

ALIA J. CRUM

Curriculum Vitae
April 2021

Department of Psychology
Stanford University
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EMPLOYMENT

2014-present Assistant Professor
Department of Psychology
Stanford University

EDUCATION

2012-2014 Post-doctoral Fellow
Columbia University

2012 Ph.D., Clinical Psychology
Yale University

2011-2012 Pre-doctoral Fellow
US Department of Veteran Affairs

2005 B.A., Psychology
Harvard University

HONORS AND AWARDS

2020 Early Career Award, *Social Personality Health Network (SPHN)*

2019 Early Career Researcher Award, *International Positive Psychology Association (IPPA)*

2018 Phi Beta Kappa Teaching Award, *Stanford University*

2018 Dean's Award for First Years of Teaching, *Stanford University*

2017 Rising Star Award, *Association for Psychological Science (APS)*

2016 New Innovator Award, *National Institutes of Health (NIH)*

2015 John Philip Coghlan Fellow, *Stanford University*

- 2006 Committee on Undergraduate Education (CUE) Certificate of Distinction in Teaching for “The Psychology of Leadership,” *Harvard University*
- 2006 Graduate Student Research Award, *Association of Behavioral and Cognitive Therapies (ABCT)*
- 2005 The Seymour E. and Ruth B. Harris Prize awarded to the most outstanding senior thesis in the social sciences, *Harvard University*
- 2005 Thomas Temple Hoopes Prize awarded to the most distinguished theses, *Harvard University*
- 2005 Gordon W. Allport Prize, awarded to the top two individuals in the field of psychology, *Harvard University*
- 2004-2005 National Scholar Athlete, Varsity Women’s Ice Hockey, *Harvard University*

FUNDING

- Research Grant, Robert Wood Johnson Foundation. “Capturing Mindsets During COVID-19.” **PI: A. J. Crum** (2020-2021). \$350,000.
- Research Grant, Stanford Catalyst for Collaborative Solutions. “Motivating Mobility and Health on a Global Scale.” PI: S. Delp (2018-2021). \$2,250,000.
- Research Grant, Robert Wood Johnson Foundation. “Harnessing Mindsets to Improve Americans’ Health and Healthcare.” **PI: A. J. Crum** (2018-2019). \$500,000.
- Research Grant, Robert Wood Johnson Foundation. “Exploring the Power of Mind.” **PI: A. J. Crum** (2017-2018). \$275,072.
- Research Grant, Stanford Woods Institute. “Motivating Pro-Environmental Behavior Change Through Ambient Narratives.” PI: J. Landay (2017-2018). \$49,930.
- Research Grant, Spectrum Population Health Sciences. “Living Laboratories in Institutional Food Settings: Building a Research Model to Help Develop Strategies for Improving Healthy Food Choices.” PI: C. Gardner (2017-2018). \$26,000.
- Research Grant, Center for Digital Health. “Harnessing Mindset in Health Technology.” **PI: A. J. Crum** (2017-2018). 110 Apple Watches.
- New Innovator Award, National Institutes of Health. “Harnessing Mindset in 21st Century Healthcare.” **PI: A. J. Crum** (2016-2021). \$2,355,000.
- Research Grant, Foundation for the Science of the Therapeutic Encounter. “The influence of positive and negative expectations and patient-physician relationships on health outcomes in an allergy skin prick test.” **PI: A. J. Crum** (2016). \$5,000.

Research Grant, Foundation for the Science of the Therapeutic Encounter. “Measuring Physiological Reactions to Food Consumption and Aerobic Exercise Under Different Mindsets About Genetic Risk for Obesity.” **PI: A. J. Crum** (2015-2017). \$75,000.

Research Grant, Stanford University, Department of Psychology. “The Influence of Expectations and Doctor-Patient Relationships on Health Outcomes.” **PI: A. J. Crum** (2015-2016). \$8,000.

Research Grant, Robert Wood Johnson Foundation. “Changing Mindsets to Build Cultures of Health.” **PI: A. J. Crum** (2014-2016). \$500,000.

PEER REVIEWED PUBLICATIONS

*Howe, L. C., *Hardebeck, E. J., Eberhardt, J., Markus, H. R., **Crum, A. J.** (in press). Patients’ physical responses to healthcare treatments are influenced by provider race and gender. *PNAS*.

*Leibowitz, K. A., *Howe, L. C., & **Crum A. J.** (2021) Changing mindsets about symptoms. *BMJ Open*. <https://doi.org/10.1136/bmjopen-2020-040134>

Crum, A. J., Jamieson, J. P., & Akinola, M. (2020). Optimizing stress: An integrated intervention for regulating stress responses. *Emotion*, 20(1), 120–125. <https://doi.org/10.1037/emo0000670>

Evers, A. W., Colloca, L., Blease, C., Annoni, M., Atlas, L. Y., Benedetti, F., ... **Crum, A. J.**, ... Kelley, J. M. (2020). How to communicate about placebo and nocebo effects in clinical practice: Expert consensus. *Psychotherapy and Psychosomatics*, Advance online publication. <https://doi.org/10.1159/000510738>

Gruber, J., Mendle, J., Lindquist, K., Schmader, T., Clark, A., ... **Crum, A. J.**, ... Williams, L. (2020). The future of women in psychological science. *Perspectives on Psychological Science*, Advance online publication. <https://10.1177/1745691620952789>

*Heathcote, L. C., *Zion, S. R., & **Crum, A. J.** (2020). Cancer survivorship – Considering mindsets. *JAMA Oncology*, 6(9), 1468-1469. <https://doi:10.1001/jamaoncol.2020.2482>

Rosenberg, G., *Zion, S. R., Shearer, E., Bereknyei Merrell, S., Abadilla, N., Spain, D. A., **Crum, A. J.**, Weiser, T. G. (2020). What constitutes a “successful” recovery? Patient perceptions of the recovery process after a traumatic injury. *Trauma Surgery and Acute Care Open*, 5(1), e000427. <https://doi.org/10.1136/tsaco-2019-000427>

*Smith, E. N., Young, M. D., & **Crum, A. J.** (2020). Stress, mindsets, and success in Navy SEALs Special Warfare Training. *Frontiers in Psychology*, 10, 2962. <https://doi.org/10.3389/fpsyg.2019.02962>

- *Turnwald, B. P., *Anderson, K. G., Jurafsky, D., & **Crum, A. J.** (2020). Five-star prices, tastier healthy item descriptions? Expensive restaurants' descriptive menu language. *Health Psychology, 39*(11), 975-985. <https://doi.org/10.1037/hea0001025>
- *Turnwald, B. P., *Handley-Miner, I. J., *Samuels, N. A., Markus, H. R., & **Crum, A. J.** (2020). Nutritional analysis of foods and beverages depicted in top-grossing US movies, 1994-2018. *JAMA Internal Medicine, e205421*. <https://doi.org/10.1001/jamainternmed.2020.5421>
- Van Bavel, J. J., Baicker, K., Boggio, P. S., Capraro, V., Cichocka, A., Cikara, M., ... **Crum, A. J.**, ... *Zion, S. R., Willer, R. (2020). Using social and behavioural science to support COVID-19 pandemic response. *Nature Human Behaviour, 4*, 460-471. <https://doi.org/10.1038/s41562-020-0884-z>
- *Zahrt, O. H., & **Crum, A. J.** (2020). Effects of physical activity recommendations on mindset, behavior and perceived health. *Preventive Medicine Reports, 17*, 101027. <https://doi.org/10.1016/j.pmedr.2019.101027>
- Conner, A. L., *Boles, D. Z., Markus, H. R., Eberhardt, J. L., & **Crum, A. J.** (2019). Americans' Health Mindsets: Content, Cultural Patterning, and Associations With Physical and Mental Health. *Annals of Behavioral Medicine, 53*(4), 321–332. <https://doi.org/10.1093/abm/kay041>
- *Howe, L. C., *Hardebeck, E. J., *Leibowitz, K. A., & **Crum, A. J.** (2019). Providers' demeanor impacts patient perceptions of visit length. *Journal of General Internal Medicine, 34*(2), 182–183. <https://doi.org/10.1007/s11606-018-4665-6>
- *Howe, L. C., *Leibowitz, K. A., & **Crum, A. J.** (2019). When your doctor “Gets it” and “Gets you”: The critical role of competence and warmth in the patient-provider interaction. *Frontiers in Psychiatry, 10*, 475. <https://doi.org/10.3389/fpsy.2019.00475>
- *Howe, L. C., *Leibowitz, K. A., *Perry, M. A., Bitler, J. M., Block, W., Kaptchuk, T. J., ... **Crum, A. J.** (2019). Changing patient mindsets about non-life-threatening symptoms during oral immunotherapy: A randomized clinical trial. *Journal of Allergy and Clinical Immunology: In Practice, 7*(5), 1550–1559. <https://doi.org/10.1016/j.jaip.2019.01.022>
- *Leibowitz, K. A., *Hardebeck, E. J., *Goyer, J. P., & **Crum, A. J.** (2019). The role of patient beliefs in open-label placebo effects. *Health Psychology, 38*(7), 613–622. <https://doi.org/10.1037/hea0000751>
- *Smith, E. N., *Santoro, E., Moraveji, N., Susi, M., & **Crum, A. J.** (2019). Integrating wearables in stress management interventions: Promising evidence from a randomized trial. *International Journal of Stress Management, 27*(2), 172-182. <https://doi.org/10.1037/str0000137>

*Turnwald, B. P., Bertoldo, J. D., *Perry, M. A., Policastro, P., Timmons, M., Bosso, C., ... **Crum, A. J.** (2019). Increasing vegetable intake by emphasizing tasty and enjoyable attributes: A randomized controlled multisite intervention for taste-focused labeling. *Psychological Science*, 30(11), 1603–1615. <https://doi.org/10.1177/0956797619872191>

*Turnwald, B. P., & **Crum, A. J.** (2019). Smart food policy for healthy food labeling: Leading with taste, not healthiness, to shift consumption and enjoyment of healthy foods. *Preventive Medicine*, 119, 7–13. <https://doi.org/10.1016/j.ypmed.2018.11.021>

*Turnwald, B. P., *Goyer, J. P., *Boles, D. Z., Silder, A., Delp, S. L., & **Crum, A. J.** (2019). Learning one's genetic risk changes physiology independent of actual genetic risk. *Nature Human Behaviour*, 3(1), 48–56. <https://doi.org/10.1038/s41562-018-0483-4>

Matilda White Riley Early Stage Investigator Paper Award, *National Institutes of Health (NIH)*

*Zion, S. R., Schapira, L., & **Crum, A. J.** (2019). Targeting mindsets, not just tumors. *Trends in Cancer*, 5(10), 573–576. <https://doi.org/10.1016/j.trecan.2019.08.001>

André, Q., Carmon, Z., Wertenbroch, K., **Crum, A. J.**, Frank, D., Goldstein, W., ... Yang, H. (2018). Consumer Choice and Autonomy in the Age of Artificial Intelligence and Big Data. *Customer Needs and Solutions*, 5(1–2), 28–37. <https://doi.org/10.1007/s40547-017-0085-8>

Crum, A. J., Akinola, M., *Turnwald, B. P., Kaptchuk, T. J., & Hall, K. T. (2018). Catechol-O-Methyltransferase moderates effect of stress mindset on affect and cognition. *PLoS ONE*, 13(4), e0195883. <https://doi.org/10.1371/journal.pone.0195883>

Evers, A. W. M., Colloca, L., Blease, C., Annoni, M., Atlas, L. Y., Benedetti, F., ... **Crum, A. J.**, ... Kelley, J. M. (2018). Implications of placebo and nocebo effects for clinical practice: Expert consensus. *Psychotherapy and Psychosomatics*, 87(4), 204–210. <https://doi.org/10.1159/000490354>

Jamieson, J. P., **Crum, A. J.**, *Goyer, J. P., Marotta, M. E., & Akinola, M. (2018). Optimizing stress responses with reappraisal and mindset interventions: An integrated model. *Anxiety, Stress, & Coping*, 31(3), 245–261. <https://doi.org/10.1080/10615806.2018.1442615>

*Leibowitz, K. A., *Hardebeck, E. J., *Goyer, J. P., & **Crum, A. J.** (2018). Physician assurance reduces patient symptoms in US adults: An experimental study. *Journal of General Internal Medicine*, 33(12), 2051–2052. <https://doi.org/10.1007/s11606-018-4627-z>

Park, D., Yu, A., Metz, S. E., Tsukayama, E., **Crum, A. J.**, & Duckworth, A. L. (2018). Beliefs About Stress Attenuate the Relation Among Adverse Life Events, Perceived Distress, and Self-Control. *Child Development*, 89(6), 2059–2069. <https://doi.org/10.1111/cdev.12946>

- Crum, A. J.**, Akinola, M., Martin, A., & Fath, S. (2017). The role of stress mindset in shaping cognitive, emotional, and physiological responses to challenging and threatening stress. *Anxiety, Stress, & Coping*, *30*(4), 379–395. <http://dx.doi.org/10.1080/10615806.2016.1275585>
- Crum, A. J.**, *Leibowitz, K. A., & Verghese, A. (2017). Making mindset matter. *BMJ*, *356*, j674. <https://doi.org/10.1136/bmj.j674>
- Crum, A. J.**, & Zuckerman, B. (2017). Changing mindsets to enhance treatment effectiveness. *JAMA*, *317*(20), 2063–2064. <https://doi.org/10.1001/jama.2017.4545>
- *Howe, L. C., *Goyer, J. P., & **Crum, A. J.** (2017). Harnessing the placebo effect: Exploring the influence of physician characteristics on placebo response. *Health Psychology*, *36*(11), 1074–1082. <https://doi.org/10.1037/hea0000499>
- *Turnwald, B. P., *Boles, D. Z., & **Crum, A. J.** (2017). Association between indulgent descriptions and vegetable consumption: Twisted carrots and dynamite beets. *JAMA Internal Medicine*, *177*(8), 1216–1218. <https://doi.org/10.1001/jamainternmed.2017.1637>
- *Turnwald, B. P., Jurafsky, D., Conner, A., & **Crum, A. J.** (2017). Reading between the menu lines: Are restaurants’ descriptions of “healthy” foods unappealing? *Health Psychology*, *36*(11), 1034–1037. <https://doi.org/10.1037/hea0000501>
- *Zahrt, O. H., & **Crum, A. J.** (2017). Perceived physical activity and mortality: Evidence from three nationally representative U.S. samples. *Health Psychology*, *36*(11), 1017–1025. <https://doi.org/10.1037/hea0000531>
- Akinola, M., Fridman, I., Mor, S., Morris, M. W., & **Crum, A. J.** (2016). Adaptive appraisals of anxiety moderate the association between cortisol reactivity and performance in salary negotiations. *PLoS ONE*, *11*(12), e0167977. <https://doi.org/10.1371/journal.pone.0167977>
- Crum, A. J.**, Phillips, D. J., *Goyer, J. P., Akinola, M., & Higgins, E. T. (2016). Transforming water: Social influence moderates psychological, physiological, and functional response to a placebo product. *PLoS ONE*, *11*(11), e0167121. <https://doi.org/10.1371/journal.pone.0167121>
- Crum, A. J.**, Salovey, P., & Achor, S. (2013). Rethinking stress: The role of mindsets in determining the stress response. *Journal of Personality & Social Psychology*, *104*(4), 716–733. <https://doi.org/10.1037/a0031201>
- Crum, A. J.**, Corbin, W. R., Brownell, K. D., & Salovey, P. (2011). Mind over milkshakes: Mindsets, not just nutrients, determine ghrelin response. *Health Psychology*, *30*(4), 424–429. <https://doi.org/10.1037/a0023467>
- Crum, A. J.**, & Langer, E. J. (2007). Mind-set matters: Exercise and the placebo effect. *Psychological Science*, *18*(2), 165–171. <https://doi.org/10.1111/j.1467-9280.2007.01867.x>

EDITED BOOKS

Walton, G. M. & **Crum, A. J.** (eds.) (2020). *Handbook of Wise Interventions: How Social-Psychological Insights Can Help Solve Problems*. New York, NY: Guilford Press.

OTHER PUBLICATIONS

Crum, A. J., *Handley-Miner, I. J., & *Smith, E. N. (2020). The stress mindset intervention. In G. M. Walton & **A. J. Crum** (Eds.), *Handbook of Wise Interventions: How Social-Psychological Insights Can Help Solve Problems*. New York, NY: Guilford Press.

*Leibowitz, K. A., & **Crum, A. J.** (2020, April 1). In Stressful Times, Make Stress Work for You. *The New York Times*. <https://www.nytimes.com/2020/04/01/well/mind/coronavirus-stress-management-anxiety-psychology.html>

*Turnwald, B. P., & **Crum, A. J.** (2020). The taste-focused labeling intervention. In G. M. Walton & **A. J. Crum** (Eds.), *Handbook of Wise Interventions: How Social-Psychological Insights Can Help Solve Problems*. New York, NY: Guilford Press.

Cauchard, J. R., Frey, J., *Zahrt, O., Johnson, K., **Crum, A. J.**, & Landay, J. A. (2019). The Positive Impact of Push vs Pull Progress Feedback: A 6-week Activity Tracking Study in the Wild. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*, 3(3), 76:1–76:23. <https://doi.org/10.1145/3351234>

*Zion, S. R., & **Crum, A. J.** (2018). Mindsets matter: A new framework for harnessing the placebo effect in modern medicine. In L. Colloca (Ed.), *International Review of Neurobiology* (Vol. 138, p. 137-160). Cambridge, MA: Academic Press. <https://doi.org/10.1016/bs.irn.2018.02.002>

Crum, A. J., & Crum, T. (2015, September 3). Stress Can Be a Good Thing If You Know How to Use It. *Harvard Business Review*. <https://hbr.org/2015/09/stress-can-be-a-good-thing-if-you-know-how-to-use-it>

Crum, A. J. & Phillips, D. (2015). Self-Fulfilling prophecies, placebo effects, and the social-psychological creation of reality. In R. Scott and S. Kosslyn (Eds.), *Emerging Trends in the Social and Behavioral Sciences*. Hoboken, NJ: John Wiley and Sons. <https://doi.org/10.1002/9781118900772.etrds0296>

Crum, A. J. & Lyddy, C. (2014). De-stressing stress: The power of mindsets and the art of stressing mindfully. In A. Ie, C.T. Ngnoumen, & E. J. Langer (Eds.), *The Wiley Blackwell Handbook of Mindfulness* (p. 948–963). New Jersey: Wiley-Blackwell. <https://doi.org/10.1002/9781118294895.ch49>

Crum, A. J. & Salovey, P. (2013). Emotionally intelligent happiness. In S. A. David, I. Boniwell, & A. C. Ayers (Eds.), *Oxford Handbook of Happiness*. Oxford: Oxford University Press.
<https://doi.org/10.1093/oxfordhb/9780199557257.013.0006>

Crum, A. J., Salovey, P., & Achor, S. (2011). Evaluating a mindset training program to unleash the enhancing nature of stress. *Academy of Management Proceedings*, 2011(1), 1–6.
<https://doi.org/10.5465/ambpp.2011.65870502>

Brackett, M., **Crum, A. J.** & Salovey, P. (2008). Emotional intelligence. In S. J. Lopez (Ed.) *The Encyclopedia of Positive Psychology*. London: Blackwell Publishing.

IN SUBMISSION

*Boles, D. Z., DeSousa, M., *Turnwald, B. P., *Horii, R. I, *Duarte, T., *Zahrt, O. H., Markus, H. R., & **Crum, A. J.** Can being healthy be fun and indulgent instead of boring and depriving? The role of mindsets in motivating healthy behaviors.

*Boswell, M. A., *Evans, K. M., *Zion, S. R., *Boles, D. Z., Hicks, J. L., Delp, S. L., & **Crum, A. J.** Mindsets Predict Physical Activity and Relate to Chosen Management Strategies in Individuals with Knee Osteoarthritis.

Crum, A. J. Mindsets and Health.

Crum, A. J., *Santoro, E. W., *Smith, E. N., *Handley-Miner, I. J., Achor, S., Moraveji, N., & Salovey, P. Changing stress mindsets: A metacognitive approach.

*Goyer, J. P., Akinola, M., Grunberg, R., & **Crum, A. J.** Thriving under ressure: The effects of stress-related wise interventions on affect, sleep, and exam performance for disadvantaged college students.

*Howe, L. C., *Hardebeck., E., Eberhardt, J., Markus, H. R., & **Crum, A. J.** Who holds the power to promote healing? Societal biases regarding doctor race and gender may undermine patient health outcomes.

*Author is an advisee

TEACHING

2020-present What Is a Mindset and How Does it Work? (Psych 277)
Department of Psychology, Stanford University

2016-present Advanced Studies in Health Psychology (Psych 298)
Department of Psychology, Stanford University

- 2015-present Introduction to Social Psychology (Psych 70)
Department of Psychology, Stanford University
- 2015-present How Beliefs Create Reality (Psych 20n)
Department of Psychology, Stanford University
- 2013-2014 Managerial Negotiations
Department of Management, Columbia Business School

CHAired SYMPOSIA

- Leibowitz, K. & **Crum, A. J.** (2020, February): Understanding Psychosocial Forces to Improve Health: From Theory to Practice, *Society for Personality and Social Psychology*, New Orleans, LA.
- Crum, A. J.** (2018, May): Beyond Genetic Testing: Should Medical Treatment be Personalized to your Psychological Profile?, *Association for Psychological Science*, San Francisco, CA.
- Crum, A. J.** & Leibowitz, K. (2017, July): Strengthening the Doctor-patient Relationship and Improving Health Outcomes through Positive Psychology, *World Congress on Positive Psychology*, Montreal, Canada.
- Crum, A. J.** & Leibowitz, K. (2017, January); Harnessing Psycho-Social Forces in Medicine, *Society for Personality and Social Psychology*, San Antonio, TX.
- Crum, A. J.**, Turnwald, B., & Zahrt, O. (2017, January); Rethinking Health Behavior Change, *Society for Personality and Social Psychology*, San Antonio, TX.
- Crum, A. J.** & Jamieson, J. (2016, January); Rethinking Stress: Capitalizing on Mindset and Reappraisal Tactics to Improve Acute Stress Responses, San Diego, CA.
- Crum, A. J.** & Hassel, S. (2014, May); When “Thinking Makes It So”: Uncovering the Effects and Mechanisms of Mindsets from Pain and Pleasure to Energy Drinks and Sleep, New York, NY.

INVITED PRESENTATIONS

2020

- December Harvard Medical School, Department of Psychiatry
- December University of Pennsylvania Behavioral Science and Health Symposium
- March* Harvard School of Public Health, Department of Nutrition, Boston, MA
- March* Harvard Program in Placebo Studies, Boston, MA
- February Ohio State University, Psychology Department, Columbus, OH

**Postponed due to COVID-19 pandemic*

2019

December NIH Behavioral and Social Sciences Research Festival, Bethesda, MD
July Society in Placebo Studies Conference, Leiden, Netherlands
June NIH High-Risk, High-Reward Research Symposium, Bethesda, MD
February Society for Personality and Social Psychology Annual Convention, Portland, OR

2018

May Association for Psychological Science Annual Convention, San Francisco, CA
May University of California Berkeley, Haas School of Business
May University of California Santa Cruz, Psychology Department
April University of Colorado Boulder, Psychology Department
March Stanford Health Promotion Network (SHPN) 8th Annual Wellness Summit
March Carnegie Mellon University, Psychology Department
March Society for Personality and Social Psychology Annual Convention, Atlanta, GA
January World Economic Forum, Davos-Klosters, Switzerland

2017

October Global Wellness Summit, Palm Beach, FL
July World Congress on Positive Psychology, Montreal, Canada
June NIH Board on Behavioral, Cognitive, and Sensory Sciences, Washington, DC
April American Medical Association: Inspirations in Medicine, Chicago, IL
April Society for Interdisciplinary Placebo Studies Conference, Leiden, Netherlands
January Society for Personality and Social Psychology Annual Convention, San Antonio, TX

2016

December TEDMED, Palm Springs, CA
November Stanford Medicine Grand Rounds, Stanford Medicine, Stanford, CA
June Behavioral Exchange Conference, Harvard Business School
May Triennial Choices Conference, Lake Louise, Alberta, Canada
March Robert Wood Johnson: Building a Culture of Health, Baltimore, MD
January Society for Personality and Social Psychology Annual Convention
January UC Berkeley, Institute for Personality and Social Research
January Sandia National Laboratories, Livermore, CA

2015

December University of Pennsylvania, Behavioral Economics and Health Convention
December University of San Diego, Psychology Department
September University of Pennsylvania, Center for Positive Psychology
August Stanford University, Health Improvement Program
April Stanford University, Graduate School of Business
March Harvard Medical School, Program in Placebo Studies
March University of Michigan, Depression Conference

February University of Chicago, Center for Decision Research

2014

November Genentech Labs, Redwood City, CA
November Stanford University, Social Psychology Lab
September University of Pennsylvania, Center for Positive Psychology
May TEDx, “Game Changers,” Traverse City, MI
January University of Pennsylvania, Department of Psychology
January Yale University, School of Management
January Stanford University, Department of Psychology

2013

December Washington University at St. Louis, Department of Management
November Northwestern University, Kellogg School of Management
November Vanderbilt University, Department of Organizational Behavior
August Academy of Management Annual Conference

Before 2013

2012 Harvard Medical School, Department of Global Health and Social Medicine
2011 Academy of Management Annual Conference
2009 American Psychological Association Annual Convention
2006 Association of Cognitive and Behavioral Therapies Annual Meeting
2006 Aspen Given Foundation Lecture Series

SELECTED MEDIA COVERAGE

- Most Popular American Movies Depict an Unhealthy Diet, Stanford Researchers Find, *Stanford Report*, 11/23/20
- In Stressful Times, Make Stress Work for You, *New York Times*, 4/1/20
- Emphasizing flavor boosts vegetable consumption, *National Institutes of Health*, 10/22/19
- Stanford Psychologists Entice Students To Eat More Veggies, *Forbes*, 10/10/19
- Empowering cancer patients to shift their mindsets could improve care, researchers argue, *Science Daily*, 09/23/19
- Could Your Mindset Affect How Well A Treatment Works?, *NPR*, 03/01/19
- Can a Nice Doctor Make Treatments More Effective?, *New York Times*, 01/22/19
- Mind May Trump DNA in Exercise and Eating Habits, *New York Times*, 01/09/19
- What Happens When You’re Convinced You Have Bad Genes, *The Atlantic*, 12/13/18
- Just thinking you have poor endurance genes changes your body, *Science Magazine*, 12/10/18
- How a positive mind really can create a healthier body, *New Scientist*, 8/27/18
- People Are Now Taking Placebo Pills to Deal With Their Health Problems—And It’s Working, *TIME*, 8/23/18
- How Our Beliefs Can Shape Our Waistlines, *New York Times*, 2/22/18
- Does the Mind Impact Health? A Researcher’s Insights, *Robert Wood Johnson Foundation*,

10/12/17

- Just Thinking You're Slacking on Exercise Could Boost Risk of Death, *NPR*, 7/20/17
- Want to Get More People to Eat Their Veggies? Make Them Sound Like They're Bad for You, *Washington Post*, 7/5/17
- This Psychological Trick Can Get People to Eat More Vegetables, *USA Today*, 6/20/17
- A Veggie by any Other Name May Actually Get Eaten, *CNN*, 6/19/17
- The Mindset for a Milkshake, *Science Friday*, 6/16/17
- Would Carrots by Any Other Name Taste as Sweet?, *New York Times*, 6/14/17
- 'Seductive Names' Make Vegetables More Appealing, *BBC News*, 6/13/17
- Researchers Find Clever Way to Get People to Eat More Vegetables, *CBS News*, 6/12/17
- Here's the Easiest Way to Eat More Vegetables, *TIME*, 6/12/17
- Decadent-Sounding Descriptions Could Lead to Higher Consumption of Vegetables, Stanford Research Finds, *Stanford Report*, 6/12/17
- A Call to Focus on the Social and Psychological Forces of Healing, *SCOPE*, 2/27/17
- Stanford Experts Urge Healthcare Professionals to Harness Power of People's Mindsets, *Stanford Report*, 2/27/17
- What Makes us Stronger, *The Economist*, 7/23/16
- The Contrarians on Stress, *New York Times*, 10/3/15
- How Thoughts Fool Your Stomach, *NPR*, 4/14/14
- Turn Bad Stress into Good, *Wall Street Journal*, 5/7/13
- How You Can Benefit from All Your Stress, *Harvard Business Review*, 3/14/13
- How to Make Stress Work in Your Favor, *Boston Globe*, 3/10/13
- Stress Benefit Tied to Upbeat Mindset, *Wall Street Journal*, 2/21/13
- Why Placebos Work Wonders, *Wall Street Journal*, 1/10/12
- Are the Benefits of Exercise Due to Placebo Effects? *Psychology Today*, 1/9/12
- The Best Mind-Set for Eating Well? Indulge!, *Oprah.com*, 6/24/11
- On a Diet? Try Mind Over Milkshake, *New Scientist*, 6/5/11
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- 2015-present Member, Graduate Admissions Committee, Psychology Department, Stanford University.
- 2020-present Member, Diversity Committee, Psychology Department, Stanford University; currently liason.
- 2014-2015 Member, Undergraduate Education Committee, Psychology Department, Stanford University.