

Alissa Mrazek

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Publications

JOURNAL ARTICLES

1. Mrazek, A. J., Mrazek, M. D., Brown, C. S., Karimi, S. S., Ji, R. R., Ortega, J. R., Maul, A., Carr, P. C., Delegard, A. M., Kirk, A. C., & Schooler, J. W. (2022). Attention training improves the self-reported focus and emotional regulation of high school students. *Technology, Mind, and Behavior*, 3(4). <https://doi.org/10.1037/tmb0000092>
2. Mrazek, A. J., Mrazek, M. D., Brown, C. S., Karimi, S. S., Ji, R. R., Ortega, J. R., Maul, A., Carr, P. C., Delegard, A. M., Kirk, A. C., & Schooler, J. W. (2022). Supplemental material for attention training improves the self-reported focus and emotional regulation of high school students. *Technology, Mind, and Behavior*, 3(4). <https://doi.org/10.1037/tmb0000092.supp>
3. Besika, A., Schooler, J. W., Verplanken, B., Mrazek, A. J., & Ihm, E. D. (2022). A relationship that makes life worth-living: Levels of value orientation explain differences in meaning and life satisfaction. *Heliyon*, 8(1), e08802. <https://doi.org/10.1016/j.heliyon.2022.e08802>
4. Mrazek, A. J., Mrazek, M. D., Ortega, J. R., Ji, R. R., Karimi, S. S., Brown, C. S., Alexander, C. A., Khan, M., Panahi, R., Sadoff, M., Scott, A., Tyszka, J. E., & Schooler, J. W. (2021). Teenagers' smartphone use during homework: An analysis of beliefs and behaviors around digital multitasking. *Education Sciences*, 11(11), 713. <https://doi.org/10.3390/educsci11110713>
5. Mrazek, A. J., Mrazek, M. D., Maul, A., Mrazek, K. L., & Schooler, J. W. (2021). Taking charge: Characterizing the rapid development of self-regulation through intensive training. *Journal of Health Psychology*, 26(12), 2304–2319. <https://doi.org/10.1177/1359105320909856>
6. Mrazek, A. J., Mrazek, M. D., Morseth, B. K., Mrazek, K. L., Mooneyham, B. W., Cole, S., & Schooler, J. W. (2021). Slaying the hydra: Integrative wellness training affects ten complementary measures of stress. *Psychoneuroimmunology Journal*, 2, 1–12. <https://doi.org/10.32371/pnij/246115>
7. Mrazek, A. J., Mrazek, M. D., Carr, P. C., Delegard, A. M., Ding, M. G., Garcia, D. I., Greenstein, J. E., Kirk, A. C., Kodama, E. E., Krauss, M. J., Landry, A. P., Stokes, C. A., Wickens, K. D., Wong, K., & Schooler, J. W. (2020). The feasibility of attention training for reducing mind-wandering and digital multitasking in high schools. *Education Sciences*, 10(8), 201. <https://doi.org/10.3390/educsci10080201>
8. Mrazek, A. J., Mrazek, M. D., Calcagnotto, L. A., Cloughesy, J. N., Holman, A. M., Masters-Waage, T. C., & Schooler, J. W. (2020). Familiarity, attitudes, and self-regulatory challenges related to mindfulness. *Mindfulness*, 11(5), 1218–1225. <https://doi.org/10.1007/s12671-020-01332-7>
9. Cloughesy, J. N., Mrazek, A. J., Mrazek, M. D., & Schooler, J. W. (2020). Planning to practice: Action and coping plans increase days of meditation practiced. *Psi Chi Journal of Psychological Research*, 25(2), 203–209. <https://doi.org/10.24839/2325-7342.jn25.2.203>
10. Mrazek, A. (2022). Attention training improves self-reported focus and emotional regulation of high school students. *Technology, Mind, and Behavior*.

PREPRINTS

BOOKS

BOOK CHAPTERS

Professional Presentations

Finding Focus: Equipping Teens with Attention Skills at Scale

UT AUSTIN

2022

Personalized Attention Training for Teens

AUSTIN, TX

2022

Positive Appraisal and Stress Management

AUSTIN, TX

2022

Regulating Attention as a Tool to Cope with Stress during Undergrad

UT AUSTIN

2022

Digital Interventions for Adolescents

NEW YORK, NY

2021

Finding Focus: Improving Focus and Reducing Stress among High School Students

PHILADELPHIA, PA

2021

Finding Your Path through Focus and Emotional Resilience

UT AUSTIN

2021

Improving Focus and Reducing Stress among High School Students across NYC

NEW YORK, NY

2021

Self-Regulation: A foundational and trainable skill

UT AUSTIN

2021

Staying Steady Amidst the Storm: The how and why behind attention training

SANTA BARBARA, CA

2021

A digital tier-1 mindfulness intervention

CHICAGO, IL

2020

Attention training in high schools: progress and vision

SANTA BARBARA, CA

2020

Integrating attention training into the Health curriculum

SANTA BARBARA, CA

2020

Conference Abstracts

Honors

Funding

Enhancing Learning by Reducing Distraction

FUNDING: \$1,997,787

IES,

2022 - 2025

Service

Travis County Fire Rescue

PI ON A SERVICE PROJECT TO IMPROVE THE CULTURE AT TRAVIS COUNTY FIRE RESCUE (BY REQUEST OF CHIEF BAILEY VIA DAVID SCHNYER). 150 HOURS OF WORK OVER THE LAST 20 MONTHS

Austin, US

2021 - 2023

Mentoring and Teaching

MENTORING

Kennedy Zapalac, Abigail Romeo, Angelique Trotter, Shez Shah, Aneka Raj, Nusha Sattar, Vanessa Cadena, Ellie Kim

UNDERGRADUATE RESEARCH ADVISOR

2021 - 2023

Talia Pamensky, Nathan Godderis, Bryce Rutilla, Alexander Pasch, Bailey Dow, Justine JY, Katherine Cariño

POST-BAC RESEARCH ADVISOR (HIGHLY HANDS ON MENTORING TO RESEARCH VOLUNTEERS AS PREPARATION FOR GRADUATE SCHOOL)

2020 - 2023

TEACHING

Positive Psychology and The Good Life (currently 5th semester)

INSTRUCTOR

2021 - 2023

Positive Psychology and The Good Life (5th semester)

INSTRUCTOR

2021 - 2023