

**KATHERINE S. ZEE**

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kzee@psych.columbia.edu

<https://kzee.github.io>**EDUCATION**

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**Columbia University**

PhD in Psychology	Expected 2020
MPhil in Psychology	2018
MA in Psychology	2016

**Columbia University**

BA in Psychology, <i>magna cum laude</i>	2012
Phi Beta Kappa	
Departmental Honors in Psychology	

**FELLOWSHIPS**

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Teaching Scholars Fellowship, Columbia University	2019 – 2020
Elaine H. and Clarence H. Graham Fellowship, Columbia University	2018
National Science Foundation Graduate Research Fellowship	2014 – 2017
Dean's Fellowship, Graduate School of Arts and Sciences, Columbia University	2014 – 2019

**AWARDS & GRANTS**

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Presidential Teaching Award, Columbia University (3 winners out of >400 nominees)	2019
PEO Scholar Award	2019
Dissertation Research Grant, Society of Multivariate Experimental Psychology (\$4800)	2019
Graduate Student Paper Award, Relationship Researchers Interest Group, SPSP	2019
Behavioral Research Lab Grant, Columbia University (\$1000)	2018
Graduate School of Arts and Sciences Travel Award, Columbia University	2018
Graduate Poster Award Winner, Society for Personality and Social Psychology	2017
Workshop Travel Award, Society of Multivariate Experimental Psychology	2017
Graduate Student Advisory Council Travel Award, Columbia University	2016
Behavioral Research Lab Grant, Columbia University (\$475)	2016
Richard Christie Award in Social Psychology, Columbia University	2016
Graduate Poster Award Runner-Up, Society for Personality and Social Psychology	2016
Graduate Travel Award, Society for Personality and Social Psychology	2016
Psychology Department Travel Award, Columbia University	2014 – 2018
Stanford Conference Prize Honorable Mention	2013

**ADDITIONAL TRAINING**

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Social Psychological Interventions, Summer Institute in Social and Personality Psychology Instructors: Dr. David Sherman & Dr. Jeffrey Fisher	2017
Dynamical Systems Workshop, Modern Modeling Methods Conference Instructor: Dr. Steven Boker	2017

## RESEARCH INTERESTS

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Social support, close relationships, self-regulation and motivation, emotion, stress, aging, health psychology, psychophysiology, heterogeneity and individual differences, statistical methods

## PUBLICATIONS

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- Zee, K. S., & Weiss, D.** (2019). High-quality relationships strengthen the benefits of a younger subjective age across adulthood. *Psychology and Aging, 34*, 374–388.
- Bolger, N., & **Zee, K. S.** (2019). Heterogeneity in temporal processes: Implications for theories in health psychology. *Applied Psychology: Health & Well-being*. Advance online publication.
- Zee, K. S., & Bolger, N.** (2019). Visible and invisible social support: How, why, and when. *Current Directions in Psychological Science*. Advance online publication.
- Bolger, N., **Zee, K. S.**, Rossignac-Milon, M., & Hassin, R. R. (2019). Causal processes in psychology are heterogeneous. *Journal of Experimental Psychology: General, 148*, 601-618.
- Zee, K. S.**, Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T. (2018). Motivation moderates the effects of social support visibility. *Journal of Personality and Social Psychology, 114*, 735-765.  
\*\*\*Winner: Graduate Student Paper Award, Relationship Researchers Interest Group, SPSP
- Cavallo, J. V., **Zee, K. S.**, Higgins, E. T. (2016). Giving what is needed: Regulatory mode orientations and social support provision. *Personality and Social Psychology Bulletin, 42*, 1111-1128.

## PAPERS IN REVISION & IN PREPARATION

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- Zee, K. S., & Kumashiro, M.** (in revision). Investigating mechanisms of social support effectiveness: The case of locomotion motivation. Revise & Resubmit at *Personal Relationships*.
- Zee, K. S.**, Bolger, N., & Higgins, E. T. (in revision). *Regulatory effectiveness of social support*.
- Cavallo, J. V., **Zee, K. S.**, & Higgins, E. T. (in preparation). *Tailoring help to fit: why motivation matters for effective social support*.
- Flores, A. F., **Zee, K. S.**, Routhier, E. K., & Bolger, N. (in preparation). *Social support visibility modulates cardiovascular responses to stress*.
- Rossignac-Milon, M., Bolger, N., **Zee, K. S.**, & Higgins, E. T. (in preparation). *Merged minds: Shared reality in close relationships*.
- Turetsky, K. M. & **Zee, K. S.** (in preparation). *Toward a unified perspective on the effect of stress on relationships*.

## CURRENT PROJECTS (SELECTED)

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**Zee, K. S., & Bolger, N.** *Modeling social support dynamics.*

- Applying innovative modeling techniques (dynamical systems analyses, Bayesian multilevel modeling) to examine within-dyad processes and between-dyad heterogeneity (random effects) during social support interactions.
- Status: Analysis in progress

**Zee, K. S., & Bolger, N.** *Social support and stress in older adulthood.*

- Pilot project examining the effects of social support interactions on emotional and cardiovascular responses to a stressor in older adulthood.
- Status: Data collection in progress

**Turetsky, K. M., & Zee, K. S.** *Stress, identity, and social outcomes.*

- Preregistered study examining the effects of a social identity manipulation on university students' social networks and perceived social support.
- Status: Data collection in progress

## INVITED TALKS (SELECTED)

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West Interpersonal Perception Lab (PI: Tessa West), New York University (2019)

Summer Institute for Social and Personality Psychology, University of Southern California (2017)

Social Relations Lab (PI: Geraldine Downey), Columbia University (2016)

Laboratory for Intergroup Relations and the Social Mind (PI: Valerie Purdie-Greenaway), Columbia University (2015)

Columbia University Psychology Department (2014, 2016, 2017, 2018)

Close Relationships Pre-Conference, Four Colleges Conference (PIs: Niall Bolger, Margaret Clark, Patrick Shrout), Yale University (2016)

## CONFERENCE TALKS (SELECTED)

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**Zee, K. S., Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T.** (2019, February). *Motivation moderates the effects of social support visibility.* Graduate Student Paper Award address, Close Relationships Pre-Conference, Society for Personality and Social Psychology, Portland, OR.

**Zee, K. S., & Bolger, N.** (2019, February). *Leveraging between-dyad variability to examine "good" vs. "bad" emotional covariation.* Paper presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

**Zee, K. S., Bolger, N., & Higgins, E. T.** (2018, May). *Distinguishing relational benefits and regulatory benefits of social support.* Paper presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Zee, K. S., & Bolger, N.** (2018, April). *Social support and physiological covariation in romantic partner dyads.* Flash talk presented at the Emotions in Social Relationships: Parents, Peers, and Partners preconference of the Society for Affective Science, Los Angeles, CA.

- Zee, K. S.,** Bolger, N., & Higgins, E. T. (2018, March). *Regulatory Effectiveness of Social Support*. Blitz talk presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Bolger, N., & **Zee, K. S.,** (2017, October). *Between-dyad heterogeneity in social support and physiological functioning in dyadic interactions*. Paper presented at the Society for Multivariate Experimental Psychology meeting, Minneapolis, MN.
- Bolger, N., & **Zee, K. S.,** (2017, June). *Using Bayesian multilevel models to analyze covariation in dyadic physiological data*. Paper presented at the Society for Ambulatory Assessment meeting, Luxembourg.
- Zee, K. S.,** Higgins, E. T., & Bolger, N. (2017, May). *Perceptions of warmth and competence predict social support seeking*. Paper presented at the annual meeting of the Five Colleges Conference, New York, NY.
- Zee, K. S.,** Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T. (2016, July). *The “When”: The benefits of invisible support depend on recipient motivation*. Paper presented at the International Association for Relationships Research meeting, Toronto, ON.
- Zee, K. S.,** Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T. (2016, May). *Motivation moderates the effects of social support visibility*. Paper presented at the annual meeting of the Association for Psychological Science, Chicago, IL.
- Zee, K. S.,** Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T. (2016, April). *Motivation moderates the effects of social support visibility*. Paper presented at the annual meeting of the Four Colleges Conference, New Haven, CT.
- Zee, K. S.,** & Kumashiro, M. (2015, February). *Function over form: Locomotion motivation and preferences for goal support*. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Zee, K. S.,** Cavallo, J. V., & Higgins, E. T. (2013, May). *Less is more: Tailoring help to situational needs*. Paper presented at the 13<sup>th</sup> Annual Stanford Psychology Conference, Stanford, CA.  
\*\*\*Honorable Mention: Stanford Conference Prize

#### **LEAD AUTHOR CONFERENCE POSTERS (SELECTED)**

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- Zee, K. S.,** Pinelli, F., Higgins, E. T., & Bolger, N. (2017, January). *Perceptions of warmth and competence predict social support seeking*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.  
\*\*\*Winner: Society for Personality and Social Psychology Graduate Poster Award
- Zee, K. S.,** Cavallo, J. V., Flores, A. J., Bolger, N., & Higgins, E. T. (2016, January). *Motivation moderates the effects of invisible support*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.  
\*\*\*Runner-Up: Society for Personality and Social Psychology Graduate Poster Award

**Zee, K. S.,** Higgins, E. T., & Bolger, N. (2015, May). *Constructing a motivational model of social support*. Poster presented at the annual meeting of the Association for Psychological Science, New York, NY.

**Zee, K. S.,** Cavallo, J. V., & Higgins, E. T. (2014, February). *Helping with rose-colored glasses: Regulatory mode and biased perceptions of social support provision*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

**Zee, K. S. & Kumashiro, M.** (2014, February). *Self-regulation and social support: The role of chronic regulatory mode*. Poster presented at the Self-Regulation Pre-Conference of the Society for Personality and Social Psychology, Austin, TX.

## **MENTEE CONFERENCE POSTERS**

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\* Undergraduate or post-baccalaureate mentee

\*\* Honors thesis mentee

\*\*Greenfield, N., **Zee, K. S.,** & Bolger, N. (2019, February). *Effects of Social Relationships on Subjective Age: The Importance of Friendship Quality*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

\*Ross, K., **Zee, K. S.,** & Bolger, N. (2019, February). *Exploring the Effects of Invisible Social Support on Sleep*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

\*Mikelic, M., **Zee, K. S.,** Rossignac-Milon, M., Bolger, N., & Higgins, E. T. (2018, July). *Bridging the Gap: Does Shared Reality Underlie Benefits of Active-Constructive Capitalization?* Poster presented at the International Association for Relationships Research meeting, Fort Collins, CO.

\*Graves, K. E., Turetsky, K. M., & **Zee, K. S.** (2018, May). *Imposter Phenomenon and the Social Experiences of Nontraditional College Students*. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

\*\*Paek, J., **Zee, K. S.,** Hall, A., Molden, D., & Higgins, E. T. (2018, March). *Conquer Together: Dyadic Regulatory Focus Complementarity and Perceptions of Joint Goals*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.  
\*\*\*Winner: Society for Personality and Social Psychology Undergraduate Poster Award

\*Mikelic, M., **Zee, K. S.,** Rossignac-Milon, M., Bolger, N., & Higgins, E. T. (2018, March). *Capitalization Support and Shared Reality in Romantic Dyads*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

\*Mahbuhbani, S., **Zee, K. S.,** Flores, A. J., & Bolger, N. (2017, November). *Baseline Anger and Support Visibility Predict HRV during a Stressful Speech*. Poster presented at the annual meeting of the Eastern Psychological Association.

\*Weissman, S., \*\*Paek, J., \*Mikelic, M., **Zee, K. S.,** & Bolger, N. (2017, July). *The Interaction of Gender and Perceived Capitalization Responses Predicts Sleep Quality*. Poster presented at the International Association for Relationships Research mini conference, Syracuse NY.

- \*Gingrich, J., \*Peters, C., \*Golden, S. Peters, **Zee, K. S.**, Bolger, N., & Higgins, E. T. (2017, July). *Expressive Suppression as a Predictor of Perceived Responsiveness During Social Support*. Poster presented at the International Association for Relationships Research mini conference, Syracuse NY.
- \*\*Paek, J., **Zee, K. S.**, & Higgins, E. T. (2017, May). *The Influence of Regulatory Mode on Emotion Regulation*. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- \*Brown, C. B., \*Cohen, L., **Zee, K. S.**, Bolger, N., & Higgins, E. T. (2017, January). *Promotion Focus Predicts Active-Constructive Capitalization Responses between Romantic Partners*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- \*Cohen, L., Flores, A. J., **Zee, K. S.**, & Bolger, N. (2017, January). *Mindset Matters: Stress Mindset Predicts Sympathetic Nervous System Reactivity to Socio-Evaluative Threat*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- \*Lee, M., Flores, A. J., **Zee, K. S.**, & Bolger, N. (2017, January). *Regulatory Mode Predicts Blood Pressure Reactivity to Socio-Evaluative Threat*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- \*Routhier, E. K., Flores, A. J., **Zee, K. S.**, & Bolger, N. (2016, January). *Beyond the Self: Effects of Invisible Social Support on Situational and Interpersonal Attributions*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.  
 \*\*\*Winner: Society for Personality and Social Psychology Undergraduate Poster Award

## CHAired SYMPOSIA

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- Bolger, N., & **Zee, K. S.** (2019, May). *One Size Doesn't Fit All: Experimental Effects in Psychology are Heterogeneous*. Symposium presented at the annual meeting of the Association for Psychological Science, Washington, D.C.  
 Speakers: Yuichi Shoda, Niall Bolger, Kathleen Gates, & David Kenny
- Zee, K. S.**, & Butler, E. A. (2019, February). *Four Things You Need to Know about Studying Interpersonal Dynamics*. Symposium chaired at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.  
 Speakers: Emilio Ferrer, Kate Thorson, **Katherine Zee**, & Emily Butler
- Zee, K. S.**, & Lee, D. S. (2018, May). *New Insights into the Ingredients of Effective Social Support: Implications for Theory and Application*. Symposium chaired at the annual meeting of the Association for Psychological Science, San Francisco, CA.  
 Speakers: Justin Cavallo, David Lee, **Katherine Zee**, & Nancy Collins
- Zee, K. S.**, & McClure, M. J. (2016, July). *Maximizing Social Support's Benefits: The Who, When, What, Why and How*. Symposium chaired at the meeting of the International Association for Relationships Research, Toronto, ON.  
 Speakers: Maryhope Howland, **Katherine Zee**, & M. Joy McClure

**Zee, K. S., & Kumashiro, M.** (2015, February). *Social support and goal pursuit: A new perspective*. Symposium chaired at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.  
Speakers: **Katherine Zee**, Niall Bolger, Madoka Kumashiro, & Shelly Gable

## RESEARCH EXPERIENCE

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<b>Graduate Research Fellow</b> Psychology Department, Columbia University Advisors: Niall Bolger, Tory Higgins	2014 – Present
<b>Research Assistant</b> Marketing Department, Judge Business School, University of Cambridge Supervisor: Eric Levy	2013 – 2014
<b>Research Assistant</b> Psychology Department, Goldsmiths, University of London Supervisor: Madoka Kumashiro	2012 – 2014
<b>Research Assistant</b> Organizational Behavior Department, London Business School Supervisor: Xi Zou	2012 – 2014
<b>Honors Student Researcher</b> Higgins Lab, Psychology Department, Columbia University Advisor: Tory Higgins	2010 – 2012
<b>Research Assistant</b> Mischel Lab, Psychology Department, Columbia University Principal Investigator: Walter Mischel Supervisor: Vivian Zayas (Cornell University)	2010 – 2011

## TEACHING

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### Graduate Teaching, Columbia University

<i>Social Psychology, Barnard College</i> Role: Grader Supervisor: Colin Leach Guest Lecture: “Interpersonal Relationships”	2019
<i>Introduction to Social Cognition</i> Role: Guest lecturer Guest Lecture: “Social Support and Emotion”	2019
<i>Analysis of Change (graduate course on multilevel modeling)</i> Role: Teaching Assistant with weekly 2-hr lab Supervisor: Niall Bolger Evaluation: Mean = 4.6/5, Median = 5.0/5	2018

*Psychophysiological Methods & Analysis (graduate course)* 2018  
 Role: Guest lecturer  
 Guest Lecture: “Dyadic Psychophysiological Methods & Analysis”

*Psychophysiological Methods & Analysis (graduate course)* 2016  
 Role: Teaching Assistant with weekly 2-hr lab  
 Supervisor: Niall Bolger  
 Evaluation: Mean = 5.0/5, Median = 5.0/5

*Research Methods: Social Cognition and Emotion* 2015 – 2017  
 Role: Teaching Assistant with weekly 2-hr lab (5 sections over 3 semesters)  
 Supervisor: Kevin Ochsner  
 2015 Evaluation: Mean = 4.7/5, Median = 5.0/5  
 2016 Evaluation: Mean = 4.2/5, Median = 5.0/5  
 2017 Evaluation: Mean = 4.8/5, Median = 5.0/5

*The Science of Psychology* 2015  
 Role: Teaching Assistant  
 Guest Lecture: “Attachment Across the Lifespan”  
 Supervisor: Patricia Lindemann  
 Evaluation: Mean = 4.2/5, Median = 4.0/5

### **Other Teaching**

*Leadership in Organizations*, London Business School 2013  
 Role: Teaching Assistant  
 Supervisor: Xi Zou

*General Foundations of Psychology*, Birkbeck, University of London 2012 – 2013  
 Role: Seminar Leader (led weekly 2-hr seminar, 2 sections over 2 terms)  
 Supervisor: Simon Green

*Introduction to Developmental Psychology*, Columbia University 2012  
 Role: Undergraduate Teaching Assistant  
 Supervisor: Lois Putnam

*The Science of Psychology*, Columbia University 2011  
 Role: Undergraduate Teaching Assistant  
 Supervisor: Patricia Lindemann

### **UNIVERSITY SERVICE**

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Founding President, Columbia Association for Social Psychological Research 2014 – 2017  
 Undergraduate Mentoring Co-Chair, Women in Science at Columbia University 2014 – 2017  
 Psychology Department Representative, Women in Science at Columbia University 2014 – 2017



## PROFESSIONAL SERVICE

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### Ad-Hoc Reviewer

*Clinical Psychological Science*

*Emotion*

*Journal of Personality and Social Psychology*

*Journal of Social and Personal Relationships*

*Psychology and Aging*

*Psychological Methods*

### Committee

Membership Committee, International Association for Relationships Research (IARR)

2017

## PROFESSIONAL MEMBERSHIPS

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American Psychological Association (APA)

Association for Psychological Science (APS)

Society for Personality and Social Psychology (SPSP)

International Association for Relationships Research (IARR)

Graduate Women in Science (GWIS)

Gerontological Society of America (GSA)

Psi Chi International Honors Society in Psychology

## MENTORING

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\* Honors Thesis Student

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|--|------------------------------------|
| 1. Russell Borenstein-Burd, 2018 – Present | 23. Shelagh Mahbubani, 2015 – 2016 |
| 2. Clare Bradley, 2018 – Present           | 24. Laura Martin, 2017             |
| 3. Carina Brown, 2015 – 2017               | 25. Max Mikelic, 2016 – Present    |
| 4. Eunjoo Byeon, 2019                      | 26. John Miller, 2018 – Present    |
| 5. Jordan Cline, 2016                      | 27. *Jessica Paek, 2015 – 2018     |
| 6. Lauren Cohen, 2015 – 2017               | 28. Courtney Peters, 2016 – 2017   |
| 7. Maia Collins, 2016                      | 29. Federica Pinelli, 2015 – 2017  |
| 8. Yassaman Ebadat, 2015 – 2016            | 30. Sam Pitasky, 2016 – 2018       |
| 9. Amelia Edwards, 2015                    | 31. Natasha Porter, 2016 – 2017    |
| 10. Emily Felber, 2015 – 2017              | 32. Kate Puglia, 2015 – 2016       |
| 11. Alexander Fulmer, 2016 – 2017          | 33. Emily Radhamy, 2016            |
| 12. Jessica Gingrich, 2017 – 2018          | 34. Kyle Ross, 2018 – Present      |
| 13. Sarah Goetzke, 2016                    | 35. Ariel Rosario, 2015 – 2016     |
| 14. Sophia Golden, 2016 – 2018             | 36. Emma Routhier, 2015 – 2016     |
| 15. Kevin Graves, 2017 – 2018              | 37. Ariane Singh, 2015 – 2016      |
| 16. *Naomi Greenfield, 2017 – Present      | 38. Audrey Stevens, 2015 – 2016    |
| 17. Katarina Hermanova, 2019               | 39. *Farah Tamizuddin, 2014 – 2015 |
| 18. Kevin Hernandez, 2018 – Present        | 40. Rachel Tayler, 2015 – 2016     |
| 19. Lana Khamash, 2016 – 2017              | 41. Tema Watstein, 2015            |
| 20. Samantha Kirshon, 2018                 | 42. Saya Weissman, 2016 – 2017     |
| 21. Alex Kleinman, 2015 – 2016             | 43. Desmond Yeoh, 2019             |
| 22. Michelle Lee, 2016                     |                                    |

## REFERENCES

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Goldsmiths, University of London  
m.kumashiro@gold.ac.uk