Michelle R. vanDellen
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EDUCATION

2008	Duke University, Ph.D., Social Psychology
2004	University of Kentucky, M.S., Experimental Psychology
2002	Asbury University, B.A., with honors

EMPLOYMENT

2024-	George Kaiser Family Foundation Chair, Clinical Translational Science, Stephenson Cancer Center
2024-	Professor, Department of Health Promotion Sciences, University of Oklahoma Health Sciences Center
2023-2024	Professor, Department of Psychology, University of Georgia
2023-2024	Chair, Behavioral and Brain Sciences Area, Department of Psychology, University of Georgia
2018- 2023	Associate Professor, Department of Psychology, University of Georgia
2012 –2018	Assistant Professor, Department of Psychology, University of Georgia
2011– 2012	Research Scientist, Social Science Research Institute, Duke University
2008– 2011	Franklin Postdoctoral Fellow and Visiting Assistant Professor, University of Georgia

ACTIVE FUNDING

2026 “Reset Challenge: Reducing High-Risk Drinking for Cancer Prevention” Presbyterian Health Foundation. Total: $75,000. Role: Co-Investigator (2% Effort)

2025- 2027 “Can smoking cessation improve physiological markers of chronic pain risk in Native American smokers?: A pilot feasibility study” TSET HPRC Seed Grant. Total: $100,000. Role: Co-Investigator (2% Effort)

2025 – 2026 “Enhancing Social Support in a Cessation Intervention for Adults with Mental Health Conditions Who Smoke” ACS-IRG Pilot Grant. Total: $60,000. Role: Co-Investigator (10% Effort)

2023 – 2028 “Randomized Controlled Trial of Dyadic Financial Incentive Treatment for Dual Smoker Couples: Evaluation of Efficacy, Mechanisms, and Cost Effectiveness.” National Cancer Institute (National Institutes of Health) R01CA276594. Total: $2,920,773. Role: Principal Investigator (33% Effort)

PAST FUNDING

2024 – 2025 “Examining Heterogeneity in Smoking Behavior and Cessation Motivation in Sexual and Gender Minority Couples” Administrative Supplement to “Randomized Controlled Trial of Dyadic

Financial Incentive Treatment for Dual Smoker Couples: Evaluation of Efficacy, Mechanisms, and Cost Effectiveness." 3R01CA276594-02S1 Total: $95,486. Role: Principal Investigator (8% Effort)

2020-2023 "Testing Financial Incentive Interventions in Dyadic-Smoker Couples." National Cancer Institute (National Institutes of Health) R21CA241570 Total: $381,534. Role: Principal Investigator (25% effort)

2019-2021 "Effects of Sweet Taste Perception and Obesity on Pre-Ingestive Behaviors: Implications for Appetite" Owens Institute for Behavioral Research. Total: $10,000. Role: Co-Investigator

2018-2020 "Feasibility and Tolerability of a Dyadic Financial Incentive Treatment Among Dual Smoker Couples." Owens Institute for Behavioral Research. Total: $9,720. Role: Principal Investigator

2017-2020 "Project CHAMPS: Couples Healthfully Aging as Movement Partners Study" Owens Institute for Behavioral Research. Total: $10,000. Role: Co-Investigator.

2017-2018 "Examining Participation and Retention in Recreational Sports Ramsey Fitness Classes using an Interpersonal Self-Regulation Framework." University of Georgia Student Affairs Faculty Research Grant. Total: $4,823. Role: Principal Investigator

2016 "Why Can't We Be Sustainable Later?" University of Georgia Campus Sustainability Grant Program. Total $4,670. Role: Co-Principal Investigator

2015-2016 "Lunchroom Table Talkers Talk School Students into Eating Fruits and Vegetables." Cornell Behavioral Economics in Child Nutrition Center. Total: $40,000. Role: Co-Investigator

2015 "Understanding Smoking Cessation in Dual-Smoker Couples" Owens Institute for Behavioral Research. Total: $5,000. Role: Principal Investigator

2013 "Goal Pursuit for Self and Others" UGA Provost Summer Funding Award. Total: $4,000. Role: Principal Investigator

PEER-REVIEWED PUBLICATIONS

Names in Italics Represent Mentored Graduate or Undergraduate Students

87. *Andrade, F. C.,* Shen, Y., MacKillop, J. M., Beach, S. R. H., & **vanDellen, M. R.** (in press). Dyadic patterns of abstinence from smoking in dual-smoking couples enrolled in a pilot randomized clinical trial. *Health Psychology.*

86. Nagawa, C. S., Fangzhi, L., Shen, Y., MacKillop, J. M., Beach, S. R. H., & **vanDellen, M. R.** (2025) Characterizing the impact of dyadic motivations to quit on cessation outcomes in dual-smoking couples. *Tobacco Use Insights, 18,* 1-12.

85. Philibert, R., Beach, S.R.H., **vanDellen, M.R.,** Mills, J.A., & Long, J.D. (2025). The effect of clinical factors on the reversion of Cg05575921 methylation in smoking cessation. *Epigenomes, 9, 12*.

84. vanDellen, M. R., *Bales, E., Hampton, B. M., Jain, E.,* Shen, Y., Jayawardhana, J., Beach, S. R. H., Chinchilla, A. H., & MacKillop, K. M. (2025). Evaluating partner involved financial incentive treatments for smoking cessation in dual-smoker couples: A randomized controlled trial protocol. *Contemporary Clinical Trials*, *158,* 108076.

83. vanDellen, M.R., *Schiavone, M.R., Wright, J.W.C., Bornstein, J.X.* (2025). When what is beautiful is not good: The role of trait self-control in resisting eye candy. *Personality and Social Psychology Bulletin, 51,* 1776-1792.

82. vanDellen, M.R., *Wright, J. W. C.,* Finkel, E. J., Fitzsimons, G. M., & Hall, A. (2025). Goal allocation in transactive systems: Laboratory evidence of spontaneous and efficient allocation. *Frontiers in Social Psychology*, 3.

81. vanDellen, M.R., *Wright, J.W.C., Hampton, B.M.,* Ranby, K.W., Beach, S.R.H., Shen, Y., & MacKillop, J.M. (2025). Mechanisms of change in a randomized control pilot study of partner-involved financial incentive treatments for dual-smoking couples. *Health Psychology, 44,* 983-992

80. Wollast, R. and the PsyCorona team, including **vanDellen, M.R.** (2025). Gender inequality and cultural values in explaining gender differences in positive and negative emotions: A comparison of 24 countries during the COVID-19 pandemic. *Current Psychology. 44,* 7584-7602.

79. Zúñiga, C., Agostini, M., Louis, W. R., Lemay Jr., E. P., Bélanger, J. J., Gützkow, B., Jeronimus, B. F., Kreienkamp, J., **vanDellen, M.R.,** Abakoumkin, G., Khaiyom, J., H. A., Ahmedi, V., Akkas, H., Almenara, C. A., Atta, M., Bagci, S. C., Basel, S., Berishka Kida, E., Bernardo, A. B. I., ... Leander, N. P. (2024) Prosociality during COVID-19: Pathways through affect, financial stress, well-being, and collective disempowerment across 39 countries. *Universitas Psychologica, 23*, 1-21. https://doi.org/10.11144/Javeriana.upsy23.pdcp

78. Cogan, B. C., Mance, S. A., **vanDellen, M.R,** Paton, C. M, & Cooper, J. A. (2024) Sucralose mouth rinse enhances cephalic phase insulin release. *American Journal of Health Behavior, 3,* 851-863.

77. Fisher, A., N., Ryan, M. K., Liao, Y., Mikolajczak, G., Riedijk, L., and the PsyCorona team, including **vanDellen, M.R**. (2024). The precarity of progress: Implications of a shifting gendered devision of labor for relationships and well-being as a function of country-level gender equality. *Sex Roles, 90,* 642-658.

76. Haas, B. W., **vanDellen, M. R, &** *Cochran, R. N.* (2024) Implicit theories about the reasons why personality traits change and their implications. *International Journal of Psychology, 59,* 632-636.

75. vanDellen, M.R., *Wright, J. W. C.,* Zhao, B., *Cullinan, C.,* Beach, S. R. H., Shen, Y., *Haskins, L. B., Schiavone, W. M.,* & MacKillop, J. M. (2024). Partner-involved financial incentives for smoking cessation in dual smoker couples: A randomized pilot trial. *Nicotine & Tobacco Research, 26,* 229-236.

74. Abakoumkin, G., Tseliou, E., McCabe, K. O., Lemay, E. O., Stroebe, W., Agostini, M., Belanger, J. J., Gutzkow, B., Kreienkamp, J., Kutlaca, M., **vanDellen, M. R.,** & the PsyCorona team. (2023). Conceptual replication and extension of health behavior theories' predictions in the context of COVID-19: Evidence across countries and over time. *Social and Personality Psychology Compass, 2*.

73. Delose, J. E. & **vanDellen, M. R.** (2023). The role of temporal distance on forecasting the difficulty of goal pursuits. *The Journal of Social Psychology, 163,* 19-38.

72. Douglas, K. M., Sutton, R. M., Van Lissa, C. J., Stroebe, W., Kreienkamp, J., Agostini, M., Belanger, J. J., Gutzkow, B., & the PsyCorona team, including **vanDellen, M. R.** Identifying important individual- and country-level predictors of conspiracy theorizing: A machine learning analysis. *European Journal of Social Psychology, 53,* 1191-1203.

71. Enea, V., Eisenbeck, N., Carreno, D. F., Douglas, K. M., Sutton, R. M., Agostini, M., and the PsyCorona team, including **vanDellen, M.R**. (in press). Intentions to be vaccinated against COVID-19: The role of prosociality and conspiracy beliefs across 20 countries. *Health Communication, 38,* 1530-1539.

70. Han, Q., Zheng, B., and the PsyCorona team, including **vanDellen, M.R**. (2023). Impact of national pandemic lockdowns on perceived threat of immigrants: A natural quasi-experiment across 23 countries. *Social Psychological and Personality Science*, 14, 796-807.

69. Lemay, E. P., Kruglanski, A. W., Molinario, E and the PsyCorona team, including **vanDellen, M.R**. (2023). The role of values in coping with health and economic threats of COVID-19. *The Journal of Social Psychology, 6,* 755-772.

68. Schiavone, W., **vanDellen, M. R.,** *Knight, A., & Cullinan, C.* (2023). Treat yourself: Both positive and negative affect can provide justifications for self-regulatory indulgence. *Self and Identity, 23,* 932-949.

67. Westgate, E., C., Buttrick, N. R., Lin, Y., and the PsyCorona team, including **vanDellen, M.R**. (2023). Pandemic boredom: Little evidence that lockdown-related boredom affects risky public health behaviors across 116 countries. *Emotion, 23,* 2370-2384.

66. Haskins, L. B., Payne, C. A., Schiavone, W. M., Beach, S. R. H., MacKillop, J., & **vanDellen, M. R.** (2022). Feasibility, tolerability, and potential advantages of a dyadic financial incentive treatment for smoking cessation among dual-smoker couples: A pilot study. *Experimental and Clinical Psychopharmacology, 30,* 1001-1007.

65. Keng, S. L., Stanton, M. V., *Haskins, L. B.,* Almenara, C. A., Ickovics, J., Jones, A., and the PsyCorona team, including **vanDellen, M.R**. (2022). COVID-19 stressors and health behaviors: A multilevel longitudinal study across 86 countries. *Preventive Medicine Reports*, *27*, 101764.

64. Mula, S., Di Santo, D., Resta, E., Bakhtiari, F., Baldner, C., Molinario, E., .**vanDellen, M. R.** . . Leander, N. P. (2022). Concern with COVID-19 pandemic threat and attitudes towards immigrants: The mediating effect of the desire for tightness. *Current Research Ecological Social Psychology*, *3*, 100028.

63. Schumpe, B. M., Van Lissa, C. J., Bélanger, J. J., Ruggeri, K., Mierau, J., Nisa, C. F., and the PsyCorona team, including **vanDellen, M.R**. (2023) Predictors of adherence to public health behaviors for fighting COVID-19 derived from longitudinal data.. *Scientific Reports*, *12*(1), 3824

62. vanBreen, J. A., Kutlaca, M., Koc, Y., Jeronimus, B. F and the PsyCorona team, including **vanDellen, M.R**. (2022) Lockdown lives: A longitudinal study of inter-relationships among feelings of loneliness, social contacts, and solidarity during the COVID-19 lockdown in early 2020. *Personality and Social Psychology Bulletin*, *48,* 1315-1330.

61. Van Lissa*, C. J., Stroebe*, W. S., **vanDellen*, M. R.,** Leander*, N. P et al (2022). Early indicators of COVID-19 infection prevention behaviors: Machine learning identifies psychological and country-level factors. *Patterns.* *Shared lead authorship

60. Bhutani, S., **vanDellen, M. R.,** & Cooper, J. A. (2021). Self-reported changes in energy balance behaviors during COVID-19 related home confinement: A cross-sectional study. *American Journal of Health Behavior, 45,* 756-770.

59. Bhutani, S., **vanDellen, M. R.,** *Haskins, L. B., &* Cooper, J. A. (2021). Energy balance-related behavior risk pattern and its correlates during COVID-19 related home confinement. *Frontiers in Nutrition.*

58. Cochran, R. N., Haas, B. W., & **vanDellen, M. R.** (2021). How did I get here? Individual differences in perceived retrospective personality change. *Journal of Research in Personality*, *90.*

57. Cooper, J. A., Bhutani, S., & **vanDellen, M. R.,** (2021). Self-weighing practices and associated health behaviors during COVID-19. *American Journal of Health Behavior, 45,* 17-30*.*

56. Corallo, K. L., Lyle, S., M., Murphy, M. L., **vanDellen, M. R.,** & Ehrlich, K. B. (2021). Recalled neighborhood environments, parental control, and cytokine-mediated response to viral inoculation. *Psychosomatic Medicine, 83,* 843-851.

55. Haskins, L. B., **vanDellen, M. R.,** Lipkus, I. M., Toll, B. A., & Lewis, M. A. (2021). Assessing multiple features of partner support for smoking cessation in dual-smoker couples. *Journal of Health Psychology, 10,* 1561-1574.

54. Nisa, C. F., Belanger, J. J., Faller, D. G., Buttrick, N. R and the PsyCorona team, including **vanDellen, M.R**. (2021). Lives versus livelihood? Perceived economic risk has a stronger association with support for COVID-19 preventive measures than perceived health risk. *Scientific Reports*.

53. Romano, A., Spadaro, G., Balliet, D., Joireman, J., Van Lissa, C., and the PsyCorona team, including **vanDellen, M.R**. (2021). Cooperation and trust across societies during the COVID-19 pandemic. *Journal of Cross-Cultural Psychology, 52,* 622-642.

52. Smith, R., K., **vanDellen, M. R.,** & *Ton, L. N.* (2021). Makeup who you are: Self-expressing enhances the perceived authenticity and public promotion of beauty work. *Journal of Consumer Research, 48,* 102-122.

51. Stroebe, W*., **vanDellen, M. R.*,** Abakoumkin, G., Lemay, E. P., *Schiavone, W. M.,* .....(2021). Politicization of COVID-19 health-protective behaviors in the United States: Longitudinal and cross-national evidence. *PLOS One.* *Shared lead authorship

50. Vohs, K. D., Schmeichel, B. J., Lohmann, S., Gronau, Q. F., Finley, A. J... **vanDellen, M. R.,** ... (2021). A multi-site preregistered paradigmatic test of the ego depletion effect. *Psychological Science, 32,* 1566-1581. *Recipient of Commendation from the Society for the Improvement of Psychological Science

49. Haas, B., & **vanDellen, M. R.** (2020). Culture is associated with the experience of long-term self-concept changes. *Social Psychological and Personality Science, 11,* 1047-1056.

48. Levitt, E., Oshri, A., Clifton, A., Stout, R., Costello, J., **vanDellen, M. R.,** Kelly, J., & MacKillop, J. (2020). Psychometric validation of the Brief Alcohol Social Density Assessment (BASDA) in an adult community sample. *Alcoholism: Clinical and Experimental Research, 44*, 212-218.

47. Lynch, B. P. & **vanDellen, M. R.** (2020). A multi-motive framework for predicting variability in self-enhancement. *Social and Personality Psychology Compass,* e12561.

46. Rajbhandari-Thapa, J., **vanDellen, M. R.,** Just, D., & Panda, S. (2020). Fun facts about fruits and vegetables can improve consumption. *Journal of Child Nutrition & Management, 44.*

45. Cochran, R. N., **vanDellen, M. R.,** & Haas, B. W. (2019). The cost of sociability: Extraversion is negatively associated with reading other people's personality characteristics. *Personality and Individual Differences, 142,* 139-144.

44. Ehrlich, K. B., **vanDellen, M. R.,** Felton, J. W., Lejuez, C. W., & Cassidy, J. (2019). Perceptions about marital conflict: Individual, dyadic, and family level effects. *Journal of Social and Personal Relationship, 36,* 3537-3553.

43. Haskins, L. B., & **vanDellen, M. R.** (2019). Self-regulation as relating to one's ideal possible self. *Social and Personality Psychology Compass.*

42. Houston, M., **vanDellen, M. R.,** & Cooper, J. A. (2019). Self-weighing frequency and its relationship with health measures. *American Journal of Health Behavior, 43,* 975-993.

41. Kaviani, S. **vanDellen, M. R.,** & Cooper, J. (2019). Daily self-weighing to prevent holiday-associated weight gain in adults. *Obesity, 27,* 908-916. ***Paper Awarded Editor's Choice***

40. Loucks, L. A., **vanDellen, M. R.,** & Shaffer, A. (2019). Childhood maltreatment and psychological aggression in young adult dating relationships: The moderating role of emotion communication. *Journal of Social and Personal Relationships, 36,* 289-304.

39. Lynch, B. P., Meisel, M. K., Campbell, W. K., & **vanDellen, M. R.** (2019). Promotion by others through social networks. *Self & Identity, 6,* 631-649.

38. vanDellen, M. R. (2019). Health behavior change in transactive systems. *Social and Personality Psychology Compass, 13* (11), e12505.

37. vanDellen, M. R., Lewis, M. A., Toll, B. A., & Lipkus, I. M. (2019). Do couple-focused cessation messages increase motivation to quit among dual-smoker couples? *Journal of Smoking Cessation*, *14,* 95-103.

36. vanDellen, M. R., Rajbhandari-Thapa, J., & Sevilla, J. (2019). Does serving vegetables in partitioned portions promote vegetable consumption? *Food Quality and Preference, 78,* 103750.

35. Bornstein, J. X., **vanDellen, M. R.,** & Shaffer, A. (2017). Trait self-control and communication: An Actor-Partner Interdependence Model approach. *Personality and Individual Differences, 106,* 222-225.

34. Gutierrez-Colina, A., Lee, J., **vanDellen, M. R.,** & Mertens, A., & Marchak, J. G. (2017). Family functioning and depressive symptoms in adolescents and young adult cancer survivors and their families: A dyadic analytic approach. *Journal of Pediatric Psychology*, *42,* 19-27.

33. Hammond, B.R. and **vanDellen M. R.** (2017). The effects of intraocular lens implant type on mood. A response to Zambrowski et al. *Aging and Mental Health: 1-2.*

32. vanDellen, M. R, *Boyd, S. M.,* Ranby, K. W., *Beam, L. B.* (2017). Successes and failures in resisting cigarettes affect partner support for smoking cessation. *Psychology & Health, 32,* 221-233.

31. vanDellen, M. R., *Meisel, M. K., & Lynch, B. P.* (2017). Dynamics of self-control in egocentric social networks. *Personality and Individual Differences, 106,* 196-202.

30. VanderBroek-Stice, L., Stojek, M. K., Beach, S. R. H., **vanDellen, M. R.,** & MacKillop, J. (2017). Multidimensional assessment of impulsivity in relation to obesity and food addiction. *Appetite, 112,* 59-68.

29. Hagger, M. S., Chatzisarantis, N. L. D., Alberts, H., Anggono, C. O., Batailler, C., Birt, A., ... *Lynch, B. P.,* **vanDellen, M.,...** Zwienenberg, M. (2016). A multi-lab pre-registered replication of the ego-depletion effect. *Perspectives on Psychological Science, 11,* 546-573.

28. Laurin, K., Fitzsimons, G. M., Finkel, E. J., Carswell, K., **vanDellen, M. R.,** Hofmann, W., Lambert, N. M., Eastwick, P. W., Fincham, F. D., & Brown, O. C. (2016). Power and the pursuit of a partner's goals. *Journal of Personality and Social Psychology, 110,* 940-868.

27. Leander, N. P., **vanDellen, M. R.,** Fitzsimons, G. J., Chartrand, T. L., & Rachl, J. (2016). Is freedom contagious? A self-regulatory model of reactance motivation and sensitivity to deviant peers. *Motivation Science, 2,* 256-267.

26. Maples-Keller, J., Berke, D., Miller, J. D., **vanDellen, M. R.** (2106). Ego depletion and conscientiousness as predictors of behavioral disinhibition: A laboratory examination. *Personality and Individual Differences*, *98,* 6-10.

25. **vanDellen, M. R.,** *Boyd, S. M.,* Ranby, K. W., MacKillop, J., & Lipkus, I. (2016). Willingness to support partner's smoking cessation: A study of partners of smokers. *Journal of Health Psychology. 21,* 1840-1849.

24. **vanDellen, M. R.,** Isherwood, J. C., & *Delose, J. E.* (2016). How do people define moderation? *Appetite, 101*, 156-162.

23. Craddock, E. B., **vanDellen, M. R.,** Novak, S., & Ranby, K. W. (2015) Influence in relationships: A meta-analytic review of health-related social control. *Basic and Applied Social Psychology, 37,* 118-130.

22. Delose, J. E., **vanDellen, M. R.,** & Hoyle, R. H. (2015). First on the list: Effective self-regulators prioritize exercising when it is a difficult goal pursuit. *Self and Identity*, *14,* 271-289.

21. Fitzsimons, G. M., Finkel, E. J., & **vanDellen, M. R.** (2015). Transactive goal dynamics. *Psychological Review, 122,* 648-673. ***Recipient of the 2016 Daniel M. Wegner Theoretical Innovation Prize and the 2018 George A. Miller Award for an Outstanding Recent Article on General Psychology**

20. Koval, C., **vanDellen, M. R.,** Ranby, K., & Fitzsimons, G. M. (2015). The burden of responsibility: The interpersonal costs of having high self-control. *Journal of Personality and Social Psychology, 108,* 750-766.

19. Lamkin, J., Campbell, W. K., **vanDellen, M.R.,** & Miller, J. (2015). An exploration of grandiose and vulnerable narcissism in romantic relationships: Homophily, partner characteristics, and adjustment. *Personality and Individual Differences, 79,* 166-171.

18. **vanDellen, M. R**., Shah, J. Y., Leander, N. P., *Delose, J. E.*, & *Bornstein, J. X.* (2015). In good company: Managing interpersonal resources that support self-regulation. *Personality and Social Psychology Bulletin*, *41,* 869-882.

17. **vanDellen, M. R.,** Shea, C. T., Davisson, E. K., *Koval, C.*, & Fitzsimons, G. M. (2014). Motivated misperception: Self-regulatory resources affect goal appraisals. *Journal of Experimental Social Psychology, 53,* 118-124.

16. **vanDellen, M. R**., & Campbell, W. K. (2014). Climbing Mount Me. *Psychological Inquiry.*

15. **vanDellen, M. R**., *Sanders, M.A*., & Fitzsimons, G.M. (2012). When local processing increases the appeal of healthy options. *Journal of Experimental Social Psychology, 48,* 1100-1105.

14. Burgin, C.J., Sanders, M.A., **vanDellen, M. R**, & Martin, L.L. (2012). Breaking apart the typical mortality salience manipulation: Two questions, two outcomes. *European Journal of Social Psychology, 42,* 521-532.

13. Byars, H., Jordan, K., Brock, N., & **vanDellen, M. R.** (2012). Implicit and explicit attitudes and preference for interracial dating. *Journal of Interpersonal Relations, Intergroup Relations and Identity, 5,* 60-67.

12. Glennie, E.J., Bonneau, K., **vanDellen, M. R.,** & Dodge, K.A. (2012). Addition by subtraction: The relation between dropout rates and school-level academic achievement. *Teachers College Record, 114*.

11. vanDellen, M. R., Hoyle, R.H., & *Miller, R.* (2012). The regulatory easy street: Self-regulation below the self-control threshold does not consume regulatory resources. *Personality and Individual Differences, 52,* 898-902.

10. vanDellen, M. R., Knowles, M. L., Krusemark, E., *Sabet, R. F.,* Campbell, W.K., McDowell, J.E., & Clementz, B.A. (2012). Trait self-esteem moderates decreases in self-control following rejection: An information processing account. *European Journal of Personality, 26,* 123-132.

9. Boals, A., **vanDellen, M. R.,** & Banks, J.B. (2011). The relationships between self-control and mental and physical health: The mediating effects of avoidant coping. *Psychology and Health, 26,* 1049-1062.

8. Smart Richman, L., **vanDellen, M. R.,** & Wood, W. (2011). How women cope: Being a numerical minority in a male-dominated profession. *Journal of Social Issues, 67,* 492-509.

7. vanDellen, M. R., & *Baker, E.* (2011). The implicit delegation model: Joint self-control in close relationships. *Social Psychological and Personality Science, 2,* 277-283.

6. vanDellen, M. R., Campbell, W. K., Hoyle, R. H., & Bradfield, E. K. (2011). Compensating, resisting, and breaking: A meta-analytical investigation of reactions to threat. *Personality and Social Psychology Review*, *15,* 51-74.

5. vanDellen, M. R., Hoy, M.B., Hoyle, R. H., & *Fernandez, K.C* . (2011). Academic-contingent self-worth and the social monitoring system. *Personality and Individual Differences, 50,* 59-63.

4. vanDellen, M. R., & Hoyle, R.H. (2010). Regulatory accessibility and social influences on state self-control. *Personality and Social Psychology Bulletin*, *36*, 251-263.

3. vanDellen, M. R., Hoy, M. B., & Hoyle, R.H. (2009). Contingent self-worth and social information processing: Cognitive associations between domain performance and social relations. *Social Cognition, 27*, 847–866.

2. vanDellen, M. R. & Hoyle, R.H. (2008). Possible selves as behavioral standards in self-regulation. *Self and Identity*, 7, 295-304.

1. Hoyle, R.H., & **Sherrill, M. R**. (2006). Future orientation in the self-system: Possible selves, self-regulation, and behavior. *Journal of Personality, 74*, 1673-1696

CHAPTERS

vanDellen, M. R., *Beam, L. B.,* & Fitzsimons, G. M. (2017). How self-control promotes health through relationships. In K. Fujita., & D. deRidder (Eds.) *Handbook of Self-Control in Health and Well-Being*.

Finkel, E. J., & Fitzsimons, G. M., & **vanDellen, M. R.** (2016). Self-regulation as a transactive process: Reconceptualizing the unit of analysis for goal setting, pursuit, and outcomes. In K. D. Vohs, & R. F. Baumeister (Eds.), Handbook of self-regulation (3rd edition; pp 264-282). New York: Guilford.

Fitzsimons, G. M., & **vanDellen, M. R.** (2015). Relationship Goals. In Simpson, J. A., & Dovidio, J. F. (Eds.), Handbook of personality and social psychology: Interpersonal relations and group processes. Washington, DC: American Psychological Association.

vanDellen, M. R., Allen, A.B., & Campbell, W.K. (2013). Self-esteem, narcissism, and self-compassion: Individual differences in reacting to social exclusion. In C. N. DeWall (Ed.). *Oxford Handbook of Social Exclusion.*

vanDellen, M. R., Bradfield, E.K., Hoyle, R.H. (2010). Self-regulation of state self-esteem following threat: Moderation by trait self-esteem (pp.430-446). In R. H. Hoyle (Ed.). *Handbook of self-regulation and personality*. Malden, MA: Blackwell Publishing.

Sherrill, M. R. (2008). Self-control. In W. A. Darity (Ed.). *International encyclopedia of the social sciences* (2nd ed., Vol 7., pp. 402-404). Detroit: Macmillan Reference. Also in same set of volumes: Self-discrepancy theory (Vol. 7, pp. 393), Ought self (Vol. 5, pp. 85), Self guides (Vol. 7, pp. 415-416), Self-schemata (Vol 7, pp. 428-429).

Dodge, K.A., & Sherrill, M. R. (2007). The interaction of nature and nurture in antisocial behavior. In Flannery, D., Vazonsyi, A. & Waldman, I. *The Cambridge Handbook of Violent Behavior and Aggression.* New York: Cambridge University Press.

Dodge, K.A., & **Sherrill, M. R.** (2006). Deviant peer group effects in youth mental health interventions. In Dodge, K., Dishion, T., & Lansford, J. *Deviant Peer Influences in Programs for Youth*. New York: Guilford Press.

OTHER EXTERNAL GRANT ACTIVITY

National Cancer Institute (R01 under review) "Love Support, and Smoke-Free Futures: How Relationships Influence Smoking Cessation." Role: Principal Investigator (Scored at 26th percentile first submission, resubmission under review) 35% Effort

National Institute of Drug Abuse (unfunded). "A Combination of Digital Medicine with Precision Epigenetic for Enhancing Contingency Management Moderated Smoking Cessation in African Americans". Role: Co-Investigator

National Institute of Drug Abuse (unfunded). "An integrated digital app and carbon monoxide/DNA methylation assay system for smoking cessation". Role: Co-Investigator

National Cancer Institute (scored, unfunded). "A process based investigation of quitting support across dual and single-smoker couples." Role: Principal Investigator

National Institutes of Health (unfunded). "CORE-C: Multi-Level Intervention to Prevent Type 2 Diabetes among Minority Adolescent Males" Role: Co-Investigator

National Institutes of Health (unfunded). "Using daily self-weighing for the prevention of holiday related weight gain." Role: Co-Investigator

National Cancer Institute (unfunded, scored at 15th percentile). "Leveraging Innovations in Dyadic Science to Understand Smoking Cessation in Dual-Smoker Couples." Role: Principal Investigator.

National Cancer Institute (unfunded). "Improving Outcomes of Smoking Cessation in Dual-Smoker Couples by Understanding Smoking Concordance." Role: Principal Investigator.

National Cancer Institute (scored, unfunded). "Leveraging Innovations in Dyadic Science to Understand Smoking Cessation in Dual-Smoker Couples." Role: Principal Investigator.

National Cancer Institute (unfunded). "Impact of Relationship Partner's Smoking History on Smoking Cessation." Role: Co-investigator.

The Templeton Foundation (finalist, unfunded). "Measuring Self-regulatory Components of Virtue." Role: Principal Investigator

National Cancer Institute (unfunded) "Dyadic Processes of Smoking in Dual-Smoker Couples," Role: Principal Investigator.

The Psychology of Gratitude (finalist, unfunded), "Gratitude as Inspiration," Role: Co-investigator.

INVITED TALKS

2024	University of Zurich, University of Oklahoma
2023	University of Florida
2019	University of California, Merced; Emory University
2017	University of Maine
2016	North Carolina State University, University of North Carolina at Asheville
2015	University of Colorado Denver, University of North Carolina at Chapel Hill
2014	University of Groningen, Free University of Amsterdam, University of Amsterdam, Midwestern Psychological Association
2012	University of North Carolina at Greensboro
2011	Duke University

PROFESSIONAL APPOINTMENTS AND AFFILIATIONS

2020-2024	Fellow, Owens Institute for Behavioral Research, University of Georgia
2019–2024	Advisory Board, UGA Obesity Initiative
2015–2020	Affiliate, Owens Institute for Behavioral Research, University of Georgia
2013– 2024	Affiliate, UGA Obesity Initiative

FELLOWSHIPS AND AWARDS

Fellow, Society for Personality & Social Psychology, 2023
George A Miller Award for Outstanding Paper on General Psychology, American Psychological Association, 2018
Daniel M. Wegner Theoretical Innovation Prize, Society for Personality and Social Psychology 2016

Charles B. Knapp Early Career Scholar Award, University of Georgia, 2016
Member, Society of Experimental Social Psychology, 2015-present
Owens Institute for Behavioral Research Mentoring Fellow, 2013-2015
NCI Summer Institute, 2009
Franklin Postdoctoral Fellowship, 2008- 2011
Summer Institute in Social Psychology, 2007
PARISS Fellowship, 2006-2007
Daniel Levitan Fellowship (declined, 2006-2007)
SPSP Student Poster Award, Runner-Up, 2007
APA Student Travel Award, 2005
Daniel Reedy Fellowship, University of Kentucky, 2002-2004
Kentucky Opportunity Fellowship, 2002-2003

TEACHING RECOGNITION

Excellence in Undergraduate Mentoring, Center for Undergraduate Research Opportunities, University of Georgia, 2019
Department Wide Teaching Award, Department of Psychology, 2020
Behavioral and Brain Sciences Teaching Award, Department of Psychology 2016, 2018, 2019
Outstanding Professor of the Year, Student Governance Association, 2015
Franklin College Excellence in Undergraduate Teaching Award Nominee, 2015
Thank-a-Teacher Recognition, UGA Career Center, 2013-2024

TEACHING EXPERIENCE

Graduate Level: Social Psychology, Goals and Self-Regulation, Academic Writing, ANOVA & Regression, Social Comparison, Social Cognition, Sequential Analyses

Undergraduate Level: Social Psychology, Research Laboratory in Social Psychology, Research Analysis, Elementary Psychology, Honors Seminar in General Psychology, Goals & Self-Regulation, Improving Personal Goal Pursuit First Year Odyssey Seminar

Guest Lectures: People as Medicine, Getting into a Psychology PhD program

EXTERNAL SERVICE

Associate Editor *Personality and Social Psychology Bulletin* (2021- present)

Editorial Board *Journal of Personality and Social Psychology, Interpersonal Relationships and Group Processes* (2021 – present), *Self & Identity* (2012- present)

Review Panel *Social Psychology Division, National Science Foundation* (2021- 2024)

Ad Hoc Reviewer

Journals *Addictive Behaviors, American Journal of Preventative Medicine, Annals of Behavioral Medicine, Appetite, Basic and Applied Social Psychology, British Journal of Health Psychology, British Journal of Social Psychology, Current Directions in Psychological Science, European Journal of Social Psychology,*

Human Communication Research, Infant and Child Development, Journal of Applied Psychology, Journal of Experimental Social Psychology, Journal of Medical Internet Research, Journal of Nonverbal Behavior, Journal of Personality, Journal of Personality and Social Psychology, Journal of Research on Adolescence, Journal of Research in Personality, Motivation and Emotion, Motivation Science, Nicotine & Tobacco Research, Personal Relationships, Personality and Individual Differences, Personality and Social Psychology Bulletin, Personality and Social Psychology Review, Psychological Science, Psychology & Health, Self & Identity, Social Psychological and Personality Science; Social Psychology & Personality Compass

Funding Agencies *National Science Foundation, Social Sciences and Humanities Research Council of Canada, Swiss National Science Foundation*

Conference Planning

Program Coordinator, Society for Southeastern Social Psychology, Fall 2019
Program Committee, Society for the Study of Motivation, 2016, 2019
Preconference Chair, Self & Identity Preconference, ISSI & SPSP, 2016-2017
Site Coordinator, Society for Southeastern Social Psychology, Fall 2014

INTERNAL SERVICE

Promotion Review Committee, *Health Promotion Sciences, OUHS,* 2025
REACH-OUT Poster Judge, *OU Tulsa,* 2025
Stephenson Cancer Center Symposium Moderator and Judge, *OUHS,* 2025
Bylaws Committee, *Hudson College of Public Health, OUHS,* 2025- present
HPS Graduate Student Selection Committee, *University of Oklahoma Health Sciences,* 2024-present
HPRC-Tulsa Search Committee, *University of Oklahoma Health Sciences,* 2024-present
Diversity Committee, *Department of Psychology, University of Georgia,* 2021-2022
Franklin Arts & Sciences Dean Search Committee, *University of Georgia*, 2021-2022
Personnel Advisory Committee, UGA Department of Psychology, 2021-2022
Faculty Supervisor, Social Psychology at the University of Georgia (SPUGA), 2012- 2024
First-Year Talk Award Committee, UGA Department of Psychology, 2013, 2015
Graduate Award Selection Committee, UGA Department of Psychology, 2013-2015
Long-Range Planning Committee, UGA Department of Psychology, 2013–2017
Faculty Supervisor, UP at UGA, 2015- 2019
Health Search Committee, UGA Department of Psychology, 2015
Quantitative Curriculum Committee (member/chair), UGA Department of Psychology, 2015-2020/2021-2023)
Research Participant Pool Committee (member/chair), UGA Department of Psychology, 2015-2017/2021- 2024
Robert C. Anderson Memorial Award Review Committee, University of Georgia, 2017-2019
Graduate Student Recruitment Committee (co-chair), UGA Behavioral and Brain Sciences Program, 2017-2024
Social Psychology Search Committee, UGA Department of Psychology, 2017
Diversity Science Search Committee, UGA Department of Psychology, 2018
Data Science Search Committee, UGA Department of Psychology, 2019

EDUCATIONAL SERVICE

Doctoral Dissertation Committees

Sarah Corcoran (OUHSC; expected 2029), Health Promotion Sciences, Member
Brittnee Hampton (University of Georgia; expected 2028), Social Psychology, Chair
Kayla Brown (University of Georgia; expected 2026), Cognitive Psychology, Member
Hayley Svensson (Rutgers University; 2025), Social Psychology, External Member
Julian W.C. Wright (University of Georgia; 2024), Social Psychology, Chair
Bhumi Patel (University of Georgia; 2024), Social Psychology, Member
William Schiavone (University of Georgia; 2022), Social Psychology, Chair
Rachel Salyer, (University of Georgia; 2021), Kinesiology, Member
LeeAnn Beam Haskins (University of Georgia; 2021), Social Psychology, Chair
Jacqueline Newbold (University of Georgia; 2021), Social Psychology, Member
Caroline Jones (University of Georgia; 2021), Comparative Psychology, Member
Janna Dominick Kline (Rutgers University; 2020), Social Psychology, External Member
Robert Cochran (University of Georgia; 2019), Social Psychology, Member
Aspen Robinson (University of Georgia; 2019), I/O Psychology, Member
Christine Sims (University of Georgia; 2019), Accounting, Member
Mary Selden (University of Georgia; 2018), Social Psychology, Member
Bridget Lynch (University of Georgia; 2018), Social Psychology, Chair
Thitapa Shrinapayoon (University of Georgia; 2017), Cognitive Psychology, Member
Julie Delose (University of Georgia; 2017), Social Psychology, Chair
Michael Ricci (University of Georgia; 2017), Accounting, Member
Wyatt Anderson (University of Georgia; 2016), Social Psychology, Member
Eizabeth Hathway (University of Georgia; 2016), Kinesiology, Member
Stephanie Downey (University of Georgia; 2015), I/O Psychology, Member
Joanna Lampkin (University of Georgia; 2015), Clinical Psychology, Member
Matthew Sanders (University of Georgia; 2013), Social Psychology, Member

Comprehensive Exam Committees

Brittnee Hampton (University of Georgia; expected 2026), Chair
Kayla Brown (University of Georgia; 2025), Member
Bhumi Patel (University of Georgia; 2023), Member
Christina Leckfor (University of Georgia; 2023), Member
Julian Wright (University of Georgia; 2023), Chair
William Schiavone (University of Georgia; 2021), Chair
Caroline Jones (University of Georgia; 2018), Member
LeeAnn Beam (University of Georgia; 2018), Chair
Robert Cochran (University of Georgia; 2018), Member
Jacqueline Newbold (University of Georgia; 2017), Member
Christine Sims (University of Georgia; Accounting; 2017), Member
Lauren VanderBroek (University of Georgia; 2016), Member
Thitapa Shrinapayoon (University of Georgia; 2016), Member
Bridget Lynch (University of Georgia; 2015), Chair
Julie Delose (University of Georgia; 2015), Chair
Jessica McCain (University of Georgia; 2015), Member

Wyatt Anderson, (University of Georgia; 2015), Member
Elizabeth Hathaway (University of Georgia; Kinesiology; 2015), Member
Joanna Lampkin, (University of Georgia; 2014) Member

Masters Student Committees

Brittnee Hampton (University of Georgia; 2025, Chair)
Yali Philipson (University of Georgia; 2024, HDFS, Member)
Xiaobin Lou (University of Georgia; 2024, Member)
Daisi Brand (University of Georgia; 2023, Member)
Kayla Brown (University of Georgia; 2023, Member)
Julian Wright (University of Georgia; 2022), Chair
Bhumi Patel (University of Georgia; 2022), Member
Chloe Andre (University of Georgia; 2022), Member
Apoorva Sarmal (University of Georgia; 2022), Chair
Rowena Xia (University of Georgia; 2019), Member
Kelsey Corallo (University of Georgia; 2019), Member
William Schiavone (University of Georgia; 2019), Chair
Megan Houston (University of Georgia; Nutrition; 2019), Member
LeeAnn Beam (University of Georgia; 2017), Chair
Robert Cochran (University of Georgia; 2016), Member
Jacqueline Newbold (University of Georgia; 2016), Member
Lauren VanderBroek (University of Georgia; 2015), Member
Sarah Saint Hamilton (University of Georgia; 2014), Member
Thitapa Shrinapayoon (University of Georgia; 2014), Member
Cyd Eaton (University of Georgia; 2014), Member
Wyatt Anderson (University of Georgia; 2014), Member
Julie Delose (University of Georgia; 2014), Chair
Joanna Lampkin (University of Georgia; 2013), Member

Graduation with Distinction Thesis Committees

Kayla Brown (University of Georgia; May 2025), Chair
Matthew Bazan (University of Georgia; May 2024), Chair
Zhaojie Yan (University of Georgia; May 2024), Chair
Reese Giddens (University of Georgia; May, 2022), Chair
Hailey Maxwell (University of Georgia; December, 2022), Chair
Caleigh Cullinan (University of Georgia; May, 2022), Chair
Adam Lababidi (University of Georgia; May, 2022), Chair
Christiana Payne (University of Georgia; December, 2021), Chair
Abigail Knight (University of Georgia; May, 2021) Chair
Tatum Ramsey (University of Georgia; May, 2021) Chair
Sarena Tseng (University of Georgia; May, 2020), Chair
Emma Morris (University of Georgia; May, 2020), Chair
Molly Chandler (University of Georgia; August, 2019), Chair
Carrie Mauldin (University of Georgia; May, 2019), Chair
Anne Somerville (University of Georgia; May, 2019), Chair
Tanisha Bhavnani (University of Georgia; May, 2019), Chair
Lindsay Burr (University of Georgia; May, 2018), Chair

Mitchell Lee (University of Georgia; December, 2017), Chair
Molly Minnen (University of Georgia; December, 2016), Chair
Jacob Young (University of Georgia; December, 2015), Chair
Sahar Sabet (University of Georgia; May 2015), Chair
Jerica Bornstein, (University of Georgia; December 2014), Chair
Hania Bisit (University of Georgia; May, 2014), Member
Lane Siedor (University of Georgia; December, 2013), Chair
Raha Sabet (University of Georgia; April, 2011), Chair
Katya Fernandez (Duke University; April, 2008), Member
Karen Burns (Duke University; April, 2007), Member
Rebecca Miller (Duke University; April, 2007), Member

SELECT CONFERENCE PRESENTATIONS

Names in Italics Represent Trainees (Undergraduate, Graduate, Postdoctoral, Staff)

Newell Chesebro, S., Glenn, S. D., Russell, M. A., **vanDellen, M. R.,** Turrisi, R. J., & Richards, V. L. (2026, June). Does 'Hangxiety' Predict Same-day Drinking in Risky Drinking Young Adults? Poster submitted to be presented at the 49th annual meeting of the Research Society on Alcohol, San Antonio, TX.

Newell Chesebro, S., Richards, V. L., *Hampton, B. M.*, Beach, S. R., & **vanDellen, M. R**. (2026 June). *Unpacking the Effect of Alcohol Use When Dual-Smoking Couples are Concordant or Discordant on Alcohol Use Risk*. Poster at the College on Problems of Drug Dependence annual meeting, June 13-17, 2026. Portland, Oregon.

Svensson, H., McQuoid, J., Xu, C., **vanDellen, M. R.** (2026, April). *Motivation to quit smoking among sexual and/or gender minoritized adults: Individual, dyadic, and sociodemographic correlates in dual-smoking couples.* Poster presented at the 2026 Society of Behavioral Medicine (SBM) Annual Meeting, Chicago, IL.

McQuoid, J., *Hermes, L., Sipols, C.*, Rubino, L., *Jain, E., Blum, K. T.,* **vanDellen, M. R.** (2026, March). *"Babe, You Said You were Only Going to Smoke This Many": Partners' Attempts to Influence Each Other's Cigarette Smoking and Quit Attempts within Sexual and/or Gender Minoritized Dual-Smoking Couples.* Poster presented at the 2026 Society for Nicotine & Tobacco Research (SRNT) Annual Meeting, Baltimore, MD.

Hampton, B. M. & **vanDellen, M. R.** (2025, November). *"I'll quit tomorrow": Exploring justifications for unhealthy habits*. Poster presented at the Society of Southeastern Social Psychologists Annual Conference, St. Petersburg, FL.

Jain, E., Sanchez, L., Hampton, B., Richards, V., & **vanDellen, M. R.** (2025, November) *Co-Use of Combustible Cigarettes, e-Cigarettes, and Alcohol in Early Stages of a Randomized Clinical Trial for Smoking Cessation in Dual-Smoking Couples.* Poster presented at the Society of Southeastern Social Psychologists (SSSP) Annual Conference. St. Petersburg, FL.

Sanchez, L., Jain, E., Hampton, B., Ranby, K., & **vanDellen, M. R**. (2025, November). *Who Supports Whom? Predictors of Changes in Support for Quitting in Dual-Smoking Couples.* Poster presented at the Society of Southeastern Social Psychologists (SSSP) Annual Conference. St. Petersburg, FL.

vanDellen, M. R., Ranby, K. W., *Wright, J. W. C., & Hampton, B. M.* (2025, March). Mechanisms of change in a randomized control pilot study of partner-involved financial incentive treatments for dual-smoking couples. Poster at Society of Behavioral Medicine. San Francisco, CA.

vanDellen, M.R., *Hampton, B. M., Schiavone, W., Wright, J. C., &* Fitzsimons, G. M. (2025, February). Recipients' self-control hinder support from others. Talk at Society of Personality and Social Psychology, Denver, CO.

Hampton, B. M., & **vanDellen, M. R.** (2025, February). Understanding justifications for self-control failure in close others. Poster presented at the Society for Personality and Social Psychology, Denver CO.

Brown, K. M., Hampton, B., MacKillop, J., Beach, S., Hannings Chinchilla, A., Jayawardhana, J., Shen, Y., & vanDellen, M. R. (2024, November) *Social support and gratitude in dual smoking couples before a quit attempt.* Poster at Society of Southeastern Social Psychologists Conference. Memphis, TN.

Hampton, B. M., **vanDellen, M. R.** (2024, November). *Conflicting social implications of self-control.* Talk presented at the Society of Southeastern Social Psychologists Annual Conference, Memphis, TN.

Jain, E., Adedipe, A., Bales, E., Hampton, B. M., & vanDellen, M. R. (2024, November). *Evaluating Partner-Involved Financial Incentive Treatments for Smoking Cessation in Dual-Smoker Couples: A Randomized Controlled Trial Protocol.* Poster presented at the Society for Southeastern Social Psychologists (SSSP) Annual Conference, Memphis, TN.

Sanchez, L., Looby, S., Hampton, B., & vanDellen, M. R. (2024, November) *Influence of Self-Control on Gratitude, Favor Perception, and Reciprocity in Social Exchanges* [Poster Presentation]. Poster Presented at Society of Southeastern Social Psychologists Annual Conference. Memphis, TN.

Brown, K., Bozbey, D., Bales, E., Wright, J., & vanDellen, M. (2023, November). *Interpersonal licensing in eating and exercise behaviors.* Poster presented at the Society for Southeastern Social Psychologists (SSSP) Annual Conference, Charlotte, NC.

Hampton, B. M. & vanDellen, M. R. (2023, November). *Indulgence justifications and deservingness within romantic couples*. Poster presented at the Society of Southeastern Social Psychologists Annual Conference, Charlotte, NC.

Mauldin, C., Haskins, L.B., Schiavone, W. M., Fitzsimons, G., Finkel, E., **vanDellen, M. R.** (2019, February). *The Role of Perceived Goal Commitment in Support Provision*. Society for Personality and Social Psychologists Conference, Portland, OR.

Mauldin, C., Haskins, L.B., Schiavone, W. M., **vanDellen, M. R.** (2018, October). *Admissions Advice: Does congruent goal behavior affect support provisions?* Society of Southeastern Psychologists (SSSP) Conference, Raleigh, NC.

Somerville, A., & **vanDellen, M. R**. (October, 2018). Favors from low self-control individuals boost recipients' momentary gratitude. Society of Southeastern Social Psychologists (SSSP) Conference. Raleigh, NC.

Bhavnani, T.A., Mallette, C., Strother, A., Haskins, L.B., & **vanDellen, M.R.** (2018, March). *Interpersonal licensing and goal-pursuit failure*. Poster presented at the 19th Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA. *The first three authors share lead authorship on this project.

Haskins, L. B., & **vanDellen, M. R.** (2018, March). *Interpersonal licensing: Justifying a break from goal pursuit.* Poster presented at the Society for Personality and Social Psychology, Atlanta, Georgia.

Lynch, B. P., **vanDellen, M. R**., Jaremka, L., & Fitzsimons, G. (2017, January). *The downshifting hypothesis: How self-efficacy influences social-handicapping.* Poster presented at the Society of Personality and Social Psychology. San Antonio, TX.

vanDellen, M. R., *Lynch, B. P.* (2016, November). *Enhancement utility: A new look at variability in self-enhancement*. Paper presented at the 38th annual meeting of the Southeastern Society of Social Psychology, Asheville, NC.

Finkel, E. J., Fitzsimons, G. M., & **vanDellen, M. R.** (2016, July). *Transactive goal dynamics theory.* Paper presented at the biannual meeting of the International Association of Relationships Research (IARR), Toronto, Canada.

Lynch, B. P., Meisel, M. K., Corbin, S., Campbell, W. K., & **vanDellen, M. R**. (2016, January). *Egocentric Social Networks Afford Self-Esteem.* Poster presented at the Society of Personality and Social Psychology. San Diego, CA.

Carlson, H., Martin, R., Beam, L., Lynch, B., & **vanDellen, M. R.** (2016, January). *Sacrificing personal goal pursuits: Effects of partner entitlement on saving and health goal pursuit.* Poster presented at the Society of Personality and Social Psychology. San Diego, CA.

vanDellen, M. R., Isherwood, J.., *Delose, J.,* Burnette, J. L. (2015, October). Everything in moderation? Reminders to eat in moderation increase food consumption. Talk presented at the 37th annual meeting for the Southeastern Society of Social Psychologists. Winston-Salem, NC.

Delose, J. E., **vanDellen, M. R.,** Johannsen, T., & Leander, N. P. (2015, October). Predicting the difficulty of future self-control: Differences between German and English speakers. Poster presented at the 37th annual meeting for the Southeastern Society of Social Psychologists. Winston-Salem, NC.

Martin, R., Moldoveanu, A., Siebentritt, H., Lynch, B., & **vanDellen, M. R**. (2015) Perceiving Self-Control. Po Poster presented at the 37th annual meeting for the Southeastern Society of Social Psychologists. Winston-Salem, NC.

Sabet, S. & **vanDellen, M. R.** (2015, October). Can people with low self-esteem directly self-enhance? Poster presented at the 37th annual meeting for the Southeastern Society of Social Psychologists. Winston-Salem, NC.

Young, J., & **vanDellen, M. R.** (2015, October). Cognition in the crosshairs. Poster presented at the 37th annual meeting for the Southeastern Society of Social Psychologists. Winston-Salem, NC.

Lynch, B. P., & **vanDellen, M. R.** (2014, October). Outsourcing self-enhancement. Poster presented at the 36th annual meeting for the Southeastern Society of Social Psychologists. Athens GA.

Craddock, E.B., **vanDellen, M.R.,** & Novak, S. (2012, January). To nag or not to nag? A meta-analysis on social control, health, and well-being. Poster presented at the 11th annual meeting for the Society of Personality and Social Psychology, San Diego, CA.

vanDellen, M.R., & Hoyle, R.H. (2012, January). Psychological processes underlying compensation after ego-threat: Threat relevance and resource availability. Talk presented at the 11th annual meeting for the Society of Personality and Social Psychology, San Diego, CA.

Craddock, E.B., vanDellen, M.R., Davisson, E.K., & Hoyle, R.H. (2011, January). Finding a place for self-control: Physical locations facilitate self-control. Poster presented at the 10th annual meeting of the Society of Personality and Social Psychology, San Antonio, TX.

vanDellen, M.R., (2009, November). When the thoughts count: Regulatory accessibility and state self-control. Talk given at the annual meeting of the Southeastern Society of Social Psychology, Ft. Myers, FL.

Baker, E., & vanDellen, M.R. (2009, November). Loafing when your partner needs you the most: Resource depletion in romantic relationships. Poster presented at the annual meeting of the Southeastern Society of Social Psychology, Ft. Myers, FL.

Kaczkowski, W.K., Sabet, R. A., & vanDellen, M.R. (2009, November). The tribe has spoken: Social motivation, social rejection, and self-control. Poster presented at the annual meeting of the Southeastern Society of Social Psychology, Ft. Myers, FL.

vanDellen, M.R., & Hoyle, R. H. (2009, February). Costs and benefits of social environment: Regulatory accessibility and state self-control. Paper presented at the 9th annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

vanDellen, M. R., & Hoyle, R. H. (2008, February). Regulating you is depleting me: Individual costs of others' regulatory efforts. Paper presented at the 8th annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

Fernandez, K., vanDellen, M. R., Hoy, M. B., & Hoyle, R. H. (2007, October). Contingencies of self-worth and the social monitoring system. Paper presented at the annual meeting of the Southeastern Society for Social Psychology, Durham, NC.

Sherrill, M. R., Hoy, M. B., & Hoyle, R. H. (2007, January). Contingencies and sociometers: Can the need to belong explain differences in contingencies? Paper presented at the 7th annual meeting of the Society for Personality and Social Psychology, Memphis, TN.*

*Awarded SPSP Student Poster Award, Runner-Up

Sherrill, M.R. & Hoyle, R. H. (2006, January). Cognitive load is not depleting: An investigation of regulatory resources. Paper presented at the 6th annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.

Sherrill, M. R., & Hoyle, R. H. (2005, January). Who we want to be and what we do about it: The role of possible selves in self-regulation. Paper presented at the 5th annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Sherrill, M. R., & Hoyle, R. H. (2004, January). Perceived belongingness as a motivational aspect of possible selves. Paper presented at the 4th annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Sherrill, M. R., Hoyle, R. H., & Robinson, J. I. (2003, May). Role of possible selves in self-regulation and behavior: Review and synthesis. Paper presented at the 75th Annual Meeting of the Midwestern Psychological Association, Chicago.