

# JOSEPH M. SAITO

University of California, San Diego  
9500 Gilman Dr.  
La Jolla, CA, 92093

Vision & Memory Lab, McGill Hall 1330  
Email: jmsaito25@gmail.com  
Personal Site: josephmsaito.github.io

## EDUCATION & TRAINING

---

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

## HONORS & FUNDING AWARDED

---

### Fellowships & Grants

<i>Ontario Graduate Scholarship</i> , Province of Ontario & University of Toronto, \$15,000, 1-year tenure	<b>2023—2024</b>
<i>Graduate Legacy Fellowship</i> <sup>1</sup> , Florida State University, \$10,000/year, 5-year tenure	<b>2019 – 2024</b>
<i>Undergraduate Research Grant</i> , Psi Chi Honor Society in Psychology, \$550, One-time	<b>2015</b>

### Awards & Recognitions

<i>Early Career Scientist Travel Grant</i> , National Eye Institute, \$550, One-Time	<b>2022</b>
<i>Professional Development Award</i> , Object Perception, Attention, and Memory Conference, \$200, One-Time	<b>2021</b>
<i>University Scholarship</i> , University of San Francisco, \$29,000/year, 4-year tenure	<b>2013 – 2016</b>

## PUBLICATIONS

---

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

### Refereed Contributions

- Teoh, J.\*, **Saito, J. M.**, Yeo, Y.\*, Winter, S., & Fukuda, K. (in review). Perceptual comparisons induce lasting and generalizing changes to face memory reports. *Cognitive Research: Principles and Implications*.
- Hames, J. L., Rose, N. S., Villano, M., Lam, J. C., **Saito, J. M.**, & Cogle, J. R. (submitted). Testing the efficacy of virtual reality exposure versus in vivo exposure for fear of heights: A randomized non-inferiority trial. *Behavior Research & Therapy*.
- 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>

---

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

- 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>
- 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.\* & 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/10.1177/09567976211055375>

### **Forthcoming Contributions**

- Teoh, J.\*, **Saito, J. M.**, Yeo, Y.\*, Winter, S., & Fukuda, K. (2023, December 27). Perceptual comparisons induce lasting and generalizing changes to face memory reports. *PsyArXiv*. <https://doi.org/10.31234/osf.io/9fpjm>

## **CONFERENCE PRESENTATIONS**

---

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

### **Oral Presentations**

- Saito, J. M.** & 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., & 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., & 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., & 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.\*, 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.**, 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.<sup>†</sup>, **Saito, J. M.**<sup>†</sup>, 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.
- Babiy, 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.
- 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.

Joseph M. Saito, Department of Psychology, University of Toronto

**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.

## TEACHING EXPERIENCE

---

### Course Instructor, University of Toronto

*PSY100 Introduction to Psychology Tutorial (x3)*

*PSY372 Human Memory (x2)*

### Teaching Assistant, University of Toronto

*PSY100 Introduction to Psychology*

*PSY270 Cognition*

*PSY290 Introduction to Neuroscience*

*PSY372 Human Memory*

*PSY385 Human Factors*

*PSY480 Special Topics in Perception*

## REVIEWING

---

*Journal of Experimental Psychology: General*

*Journal of Vision*

*Psychonomic Bulletin & Review*

*Attention, Perception, & Psychophysics*

*Memory & Cognition*

## PROFESSIONAL SERVICE

---

*Cognitive Neuroscience Society Trainee Association*, Organizer

*Ebbinghaus Empire Colloquium*, Organizer, University of Toronto

**2024**

**2021 – 2022**

## SKILLS

---

**Programming & Data Analysis:** MATLAB, Python, Inquisit, JASP, R

**Statistics:** General linear model, mixture modeling, simulation

**Methods:** Psychophysics, electroencephalography

**Miscellaneous:** Keynote, Excel, Dropbox, Qualtrics