

## KATHERINE S. ZEE

406 Schermerhorn Hall ♦ 1190 Amsterdam Avenue ♦ New York, NY 10027  
kzee@psych.columbia.edu ♦ ksz2104@columbia.edu  
<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) (\$8000)	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, 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., & 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 UNDER REVIEW

---

- Zee, K. S., Bolger, N., & Higgins, E. T.** (under review). Regulatory effectiveness of social support. Submitted to *Journal of Personality and Social Psychology*. Preprint: <https://psyarxiv.com/h2mrv>.
- Uchino, B. N., Landvatter, J., Zee, K. S., & Bolger, N.** (under review). Social support and antibody responses to vaccination: A meta-analysis. Submitted to *Annals of Behavioral Medicine*.

## PAPERS IN REVISION & IN PREPARATION

---

<sup>+</sup> 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.**, <sup>†</sup>Routhier, E. K., & Bolger, N. (in preparation). Social support visibility modulates cardiovascular responses to stress.
- <sup>†</sup>Paek, J., **Zee, K. S.**, & Higgins, E. T. (in preparation). Congratulations, so happy for you! Motivation predicts social support for positive events.
- Rossignac-Milon, M., Bolger, N., **Zee, K. S.**, & Higgins, E. T. (in revision). 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.

## INVITED TALKS

---

- 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.**, 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**

---

- Zee, K. S., & Bolger, N. (2019, October). *Physiological Self-Regulation and Co-Regulation during Social Support Interactions*. Poster accepted for presentation 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

---

<sup>+</sup> Undergraduate or post-baccalaureate mentee

<sup>++</sup> Honors thesis mentee

<sup>++</sup>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.

<sup>+</sup>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.

<sup>+</sup>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.

<sup>+</sup>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.

<sup>++</sup>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

<sup>+</sup>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.

<sup>+</sup>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.

<sup>+</sup>Weissman, S., <sup>++</sup>Paek, J., <sup>+</sup>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.

- <sup>+</sup>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.
- <sup>++</sup>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.
- <sup>+</sup>Brown, C. B., <sup>+</sup>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.
- <sup>+</sup>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.
- <sup>+</sup>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.
- <sup>+</sup>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

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

<u>Social Psychology, Barnard College</u> Role: Grader Supervisor: Colin Leach Guest Lecture: "Interpersonal Relationships"	2019
<u>Leadership in Organizations, London Business School</u> Role: Teaching Assistant Supervisor: Xi Zou	2013
<u>General Foundations of Psychology, Birkbeck, University of London</u> Role: Seminar Leader (led weekly 2-hr seminar, 2 sections over 2 terms) Supervisor: Simon Green	2012 – 2013
<u>Introduction to Developmental Psychology, Columbia University</u> Role: Undergraduate Teaching Assistant Supervisor: Lois Putnam	2012
<u>The Science of Psychology, Columbia University</u> Role: Undergraduate Teaching Assistant Supervisor: Patricia Lindemann	2011

## UNIVERSITY SERVICE

---

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, Clinical Psychological Science, GeroPsych, Journal of Social and Personal Relationships*

### Committee

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

## PROFESSIONAL MEMBERSHIPS

---

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



## MENTORING

---

<sup>+</sup> Honors thesis student

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

## REFERENCES

---

Niall Bolger, PhD  
Columbia University  
bolger@psych.columbia.edu

Justin Cavallo, PhD  
Wilfrid Laurier University  
jcavallo@wlu.ca

E. Tory Higgins, PhD  
Columbia University  
tory@psych.columbia.edu

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

Kevin Ochsner, PhD  
Columbia University  
ko2132@columbia.edu

Bert Uchino, PhD  
University of Utah  
bert.uchino@psych.utah.edu