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EDUCATION & TRAINING

University of California, San Diego, San Diego, CA, USA — 2024 – Present
Post-Doctoral Researcher, Advisor: Timothy F. Brady

University of Toronto, Toronto, ON, CA — 2020 – 2024
Ph.D. Psychology, Advisor: Keisuke Fukuda

University of Toronto, Toronto, ON, CA — 2019 – 2020
M.A. Psychology, Advisor: Keisuke Fukuda

University of Notre Dame, South Bend, IN, USA — 2017 – 2019
Lab Coordinator, Advisor: Nathan S. Rose

University of San Francisco, San Francisco, CA, USA — 2013 – 2016
B.A. Psychology (summa cum laude), Thesis Advisor: Benjamin J. Levy

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[1], 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. B., Yeo, Y.*, & Fukuda, K. (2025). Working memory prioritization changes bidirectional interactions with visual inputs. *Journal of Experimental Psychology: General*. Advance online publication. https://doi.org/10.1037/xge0001813

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

[1] 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.†, & 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%2F09567976211055375

Forthcoming Contributions

Saito, J. M., & Fukuda, K. (2025, August 11). Comparison processes are necessary and sufficient for memory bias persistence. *PsyArXiv*. https://doi.org/10.31234/osf.io/p574z_v1

Hames, J. H., Rose, N. S., Villano, M., Lam, J. C., **Saito, J. M.,** & Cougle, 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

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

Oral Presentations

Saito, J. M. & Brady, T. F. (2025, November). *Expectations reveal adaptive integration between perception and visual working memory.* Talk presented at the Object Perception, Attention, & Memory Conference (OPAM), Denver, CO.

Huang, J.†, **Saito, J. M.**†, & Wixted, J. T. (2025, November). *The Independent Source Rule on Trial: Lineups Rewrite the Witness' Memory of the Perpetrator.* Talk presented at the Annual Meeting of the Psychonomic Society, Denver, CO.

Saito, J. M. & Brady, T. F. (2025, October). *Expectations reveal adaptive integration between perception and visual working memory.* Talk presented at the Annual Meeting of the Memory Disorders Research Society (MDRS), Montreal, ON.

Saito, J. M., Printzlau, F. A. B., Yeo, Y.*, & 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.*, & 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., 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. A. B., 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., Cougle, 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

University of California San Diego, Psychology Department Annual Retreat Colloquium	2025
University of South Dakota, Memory & Attention Lab (Ricker, T.J.)	2025
University of San Francisco, Learning & Memory Lab (Levy, B.J.)	2022
University of Toronto Mississauga, Psychology Seminar	2020

TEACHING EXPERIENCE

Instructor of Record

PSYC174 Visual Cognition

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

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

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 *Attention, Perception, & Psychophysics*, 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

Journal of Experimental Psychology: General
Journal of Vision
Psychonomic Bulletin & Review
Attention, Perception, & Psychophysics
Current Biology
Memory & Cognition
Psychophysiology
Frontiers in Psychology
Visual Cognition
Journal of Memory & Language

SOCIETAL MEMBERSHIP

Cognitive Neuroscience Society
Memory Disorders Research Society
Psychonomic Society
Vision Sciences Society