

# Claire Whiting

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[claire-whiting.github.io](https://claire-whiting.github.io)

## Education

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- 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

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- 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

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- 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*

## Manuscripts in Progress

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- 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., Bellaert, N., Deveney, C.M., & Tseng, W.L. Associations Between Sleep Quality and Irritability: Testing the Mediating Role of Emotion Regulation. [in press]  
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. [in prep] [\[registration\]](#)

## Conference Talks and Posters

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- Whiting, C., Rozek, D., Kedl, B., Doom, J., Rozek, C., & 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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- 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

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- Emotion* (co-review)  
*Thinking Skills and Creativity*

## Other Activities

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- 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