NIH Biographical Sketch

OMB No. 0925-0001 and 0925-0002 (Rev. 10/2021 Approved Through 01/31/2026)

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.\
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NAME: Patrick E. McKnight

eRA COMMONS USER NAME: pmcknight

POSITION TITLE: Associate Professor of Psychology

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable.)

INSTITUTION AND LOCATION	DEGREE	Completion Date MM/YYYY	FIELD OF STUDY
University of Notre Dame, Notre Dame, IN	B.S.	05/1988	Mechanical Engineering
University of Arizona, Tucson, AZ	M.S.	05/1992	Exercise & Sport Sciences
University of Arizona, Tucson, AZ	Ph.D.	08/1997	Clinical Psychology
University of Washington Medical School, Seattle, WA	Internship	06/1999	Clinical Psychology

A. Personal Statement

My research expertise is ideally suited for the topics in the current project. Over the past 25+ years, I have developed methodological expertise that spans missing data analysis, measurement development, program evaluation, and applied statistical methods. My book, *Missing Data: A Gentle Introduction* (Guilford Press, 2007), remains a foundational text used in graduate programs worldwide. Beyond methods, my content expertise includes purpose in life, curiosity, anxiety, depression, and health outcomes across diverse medical populations.

Of direct relevance to the current proposal, I have served as Co-Investigator on multiple NIH-funded grants examining psychological well-being and health outcomes. My collaboration with Dr. Todd Kashdan on the Koch Foundation grant "Distinguishing extraordinarily happy from psychologically flexible people" (2016-2021) demonstrated my ability to contribute meaningfully to multi-method, longitudinal research on optimal human functioning. I am skilled in multilevel modeling, structural

equation modeling, item response theory, and Bayesian methods—all essential for the proposed analyses.

My unique background combining engineering (B.S., Notre Dame), exercise science (M.S., Arizona), and clinical psychology (Ph.D., Arizona) provides an interdisciplinary perspective that strengthens research design and data interpretation. I am committed to rigorous methodology and transparent, reproducible science.

B. Positions, Scientific Appointments, and Honors

Positions and Employment

2008 – Present: Associate Professor, Department of Psychology, George Mason University, Fairfax, VA

2006 – 2008: Assistant Professor, Department of Psychology, George Mason University, Fairfax, VA

2002 – 2006: Research Assistant Professor, Department of Psychology, University of Arizona, Tucson, AZ

1999 – 2001: Health Sciences Specialist, VA Puget Sound Health Care System (CESATE), Seattle, WA

1998 – 1999: Psychology Intern, University of Washington Medical School, Seattle, WA

Other Experience and Professional Memberships

2001 – 2005: Chair, Quantitative Methods Topical Interest Group, American Evaluation Association

1991 – Present: Member, American Evaluation Association

1992 – Present: Member, American Psychological Association

1992 – Present: Member, Association for Psychological Science

Honors

Founding Member, Measurement, Research methodology, Evaluation, and Statistics (MRES) group, GMU

Member, Evaluation Group for the Analysis of Data (EGAD), University of Arizona

C. Contributions to Science

1. **Missing Data Methodology.** I have made foundational contributions to the understanding and handling of missing data in psychological research. My book, *Missing Data: A Gentle Introduction*, provides researchers with practical tools for preventing and addressing missing data. Unlike most texts that focus solely on statistical remediation, my approach emphasizes study design and prevention. This work has been cited over 3,000 times and is used in graduate programs internationally.

   a. McKnight, P.E., McKnight, K.M., Sidani, S., & Figueredo, A.J. (2007). *Missing Data: A Gentle Introduction*. New York: Guilford Press.

b. Figueredo, A.J., McKnight, P.E., McKnight, K.M., & Sidani, S. (2000). Multivariate modeling of missing data within and across assessment waves. *Addiction*, 95(Suppl 3), 361-380.

2. **Measurement and Calibration.** My research on the calibration of psychological measures has influenced how researchers think about the interpretability and meaningfulness of assessment scores. This work, conducted with Lee Sechrest, introduced the concept of calibration to psychotherapy outcome research and provided methods for linking abstract psychological constructs to real-world referents.

   a. Sechrest, L., McKnight, P., & McKnight, K. (1996). Calibration of measures for psychotherapy outcome studies. *American Psychologist*, 51(10), 1065-1071.

   b. McKnight, P.E., & Sechrest, L. (2003). The use and misuse of the term "experience" in contemporary psychology. *Philosophical Psychology*.

3. **Purpose in Life and Well-Being.** My collaborative research with Dr. Todd Kashdan has advanced understanding of purpose in life as a protective factor against psychological distress. We demonstrated that commitment to meaningful goals serves as an antidote to suffering in social anxiety disorder and predicts positive outcomes independent of happiness.

   a. McKnight, P.E., Kashdan, T.B., MacKay, A., Kelso, K., & Gross, M. (in press). Purpose and happiness: A comparison. *Journal of Positive Psychology*.

   b. Kashdan, T.B., & McKnight, P.E. (2013). Commitment to a purpose in life: An antidote to the suffering by individuals with social anxiety disorder. *Emotion*, 13, 1150-1159.

   c. Kashdan, T.B., & McKnight, P.E. (2009). Origins of purpose in life: Refining our understanding of a life well lived. *Psychological Topics*, 18, 303-316.

4. **Curiosity Measurement.** I contributed to the development and validation of multidimensional curiosity measures, including the Five-Dimensional Curiosity Scale. This work has been applied to understanding curiosity in workplace settings and its role in well-being and performance across diverse populations and cultures.

   a. Kashdan, T.B., McKnight, P.E., Kelso, K., Craig, L., & Gross, M. (2025). Enhancing curiosity with a wise intervention to improve political conversations and relationships. *Scientific Reports*.

   b. Kashdan, T.B., Stiksma, M.C., Disabato, D., McKnight, P.E., et al. (2018). The five-dimensional curiosity scale: Capturing the bandwidth of curiosity and identifying four unique subgroups of curious people. *Journal of Research in Personality*, 73, 130-149.

   c. Kashdan, T.B., Goodman, F.R., Disabato, D.J., McKnight, P.E., Kelso, K., & Naughton, C. (2020). Curiosity has comprehensive benefits in the workplace. *Personality and Individual Differences*, 155, 109717.

D. Additional Information: Research Support and/or Scholastic Performance

Ongoing Research Support

None currently

Completed Research Support

Koch Foundation (PI: Kashdan) | 2016-2021 "Distinguishing extraordinarily happy from psychologically flexible people: A multi-method study of optimal human functioning" Role: Co-Investigator

Australian Research Council (Multi-PI) | 2014-2018 "Identifying the biopsychosocial factors promoting healthy, productive, and fulfilling transitions from high school" Role: Co-Investigator

NIH R01 (PI: [Multiple]) | 2016-2021 "Prospective determination of neurobehavioral risk for the development of emotion disorders" Role: Co-Investigator

NIAMS | 2003-2007 "Multidimensional Intervention in Osteoarthritis" Role: Co-Investigator | Total: $2,630,000

Arthritis Foundation Clinical Science Grant | 2002-2006 "Positive Mental Health and Outcomes in Osteoarthritis" Role: Co-Investigator | Total: $313,500