

## Jonas Dora

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### Overview

I am an Assistant Professor in the Department of Psychology at the University of Washington. Most of my recent work is focused on understanding the affect regulation function of alcohol and cannabis use, and the contribution of this function to the etiology of substance use disorders. I approach this topic with a combination of experimental and intensive longitudinal research designs. This work is being funded by the NIH and has led to publications (among others) in *Psychological Bulletin*, *Journal of Psychopathology and Clinical Science*, and *Clinical Psychological Science*. I am also interested in quantitative methods (e.g., Bayesian mixed-effects modeling) and formal theorizing and modeling. In my projects, I emphasize collaboration and work closely together with colleagues in the US, Europe, and Asia. I am also committed to making research more transparent and openly accessible and I adopt an Open Science workflow in all my projects. I am a consulting editor at *Psychology of Addictive Behaviors*, *Clinical Psychological Science*, and *Journal of Psychopathology and Clinical Science*.

### Academic appointments

05/2025 – present	Assistant Professor Department of psychology, University of Washington
10/2020 – 05/2025	Postdoctoral scientist Department of Psychology, University of Washington Mentor: Kevin King, PhD

### Education

2020	PhD in psychology Behavioural Science Institute, Radboud University Nijmegen Supervisors: Madelon van Hooff, PhD & Erik Bijleveld, PhD
2015	MSc in psychology Maastricht University
2014	BSc in psychology University of Groningen

## Sponsored research

### Current

- March 2024 – February 2029 Co-I (MPIs King & Wright). *A multiverse analysis of the affect-alcohol use association*. NIAAA R01. AA030744. \$3,492,345.
- September 2023 – August 2025 PI. *Exploring affect-motivated alcohol use as a value-based decision-making process*. NIAAA K99. AA030591. \$349,250.

### Prior

- 2022 PI. *Exploring the decision to drink-to-cope*. ITHS Early Investigator Catalyst Award. \$5,000

## Publications

\* equal authorship contribution

### Stage 1 Registered Reports

- [04] **Dora, J.**, Kuczynski, A., McCabe, C., Creswell, K., Dvorak, R., Howard, A., Patrick, M., Shoda, Y., Smith, G., Wright, A., & King, K. (accepted-in-principle). Stage 1 Registered Report: Testing the robustness of daily associations of affect with alcohol and cannabis use. *Journal of Psychopathology and Clinical Science*.  
<https://doi.org/10.31234/osf.io/g58we> <https://osf.io/fm6cq/>
- [03] **Dora, J.**, McCabe, C., Schultz, M., Lee, C., Shoda, Y., Patrick, M., Smith, G., & King, K. (accepted-in-principle). Stage 1 Registered Report: Alcohol and cannabis use predicted by affect-urgency interactions. *Clinical Psychological Science*.  
<https://doi.org/10.31234/osf.io/x483> <https://osf.io/jw6sf/>
- [02] King, K., **Dora, J.**, Schultz, M., McCabe, C., Lee, C., Shoda, Y., Fairlie, A., Litt, D., Lewis, M., Patrick, M., & Smith, G. (accepted-in-principle). Stage 1 Registered Report: Within-day associations between affect and intentions to drink. *Psychology of Addictive Behaviors*.  
<https://osf.io/2u4yf/>
- [01] King, K., Smith, M., **Dora, J.**, Seldin, K., Schultz, M., McCabe, C., Obilor, T., Shoda, Y., Lee, C., Patrick, M., & Smith, G. (accepted-in-principle). Stage 1 Registered Report: Within-person emotion regulation and daily alcohol and cannabis use. *Clinical Psychological Science*.  
<https://osf.io/s6x4j/>

### Peer-reviewed articles

#### 2025

- [20] Copeland, A., **Dora, J.**, King, K., & Field, M. (2025). Value-based decision-making in daily tobacco smokers following experimental manipulation of mood. *Experimental and Clinical Psychopharmacology*.

<https://doi.org/10.31234/osf.io/5w4ap>

[https://aspredicted.org/see\\_one.php](https://aspredicted.org/see_one.php)

- [19] **Dora, J.**, & Inzlicht, M. (2025). Effort expenditure decreases risk aversion when dealing with gains but not losses. *Collabra: Psychology*.

<https://doi.org/10.1525/collabra.130886>

<https://osf.io/cqxfl/>

## 2024

- [18] Schultz, M., **Dora, J.**, & King, K. (2024). The influence of drinking consequences on alcohol expectancy likelihoods and valences: an item-level multi-level approach. *Journal of Studies on Alcohol and Drugs*.

<https://doi.org/10.15288/jsad.24-00035>

<https://osf.io/pdvw8/>

- [17] King, K., Feil, M., Gomez, N., Moss, D., Halvorson, M., **Dora, J.**, Upton, N., Bryson, M., Seldin, K., Shoda, Y., & Lee, C. (2025). Negative urgency as a state-level process. *Journal of Personality*.

<https://doi.org/10.1111/jopy.12961>

<https://osf.io/u8zka/>

- [16] Kuczynski, A., Piccirillo, M., **Dora, J.**, Kuehn, K., Halvorson, M., King, K., & Kanter, J. (2024). Characterizing the momentary association between loneliness, depression, and social interaction: insights from an ecological momentary assessment study. *Journal of Affective Disorders*.

<https://doi.org/10.31234/osf.io/btwk8>

<https://osf.io/7rkfm>

- [15] **Dora, J.**, McCabe, C., van Lissa, C., Witkiewitz, K., & King, K. (2024). A tutorial on analyzing ecological momentary assessment data in psychological research with Bayesian (generalized) mixed-effects models. *Advances in Methods and Practices in Psychological Research*.

<https://doi.org/10.1177/25152459241235875>

<https://osf.io/rh2sw/>

- [14] **Dora, J.**, Kuczynski, A., Schultz, M., Acuff, S., Murphy, J., & King, K. (2024). Registered Report: An experimental investigation into the effect of negative affect on the behavioral economic demand for alcohol. *Psychology of Addictive Behaviors*.

<https://doi.org/10.1037/adb0000823>

<https://osf.io/fjs3j/>

## 2023

- [13] **Dora, J.**, Copeland, A., Field, M., & King, K. (2023). Modeling the value-based decision to consume alcohol in response to emotional experiences. *Experimental and Clinical Psychopharmacology*.

<https://doi.org/10.1037/pha0000647>

<https://osf.io/atb4e/>

- [12] **Dora, J.**, Piccirillo, M., Foster, K., Arbeau, K., Armeli, S., Auriacombe, M., Bartholow, B., Beltz, A., Blumenstock, S., Bold, K., Bonar, E., Braitman, A., Carpenter, R., Creswell, K., DeHart, T., Dvorak, R., Emery, N., Enkema, M., Fairbairn, C., Fairlie, A., Ferguson, S., Freire, T., Goodman, F., Gottfredson, N., Halvorson, M., Haroon, M., Howard, A., Hussong, A., Jackson, K., Jenzer, T., Kelly, D., Kuczynski, A., Kuerbis, A., Lee, C., Lewis, M., Linden-Carmichael, A., Littlefield, A., Lydon-Staley, D., Merrill, J., Miranda Jr., R., Mohr, C., Read, J., Richardson, C., O'Connor, R., O'Malley, S., Papp, L., Piasecki, T., Sacco, P., Scaglione, N., Serre, F., Shadur, J., Sher, K., Shoda, Y., Smith, M., Simpson, T., Stevens, A., Stevenson, B., Tennen, H., Todd, M., Treloar Padovano, H.,

Trull, T., Waddell, J., Walukevich-Dienst, K., Witkiewitz, K., Wray, T., Wright, A., Wycoff, A., & King, K. (2023). The daily association between affect and alcohol use: A meta-analysis of individual participant data. *Psychological Bulletin*.

<https://doi.org/10.1037/bul0000387>

<https://osf.io/jcr2q/>

[11] **Dora, J.**, Kuczynski, A., Schultz, M., Seldin, K., Smith, M., Moss, D., Carpenter, R., & King, K. (2023). Exploring affect motivation and regulation of marijuana use in everyday life via specification curve analysis. *Journal of Psychopathology and Clinical Science*.

<https://doi.org/10.1037/abn0000825>

<https://osf.io/tds7h/>

[10] King, K., & **Dora, J.** (2023). Harmonization of theory, methods, and inferences in addictions research. *Psychology of Addictive Behaviors*.

<https://doi.org/10.1037/adb0000832>

## 2022

[09] Kuehn, K., **Dora, J.**, Harned, M., Foster, K., Song, F., Smith, M., & King, K. (2022). A meta-analysis on the affect-regulation function of real-time self-injurious thoughts and behaviors. *Nature human behaviour*.

<https://doi.org/10.1038/s41562-022-01340-8>

[https://github.com/kskuehn/NA-SITB\\_meta](https://github.com/kskuehn/NA-SITB_meta)

[08] **Dora, J.**, Schultz, M., Lee, C., Shoda, Y., & King, K. (2022). No evidence for trait- and state-level urgency moderating the daily association between affect and subsequent alcohol use in two college samples. *Brain and Neuroscience Advances*.

<https://doi.org/10.1177/23982128221079556>

<https://osf.io/kbe2f/>

[07] **Dora, J.**, van Hooff, M., Geurts, S., Kompier, M., & Bijleveld, E. (2022). The effect of opportunity costs on mental fatigue in labor/leisure trade-offs. *Journal of Experimental Psychology: General*.

<https://doi.org/10.1037/xge0001095>

<https://osf.io/t4afr/>

## 2021

[06] **Dora, J.**, van Hooff, M., Geurts, S., & Bijleveld, E. (2021). Labor/leisure decisions in their natural context: The case of the smartphone. *Psychonomic Bulletin & Review*.

<https://doi.org/10.3758/s13423-020-01844-2>

<https://osf.io/s2wy5/>

[05] **Dora, J.**, van Hooff, M., Geurts, S., Kompier, M., & Bijleveld, E. (2021). Fatigue, boredom, and objectively measured smartphone use at work. *Royal Society Open Science*.

<https://doi.org/10.1098/rsos.201915>

<https://osf.io/z9wm8/>

[04] Nieuwenhuys, A., **Dora, J.**, Knufinke, M., Beckers, D., Rietjens, G., & Helmhout, P. (2021). "20,000 leagues under the sea": Sleep, cognitive performance, mental load and recovery during a 67-day military submarine mission. *Applied Ergonomics*.

<https://doi.org/10.1016/j.apergo.2020.103295>

## 2019

[03] Johannes, N.\*, **Dora, J.\***, & Rusz, D. (2019). Social smartphone apps do not capture attention despite their perceived high reward value. *Collabra: Psychology*.

<https://doi.org/10.1525/collabra.207>

<https://osf.io/g8kbu/>

[02] **Dora, J.**, van Hooff, M., Geurts, S., Hooftman, W., & Kompier, M. (2019). Characterizing work-related smartphone use at home and private smartphone use at work using latent class analysis. *Occupational Health Science*.

<https://doi.org/10.1007/s41542-019-00040-6>

[01] Johannes, N., Veling, H., **Dora, J.**, Meier, A., Reinecke, L., & Buijzen, M. (2019). Mind-wandering and mindfulness as mediators of the relationship between online vigilance and well-being. *Cyberpsychology, behavior, and social networking*.

<https://doi.org/10.1089/cyber.2018.0373>

<https://osf.io/ufyq4>

### **Book chapters**

[01] **Dora, J.**, Piccirillo, M., Foster, K., & King, K. (2023). Accelerating addiction research via Open Science and Team Science. In K. Federmeier & C. Fairbairn (Eds.), *Psychology of Learning and Motivation*.

<https://doi.org/10.1016/bs.plm.2023.06.004>

### **Manuscripts under review & in preparation**

[13] **Dora, J.**, Shinn, M., Copeland, A., Neilson, E., Weiss, N., Witkiewitz, K., Murphy, J., Field, M., George, W., & King, K. (under review). *How people decide to consume (more) alcohol when feeling stressed*.

<https://doi.org/10.31234/osf.io/c7q9p>

<https://osf.io/j9bkq/>

[12] King, K., Kang, D., Schultz, M., Lee, C., **Dora, J.**, Boness, C., & Watts, A. (under review). *Alcohol use disorder symptoms are kinda detectable in daily life*.

[https://doi.org/10.31219/osf.io/3m9sx\\_v1](https://doi.org/10.31219/osf.io/3m9sx_v1)

<https://osf.io/6m74u>

[11] Lui, P., King, K., Shoda, Y., Foster, K., **Dora, J.**, & Rollock, D. (under review). *Stage 1 Registered Report: State of the clinical psychological science: Registered report on what, how, with whom, and by whom*.

<https://osf.io/4w59r/>

[10] Yang, L., **Dora, J.**, & King, K. (under review). *Daily self-control demands and loss of control over drinking: the moderating role of trait impulsivity and peer exposure*.

<https://osf.io/hm62f/>

[09] Moss, D., **Dora, J.**, Halvorson, M., & King, K. (under review). *Associations between coping motives for alcohol and cannabis use and engagement and disengagement emotion regulation strategies*.

<https://osf.io/ha58c/>

- [08] Seldin, K., Smith, M., **Dora, J.**, & King, K. (under review). *Daily associations between sleep and urgency in young adults.*

<https://osf.io/cm2ar/>

- [07] Aczel, B., ..., **Dora, J.**, ..., & Nosek, B. (under review). *Investigating the analytical robustness of the social and behavioural sciences.*

- [06] Kang, D., Watts, A., Boness, C., Schultz, M., **Dora, J.**, Lee, C., & King, K. (under review). *The assessment of alcohol use disorder symptoms in daily life.*

<https://osf.io/6ebg2/>

- [05] **Dora, J.**, van Lissa, C., Shinn, M., Kuczynski, A., Kaurin, A., & King, K. (in prep). *Situation-specific effects of stress and emotion on the decision to consume alcohol in daily life.*

<https://osf.io/5cz8p/>

- [04] **Dora, J.**, Sullivan-Toole, H., Zhang, C., Opdahl, M., & King, K. (in prep). *Interactive effects of experimental manipulations of negative mood and alcohol intoxication on decision-making during the Iowa Gambling Task.*

<https://osf.io/ky3aj/>

- [03] **Dora, J.**, Liu, Y., Inzlicht, M., Hofmann, W., & King, K. (in prep). *Comparing alcohol and cannabis desires to non-substance desires in daily life.*

<https://osf.io/5xkf8/>

- [02] King, K., **Dora, J.**, McCabe, C., Obilor, T., Schultz, M., van Lissa, C., Moss, D., & Seldin, K. (in prep). *The criterion validity of smartphone sensor data for predicting AUDIT scores.*

<https://osf.io/24vfq/>

- [01] Kuczynski, A., **Dora, J.**, Buecker, S., & Kanter, J. (in prep). *An examination of the main hypotheses of the Evolutionary Theory of Loneliness.*

<https://osf.io/cfmtu/>

## Honors and awards

2022	Best Dissertation Award, WAOP
2021, 2022, 2023	Top Reviewer for Psychology of Addictive Behaviors, APA
2019	Young Talent Award, Prins Bernhard Cultuurfonds

## Professional activities & service

### *Editorial activities*

2025	(Guest editor)	Special Issue on “ <i>Novel Perspectives on the Affect Regulation Hypothesis of Substance Use</i> ” to appear in <i>Psychology of Addictive Behaviors</i>
2024 – present	(Editorial board)	<i>Journal of Psychopathology and Clinical Science</i>
2023 – present	(Editorial board)	<i>Clinical Psychological Science</i>
2022 – present	(Editorial board)	<i>Psychology of Addictive Behaviors</i>

### **Reviewer for journals**

*Addiction, Addiction Research & Theory, Alcoholism: Clinical and Experimental Research, Cogent Psychology, Cognition and Emotion, Collabra: Psychology, Emotion, Journal of Experimental Psychology: Applied, Journal of Experimental Psychology: General, Journal of Studies on Alcohol and Drugs, Mental Health Science, Motivation and Emotion, Motivation Science, Nature Reviews Psychology, PCI Registered Reports, Personality and Social Psychology Bulletin, Research on Child and Adolescent Psychopathology, Substance Use and Misuse, Translational Psychiatry*

### **Reviewer for funders**

*University of Washington*

*Addictions, Drug, and Alcohol Institute (ADAI)*

*Royalty Research Fund (RRF)*

### **Extramural service**

2018	WAOP best dissertation award committee
2017	WAOP conference planning committee

### **Intramural service**

2017, 2018	BSI internal conference/workshop planning committee
2016-2018	BSI graduate student representative

## **Invited keynotes, lectures, and talks**

- [11] **Dora, J.** (2024). *Progressing towards a computational theory of the decision to consume alcohol in daily life*. **University of Wuppertal** (invited by Dr. A. Kaurin)
- [10] **Dora, J.** (2024). *From internal states and cognition to behavior: Testing the role of affect and drinking motives in alcohol use decisions*. **Harvard University** (invited by Dr. M. Hatzenbuehler)
- [09] **Dora, J.** (2024). *Combining ecologically valid and experimental approaches to narrow the affect regulation hypothesis of alcohol use*. **University of Kentucky** (invited by Dr. W. Stoops)
- [08] **Dora, J.** (2024). *Testing the affect regulation function hypothesis of substance use in everyday life*. **Purdue University** (invited by Dr. D. Lynam)
- [07] **Dora, J.** (2023). *Exploring the emotion regulation function of alcohol and cannabis use in daily life*. **KU Leuven** (invited by Dr. E. Vrieze)

- [06] **Dora, J.** (2023). *Analyzing ecological momentary assessment data with Bayesian mixed-effects models*. **Ruhr University Bochum** (invited by Dr. W. Hofmann)
- [05] **Dora, J.** (2023). *Studying substance use behaviors of young adults in daily life*. **University of Oregon** (invited by Dr. A. Khurana)
- [04] **Dora, J.** (2022). *The paradigm of the future? How to leverage a large-scale collaboration to make 20 years' worth of progress in 1 year*. **Purdue University** (invited by Dr. M. Cyders)
- [03] **Dora, J.** (2022). *Studying dysregulated behaviors in everyday life*. **Radboud University Nijmegen** (invited by Dr. E. Bijleveld)
- [02] **Dora, J.** (2022). *A collaborative, preregistered meta-analysis on the daily association between affect and alcohol use in everyday life*. Annual **Collaborative Perspectives on Addiction Conference (CPA)**, Portland OR (invited by Dr. K. Joyner & Dr. P. Lui)
- [01] **Dora, J.** (2021). *Leading a meta-analytic Team Science project: Lessons learned*. **University of Illinois at Urbana-Champaign** (invited by Dr. C. Fairbairn)

## Conference presentations

- [13] **Dora, J.** (2025). *Triangulating the affect regulation hypothesis in experimental and EMA data*. Talk presented at the annual meeting of the **Research Society on Alcohol (RSA)** in symposium chaired by **J. Dora**, New Orleans, LA.
- [12] **Dora, J.** (2025). *Multiple imputation in EMA research: A practical introduction for applied researchers*. Talk presented at the annual meeting of the **Society for Ambulatory Assessment (SAA)** in symposium chaired by G. Eisele, Leuven, Belgium.
- [11] **Dora, J.** (2024). *Testing the robustness of daily associations of affect with alcohol and cannabis use*. Talk presented at the annual meeting of the **Research Society on Alcohol (RSA)** in symposium chaired by **J. Dora**, Minneapolis, MN.
- [10] **Dora, J.** (2024). *Interdisciplinary collaboration strengthens ambulatory assessment research: Challenges and lessons learned from substance use and addictions researchers*. Panel discussion at the annual meeting of the **Society for Ambulatory Assessment (SAA)** chaired by M. Piccirillo, Ann Arbor, MI.
- [09] **Dora, J.** (2023). *Improving our understanding of the etiology of problematic alcohol use via alcohol's reinforcement value in longitudinal and experimental data*. Talk presented at the annual meeting of the **Research Society on Alcohol (RSA)** in symposium chaired by **J. Dora**, Bellevue, WA.
- [08] **Dora, J.** (2023). *Open Science lessons for accelerating EMA research from a NIDA-funded study on alcohol and cannabis use*. Talk presented at the annual meeting of the **Society for Ambulatory Assessment (SAA)** in symposium chaired by O. Kirtley & A. Kaurin, Amsterdam, The Netherlands.
- [07] **Dora, J.** (2022). *The past, present, and future of studying the affect-alcohol use association in intensive longitudinal data: A friendly debate among collaborators*. Talk presented at the annual meeting of the **Research Society on Alcohol (RSA)** in symposium chaired by **J. Dora**, Orlando, FL.



- [06] **Dora, J.** (2022). *A practical guide to Open Science practices in addiction research*. Workshop given at the annual **Collaborative Perspectives on Addiction** Conference (CPA), Portland, OR.
- [05] **Dora, J.** (2019). *Introducing the adoption of Open Science practices in psychology: The Nijmegen workflow*. Talk presented at the annual meeting of the **Dutch Association for Work and Organizational Psychology** (WAOP), Amsterdam, The Netherlands.
- [04] **Dora, J.** (2019). *Why do we get fatigued – opportunity costs in mental labor/leisure tradeoffs*. Talk presented at the annual meeting of the **Dutch Association for Social Psychology** (ASPO), Nijmegen, The Netherlands.
- [03] **Dora, J.** (2018). *Task disengagement via the smartphone when fatigued*. Talk presented at the annual meeting of the **Association for Psychological Science** (APS), San Francisco, United States.
- [02] **Dora, J.** (2017). *The bidirectional relationships between smartphone use and mental fatigue while at work*. Talk presented at the annual meeting of the **Dutch Association of Work and Organizational Psychology** (WAOP), Nijmegen, The Netherlands.
- [01] **Dora, J.** (2016). *(Non-)work-related smartphone use blurs the boundaries between work and private life*. Talk presented at the annual meeting of the **European Association of Work and Organizational Psychology** (EAWOP), Dublin, Ireland.

## Teaching experience

### *Regular courses*

Winter 2017, 2018	Applied research methods	~60 undergraduates
Winter 2015, 2016	Behavior in organizations	~30 undergraduates
Fall 2017, 2018	Mental load and stress	~150 undergraduates
Fall 2016, 2017, 2018	Statistics 102	~200 undergraduates
Spring 2016, 2017	Work, health, and performance	~30 undergraduates

### *Thesis supervision*

2016-2019	Supervised 16 master's thesis students
2016-2019	Supervised 24 bachelor's thesis students

### *Guest lectures*

Spring 2022	Understanding statistics in psychology	~30 undergraduates
Spring 2023	Adolescent risk behaviors: etiology and prevention	~60 undergraduates

### *PhD committees*

Nicolas Leenaerts, KU Leuven, 2023

## Professional references

1. Dr. Kevin King (postdoc advisor), (206) 455-0481, [kingkm@uw.edu](mailto:kingkm@uw.edu)
2. Dr. Erik Bijleveld (PhD advisor), +31 618974849, [e.bijleveld@psych.ru.nl](mailto:e.bijleveld@psych.ru.nl)
3. Dr. Robert Dvorak (collaborator), (407) 823-4601, [robert.dvorak@ucf.edu](mailto:robert.dvorak@ucf.edu)