

# JOSEPH M. SAITO

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## EDUCATION & TRAINING

<b>University of California, San Diego</b> , San Diego, CA, USA Post-Doctoral Researcher, Advisor: Timothy F. Brady	2024 – Present
<b>University of Toronto</b> , Toronto, ON, CA Ph.D. Psychology, Advisor: Keisuke Fukuda	2020 – 2024
<b>University of Toronto</b> , Toronto, ON, CA M.A. Psychology, Advisor: Keisuke Fukuda	2019 – 2020
<b>University of Notre Dame</b> , South Bend, IN, USA Lab Coordinator, Advisor: Nathan S. Rose	2017 – 2019
<b>University of San Francisco</b> , San Francisco, CA, USA B.A. Psychology (summa cum laude), Thesis Advisor: Benjamin J. Levy	2013 – 2016

## HONORS, AWARDS, & FELLOWSHIPS

Cermak/Corkin Post-Doc Award, Memory Disorders Research Society	2025
Ontario Graduate Scholarship, Province of Ontario, \$15,000	2023 – 2024
Early Career Scientist Travel Grant, National Eye Institute, \$550	2022
Professional Development Award, Object Perception, Attention, & Memory Conference, \$200	2021
Graduate Legacy Fellowship <sup>1</sup> , Florida State University, \$10,000/year	2019 – 2024
Undergraduate Research Grant, Psi Chi Honor Society in Psychology, \$550	2015 – 2016
University Scholar, University of San Francisco, \$26,000/year	2013 – 2016

## PUBLICATIONS

\* Denotes undergraduate trainee under my supervision; † Denotes co-first authorship

### Refereed Contributions

- Saito, J. M.**, Printzlau, F.A.P., Yeo, Y.\* & Fukuda, K. (in press). Working memory prioritization changes bidirectional interactions with perceptual inputs. *Journal of Experimental Psychology: General*
- Teoh, J.\*, **Saito, J. M.**, Yeo, Y.\*, Winter, S., & Fukuda, K. (2024). Perceptual comparisons induce lasting and generalizing changes to face memory reports. *Cognitive Research: Principles and Implications*, 9(57).  
<https://doi.org/10.1186/s41235-024-00584-4>
- Rose, N. S. & **Saito, J.M.** (2024). Naturalistic assessments in virtual reality and in real life help resolve the age-prospective memory paradox. *Aging, Neuropsychology, & Cognition*. 1-38.  
<https://doi.org/10.1080/13825585.2024.2315791>
- Zhao, C., Kim, J., Tang, T. H., **Saito, J. M.**, & Fukuda, K. (2024). Deep neural network decodes aspects of stimulus-intrinsic memorability inaccessible to humans. *Journal of Experimental Psychology: General*, 153(4), 1131–1138.  
<https://doi.org/10.1037/xge0001543>
- Saito, J. M.**, Bae, G.-Y., & Fukuda, K. (2024). Judgments during perceptual comparisons predict distinct forms of memory updating. *Journal of Experimental Psychology: General*, 153(1), 38–55. <https://doi.org/10.1037/xge0001469>

<sup>1</sup> Declined, accepted admission to University of Toronto

- Saito, J. M.**, Duncan, K., & Fukuda, K. (2023). Comparing visual memories to similar visual inputs risks lasting memory distortion. *Journal of Experimental Psychology: General*, 152(8), 2318–2330. <https://doi.org/10.1037/xge0001400>
- Saito, J. M.**, Kolisnyk, M.<sup>†</sup>, & Fukuda, K. (2022). Judgments of learning reveal conscious access to stimulus memorability. *Psychonomic Bulletin & Review*, 30, 317-330. <https://doi.org/10.3758/s13423-022-02166-1>
- Saito, J. M.**, Kolisnyk, M.<sup>\*</sup>, & Fukuda, K. (2022). Perceptual comparisons modulate memory biases induced by new visual inputs. *Psychonomic Bulletin & Review*, 30, 291-302. <https://doi.org/10.3758/s13423-022-02133-w>
- Fukuda, K., Tozios, C. J. I., & **Saito, J. M.** (2022). Limited access to an unlimited store: Mechanistic constraints and limitations in the voluntary control of visual long-term memory. In T. F. Brady & W. A. Bainbridge (Eds.), *Visual Memory*. Abingdon, England: Routledge.
- Fukuda, K., Pereira, A. E., **Saito, J. M.**, Tang, T. Y., Tsubomi, H., & Bae, G.-Y. (2022). Working memory content is distorted by its use in perceptual comparisons. *Psychological Science*, 33(5), 816-829. <https://doi.org/10.1177%2F09567976211055375>

### **Forthcoming Contributions**

- Hames, J. H., Rose, N. S., Villano, M., Lam, J. C., **Saito, J. M.**, & Cogle, J. R. (submitted). Testing the efficacy of virtual reality exposure therapy versus in vivo exposure for fear of heights: A randomized non-inferiority trial. *Behavior Research and Therapy*.

### **CONFERENCE PRESENTATIONS**

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\* Denotes undergraduate trainee under my supervision; † Denotes co-first authorship

#### **Oral Presentations**

- Saito, J. M.**, Printzlau, F., Yeo, Y.<sup>\*</sup>, & Fukuda, K. (2025, September). Working memory prioritization produces asymmetrical interactions with perception. In C. Hautekiet (Chair), *The Focus of Attention: Insights, Progress, and What Lies Ahead* [Symposium] Annual Meeting of the European Society for Cognitive Psychology, Sheffield, UK.
- Saito, J. M.**, Ferber, S., Barense, M.D., & Fukuda, K. (2024, July). *Perceptual comparisons are necessary and sufficient for the formation of persistent memory biases*. Talk presented at the Annual Working Memory Symposium (WMS).
- Saito, J. M.** & Fukuda, K. (2023, November). *Predictable Learning Demands Enable Down-regulation of Visual Long-Term Encoding*. Talk presented at the Annual Meeting of the Psychonomic Society, San Francisco, CA.
- Saito, J. M.**, Printzlau, F., Yeo, Y.<sup>\*</sup>, & Fukuda, K. (2022, November). *Attentional Prioritization in Working Memory Changes Interactions with Task-Relevant Perception*. Talk presented at the Object Perception, Attention, & Memory (OPAM) Conference, Boston, MA.
- Saito, J. M.**, Kolisnyk, M.<sup>\*</sup>, & Fukuda, K. (2022, July). *Judgments of Learning Reveal Conscious Access to Stimulus Memorability*. Talk presented at the Annual Meeting of the Canadian Society for Brain, Behavior, and Cognitive Science (CSBBCS), Halifax, NS.
- Saito, J. M.**, Printzlau, F., Yeo, Y., & Fukuda, K. (2022, June). *Attentional Prioritization in Working Memory Changes Interactions with Task-Relevant Perception*. Talk presented at the Annual Working Memory Symposium (WMS).
- Saito, J. M.**, Kolisnyk, M.<sup>\*</sup>, & Fukuda, K. (2022, May). *Subjective Judgments of Learning Reveal Conscious Access to Stimulus Memorability*. Talk presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.
- Saito, J. M.**, Kolisnyk, M.<sup>\*</sup>, Bae, G. Y., & Fukuda, K. (2021, June). *Judgments During Perceptual Comparisons Predict Distinct Forms of Memory Updating*. Talk presented at the Annual Working Memory Symposium (WMS).

**Saito, J. M.**, Kolisnyk, M.\*, & Fukuda, K. (2020, November). *Task Demands Modulate Memory Biases Induced by Overlapping Perceptual Input*. Talk presented at the Object Perception, Attention, & Memory (OPAM) Conference, Austin, TX.

### **Poster Presentations**

**Saito, J. M.**, Li, B.\* & Brady, T.F. (2025, May). *Decision-making modulates perceptual interference beyond sensory interactions*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

**Saito, J. M.**, Ferber, S., Barense, M.D., & Fukuda, K. (2024, November). *Perceptual comparisons are necessary and sufficient for the persistence of memory biases across time*. Poster presented at the Annual Meeting of the Psychonomic Society, New York City, NY.

**Saito, J. M.**, Ferber, S., Barense, M.D., & Fukuda, K. (2024, May). *Perceptual comparisons are necessary and sufficient for the persistence of memory biases across time*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

**Saito, J. M.** & Fukuda, K. (2024, April). *Voluntary down-regulation of memory encoding occurs via attentional withdrawal, not active suppression*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society (CNS), Toronto, ON.

Williams, R. S.†, **Saito, J. M.**†, Fukuda, K., & Ferber, S. (2024, April). *Tracking the transition from stimulus-specific object representations to category-level abstractions during visual search*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society (CNS), Toronto, ON.

**Saito, J. M.** & Fukuda, K. (2023, May). *Predictable learning demands enable direct down-regulation of visual long-term memory encoding*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

**Saito, J. M.**, Printzlau, F., Yeo, Y.\*, & Fukuda, K. (2022, November). *Attentional Prioritization in Working Memory Changes Interactions with Task-Relevant Perception*. Poster presented at the Annual Meeting of the Psychonomic Society, Boston, MA.

**Saito, J. M.**, Bae, G. Y., & Fukuda, K. (2021, November). *Judgments During Perceptual Comparisons Predict Distinct Forms of Memory Updating*. Poster presented at the Object Perception, Attention, & Memory (OPAM) Conference, New Orleans, LA.

**Saito, J. M.**, Kolisnyk, M.\*, & Fukuda, K. (2021, May). *Explicit Perceptual Comparisons Modulate Memory Biases Induced by Overlapping Visual Input*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Teoh, Y. J.\*, Khan, S.\*, Yeo, Y.\*, **Saito, J. M.**, & Fukuda, K. (2021, May). *Comparisons with Similar Faces Induce Lasting Distortions in Face Memories*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Babi, Z.\*, Yeo, Y.\*, **Saito, J. M.**, & Fukuda, K. (2021, May). *Perceptual Comparisons Induce Varying Forms of Memory Updating*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

**Saito, J. M.**, & Fukuda, K. (2020, May). *Visual memories can recover from recognition-induced memory biases*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Pete Beach, FL.

Fukuda, K., Pereira, A., **Saito, J. M.**, & Tsubomi, H. (2020, May). *Recognition-induced memory bias (RIMB) in visual working memory*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

**Saito, J. M.**, & Fukuda, K. (2020, February). *Visual memories can recover from recognition-induced memory biases*. Poster presented at the Annual Meeting of the Lake Ontario Visionary Establishment (LOVE), Niagara Falls, ON.

Joseph M. Saito, Department of Psychology, University of California San Diego

**Saito, J. M.**, Lam, J., Rose, N. S., Villano, M., Cogle, J., Hames, J. L., (2019, March). *The Efficacy of Single-Session Exposure Therapy Using Virtual Reality*. Poster presented at Notre Dame Advanced Diagnostics & Therapeutics External Review Session, Notre Dame, IN.

**Saito, J. M.**, Rose, N. S. (2018, May). *Validation of Virtual Reality for Measuring Prospective Memory in Young and Older Adults*. Poster presented at the Annual Meeting for the Association of Psychological Science (APS), San Francisco, CA.

**Saito, J. M.**, Beloff, M. \*, Haile, L. \*, Levy, B. J. (2017, April). *The effects of attentional filtering on associative long-term memory formation across the lifespan*. Poster presented at the Annual Meeting of the Western Psychological Association (WPA), Sacramento, CA.

Uchigakiuchi, T., **Saito, J. M.**, Biba, T., Chi, A., Soriano Smith, R., & Levy, B. J. (2017, April). *The reliability of retrieval-induced forgetting revisited*. Poster presented at the Annual Meeting of the Western Psychological Association (WPA), Sacramento, CA.

## INVITED TALKS

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University of San Francisco, Learning & Memory Lab (Levy, B.J.)	2022
University of Toronto Mississauga, Psychology Seminar	2020

## TEACHING EXPERIENCE

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### Instructor of Record

PSY100 Introduction to Psychology Tutorial (x3)  
PSY372 Human Memory (x2)

### Teaching Assistant

PSY100 Introduction to Psychology  
PSY270 Cognition  
PSY290 Introduction to Neuroscience  
PSY372 Human Memory  
PSY385 Human Factors  
PSY480 Special Topics in Perception

## MENTORSHIP

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### Undergraduate Students

Clarissa Hodges, University of California San Diego (Honors Student)	2024 – Present
Evangeline Morishige, University of California San Diego	2024 – Present
Boheng Li, University of California San Diego (Honors Student)	2024 – 2025
Hojae Kim, University of Toronto	2023 – 2024
Sean Cai, University of Toronto	2023 – 2024
Matthew Kolisnyk, University of Toronto (Honors Student)	2020 – 2022
Yvanna Yeo, University of Toronto	2020 – 2022
Sarah Kahn, University of Toronto	2020 – 2021
Jerrick Teoh, University of Toronto (Honors Student)	2020 – 2021
Zoryana Babiy, University of Toronto	2020 – 2021
Madison Beloff, University of San Francisco	2016 – 2017
Lingo Haile, University of San Francisco	2016 – 2017

PROFESSIONAL SERVICE

Undergraduate Journal Club, Organizer, University of California San Diego	2025 – Present
Editor-in-Chief Search for <i>Attention, Perception, &amp; Psychophysics</i> , Committee Member	2025
Cognitive Neuroscience Society Trainee Association, Organizer	2024
Canadian Association for Girls in Science, Volunteer	2023
Ebbinghaus Empire Colloquium, Organizer, University of Toronto	2021 – 2022
Undergraduate Journal Club, Organizer, University of Toronto	2020 – 2021

REVIEWING

<i>Journal of Experimental Psychology: General</i>	<i>Memory &amp; Cognition</i>
<i>Journal of Vision</i>	<i>Psychophysiology</i>
<i>Psychonomic Bulletin &amp; Review</i>	<i>Frontiers in Psychology</i>
<i>Attention, Perception, &amp; Psychophysics</i>	<i>Visual Cognition</i>
<i>Current Biology</i>	

SOCIETAL MEMBERSHIP

- American Psychological Association
- Association for Psychological Science
- Cognitive Neuroscience Society
- Psychonomic Society
- Vision Sciences Society