

Hannah Moshontz de la Rocha, PhD

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Positions

Incoming NIMH T32 Postdoctoral Fellow

Aug 2021

Training Program in Emotion Research, University of Wisconsin-Madison

Postdoctoral Research Associate

2020 - present

Addiction Research Center (PI: John Curtin), University of Wisconsin-Madison

Education

Ph.D., Psychology & Neuroscience, Duke University

2020

Committee: Rick H. Hoyle (advisor), Grainne Fitzsimons, Elizabeth J. Marsh, James Y. Shah

Dissertation: [Understanding Ordinary Goal Pursuit: Describing and Predicting Success in New Years Resolutions](#)

M.A., Psychology & Neuroscience, Duke University

2016

Committee: Rick H. Hoyle (advisor), Grainne Fitzsimons, Elizabeth J. Marsh, James Y. Shah

Thesis: [Persistence as returning: An integrative review of theory and research on continued goal pursuit](#)

B.A. Psychology, Reed College

2011

Faculty thesis advisor: Kathryn C. Oleson

Thesis: [Making energy saving normal: An energy-saving intervention based on the focus theory of normative conduct](#)

Grants, Honors, and Awards

SPSP Catalyst Grant, Network of Multiracial Scholars (NOMS)

2021

Program for Advanced Research in the Social Sciences Fellowship, Duke University

2018-2019

Graduate Grant Award, Charles Lafitte Foundation

2019

Selected for the Summer Institute for Social and Personality Psychology (SISPP)

2017

Graduate Travel Award, Society for Personality and Social Psychology

2017

Education Human Development Scholar, Duke Social Science Research Institute

2016-2017

Honorable Mention, National Science Foundation Graduate Research Fellowship Program

2016

Honorable Mention, Classroom Assessment Distinguished Paper Award, AERA

2016

Inter-institutional Collaborative Grant, Carolina Research in Social Psychology

2015

Commendation for Excellence in Scholarship, Reed College

2007, 2008, 2010

Published and In Press Works

Nosek, B. A., Hardwicke, T. E., Moshontz, H., Allard, A., Corker, K. S., Dreber, A., Fidler, F., Hilgard, J., Kline Struhl, M., Nuijten, M., Rohrer, J., Romerio, F., Scheel, A., Scherer, L., Schonbrodt, F., & Vazire, S. (in press). Replicability, Robustness, and Reproducibility in Psychological Science. *Annual Review of Psychology*. [Preprint](#)

- Hoyle, R.H., & Moshontz, H. (book chapter in press). Self-Regulation: An Individual Difference Perspective. In J.Y. Shah (Ed.) *Frontiers of Social Psychology: Self-regulation*. New York: Routledge. [Preprint](#)
- Beshears, J., Schmidt, K., GJoneska, B., Pfuhl, G., Saari, T., McAuliffe, W. H., ... & Moshontz, H. (book chapter in press). Psychological Science Accelerator: A Promising Resource for Clinical Psychological Science. [Preprint](#)
- Moshontz, H., Binion, G. E., Walton, H., M. Syed, & Brown, B. T. (2021). A Guide to Posting and Managing Preprints. *Advances in Methods and Practices in Psychological Science*, 4(2), 1-11. [Preprint](#)
- *Moshontz, H., *Ebersole, C.R., Weston, S.J., & Klien, R.A. (2021). *A Guide for Many Authors: Writing Manuscripts in Large Collaborations. Social and Personality Psychology Compass*, 15(4), e12590. doi.org/10.1111/spc3.12590 [Preprint](#) * = co-first author
- Moshontz, H. & Hoyle, R.H. (2021). Resisting, Recognizing, and Returning: A Three-Component Model and Review of Persistence in Episodic Goals. *Social and Personality Psychology Compass* 15(1), e12576. doi.org/10.1111/spc3.12576 [Preprint](#)
- *McAuliffe, W.H., *Moshontz, H., McCauley, T.G., & McCullough, M.E. (2020). Uncovering Prosociality in Qualitative Data: Comparing Manual, Closed-Vocabulary, and Open-Vocabulary Methods. *European Journal of Personality* 34, 903-916. doi.org/10.1002/per.2240 * = co-first author
- Powers, J.P., Moshontz, H., & Hoyle, R.H. (2020). Self-Control and Affect Regulation Styles Predict Anxiety Longitudinally in University Students. *Collabra: Psychology* 6(1), 11. doi.org/10.1525/collabra.280 [Preprint](#)
- Koenka, A.C., Linnenbrink-Garcia, L., Moshontz, H., Sanchez, C.E., Atkinson, K.M. & Cooper, H. (2019). A Meta-Analysis on the Impact of Grades and Comments on Academic Motivation and Achievement: A Case for Written Feedback. *Educational Psychology* doi.org/10.1080/01443410.2019.1659939
- Crüwell, S., van Doorn, J., Etz, A., Makel, M., Moshontz, H., Niebaum, J., Schulte-Mecklenbeck, M. (2019). Seven Easy Steps to Open Science: An Annotated Reading List. *Zeitschrift für Psychologie*. doi.org/10.1027/2151-2604/a000387 [Preprint](#)
- Moshontz, H., Campbell, L., Ebersole, C.R., IJzerman, H., Urry, H.L., Forscher, P.S., ... Chartier, C.R. (2018). The Psychological Science Accelerator: Advancing Psychology Through a Distributed Collaborative Network. *Advances in Methods and Practices in Psychological Science*, 1(4), 501515 doi.org/10.1177/2515245918797607 [Preprint](#)
- Atkinson, K.M., Sanchez, C.E., Koenka, A.C., Moshontz, H. & Cooper, H. (2018). Who Makes the Grade? A Synthesis of Research Comparing Self, Peer and Instructor Grades in College Classrooms. *International Research in Higher Education*, 3(3), 1-21. doi.org/10.5430/irhe.v3n3p1
- Sanchez, C.E., Atkinson, K.M., Koenka, A.C., Moshontz, H. & Cooper, H. (2017). Self-Grading and Peer-Grading for Formative and Summative Assessments in 3rd Through 12th grade classrooms: A meta-analysis. *Journal of Educational Psychology*, 109(8), 1049-1066. doi.org/10.1037/edu0000190 [Supplement](#)
- Atkinson, K.M., Koenka, A.C., Sanchez, C.E., Moshontz, H. & Cooper, H.M. (2015). Reporting Standards for Literature Searches and Report Inclusion: Making Research Syntheses More Transparent and Easy to Replicate. *Research Synthesis Methods*, 6(1), 87-95. doi.org/10.1002/jrsm.1127

Registered Reports

- Wang, K., Goldenberg, A., Dorison, C., Lerner, J.S., Gross, J.J., Miller, J., ..., Moshontz, H. (Stage 2 Registered Report, in revision). Can reappraisal increase global psychological resilience during the COVID-19 pandemic? *Nature Human Behavior*. [Preprint](#)
- Forscher, P.S., Taylor, V.J., Cavagnaro, D., Lewis, N.A., Jr., Moshontz, H., Batres, C., ... & Chartier, C.R. (Accepted Stage 1 Registered Report). A Multi-Site Examination of Stereotype Threat in Black College Students Across Varying Operationalizations. *Nature Human Behavior*. [Preprint](#)

Works in Preparation or Revision

- Moshontz, H. (in prep). *Can Small Adjustments to a Goal's Target or Framing Affect Goal Outcomes Outside of the Lab?*
- Paquette, K., Moshontz, H., Curtin, J.J. (in prep). *Acceptability of Personal Sensing Measures in People with Alcohol Use Disorder*
- Moshontz, H., Hamilton, C., Townsley, C., Davisson, E.K. & Hoyle, R.H. (in preparation). *What Giving Up Looks Like: A Longitudinal Analysis of New Years Resolutions*.
- Moshontz, H., Kushlev, K., Yust, P., Dotson, E. K. & Hard, B. M. (in preparation). *Characterizing Effects of the Presence of Smartphones on College Students Interest, Enjoyment, and Learning in a Lecture Setting: A Registered Report*.

Preprints

- Moshontz, H., Fronk, G., Sant'Ana, S. J. K., & Curtin, J. J. (in revision). Quantifying Optimization Bias in Model Evaluation when using Cross-Validation in Psychological Science: A Monte Carlo Simulation Study. [Preprint](#)
- Dorison, C., Lerner, J. S., Heller, B. H., Rothman, A., Kawachi, I. I., Wang, K., Coles, N. A., ... Moshontz, H. (in revision). A global test of message framing on behavioural intentions, policy support, information seeking, and experienced anxiety during the COVID-19 pandemic. [Preprint](#)
- Vuletic, H., Moshontz, H., Marsh, E.J., & Payne, B.K. (in revision). *The Association between Inequality and Poor Educational Outcomes in U.S. States Relates to Interest in Academic Shortcuts*. [Preprint](#)

Invited Talks

- Moshontz, H. (2021). *Persistence as resisting, recognizing, and returning*. Invited talk to be presented at the Character Lab (PI: Angela Duckworth).
- Moshontz, H. (2020). *The Nuts and Bolts of Open Science in Practice*. Invited workshop presented at the Harvard Kennedy School Behavioral Insights Group Conference, Harvard University. osf.io/zytvd
- Moshontz, H. (2019). *The Psychological Science Accelerator: Improving Large-Scale, Multi-Site Collaboration*. Invited talk presented at the Annual Association for Psychological Science Convention. Washington, D.C. osf.io/vauz4
- Moshontz, H. (2018). *Goal disengagement in self-regulation* Invited talk presented at Social Action Laboratory (PI: Dolores Albarracín).

Selected Talks and Presentations

- Moshontz, H., Davisson, E., & Hoyle, R.H. (2020). *Forgetting is an Unnoticed Barrier to Goal Pursuit in Everyday Life*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA. osf.io/9y5nd
- Powers, J.P., Moshontz, H. (presenting author), & Hoyle, R.H. (2019). *Trait self-control and affective well-being among university students*. Talk presented at the Annual Association for Psychological Science Convention. Washington, D.C. osf.io/wrkcf
- Moshontz, H., Davisson, E., & Hoyle, R.H. (2019). *Self-Control Variability: How Self-Control Fluctuates Throughout the Day*. Talk presented at the Annual Meeting of the Society for Personality and Social Psychology. Portland, OR. osf.io/nu64c
- Hamilton, C., Moshontz, H., Davisson, E.K., Hoyle, R.H. (2018). *Mining for Goals: Using Text Mining to Characterize Goal Setting in the Wild*. Poster presented at the Annual Meeting of the Association for Psychological Science. San Francisco, CA. osf.io/wvxm9
- Moshontz, H. and Hoyle, R.H. (2018). *The Role of Memory in Persistence: Beliefs and Realities*. Talk presented at the Annual Meeting of the Southeastern Society for Social Psychology. Raleigh, NC. osf.io/mkgse
- Moshontz, H. (2018). *Emerging Ideas About Quitting and Persistence (and Their Implications for Graduate Students)*. Talk presented at the Duke University Social Psychology Brown Bag. Durham, NC. osf.io/9qntd/
- Moshontz, H. (2018). *Psychological Science Accelerator: Making large, multi-site, collaborative studies commonplace*. Talk presented at the Annual Meeting of the Association for Psychological Science. San Francisco, CA. osf.io/k97ra
- Moshontz, H. (2018). *How do we - and how should we - decide when to quit or persist?* Talk presented at the Duke GradX Talks. Durham, NC. [video recording \(begins at 1:36:30\)](#)
- Moshontz, H. & Hoyle, R.H. (2018). *Responses to the unique difficulties of long-term goal pursuit*. Talk presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA. osf.io/mwjhf
- Townsley, C., Moshontz, H., Davisson, E.K. & Hoyle, R.H. (2018). *New year, new me?: Goal-setting in an everyday context*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.
- Moshontz, H. (2017). *Religiosity moderates the relationship between habit strength and difficulty disengaging during Lent*. Data blitz presented at the Duke University Social Psychology Brown Bag. Durham, NC. osf.io/5wts9
- Moshontz, H. (2017). *Everyday quitting: When habits interfere with disengagement*. Poster presented at the Behavior Change Interventions for Health Habits Conference. Catalina Island, CA. osf.io/jmr39
- Vuletic, H., Moshontz, H., Marsh, E. J. & Payne, B. K. (2017) *Subjective low SES makes students less likely to delay gratification*. Data blitz presented at the General Meeting of the European Association of Social Psychology. Granada, Spain.
- Moshontz, H. (2017). *Persistence as returning: A model of persistence in long-term goals*. Talk presented at the Duke University Social Psychology Brown Bag. Durham, NC. osf.io/8ce4y

- Hoyle, R.H., Davisson, E., & Moshontz, H. (2017). *Accuracy of forethought in self-regulation*. Talk presented at the Annual Meeting of the Society for Personality and Social Psychology. San Antonio, TX.
- Moshontz, H., Hoyle, R.H., & Davisson, E.K. (2017). *Better goals or better skills: Understanding pursuit of New Years resolutions*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Antonio, TX. osf.io/s4sd4
- Moshontz, H. & Marsh, E.J. (2016). *Scarcity in an educational setting: Influences of test length on performance*. Poster presented at the Annual Meeting of the Psychonomic Society. Boston, MA. osf.io/x4bfn
- Moshontz, H., Hoyle, R.H., & Davisson, E.K. (2016). *Is it you or your resolution? Self-regulatory skill, goal setting, and goal pursuit in New Year's resolutions*. Talk presented at the Annual Meeting of the Society for Southeastern Social Psychologists. Asheville, NC. osf.io/s92zv
- Moshontz, H., Payne, B.K., Marsh, E.J., Vuletich, H. (2016). *Income inequality, subjective socioeconomic status, and academic achievement*. Talk presented at the Education Human Development Scholar Program Meeting. Durham, NC.
- Koenka, A.C., Moshontz, H., Atkinson, K.M., Sanchez, C.E. & Cooper, H. (2016). *The impact of grades, comments, and no feedback on academic achievement: A meta-analysis*. Paper presented at the Annual Meeting of the American Educational Research Association. Washington, DC.
- Moshontz, H., Davisson, E.K., Hoyle, R.H. (2016). *How winners quit: Individual differences in goal disengagement*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA. osf.io/yr75x
- Moshontz, H., & Oleson, K.C. (2015). *Using injunctive and descriptive norm cues to promote energy saving*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Long Beach, California. osf.io/k4fpr
- Koenka, A.C., Richardson, E., Moshontz, H., Sanchez, C.E., Atkinson, K.M. & Cooper, H. (2015). *The impact of frequent testing on college students' academic performance and attitudes: A synthesis of research*. Paper presented at the Annual Meeting of the American Educational Research Association. Chicago, Illinois.
- Moshontz, H., Koenka, A.C., Sanchez, C.E., Atkinson, K.M. & Cooper, H. (2015). *The differential impacts of norm-referenced and criterion-referenced grading methods on students' academic performance and motivation*. Paper presented at the Annual Meeting of the American Educational Research Association. Chicago, Illinois.
- Moshontz, H., Call, A., Harati, A., Westgate, E., Wormington, S.V. & Oleson, K. (2011). *Predicting the desire to seek out ones grades when grade knowledge is optional*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Antonio, TX.
- Wormington, S.V., Westgate, E., Call, A., Harati, A., Moshontz, H. & Oleson, K. (2011). *A person-centered investigation: Relations to self-doubt, concern with performance, and mastery-approach goals*. Poster presented at the Meeting of the Society for Personality and Social Psychology. San Antonio, TX.

Teaching and Workshops

Lecture slides, syllabi, and additional teaching materials available at osf.io/qdwzu.

Personality and Social Psychology

Teaching Assistant, Duke University Fall 2016, Spring 2017
Courses: The Self and Social Identities; Personality
Supervisors: Sarah Gaither, Mark Leary

Guest Lecturer, Duke University Spring 2017, Fall 2018
Topic: Academic Mindsets; Self and Self-Control

Statistics and Methodology

Instructor of Record, Duke University Summer 2019
Course: Research Methods in Psychological Science
Workshop: Introduction to R

Teaching Assistant, Duke University Fall 2015; Spring 2016
Courses: Correlation and Regression Analysis (Graduate Level); Analysis of Variance (Graduate Level);
Research Methods in Psychological Science

Guest Lecture, Duke University Spring 2016; Spring 2017
Topic: Transformations in Regression (Graduate Level)

Open Science

Moshontz, H. (2020). *The Nuts and Bolts of Open Science in Practice*. Workshop presented at the Harvard Kennedy School Behavioral Insights Group Conference, Harvard University. osf.io/zytvd

Moshontz, H. (2019). *Practical Open Science*. Talk presented at the Clinical Research Symposium, University of Wisconsin at Madison. osf.io/au7bz

Moshontz, H., El-Hout, M. (2018). *Crisis or Opportunity? Student Perspectives on Evolving Methodological Standards*. Professional development panel at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.

Moshontz (2018). *Open Science Practices*. Workshop at the Duke University Center for Cognitive Neuroscience Retreat

Service and Outreach

Executive Committee Member, <i>Society for the Improvement of Psychological Science</i>	2019-2022
Assistant Director, <i>Psychological Science Accelerator</i>	2018-2021
Awards Committee Chair, <i>Society for the Improvement of Psychological Science</i>	2018-2020
Steering Committee Member, <i>PsyArXiv</i>	2017-2020
Student Committee Past Chair, <i>Society for Personality and Social Psychology</i>	2018-2019
Student Committee Chair, <i>Society for Personality and Social Psychology</i>	2017-2018
Coordinated an Introduction to R workshop for graduate students at Duke University Student Poster Award	
Reviewer, <i>Society for Personality and Social Psychology</i>	
Conference Planning Committee Member, <i>Carolina Research in Social and Personality Psychology</i>	2017
Social Area Brown Bag Student Coordinator, <i>Duke University</i>	2016-2018
Southern Coalition for Social Justice, Volunteer Research Scientist	2016 - 2017

updated 5/17/2021