

## KATHERINE S. ZEE

ksz2104@columbia.edu ♦ <https://kzee.github.io> ♦ <https://github.com/kzee>

### EDUCATION

---

#### Columbia University

PhD in Psychology	2021
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	

### RESEARCH INTERESTS

---

Interpersonal relationships, self-regulation and motivation, goals, emotion, stress, psychophysiology, individual differences, lifespan development, dynamical systems, statistical methods

### FELLOWSHIPS

---

Ruth L. Kirschstein Predoctoral National Research Service Award (F31), National Institutes of Health	2019 – 2020
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

---

Dissertation Award, Society of Experimental Social Psychology (SESP)	2021
Graduate Paper Award, Relationship Researchers Interest Group, SPSP	2019, 2021
Presidential Teaching Award, Columbia University (3 winners out of >400 nominations)	2019
Heritage Dissertation Award, Society for Personality and Social Psychology (SPSP) (\$2000)	2019
Dissertation Research Grant, Society of Multivariate Experimental Psychology (\$4800)	2019
PEO Scholar Award	2019
Behavioral Research Lab Grant, Columbia Business School (\$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 Business School (\$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

## PUBLICATIONS

---

- Zee, K. S.,** Bolger, N., & Higgins, E. T. (2020). Regulatory effectiveness of social support. *Journal of Personality and Social Psychology*, *119*, 1316–1358.  
 \*\*\*Winner: Graduate Paper Award, Relationship Researchers Interest Group, SPSP
- Rossignac-Milon, M., Bolger, N., **Zee, K. S.,** Boothby, E., & Higgins, E. T. (2020). Merged minds: Generalized shared reality in dyadic relationships. *Journal of Personality and Social Psychology*, *120*, 882–911.
- Uchino, B. N., Landvatter, J., **Zee, K. S.,** & Bolger N. (2020). Social support and antibody responses to vaccination: A meta-analysis. *Annals of Behavioral Medicine*, *54*, 567–574.
- Zee, K. S.,** & Bolger, N. (2020). Using coupled oscillators to examine physiological coregulation during social support interactions. *Multivariate Behavioral Research*, *55*, 157–158.
- Zee, K. S.,** & Kumashiro, M. (2019). Investigating mechanisms of social support effectiveness: The case of locomotion motivation. *Personal Relationships*, *26*, 654–679.
- 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. (in revision). Physiological coregulation during social support interactions. Revise and resubmit at *Emotion*. Preprint: <https://psyarxiv.com/83hpa>

## PAPERS IN PREPARATION

---

<sup>+</sup> Undergraduate mentee

- Zee, K. S.,** & Bolger, N. (in preparation). Heterogeneity in dyadic interaction and implications for

self-regulation.

**Zee, K. S., & Bolger, N.** (in preparation). Increasing precision in meta-analytic estimates by modeling variability due to outcomes.

Cavallo, J. V., **Zee, K. S., & Higgins, E. T.** (in preparation). Tailoring help to fit: Why motivation matters for effective social support.

Leach, C. W., **Zee, K. S., Kenny, D. A., & Cidam, A.** (in preparation). Difficulties in distinguishing correlated constructs: The example of guilt and shame.

<sup>+</sup>Paek, J., **Zee, K. S., Fitzsimons, G. M., & Higgins, E. T.** (under review). 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

---

Kellogg School of Management, Social Impact Group, Northwestern University  
Economics and Strategic Management, Rady School of Management, UC San Diego  
Management and Organizations, Stern School of Business, New York University  
Quantitative Developmental Systems Methodology Core, Penn State University  
Psychology Department, Rutgers, The State University of New Jersey  
West Interpersonal Perception Lab (PI: Tessa West), New York University  
Summer Institute for Social and Personality Psychology, University of Southern California  
Close Relationships Pre-Conference, Four Colleges Conference, Yale University

## CONFERENCE TALKS (SELECTED)

---

**Zee, K. S., Bolger, N., & Higgins, E. T.** (2021, February). *Regulatory Effectiveness of Social Support*. Graduate Student Paper Award address, Close Relationships Pre-Conference, Society for Personality and Social Psychology.

**Zee, K. S., & Bolger, N.** (2020, February). *Physiological coregulation during social support interactions*. 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*. 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*. Association for Psychological Science, San Francisco, CA.

**Zee, K. S., & Bolger, N.** (2018, April). *Social support and physiological covariation in romantic partner*

*dyads*. Emotions in Social Relationships: Parents, Peers, and Partners Pre-Conference, Society for Affective Science, Los Angeles, CA.

**Zee, K. S.,** Bolger, N., & Higgins, E. T. (2018, March). *Regulatory Effectiveness of Social Support*. Blitz talk, Society for Personality and Social Psychology, Atlanta, GA.

**Zee, K. S.,** Higgins, E. T., & Bolger, N. (2017, May). *Perceptions of warmth and competence predict social support seeking*. 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*. 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*. 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*. Four Colleges Conference, New Haven, CT.

**Zee, K. S.,** & Kumashiro, M. (2015, February). *Function over form: Locomotion motivation and preferences for goal support*. Society for Personality and Social Psychology, Long Beach, CA.

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

---

**Zee, K. S.,** & Bolger, N. (2019, October). *Physiological Self-Regulation and Coregulation during Social Support Interactions*. 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*. 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*. 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*. 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*. 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*. Self-Regulation Pre-Conference of the Society for Personality and Social Psychology, Austin, TX.

*Co-authored 17 additional posters with Undergraduate/Post-Baccalaureate Mentees as lead authors.*

## CHAired SYMPOSIA

---

Bolger, N., & Zee, K. S. (2019, May). *One Size Doesn't Fit All: Experimental Effects in Psychology are Heterogeneous*. 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*. 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*. 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*. 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*. Society for Personality and Social Psychology, Long Beach, CA.  
Speakers: **Katherine Zee**, Niall Bolger, Madoka Kumashiro, & Shelly Gable

## TEACHING

---

Example statistical tutorials in R: <https://kzee.github.io/rcode.html>

### Statistics Teaching

APA Advanced Training Institute: Intensive Longitudinal Data Analysis 2020, 2021

Role: Lab Instructor

Level: Graduate/Professional (PhD students and faculty in social science disciplines)

Lead Instructors: Drs. Nilam Ram, Kevin Grimm, Niall Bolger, & Jean-Philippe Laurenceau

Labs: Generalized Multilevel Modeling, Moderated 1-1-1 Within-Person Mediation Analysis, Data Processing and Visualization

Introduction to Statistical Modeling in Psychology (graduate course), Columbia University 2019

Role: Teaching Assistant with weekly 2-hr lab taught in R

Level: Graduate (PhD students in Psychology)

Supervisor: Dr. Niall Bolger

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

Analysis of Change (graduate course on multilevel modeling), Columbia University 2018

Role: Teaching Assistant with weekly 2-hr lab taught in R

Level: Graduate (PhD students in Management and Psychology)

Supervisor: Dr. Niall Bolger

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

Psychophysiological Methods & Analysis (graduate course), Columbia University 2018

Role: Guest lecturer

Level: Graduate (PhD students in Management and Psychology)  
Guest Lecture: “Dyadic Psychophysiological Methods & Analysis”

Psychophysiological Methods & Analysis (graduate course), Columbia University 2016  
Role: Teaching Assistant with weekly 2-hr lab  
Level: Graduate (PhD students in Management and Psychology)  
Supervisor: Niall Bolger  
Evaluation: Mean = 5.0/5, Median = 5.0/5

### **Psychology Teaching**

Stress in an Interpersonal Context, Columbia University 2020  
Role: Instructor of Record. Developed course and designed syllabus.  
Level: Undergraduate (advanced seminar)  
*No formal evaluations were collected due to COVID-19 outbreak*

Social Psychology, Barnard College 2019  
Role: Grader  
Level: Undergraduate  
Supervisor: Dr. Colin Leach  
Guest Lecture: “Interpersonal Relationships”

Research Methods: Social Cognition and Emotion, Columbia University 2015 – 2017  
Role: Teaching Assistant with weekly 2-hr lab (5 sections over 3 semesters)  
Level: Undergraduate  
Supervisor: Dr. 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, Columbia University 2015  
Role: Teaching Assistant  
Level: Undergraduate  
Supervisor: Dr. Patricia Lindemann  
Guest Lecture: “Attachment Across the Lifespan”  
Evaluation: Mean = 4.2/5, Median = 4.0/5

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

### **Management Teaching**

Leadership in Organizations, London Business School 2013  
Role: Teaching Assistant  
Level: Graduate (Masters in Management students)  
Supervisor: Dr. Xi Zou

## MENTORING

---

<sup>+</sup> Honors thesis student

<sup>\*</sup> Winner, Undergraduate Poster Award, Society for Personality and Social Psychology

- |  |  |
|--|--|
| 1. Russell Borenstein-Burd, 2018 – 2019        | 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. <sup>+</sup> *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 Greve, 2016                  | 36. Ariel Rosario, 2015 – 2016                 |
| 14. Sophia Golden, 2016 – 2018                 | 37. <sup>*</sup> Emma Routhier, 2015 – 2016    |
| 15. Kevin Graves, 2017 – 2018                  | 38. Siena Rumbough 2019 – Present              |
| 16. <sup>+</sup> Naomi Greenfield, 2017 – 2019 | 39. Ariane Singh, 2015 – 2016                  |
| 17. Katarina Hermanova, 2019                   | 40. Audrey Stevens, 2015 – 2016                |
| 18. Kevin Hernandez, 2018 – Present            | 41. <sup>+</sup> Farah Tamizuddin, 2014 – 2015 |
| 19. Lana Khamash, 2016 – 2017                  | 42. Rachel Tayler, 2015 – 2016                 |
| 20. Lauryn Kim, 2019                           | 43. Tema Watstein, 2015                        |
| 21. Samantha Kirshon, 2018                     | 44. Saya Weissman, 2016 – 2017                 |
| 22. Alex Kleinman, 2015 – 2016                 | 45. Lauren Wolfe, 2019                         |
| 23. Michelle Lee, 2016                         | 46. Desmond Yeoh, 2019                         |

## UNIVERSITY SERVICE

---

Selection Committee, Presidential Teaching Award, Columbia University	2020
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

---

### Editorial Assistant

*Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes*, 2020

### 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*

### Other Reviewing

Graduate Poster Session, annual meeting of the Society for Multivariate Experimental Psychology, 2020

**Committee**

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

**ADDITIONAL TRAINING**

---

Structural Equation Modeling Workshop Instructors: Dr. Patrick Curran & Dr. Daniel Bauer	2020
Social Psychological Interventions, Summer Institute in Social and Personality Psychology Instructors: Dr. David Sherman & Dr. Jeffrey Fisher	2017
Dynamical Systems Modeling Workshop, Modern Modeling Methods Conference Instructor: Dr. Steven Boker	2017

**PROFESSIONAL MEMBERSHIPS**

---

Society of Experimental Social Psychology  
Society for Personality and Social Psychology  
International Association for Relationships Research