

**Julie Y. A. Cachia**  
Curriculum Vitae

## EDUCATION

- 2024                    Ph.D. in Psychology, Affective Science Area  
                          Stanford University
- 2021                    M.A. in Psychology  
                          Stanford University
- 2017                    M.A. Research and Experimental Psychology  
                          New York University
- 2015                    B.A. in Psychology, minor in French  
                          New York University

## PUBLICATIONS

### Books

Frank, M. C., Braginsky, M., **Cachia, J. Y. A.**, Coles, N. A., Hardwicke, T. E., Hawkins, R. D., Mathur, M. B., & Williams, R. 2025. *Experimentology: An Open Science Approach to Experimental Psychology Methods*. Stanford University. <https://doi.org/10.25936/3JP6-5M50>. (Also published by MIT Press, ISBN 978-0-262-55256-1)

### Refereed Journal Articles

Tsai, J. L., Chen, D., Yang, A., **Cachia, J. Y. A.**, Blevins, E., Ko, M., Mathur, M., Aragon, O., Arens, E. A., Chen, S. H., Chentsova, Y., Bencharit, L., Chen, Y. C., Cheung, B. Y., Chim, L., Chow, P. I., Clobert, M., Costello, A., de Almeida, I. et al. (accepted). A meta-analytic review of cultural variation in affect valuation. *Psychological Bulletin*.

**Cachia, J. Y. A.**, Blevins, E., Chen, Y. C., Ko, M., Yen, N. S., Knutson, B., & Tsai, J. L. (2024). Cultural variation in the smiles we trust: The effects of reputation and ideal affect on resource sharing. *Emotion*.

Fülöp, F., Böthe, B., Gál, É., **Cachia, J. Y. A.**, Demetrovics, Z., & Orosz, G. (2020). A two-study validation of a single-item measure of relationship satisfaction: RAS-1. *Current Psychology*, 1-13.

### Book Chapters

**Cachia, J. Y. A.** & Tsai, J. L. (2025). The cultural logic of models of self and emotion. In J. De Leersnyder (Ed.), *The socio-cultural shaping of emotion: Studies into the logic as well as dynamic interplay of culture and emotion*. Cambridge University Press.

Settingen, G., & **Cachia, J. Y. A.** (2016). Problems with positive thinking and how to overcome them. In K. D. Vohs & R. F. Baumeister (Eds.). *Handbook of self-regulation* (3rd ed.). New York: Guilford.

## Manuscripts in Submission

**Cachia, J. Y. A.**, Zhao, X., & Hunter, J. F. (2025). Toward a culturally informed positive psychology: Introducing the Flourish App and the “Flourish Challenge” to support student well-being. In H. Kim & S. I. Lawrie (Eds.), *Teaching cultural psychology*. Manuscript in review.

**Cachia, J. Y. A.**, Chen, D., Tanaka, M., Collardin, L., Uchida, Y., Tsai, J. L. (2025). *Ideal romantic love in the US and Japan: Cultural differences in the importance of passion, closeness, and appropriate*. Manuscript in submission.

Holland, S., Lin, E., Zhao, X., & **Cachia, J. Y. A.** (2025). *Improving student well-being with an AI-powered positive psychology app: A pilot randomized controlled trial*. Manuscript in submission.

## Manuscripts in Preparation

**Cachia, J. Y. A.**, Le, A., Chen, D., Uchida, Y., Tsai, J. L. (2024). *Cultural differences in partner responses to good news in the US and Japan: The role of ideal affect and consequences for relationship satisfaction*. Manuscript in preparation.

## Preprints

**Cachia, J. Y. A.**, Zhao, X., Hunter, J., Wu, D., Lin, E., & De Freitas, J. (2025). *AI for proactive mental health: A multi-institutional, longitudinal, randomized controlled trial* (Harvard Business School Working Paper No. 26-030). Harvard Business School.

Wu, S., **Cachia, J. Y. A.**, Han, F., Yao, B., Xie, T., Zhao, X., & Wang, D. (2024). “I like Sunnie more than I expected!”: Exploring user expectation and perception of an anthropomorphic LLM-based conversational agent for well-being support [Preprint]. arXiv. <https://arxiv.org/abs/2405.13803>

## AWARDS AND HONORS

2024 Albert H. and Barbara R. Hastorf Prize for Teaching

2023 SPSP Heritage Dissertation Research Award (\$2,000)

- 2023 Humanities and Sciences Graduate Research Opportunity Award (\$5,000)
- 2022 Centennial Teaching Assistant (CTA) Award (\$500)
- 2017 First Place Poster Award Winner of the NYU Master's Psychology Conference (\$200)

## **GRANTS AND FELLOWSHIPS**

- 2023 Diversity Dissertation Research Opportunity Grant (\$5,000)
- 2023 Women in Asia Fellowship (\$32,448)
- 2022 Norman H. Anderson Research Fund (\$2,000)
- 2021 Leadership in Inclusive Teaching (LIT) Fellow, Stanford University (\$1,600)
- 2019 Norman H. Anderson Research Fund (\$2,000)
- 2019 Bing Overseas Studies Program Companion Grant, with Prof. Jeanne Tsai (\$15,000)

## **INVITED TALKS**

- 2025 Stanford Healthy Living Retreat for Women (Keynote Speaker), Small Actions, Big Impact: Strategies for Personal, Relational, and Community Well-Being
- 2025 Career Conversations & Exploration Night (Panelist), Skyline College
- 2023 BASES 2023 Women in Entrepreneurship & Business Summit (Panelist), Business Association of Stanford Entrepreneurial Students
- 2021 When Your Smile Matters: The Role of Culture, Ideal Affect, and Reputation on Trust, New York University
- 2019 The Role of Culture and Ideal Affect in Romantic Relationships, New York University
- 2015 The Culture of Communication: When is it Beneficial? University of Hamburg

## **CONFERENCE ACTIVITY**

### **Symposia/Conference Presentations**

- Cachia, J. Y. A., & Zhao, X.** (2025, February). "Evaluating a proactive, science-based, app-enabled approach to resilience and social and emotional wellness among college students." Invited talk at the Happiness and Well-Being Preconference at the Annual Conference of the Society for Personality and Social Psychology.
- Zhao, X. & **Cachia, J. Y. A.** (2025, February). "Bridging the last mile: Leveraging positive psychology activities and AI conversational agent to increase well-being." In Zhao, X & Oldemburgo de Mello, V (chairs). *Leveraging LLM-Based Conversational AIs for Social and Emotional Well-Being*. Symposium conducted at the Annual Conference of the Society for Personality and Social Psychology.
- Oyewale, C. T., Krause, A. E., Martins, B. F., Briggs, C., Liew, K., & **Cachia, J. Y. A.** (2023, September). "Analysis of cultural differences in the creation of romance and break-up playlists." Flash talk at GAPS2 – Global Arts and Psychology Seminar.
- Cachia, J. Y. A.**, Uchida, Y. & Tsai, J. L. (2023, March). "Cultural differences in ideal affect shape partner responses to good news in Japan and the U.S." In Gable, S & Tsai, J L (chairs). *How Culture Shapes Affective Processes in Close Relationships*. Symposium conducted at the Annual Conference of the Society for Affective Science.
- Cachia, J. Y. A.**, Uchida, Y. & Tsai, J. L. (2023, February). "Partner responses affect relationships differently in Japan and the U.S." In Newman, D (chair). *How Emotions Shape Our Views, Interactions, and Feelings Towards Others*. Symposium conducted at the Annual Conference of the Society for Personality and Social Psychology.
- Cachia, J. Y. A.**, Uchida, Y. & Tsai, J. L. (2022, July). "Passive or critical partner responses to good news are associated with lower relationship satisfaction among European Americans but not Japanese." In Schouten, A (chair). *Cross-Cultural Perspectives on Emotions and Coping in Close Relationship*. Symposium conducted at the Annual International Society for Research on Emotion.
- Cachia, J. Y. A.** & Tsai, J. L. (2021, July). "Cultural differences in the emotional content of popular love songs: A comparison of U.S. and Japan." In Liew, K (chair). *A Cultural Psychological Perspective to Music Preference in Contemporary Society*. Symposium conducted at the 16th Annual International Conference on Music Perception and Cognition (virtual).
- Cachia, J. Y. A.** & Cachia, P. (2016, August). Passionate love is better lived than imagined: A cross-cultural perspective. Presentation given at the 22nd Annual Conference of the International Association for Cross-Cultural Psychology, Nagoya, Japan.

## Poster Presentations

- Cachia, J. Y. A.**, Zhao, X., Hunter, J., Wu, D., Lin, E., De Freitas, J. (2025, December). AI for Proactive Mental Health: A Multi-Institutional, Longitudinal, Randomized Controlled Trial. Poster presented at the Stanford AI + Health 2025 Conference (virtual).

**Cachia, J. Y. A.**, Uchida, Y. & Tsai, J. L. (2024, February). Ideal Romantic Love in the U.S. and Japan: Passionate Closeness or Appropriate Distance? Poster presented at the 25th Annual Conference of the Society for Personality and Social Psychology, San Diego, California.

Chen, D., Yang, A., **Cachia, J. Y. A.**, Ko, M., & Tsai, J. L. (2023, March). Two Decades of Ideal Affect: A Mega-Analysis of Old and New Findings. Poster presented at the 10th Annual Conference of the Society for Affective Science, Long Beach, California.

**Cachia, J. Y. A.**, Uchida, Y., & Tsai, J. L. (2022, March). The Ideal Development of Passion Over the Course of a Romantic Relationship: Cultural Differences Among European Americans and Japanese. Poster presented at the 9th Annual Conference of the Society for Affective Science (virtual).

**Cachia, J. Y. A.**, Uchida, Y., & Tsai, J. L. (2022, February). Partners' "Negative" Responses to Good News Hurt American But Not Japanese Relationships. Poster presented at the 23rd Annual Conference of the Society for Personality and Social Psychology, San Francisco, California.

**Cachia, J. Y. A.**, Blevins, E., Ko, M., Knutson, B., Chen, Y., & Tsai, J. L. (2021, April). When Your Smile Matters: The Role of Culture, Ideal Affect, and Reputation on Trust. Poster presented at the 8th Annual Conference of the Society for Affective Science (virtual).

**Cachia, J. Y. A.**, Uchida, Y., & Tsai, J. L. (2020, February). European Americans Value Partner Attractiveness and Relationship Excitement More Than Japanese. Poster presented at the 21st Annual Conference of the Society for Personality and Social Psychology, New Orleans, Louisiana.

**Cachia, J. Y. A.**, Moon, A., & Tsai, J. L. (2019, March). European Americans Have More Romantic Partners Because They Seek Eros Love. Poster presented at the 6th Annual Conference of the Society for Affective Science, Boston, Massachusetts.

**Cachia, J. Y. A.**, Moon, A., & Tsai, J. L. (2019, February). European Americans Have More Romantic Partners Because They Seek Eros Love. Poster presented at the 20th Annual Conference of the Society for Personality and Social Psychology, Portland, Oregon.

**Cachia, J. Y. A.** & Wallisch, P. (2017, March). Focusing on the Individual as the Unit of Analysis: An Idiographic Approach to the Study of Probiotics on Mental Health. Poster presented at the 21st Annual NYU Master's Psychology Research Conference, New York, New York.

**Cachia, J. Y. A.** & Oettingen, G. (2016, January). Mental Contrasting with Implementation Intentions (MCII) Regulates Effective Communication in Relationships. Poster presented at the 17th Annual Conference of the Society for Personality and Social Psychology, San Diego, California.

**Cachia, J. Y. A. & & Oettingen, G.** (2015, March). Promoting Relationship Commitment Through Communication: The Role of Obstacles within Mental Contrasting with Implementation Intentions (MCII). Poster presented at the 19th Annual NYU Master's Psychology Research Conference, New York, New York.

## **CAMPUS AND DEPARTMENTAL TALKS**

- 2024 How Does Culture Influence Our Romantic Relationships?, guest lecture given at Stanford University, Introduction to Personality and Affective Science
- 2024 Passion and Closeness: Cultural Conceptions of Romantic Love in the US and Japan, Stanford University, Affective Science Seminar
- 2023 How Does Culture Influence Your Relationships?, guest lecture given at Stanford University, Introduction to Personality and Affective Science
- 2023 Partner Responses Affect Relationships Differently in Japan and the U.S., Stanford University, Affective Science Seminar
- 2023 Open Science and Ethics, guest lecture given at Stanford University, Psychology Honors Seminar
- 2022 The Role of Ideal Affect in Our Conceptions and Experiences of Love, guest lecture given at Kyoto University, Social Psychology
- 2022 How Does Culture Influence Our Relationships?, guest lecture given at Stanford University, Introduction to Personality and Affective Science
- 2021 Whom Do You Trust?: Cultural Differences in the Use of Expression and Trait Information, Stanford University, Affective Science Seminar
- 2021 Building Student Motivation in the Classroom, workshop at Stanford University, Leadership in Inclusive Teaching (LIT) Fellowship Program
- 2021 Preregistration and Registered Reports, guest lecture given at Stanford University, Experimental Methods
- 2021 Version Control and Github, guest lecture given at Stanford University, Experimental Methods
- 2021 Open Science Workshop: Why and How to Preregister, Stanford University, Quantitative Sciences Unit (QSU) Brown Bag

- 2020 When Your Smile Matters: The Role of Culture, Ideal Affect, and Reputation on Trust, Stanford University, Affective Science Seminar
- 2020 Teaching Online During COVID-19, Stanford University, Teaching Town Hall
- 2020 Personality and Affect in Relationships, guest lecture given at Stanford University, Introduction to Personality and Affective Science
- 2020 Version Control and Github, guest lecture given at Stanford University, Experimental Methods
- 2019 Version Control and Github, guest lecture given at Stanford University, Experimental Methods
- 2019 Does it *Feel* Right? Culture and the Importance of Excitement in Romantic Love, Stanford University, Affective Science Seminar
- 2017 Using MCII to Strengthen Relationship Commitment: The Role of Developmental Goals, New York University, Motivation Lab
- 2015 Regulating Relationship Commitment Using Mental Contrasting with Implementation Intentions (MCII): The Moderating Role of Obstacles, New York University, Motivation Lab

## **TEACHING EXPERIENCE**

### **Stanford University**

Psychology Honors Seminar (Fall 2023)

Leadership in Inclusive Teaching (LIT) Fellow (2021 – 2022)

Experimental Methods (Fall 2019, Fall 2020, Fall 2021)

Learning and Memory (Spring 2020)

Introduction to Personality and Affective Science (Winter 2020, Winter 2022, Winter 2023 (Head TA))

### **New York University**

Advanced Psychological Statistics (Fall 2016, Spring 2017, Fall 2017)

Social Psychology (Spring 2016)

Cognitive Neuroscience (Fall 2015)

## Workshops

Union College of Union County, NJ, Staff Professional Development Retreat: Well-Being Workshop (Summer 2025)

Stanford Research Park, Community Event: New Year, New Habits: Simple Daily Practices for Lasting Well-Being (Winter 2025)

Skyline College, Flex Day for Faculty and Staff: Small Actions, Big Impact: Science-Based Strategies for Personal, Relational, and Community Well-Being (Winter 2025)

Brown University, Research Methods class: Flourishing Together: Evidence-Based Tools for Well-Being (Fall 2024)

Foothill College, Research Methods class: Flourishing Together: Evidence-Based Tools for Well-Being (Fall 2024)

University of Washington, Research Methods class: Flourishing Together: Evidence-Based Tools for Well-Being (Fall 2024)

Active Minds at De Anza College, Flourishing Together: Destigmatization Week (Fall 2024)

Psi Beta and Active Minds at Skyline College, Flourishing Together: Science-based, Community-Oriented, Proactive, Data-Driven Approach to Student Well-Being, Resilience, and Social Connection (Fall 2024)

StartX, Full-Time Founder Orientation: Flourishing as Founders (Winter 2024)

College of San Mateo, Positive Psychology class: Science-Based Practices for a Flourishing Life (Fall 2023)

Stanford University, Psychology Honors Seminar: Visualizing and Data Analysis in R (Fall 2023)

Stanford University, Psychology Honors Seminar: Data Wrangling in R (Fall 2023)

Providence College, Social Psychology class: Science-Based Practices for Happier Days and Deeper Connections (Fall 2023)

Foothill College, Social Psychology class: Science-Based Practices for a Flourishing Life (Fall 2023)

Brown University Pre-College Program: Flourishing with Friends: A Fun Evening of Happiness and Connection (Summer 2023)

Brown University Pre-College Program: Happiness in Action: An Interaction Workshop, with Gabriela Lipson (Summer 2023)

Brown University Pre-College Program: Simple Actions for Happier Days and Deeper Connections, with Dr. Xuan Zhao (Summer 2023)

Stanford Hillel: Reawakening the Joy of Connection: A Movement for Meaningful Connection & Flourishing in Community, with Gabriela Lipson and Dr. Xuan Zhao (Spring 2023)

Foothill College, Social Psychology class: Science-Based Practices for a Flourishing Life, with Dr. Xuan Zhao (Spring 2023)

Foothill College, General Psychology class: Science-Based Practices for a Flourishing Life, with Dr. Xuan Zhao (Spring 2023)

Office of Development at Stanford: Science-Based Practices for a Flourishing Life, with Dr. Xuan Zhao (Spring 2023)

Stanford BeWell program: Science-Based Practices for a Flourishing Life, with Dr. Xuan Zhao (Fall 2022, Spring 2023)

## **RESEARCH EXPERIENCE**

2016 – 2017 Graduate Lab Member, NYU Motivation Lab

2017 – 2018 Junior Research Scientist, Calibre Institute for Quality Medical Education

2016 – 2018 Research Collaborator, National Chengchi University in Taiwan

## **SERVICE TO PROFESSION**

Journal Reviewer: *Journal of Social and Personal Relationships, Emotion, Personality and Social Psychology Bulletin*

## **DEPARTMENTAL SERVICE**

Co-Organizer (with Tobias Gerstenberg), Stanford Psychology Department Meditation Group (2022-2023)

Organizer, Teaching Assistant Training Workshop for first-time graduate teaching assistants at Stanford (2021)

Panelist, Psychology Beyond Undergrad, an undergraduate class at Stanford (2021)

Panelist, Diversity Committee for admitted students at Stanford (2021)

Development of Stanford Psychology Pathways for undergraduate students (2020)

Creation of graduate student funding resource spreadsheet for Stanford Psychology Department's website (2020)

Organizer, Stanford Psychology Prospective Students' Weekend (2019)

Poster session judge, Stanford Research Conference (2019)

Volunteer, Paths to PhD (2019)

Stanford Psychology Class Representative (2018-2019)

## **LANGUAGES**

English — Native

Japanese — Fluent

French — Fluent

## **AFFILIATIONS**

Society for Personality and Social Psychology, Student Affiliate

Association for Psychological Science, Student Affiliate

American Psychological Association, Student Affiliate