

**Emily C. Willroth**  
CURRICULUM VITAE  
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**EDUCATION**

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Ph.D. 2019 Social and Personality Psychology, **University of California, Berkeley**  
M.A. 2015 Experimental Psychology, College of William and Mary  
B.A. 2013 Psychological Science, University of Missouri

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**APPOINTMENTS**

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June 2019- Postdoctoral Research Fellow, Northwestern University Feinberg School of Medicine

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**PUBLICATIONS**

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\*First and second authors contributed equally. Underline represents mentee.

**Willroth, E.C.**, Atherton, O.E., & Robins, R.W. (in press). Life satisfaction trajectories during the transition from adolescence to young adulthood: Findings from a longitudinal study of Mexican-origin youth. *Journal of Personality and Social Psychology*.

**Willroth, E.C.**, John, O.P., Biesanz, J., & Mauss, I.B. (in press). Understanding short-term variability in life satisfaction: The individual differences in evaluating life satisfaction (IDELS) model. *Journal of Personality and Social Psychology*.

Mroczek, D. K., Weston, S.J., **Willroth, E.C.** (in press). A lifespan perspective on the interconnections between personality, health, and optimal aging. In P.L. Hill & M. Allemand (Eds.) *Personality and Healthy Aging in Adulthood*. Springer Nature.

**Willroth, E.C.**, Flett, J.A.M., & Mauss, I.B. (2020). Depressive symptoms and deficits in stress-reactive positive, negative, and within-emotion-category differentiation. *Journal of Personality*, 88, 174-84.

**Willroth, E.C.**, Ford, B.Q., Troy, A., Butler, E., & Mauss, I.B. (2018). A preregistered replication and extension of “The Wisdom to know the difference: Strategy-situation fit in emotion regulation in daily life is associated with well-being.” *Psychological Science*. (Stage 1 registered report, accepted in-principle 16 November, 2018).

Shallcross, A.J., **Willroth, E.C.**, Fisher, A., Dimidjian, S., Gross, J.J., Visvanathan, P.D., & Mauss, I.B. (2018). Relapse/recurrence prevention in major depressive disorder: 26-month follow-up of mindfulness-based cognitive therapy versus an active control condition. *Behavior Therapy*, 49, 836-849.

**Willroth, E.C.**, Koban, L. & Hilimire, M.R. (2017). Social information influences emotion experience and late-positive potential response to affective pictures. *Emotion*, 17, 572-576.

\*Osborne, K.J., \***Willroth, E.C.**, DeVlyder, J.E., Mittal, V.A., & Hilimire, M.R. (2017). Investigating the association between emotion regulation and distress in adults with psychotic-like experiences. *Psychiatry Research*, 256, 66-70.

Dopp, A.R., Borduin, C. M., **Willroth, E.C.**, & Sorg, A.A. (2017). Long-term economic benefits of interventions for juvenile offenders: comparing and integrating estimation methods. *Psychology, Public Policy, and Law*, 23, 312-323.

**Willroth, E.C.** & Hilimire, M.R. (2016). Differential effects of self- and situation-focused reappraisal. *Emotion*, 16, 468-74.

#### **MANUSCRIPTS UNDER REVIEW**

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**Willroth, E.C.**, Ong, A., Graham, E.K., & Mroczek, D.K. (under review). Being happy and becoming happier independently predict physical health.

Graham, E.K., James, B.D., Jackson, K.L., **Willroth, E.C.**, Boyle, P., Wilson, R., Bennett, D., & Mroczek, D.K. (invited submission under review). Associations between personality traits and cognitive resilience in older adults. *The Journal of Gerontology: Psychological Sciences*.

Karnilowicz, H.R., **Willroth, E.C.**, Lam, P., Ford, B.Q., Mauss, I.B., & John, O.P. (under review). Think positive or keep cool: Positive reappraisal improves emotional experiences more than neutral reappraisal in sad contexts.

#### **MANUSCRIPTS IN PREPARATION**

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**Willroth, E.C.**, Rush, J., Graham, E.K., Mroczek, D.K., Almeida, D.M. (in preparation). Longitudinal change in affective reactivity to stress: Associations with age, gender, socioeconomic status, and Big Five personality traits.

**Willroth, E.C.**, Graham, E.K., Weston, S., Condon, D., Batterham, P., Drewelies, J., Gerstorf, G., Piro III, A., Mroczek, D.K. (in preparation). Personality predictors of healthcare utilization: A coordinated analysis of 12 studies.

**Willroth, E.C.**, Tamir, M., & Mauss, I.B. (in preparation). Judging emotions as good or bad: Individual differences, links with emotional responses, and implications for psychological health.

Troy, A., **Willroth, E.C.**, Shallcross, A.J., Giuliani, N., Gross, J.J., & Mauss, I.B. (invited submission). Adjustment to stress: An affective science approach. *Annual Review of Psychology*.

Rothstein, L., **Willroth, E.C.**, Karnilowicz, H.R., & Mauss, I.B. (in preparation) Making the best of a good situation: The association between positive emotion savoring and self-esteem.

Benkley, D., **Willroth, E.C.**, & Mauss, I.B. (in preparation) Short-term benefits of thinking long-term: Effects of temporal distancing on emotional experiences in daily life.

**GRANTS UNDER REVIEW**

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Loan Repayment Program, National Institutes of Health (under review)

*The Lifespan Transmission of Socioeconomic Disadvantage on Alzheimer's Disease Risk*

Role: Principal Investigator

National Science Foundation (under review)

*Judgments of Emotions: Implications for Emotional Responding and Well-being*

Role: Co-Investigator

**GRANTS AND AWARDS**

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T32 National Institute of Mental Health Affective Science Training Consortium (2017-19)

American Psychological Foundation Graduate Research Scholarship (2018)

UC Berkeley Institute for Personality and Social Research Interdisciplinary Mini Grant (2018)

Society for Affective Science Positive Emotion Preconference Poster Award (2018)

Outstanding Graduate Student Instructor Award (2017)

Association of Psychological Science Travel Award (2017)

Society for Personality and Social Psychology Travel Award (2016)

Carl J. Strikwerda Award for Excellence in Research (2015)

A&S Graduate Student Summer Research Grant, College of William and Mary (2014)

MU Excellence Award, University of Missouri (2009-2013)

Departmental Honors, Psychology Department, University of Missouri (2013)

Dean's List, University of Missouri (2009-2013)

Multicultural Certificate, University of Missouri (2013)

**SYMPOSIA CHAIRED**

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**Willroth, E.C.,** Ford, B.Q. (February, 2020). Emotion regulation flexibility: Theoretical, experimental, and individual difference perspectives. To be presented at *Society for Personality and Social Psychology*, New Orleans, LA.

**Willroth, E.C.,** John, O.P. (April, 2019). Within-person variability in personality, emotion, and well-being. *World Conference on Personality*, Hanoi, Vietnam.

**SYMPOSIA PRESENTATIONS**

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**Willroth, E.C.,** Ford, B.Q., Mauss, I.B. (February, 2020). An experimental manipulation of reappraisal and controllability: Effects on emotions, motivation, behavior, and physiology. To be presented at *Society for Personality and Social Psychology*, New Orleans, LA.

**Willroth, E.C.,** Rush, J., Graham, E.K, Mroczek, D.K., Almeida, D.M. (February, 2020). Longitudinal change in affective reactivity to stress: Associations with age, gender, socioeconomic status, and Big Five personality traits. To be presented at *Lifespan Social-Personality Preconference at the Society for Personality and Social Psychology*, New Orleans, LA.

**Willroth, E.C.**, Atherton, O.E, Robins, R.W. (June, 2019). Life satisfaction trajectories during the transition from adolescence to young adulthood. *Association for Research in Personality*, Grand Rapids, MI.

**Willroth, E.C.**, John, O.P., Biesanz, J., & Mauss, I.B. (February, 2019). Short-term variability in life satisfaction as an individual difference: Reliability, stability across time, emotional antecedents, and associations with psychological health. *World Conference on Personality*, Hanoi, Vietnam.

**Willroth, E.C.**, Beetz, E., John, O.P., Mauss, I.B., (May, 2017). The role of emotional acceptance in within-person variability in life satisfaction. *Association of Psychological Science*, Boston, MA.

**Willroth, E.C.**, Beetz, E., John, O.P., Mauss, I.B., (June, 2017). Intra-individual variability in life satisfaction: range across people, stability across time, and correlates with psychological health. *Association for Research in Personality*, Sacramento, CA.

**Willroth, E.C.** & Hilimire, M.R. (March, 2015). Social influence on emotion experience and physiology *College of William and Mary Graduate Research Symposium*, Williamsburg, VA.

**Willroth, E.C.** & Hilimire, M.R. (March, 2014). Effects of self- and situation-focused reappraisal on memory. *College of William and Mary Graduate Research Symposium*, Williamsburg, VA.

## **POSTER PRESENTATIONS**

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Underline represents mentee.

Lai, J., Vicman, J., **Willroth, E.C.**, Mauss, I.B. (February, 2019) Does valuing emotion relate to more differentiated emotion experiences? A survey and experience-sampling study. *Society for Personality and Social Psychology*, Portland, OR.

**Willroth, E.C.**, Flett, J.A.M., Conner, T.S., Mauss, I.B. (April, 2018). Beyond “feeling good”: Experiencing a variety of positive emotions is beneficial for well-being above and beyond positive emotion intensity. *Society for Affective Science*, Los Angeles, CA.

Vicman, J., Karnilowicz, H.R., **Willroth, E.C.**, Mauss, I.B. (2018). Emotional awareness and emotion regulation strategy use at the trait and state levels. Poster presented at the annual meeting of the Association of Psychological Science, San Francisco, CA.

Rothstein, E., Karnilowicz, H.R., **Willroth, E.C.**, Mauss, I.B. (2018). Making the best of a good situation: positive emotion up-regulation during positive events. Poster presented at the annual meeting of the Association of Psychological Science, San Francisco, CA.

**Willroth, E.C.,** Ford, B.Q., Troy, A., Mauss, I.B. (2017). Context appropriate reappraisal in response to daily stressors is associated with better psychological health. Poster presented at the annual meeting of the Society for Affective Science, Boston, MA.

**Willroth, E.C.,** Beetz, E., John, O.P., Mauss, I.B., (2017). Life is like a roller coaster ride, but should life satisfaction be?: within-person variability in life satisfaction and psychological health. Poster presented at the Happiness and Wellbeing preconference at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

**Willroth, E.C.,** Ford, B.Q., Troy, A., Mauss, I.B. (2017). Context appropriate reappraisal in response to daily stressors is associated with better psychological health. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Lai, J., **Willroth, E.C.,** Zerwas, F., Mauss, I.B., (2017). You feel me? Emotional expressivity and perceived interpersonal support. Poster presented at the Emotion preconference at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Osborne, K.J., **Willroth, E.C.,** DeVlyder, J.A., & Hilimire, M.R. (2016). Psychotic experiences and emotion regulation. Poster presented at the annual meeting of the Society of Research on Psychopathology, Baltimore, MD.

**Willroth, E.C.,** Koban, L., & Hilimire, M.R. (2016). Neurocognitive mechanisms of social influence on emotion. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Osborne, K.J., **Willroth, E.C.** & Hilimire, M.R. (2016). Psychotic experiences and emotion regulation. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

**Willroth, E.C.** & Hilimire, M.R. (2015). Social influence modulates electrophysiological response to emotional stimuli. Poster presented at the annual meeting of the Society for Psychophysiological Research, Seattle, WA.

**Willroth, E.C.** & Hilimire, M.R. (2014). Self- and situation-focused reappraisal differentially modulate electrocortical response to negative pictures. Poster presented at the annual meeting of the Society for Psychophysiological Research, Atlanta, Georgia.

Dopp, A. R., Borduin, C. M., & **Willroth, E. C.** (2013). Economic benefits of multisystemic therapy for problem sexual behavior: an updated cost-benefit analysis. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

**Willroth, E.C.,** Borduin, C.M., & Dopp, A.R. (2013). Updated cost-benefit analysis of multisystemic therapy for problem sexual behavior. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

**Willroth, E.C.,** Borduin, C.M., & Dopp, A.R. (2013). Cost-benefit analysis of multisystemic therapy for juvenile sex offenders. Poster presented at the University of Missouri Psychology Day Research Symposium, Columbia, MO.

### **TEACHING EXPERIENCE**

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Structural Equation Modeling—Reader (1 semester)  
Graduate Data Analysis—Graduate Student Instructor (1 semester)  
Honors Data Analysis—Graduate Student Instructor (1 semester)  
Introductory Data Analysis—Graduate Student Instructor (4 semesters)  
Research Methods—Graduate Student Instructor (2 semesters)  
Human Happiness—Graduate Student Instructor (1 semester)  
Health Psychology—Graduate Student Instructor (1 semester)  
Social Psychology—Graduate Student Instructor (1 semester)  
Intro to Psychology as a Social Science—Graduate Student Instructor (1 semester)  
Cognition and Thinking—Graduate Student Instructor (1 semester)  
Executive MBA Leadership—Graduate Student Instructor (1 semester)

### **MENTORSHIP AND ADVISING**

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2018-19	Dylan Benkley	Advisor for post-baccalaureate thesis student
2018-19	Dorota Swierzewicz	Advisor for senior honors thesis
2017-18	Elizabeth Rothstein	Co-advisor for senior honors thesis
2017-18	Jess Vicman	Co-advisor for senior honors thesis

### **ACADEMIC SERVICE**

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Ad Hoc Reviewing (*Clinical Psychological Science, Clinical Psychology & Psychotherapy, Journal of Personality, Emotion, Cognition and Emotion, Motivation and Emotion, Psychology and Health*)  
Reviewer for Society for Personality and Social Psychology Research Poster Award  
Graduate Student Association for Arts and Sciences, College of W&M

### **PROFESSIONAL MEMBERSHIPS (STUDENT STATUS)**

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Society for Personality and Social Psychology  
Association for Research in Personality  
Society for Affective Science

### **SPECIAL TRAINING**

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Structural Equation Modeling  
Multilevel Modeling  
Survival Analyses  
Experience Sampling and Intensive Longitudinal Data Collection  
Software (R, SPSS, HLM, LISREL, E-prime, PsychoPy, Qualtrics, SEMA)  
Psychophysiology and Electrophysiology Data Collection and Processing