

KATHERINE S. ZEE

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<https://kzee.github.io>

EDUCATION

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	

ADDITIONAL TRAINING

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

FELLOWSHIPS

Ruth L. Kirschstein Predoctoral National Research Service Award (F31), National Institutes of Health	2019 –
Teaching Scholars Fellowship, Columbia University	2019 –
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

Heritage Dissertation Award, Society for Personality and Social Psychology (SPSP) (\$2000)	2019
Presidential Teaching Award, Columbia University (3 winners out of >400 nominees)	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, 2019
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 (\$1000)	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 – 2019
Stanford Conference Prize Honorable Mention	2013

RESEARCH INTERESTS

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

PUBLICATIONS

Zee, K. S., & Bolger, N. (in press). Using coupled oscillators to examine physiological coregulation during social support interactions. *Multivariate Behavioral Research*.

Zee, K. S., & Kumashiro, M. (in press). Investigating mechanisms of social support effectiveness: The case of locomotion motivation. *Personal Relationships*.

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*, 11, 198–201.

Zee, K. S., & Bolger, N. (2019). Visible and invisible social support: How, why, and when. *Current Directions in Psychological Science*, 28, 314–320.

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

Zee, K. S., Bolger, N., & Higgins, E. T. (conditional acceptance). Regulatory effectiveness of social support. *Journal of Personality and Social Psychology*. Preprint: <https://psyarxiv.com/h2mrv>.

Uchino, B. N., Landvatter, J., Zee, K. S., & Bolger, N. (revise & resubmit). Social support and antibody responses to vaccination: A meta-analysis. Submitted to *Annals of Behavioral Medicine*.

PAPERS UNDER REVIEW

Rossignac-Milon, M., Bolger, N., Zee, K. S., & Higgins, E. T. (under review). Merged minds: Shared reality in close relationships. Submitted to *Journal of Personality and Social Psychology*.

PAPERS IN REVISION & IN PREPARATION

⁺ Undergraduate or post-baccalaureate mentee

Zee, K. S., & Bolger, N. (in preparation). Physiological co-regulation during couples' social support interactions.

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.

⁺Paek, J., **Zee, K. S., & Higgins, E. T.** (in preparation). Congratulations, so happy for you! Motivation predicts social support for positive events.

Turetsky, K. M. & **Zee, K. S.** (in preparation). Toward a unified perspective on the effect of stress on relationships.

INVITED TALKS

Quantitative Developmental Systems Methodology Core, Penn State University (2020)

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

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

Close Relationships Pre-Conference, Four Colleges Conference, Yale University (2016)

CONFERENCE TALKS (SELECTED)

Zee, K. S., & Bolger, N. (2020, February). *Physiological coregulation during social support interactions*. Talk accepted for presentation at the Emotion Pre-Conference, Society for Personality and Social Psychology, New Orleans, LA.

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 13th Annual Stanford Psychology Conference, Stanford, CA.
***Honorable Mention: Stanford Conference Prize

LEAD AUTHOR CONFERENCE POSTERS

Zee, K. S., & Bolger, N. (2019, October). *Physiological Self-Regulation and Co-Regulation during Social Support Interactions*. Poster presented at the annual meeting of the Society of Multivariate Experimental Psychology, Baltimore, MD.

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: Graduate Poster Award, Society for Personality and Social Psychology

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: Graduate Poster Award, Society for Personality and Social Psychology*

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

⁺ 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

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, Katherine 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

TEACHING

Graduate Teaching, Columbia University

Stress in an Interpersonal Context (advanced undergraduate seminar) Spring 2020

Role: Lead Instructor, Teaching Scholars Program, Columbia University

Developed course and designed syllabus

Introduction to Statistical Modeling in Psychology (graduate course) Fall 2019

Role: Teaching Assistant with weekly 2-hr lab

Supervisor: Niall Bolger

Introduction to Social Cognition 2019

Role: Guest lecturer

Guest Lecture: "Social Support and Emotion"

Analysis of Change (graduate course on multilevel modeling) 2018

Role: Teaching Assistant with weekly 2-hr lab

Supervisor: Niall Bolger

Evaluation: Mean = 4.6/5, Median = 5.0/5

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

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

Other Teaching

<u>Social Psychology, Barnard College</u>	2019
Supervisor: Colin Leach	
Guest Lecture: “Interpersonal Relationships”	

<u>Leadership in Organizations, London Business School</u>	2013
Role: Teaching Assistant	
Supervisor: Xi Zou	

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

<u>Introduction to Developmental Psychology, Columbia University</u>	2012
Role: Undergraduate Teaching Assistant	
Supervisor: Lois Putnam	

<u>The Science of Psychology, Columbia University</u>	2011
Role: Undergraduate Teaching Assistant	
Supervisor: Patricia Lindemann	

UNIVERSITY SERVICE

Selection Committee, Presidential Teaching Award, Columbia University	2019 –
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

Ad-Hoc Reviewer

Journal of Personality and Social Psychology, Psychological Methods, Emotion, Psychology and Aging, Personality and Social Psychology Bulletin, Clinical Psychological Science, GeroPsych, Journal of Social and Personal Relationships

Committee

Membership Committee, International Association for Relationships Research (IARR)	2017
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PROFESSIONAL MEMBERSHIPS

Association for Psychological Science, Society for Personality and Social Psychology,
International Association for Relationships Research, Gerontological Society of America

MENTORING

⁺ Honors thesis student

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| 1. Russell Borenstein-Burd, 2018 – Present | 24. Shelagh Mahbubani, 2015 – 2016 |
| 2. Clare Bradley, 2018 – Present | 25. Laura Martin, 2017 |
| 3. Carina Brown, 2015 – 2017 | 26. Max Mikelic, 2016 – 2019 |
| 4. Eunjoo Byeon, 2019 | 27. John Miller, 2018 – Present |
| 5. Jordan Cline, 2016 | 28. ⁺ Jessica Paek, 2015 – 2018 |
| 6. Lauren Cohen, 2015 – 2017 | 29. Courtney Peters, 2016 – 2017 |
| 7. Maia Collins, 2016 | 30. Federica Pinelli, 2015 – 2017 |
| 8. Yassaman Ebadat, 2015 – 2016 | 31. Sam Pitasky, 2016 – 2018 |
| 9. Amelia Edwards, 2015 | 32. Natasha Porter, 2016 – 2017 |
| 10. Emily Felber, 2015 – 2017 | 33. Kate Puglia, 2015 – 2016 |
| 11. Alexander Fulmer, 2016 – 2017 | 34. Emily Radhamy, 2016 |
| 12. Jessica Gingrich, 2017 – 2018 | 35. Kyle Ross, 2018 – 2019 |
| 13. Sarah Goetzke, 2016 | 36. Ariel Rosario, 2015 – 2016 |
| 14. Sophia Golden, 2016 – 2018 | 37. Emma Routhier, 2015 – 2016 |
| 15. Kevin Graves, 2017 – 2018 | 38. Ariane Singh, 2015 – 2016 |
| 16. ⁺ Naomi Greenfield, 2017 – 2019 | 39. Audrey Stevens, 2015 – 2016 |
| 17. Katarina Hermanova, 2019 | 40. ⁺ Farah Tamizuddin, 2014 – 2015 |
| 18. Kevin Hernandez, 2018 – Present | 41. Rachel Tayler, 2015 – 2016 |
| 19. Lana Khamash, 2016 – 2017 | 42. Tema Watstein, 2015 |
| 20. Lauryn Kim, 2019 | 43. Saya Weissman, 2016 – 2017 |
| 21. Samantha Kirshon, 2018 | 44. Lauren Wolfe, 2019 |
| 22. Alex Kleinman, 2015 – 2016 | 45. Desmond Yeoh, 2019 |
| 23. Michelle Lee, 2016 | |

REFERENCES

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