Berg, J. J., Nelson, S. M., Fishell, A. K., Savalia, N. K., & McDermott, K. B. (2018). Learning efficiency: Identifying individual differences in learning rate and retention in healthy adults. *Psychological Science*, 29, 1436-1450.
- Thrailkill, E. A., Trott, J. M., **Zerr, C. L.**, & Bouton, M. E. (2016). Contextual control of chained instrumental behaviors. *Journal of Experimental Psychology: Animal Learning and Cognition*, 42(4), 401-414. <http://dx.doi.org/10.1037/xan0000112>
- Shaffer, F., & **Zerr, C. L.** (2016). Depressive Disorders. In G. Tan, F. Shaffer, R. Lyle, & I. Teo (Eds.), *Evidence-based practice in biofeedback and neurofeedback* (3rd ed.) (pp. 57-61). Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback.
- Shaffer, F., McCraty, R., & **Zerr, C. L.** (2014). A healthy heart is not a metronome: An integrative review of the heart's anatomy and heart rate variability. *Frontiers in Psychology*, 5, 1-19. doi: 10.3389/fpsyg.2014.01040
- Zerr, C.**, Kane, A., Vodopost, T., Allen, J., Fluty, E., Gregory, J., . . . Shaffer, F. (2014). Heart rate variability norms for healthy undergraduates. [Abstract]. *Applied Psychophysiology and Biofeedback*, 39(3). doi: 10.1007/s10484-014-9254-9
- Zerr, C.**, Kane, A., Vodopost, T., Allen, J., Fluty, E., Gregory, J., . . . Shaffer, F. (2014). Does sitting position matter in heart rate variability biofeedback? [Abstract]. *Applied Psychophysiology and Biofeedback*, 39(3). doi: 10.1007/s10484-014-9254-9
- Zerr, C.**, Kane, A., Vodopost, T., Allen, J., Fluty, E., Gregory, J., . . . Shaffer, F. (2014). HRV biofeedback training raises temperature and lowers skin conductance. [Abstract]. *Applied Psychophysiology and Biofeedback*, 39(3). doi: 10.1007/s10484-014-9254-9
- Zerr, C.**, Kane, A., Vodopost, T., Allen, J., Fluty, E., Gregory, J., . . . Shaffer, F. (2014). HRV biofeedback training decreases Beck Depression Inventory (BDI) scores. [Abstract]. *Applied Psychophysiology and Biofeedback*, 39(3). doi: 10.1007/s10484-014-9254-9
- Korenfeld, D., Shepherd, S., Jones, D., Burklund, Z., Kane, A., **Zerr, C.**, . . . Shaffer, F. (2013). Can heartfelt emotion attenuate the autonomic effects of a math stressor? [Abstract]. *Applied Psychophysiology and Biofeedback*, 38(3), 215-216.

Korenfeld, D., Shepherd, S., Jones, D., Burklund, Z., Kane, A., **Zerr, C.**, . . . Shaffer, F. (2013). Can heartfelt emotion facilitate autonomic recovery from a math stressor? [Abstract]. *Applied Psychophysiology and Biofeedback*, 38(3), 215.

Korenfeld, D., Shepherd, S., Jones, D., Burklund, Z., Kane, A., **Zerr, C.**, . . . Shaffer, F. (2013). Do the left and right hands differ in responsiveness to experimental stressors? [Abstract]. *Applied Psychophysiology and Biofeedback*, 38(3), 215.

## MANUSCRIPTS IN PREPARATION

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**Zerr, C. L.**, Allen, J., & Shaffer, F. (in prep). The use of device-guided breathing in the treatment of hypertension: A meta-analytic review.

**Zerr, C. L.**, Alberts, K. S., & Kim, H. J. (in prep). Undergraduate statistical consulting as a transformative learning experience.

**Zerr, C. L.**, & Shaffer, F. (in prep). Efficacy of heart rate variability biofeedback and temperature biofeedback training for depression.

## PRESENTATIONS

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**Zerr, C. L.**, & McDermott, K. B. (2018). *Quick to learn, slow to forget: Faster learners retain more*. Poster presented at the 2018 Psychonomic Society Annual Meeting in New Orleans, LA.

**Zerr, C. L.** (2018). *Learning rates and forgetting rates (...and testing effect confounds)*. Talk presented at the Washington University in St. Louis Behavior, Brain, and Cognition datablitz in St. Louis, MO.

**Zerr, C. L.** (2017). *Learning efficiency*. Talk presented at the Washington University in St. Louis Behavior, Brain, and Cognition datablitz in St. Louis, MO.

**Zerr, C. L.** (2015). *Investigating psychometric properties of a learning efficiency task within healthy young adults*. Talk presented at the Washington University in St. Louis Behavior, Brain, and Cognition datablitz in St. Louis, MO.

**Zerr, C. L.** (2014). *Role of context in controlling performance and extinction of a heterogeneous behavior chain*. Poster presented at the University of Vermont Summer Neuroscience Undergraduate Research Fellowship Symposium, Burlington, VT.

- Zerr, C. L., Fluty, E., & Cangelosi, A. (2014).** *Are blanketing and stem artifacts real?* Poster presented at the 2014 Biofeedback Federation of Europe international conference, Venice, Italy.
- Zerr, C. L., Fluty, E., & Cangelosi, A. (2014).** *Inhalation-to-exhalation ratio affects HRV training success.* Poster presented at the 2014 Biofeedback Federation of Europe international conference, Venice, Italy.
- Zerr, C. L., & Allen, J. (2014).** *The use of device-guided breathing in the treatment of hypertension: A meta-analytic review.* Poster presented at the Truman State University Psychological Research Capstone Symposium, Kirksville, MO.
- Zerr, C. L., Bussen, S., & Nyquist, E. (2014).** *Meanings and values of “better” and “worse” moods.* Poster presented at the Truman State University Student Research Conference, Kirksville, MO.
- Zerr, C. L. (2013).** *Galectin-3 inhibition reduces TGF- $\beta$ 1-induced structural and electrical of the atria during persistent atrial fibrillation in sheep.* Paper presented at the University of Michigan Cardiovascular Summer Research Fellowship Symposium, Ann Arbor, MI.
- Zerr, C. L. (2013).** *Can heartfelt emotion attenuate the autonomic effects of a math stressor?* Paper presented at the 2013 Association for Applied Psychophysiology and Biofeedback national conference, Portland, OR.
- Zerr, C. L. (2013).** *Can heartfelt emotion facilitate autonomic recovery from a math stressor?* Paper presented at the 2013 Association for Applied Psychophysiology and Biofeedback national conference, Portland, OR.
- Zerr, C. L. (2013).** *Do the left and right hands differ in responsiveness to experimental stressors?* Paper presented at the 2013 Association for Applied Psychophysiology and Biofeedback national conference, Portland, OR.
- Zerr, C. L. (2012).** *Does adding heartfelt emotion to resonance frequency breathing increase heart rate variability?* Paper presented at the 2012 Association for Applied Psychophysiology and Biofeedback national conference, Baltimore, MD.
- Zerr, C. L. (2012).** *Does heartfelt emotion increase heart rate variability?* Paper presented at the 2012 Association for Applied Psychophysiology and Biofeedback national conference, Baltimore, MD.

**Zerr, C. L.** (2012). *Can ujjayi breathing increase the effectiveness of 6-bpm heart rate variability training?* Paper presented at the 2012 Association for Applied Psychophysiology and Biofeedback national conference, Baltimore, MD.

## AWARDS & HONORS

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| <i>APF/COGDOP William C. Howell Scholarship</i>   | 2018        |
| <i>National Science Foundation – Graduate Research Fellowship Program Award</i>   | 2016        |
| <i>Omicron Delta Kappa Student Hall of Fame</i>   | 2014        |
| Inductees have demonstrated a personal influence on the University, served as mentors to other students, brought about change through the organizations and the people they have touched, and have established a standard by which future leaders can measure themselves.                                 |             |
| <i>Truman Leadership Scholarship</i>  | 2011 – 2015 |
| Scholarship awarded to top candidates, typically in the top 3% of their HS class with ACT scores in the top 3% nationally with promising leadership potential and exceptional records of academic success. Renewable for full tuition, room and board, and a four-year leadership development experience. |             |
| <i>Missouri Bright Flight Scholarship</i>   | 2011 – 2015 |
| Merit-based scholarship in the amount of \$1,750 per annum awarded to students with ACT/SAT scores in the top 3% statewide.   |             |
| <i>President's List</i>   | 2011 – 2015 |
| Awarded to Truman students who achieve a semester GPA of 4.0.   |             |

## PROFESSIONAL EXPERIENCE

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| <i>Center for Applied Statistics and Evaluation (CASE)</i>    | 2012 – 2015 |
| Statistical Consultant  |             |
| <i>Supervisors:</i> Hyun-Joo Kim, PhD, and Scott Alberts, PhD |             |

## TEACHING EXPERIENCE & INVITED LECTURES

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### *Teaching Assistant*

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|---|-------------|
| Human Memory and Learning, Washington University in St. Louis | Fall 2017   |
| <i>Professor:</i> Kathleen McDermott                          |             |
| Cognitive Neuroscience, Washington University in St. Louis    | Spring 2017 |

*Professor: Todd Braver*

Experimental Psychology, Truman State University 2014 – 2015

Psychological Research Capstone, Truman State University 2014

## STUDENT INVOLVEMENT

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*AAAS Member* 2019 – Present

AAAS/Science program for excellence in science

*BBC Faculty Search Committee* Fall 2018

Graduate Student Member

*Psychonomic Society* 2015 – Present

Student Member

*Association for Psychological Science* 2014 – Present

Student Member

*Dean's Student Advisory Committee* 2014 – 2015

Student Representative of the Psychology Department

*Vice President of Academic Affairs Ambassador* 2014

*Psi Chi*, the International Honor Society in Psychology

President 2014 – 2015

Vice President 2013 – 2014

*Order of Omega*, Greek Leadership Society

*National Society of Collegiate Scholars*

## PROFESSIONAL REFERENCES

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**Kathleen B. McDermott, PhD**, Professor of Psychological & Brain Sciences, Radiology

Department of Psychological & Brain Sciences, Radiology

Psychology Building CB1125

Washington University in St. Louis

St. Louis, MO 63130

Phone: 314-935-8892

Email: kathleen.mcdermott@wustl.edu

**Fredric Shaffer, PhD**, Professor of Psychology

Department of Psychology  
Barnett Hall 2400G  
Truman State University  
Kirksville, MO 63501-1820  
Phone: 660-785-4667  
Email: fredricshaffer@gmail.com

**Jeffrey R. Vittengl, PhD**, Professor and Chair of Psychology

Department of Psychology  
Barnett Hall 2401  
Truman State University  
Kirksville, MO 63501-1820  
Phone: 660-785-6041  
Email: vittengl@truman.edu

**Mark E. Bouton, PhD**, Professor of Psychology, Assistant Director for the Neuroscience Graduate Program

Department of Psychological Science  
Dewey Hall 354  
University of Vermont  
Burlington, VT 05405-0134  
Phone: 802-656-4164  
Email: mark.bouton@uvm.edu

**Robert Tigner, PhD**, Professor of Psychology

Department of Psychology  
Barnett Hall 2400A  
Truman State University  
Kirksville, MO 63501-1820  
Phone: 660-785-4611  
Email: rtigner@truman.edu