

Claire Whiting

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Education

- 2022- Princeton University
 PhD Psychology
 Adviser: Erik Nook
- 2020-2022 University College London and Yale University
 MRes Developmental Neuroscience and Psychopathology, *Distinction*
- 2017-2020 University of Cambridge
 BA (Hons) Natural Sciences, *Double 1st*

Research Experience

- 2022- PhD Student, Princeton University
 Adviser: Erik Nook
- Emotion differentiation, emotion regulation, associations between language and mental health
- 2021-2022 MRes Student, Yale Child Study Centre Affective Youth Lab
 Adviser: Wan-Ling Tseng
- Studying irritability and its associations with sleep, executive functioning, emotion regulation, and family accommodation.
 - fMRI, evaluating psychometric properties, structural equation modeling, mediation and moderation.
- 2020-2021 Research Assistant, Millfields Unit, East London NHS Foundation Trust
 Manager: Celia Taylor
- Assessing treatments for offenders with personality disorders.
 - National health and prisons ethics applications, systematic review, meta-analysis.
- 2019-2020 BA Student, Memory Laboratory, University of Cambridge
 Advisers: Jon Simons & Colleen Rollins
- Investigating Pavlovian conditioning of hallucinations and reality monitoring.
 - Recruitment, experiments using MatLab and E-Prime.
- 2019-2020 Research Assistant, Centre for Family Research, University of Cambridge
 Adviser: Claire Hughes
- Families Reporting Every Step to Health (FRESH) programme.
 - Coding interview transcripts.
- 2019 Summer Research Assistant, King's College London
 Adviser: Charlotte Russell
- Exploring the role of the angular gyrus in first-person experience of episodic memories.
 - tDCS, task-building using Gorilla, audio/video recording, neuropsychological tests, interviews.

Awards

- 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

- 2023 Princeton University TigerWell Seed Grant (\$3,000)

Publications

- 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>

Manuscripts in Progress

- Whiting, C., Bellaert, N., Deveney, C.M., & Tseng, W.L. Cross-sectional and longitudinal associations between irritability and emotion dysregulation in adults. [in prep]
Whiting, C., Meigs, J., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W.-L. Family accommodation in irritable youth: Psychometric properties of the Family Accommodation Scale – Irritability. [in prep] [\[poster\]](#)
Freestone, M., Mathlin, G., Whiting, C., Kuester, L., Skan, R., Jones, B., & Taylor, C. Effectiveness of psychological treatments for offenders diagnosable with a 'personality disorder': A systematic review and meta-analysis. [submitted] [\[registration\]](#)

Conference Talks and Posters

- Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2024). *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation*. Poster to be 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: 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

- 2022 Yale Child Study Centre Research in Progress Series. New Haven, CT.
Irritability in Adults: Associations with Sleep, Emotion Regulation, and Internalizing Symptoms.

Manuscript Reviewing

Emotion (co-review)

Psychiatry Research (co-review)

Thinking Skills and Creativity

Other Activities

2022-	Project SHORT - Mentor
2018-2020	Cambridge University Psychology Society – Founding Member & Treasurer
2019-2020	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 – Teaching Assistant
2018-2019	The Economist – Brand Ambassador
2018	Help Refugees & Refugee Community Kitchen - Volunteer