

Claire Whiting

claire.whiting@princeton.edu
clairewhiting.com

Education

- 2022- Ph.D. (Psychology)
Princeton University
- 2020-22 M.Res. Developmental Neuroscience and Psychopathology, *Distinction*
University College London & Yale University
- 2017-20 B.A. (Hons) Natural Sciences, *Double 1st*
University of Cambridge

Research Experience

- 2022 Ph.D. Student, Princeton University.
Adviser: Erik Nook
- 2021-22 M.Res. Student, Yale Child Study Centre Affective Youth Lab
Adviser: Wan-Ling Tseng
- 2020-21 Research Assistant, Millfields Medium-Secure Unit, East London NHS Foundation Trust
Manager: Celia Taylor
- 2019-20 B.A. Student, Memory Laboratory, University of Cambridge.
Advisers: Jon Simons & Colleen Rollins
- 2019-20 Research Assistant, Centre for Family Research, University of Cambridge.
Adviser: Claire Hughes
- 2019 Summer Research Assistant, King's College London.
Adviser: Charlotte Russell

Awards

- 2024 Best Poster (New Idea) Award, *Society for Affective Science Annual Conference*
- 2022 Dean's List (Faculty of Brain Sciences), *University College London*
- 2022 Bridge Research Prize (best thesis), *Anna Freud Centre*
- 2022 Best Talk Runner-Up, *Psychology Postgraduate Affairs Group (PsyPAG)*
- 2022 Provost's PhD Fellowship (declined), *University of Southern California*
- 2020 Dr. Kaetrin V. Simpson Prize (highest rank in Natural Sciences), *Christ's College, University of Cambridge*
- 2020 Graduate Scholarship (honorary), *Christ's College, University of Cambridge*
- 2019 College Prize, *Christ's College, University of Cambridge*

Research Grants

- 2024 Princeton University Center for Health and Wellbeing Grant (\$5,000)
- 2024 Princeton Precision Health Grant (\$55,000)

Publications

Whiting, C., Fling, K., Meigs, J.M., Naim, R., Haller, S., Henry, L., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W.-L. (2024). Family accommodation of pediatric irritability: Development and psychometrics of the Family Accommodation Scale for Irritability. *Under review*.

Whiting, C., Bellaert, N., Deveney, C., & Tseng, W.-L. (2023). Associations between sleep quality and irritability: Testing the mediating role of emotion regulation. *Personality and Individual Differences*, 213, 112322. <https://doi.org/10.1016/j.paid.2023.112322>

Conference Talks and Posters

Whiting, C., Baran, S., & Nook, E.C. (2024). *Evaluating Expressive Writing as an Intervention to Improve Emotion Differentiation*. Spotlight Talk and Poster presented at the annual Society for Affective Science conference. New Orleans, LA.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2024). *Examining the Causal Effects of Linguistic Distancing on Emotion Regulation Success*. Poster presented at the annual Society for Personality and Social Psychology conference. San Diego, CA.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2023). *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation*. Poster presented at the Princeton Summit on Affective Science. Princeton, NJ.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2023). *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation: A Field Experiment*. Flash talk at the annual Society for Affective Sciences conference. Long Beach, CA.

Whiting, C., Meigs, J., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W.-L. (2022). *A New Measure for Assessing Family Accommodation of Irritability*. Poster presented at the annual Society for Research in Psychopathology conference. Philadelphia, PA.

Whiting, C., Meigs, J., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W.-L. (2022). *Measuring Family Accommodation of Irritability*. Talk given at the annual Psychology Postgraduate Affairs Group (PsyPAG) conference. Virtual.

Other Talks

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| 2024 | Department of Psychology Social Research Seminar. Princeton, NJ
<i>Dear Diary: A Randomized Controlled Trial of Expressive Writing for Young Adults</i> |
| 2024 | Department of Psychology Interview Day. Princeton, NJ.
<i>Testing the Causal Impact of Linguistic Distancing on Emotion Regulation</i> . |
| 2023 | Department of Psychology Social Research Seminar. Princeton, NJ.
<i>Does Distancing One's Language Improve Emotion Regulation Efficacy?</i> |
| 2023 | Department of Psychology Interview Day. Princeton, NJ
<i>Testing the Causal Impact of Linguistic Distancing on Emotion Regulation: A Field Experiment</i> . |
| 2022 | Yale Child Study Centre Research in Progress Series. New Haven, CT.
<i>Irritability in Adults: Associations with Sleep, Emotion Regulation, and Internalizing Symptoms</i> . |

Teaching

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| Fall 2023 | PSY254: Developmental Psychology (Assistant in Instruction)
Princeton University |
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Research Advising

Princeton University

- 2024- Reyna Perelis, undergraduate student (PSY 230/231 research-based course)
- 2024- Jack Musser, undergraduate student (PSY 230/231 research-based course)
- 2024- Shauna Contreras, undergraduate thesis student
- 2024 Grace Porter, undergraduate research assistant
- 2024 Chloe Lau, undergraduate research assistant
- 2023-24 Sidra Alibrahim, undergraduate student (PSY 230/231 research-based course)
- 2022-24 Jesus Arroyo, undergraduate thesis student
- 2022-24 Sofia Baran, undergraduate thesis student

Manuscript Reviewing

British Journal of Developmental Psychology (co-review)

Emotion (co-review)

Psychiatry Research (co-review)

Thinking Skills and Creativity

Community Service / Other Activities

- 2024- University Administrative Fellowship – Princeton Better for Birds Project
- 2023-24 Housing Committee (Princeton Graduate Apartments) - Garden Manager
- 2022- Project SHORT - Mentor
- 2018-20 Cambridge University Psychology Society – Founding Member & Treasurer
- 2019-20 Prison Advice and Care Trust – Volunteer Playworker
- 2020 Student-led Covid-19 Taskforce on Domestic Violence – Researcher
- 2020 Access Oxbridge – Mentor
- 2019 Cambridge Hub Social Innovation Programme - Placement
- 2019 Chesterton Community College – Volunteer Teaching Assistant
- 2018-19 The Economist – Brand Ambassador
- 2018 Help Refugees & Refugee Community Kitchen - Volunteer