

IRIS MAUSS
Curriculum Vitae
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Department of Psychology
University of California, Berkeley
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Academic Positions

Professor, Department of Psychology, University of California, Berkeley (2019-present).
Associate Professor, Department of Psychology, University of California, Berkeley (2013-2019).
Assistant Professor, Department of Psychology, University of California, Berkeley (2012-2013).
Assistant Professor, Department of Psychology, University of Denver (2005-2012).

Education

Ph.D. in Psychology, Stanford University (2005).
M.A. in Psychology (with highest honors), Heinrich-Heine University, Düsseldorf, Germany (1997).
B.A. in Psychology, University of Trier, Germany (1993).

Fellowships and Awards

Society for Personality and Social Psychology (SPSP) Carol and Ed Diener Award in Personality Psychology (2020).
UC Berkeley Social Science Division Distinguished Teaching and Service Awards (2020).
UC Berkeley Department of Psychology, Graduate Mentor Award (2018).
Elected as Fellow, Association for Psychological Science (2016).
APA Distinguished Scientific Award for an Early Career Contribution to Psychology in the area of Social Psychology (2015).
Elected as Fellow, Society for Personality and Social Psychology (2014).
Stanford Psychology Department, Award for Excellence in Teaching (2004).
NIMH Consortium in Affective Science, Predoctoral Fellowship (2000 – 2003).

Grants

National Science Foundation BCS 1941868 (2020-2023).
“*Response system coherence in emotion.*” – \$572,186 (total costs)
(2022). Supplement for Research Experiences for Undergraduates – \$16,000
Role: PI
Peder Sather Center for Advanced Study (2018-2019).
“*Does feeling 'moved' bind relationship partners together?*” – \$24,900 (total costs).
Role: Co-PI (with Beate Seibt)

National Institute on Aging R01AG043592 (2013-2017).

“*Emotion regulation and its role in psychological health across adulthood.*” – \$293,473 (total costs)
Role: PI

University of California Health Psychology Consortium (2015-2016).

“*Emotion regulation as a moderator of the stress-health link.*” – \$5,000 (total costs)
Role: PI (with Elissa Epel)

National Science Foundation BCS 1251506 (2013-2017).

“*Summer Institutes in Social and Personality Psychology.*” – \$382,896 (total costs)
Role: co-PI (with Jack Dovidio and Samuel Gosling)

Templeton Grant in Positive Neuroscience (2010-2012).

“*Using positive reappraisal to counter negative emotion: Its neural mechanisms and role in resilience.*” – \$240,000 (total costs) Role: co-PI (with Kateri McRae)

Professional Research Opportunities for Faculty, University of Denver (2010-2012).

“*Mindfulness-based cognitive therapy and prevention of depression relapse.*” – \$20,000
Role: PI

National Institute on Aging R21AG031967 (2008-2010).

“*The impact of reappraisal ability on adjustment to stressful life events.*” – \$330,505 (total costs)
Role: PI

Faculty Research Fund, University of Denver (2007-2008).

“*The role of emotion regulation and genetic vulnerabilities in predicting adjustment to stressful life events.*” – \$2,990 Role: PI

Professional Research Opportunities for Faculty, University of Denver (2006-2008).

“*Interpersonal trauma and emotion regulation: Vulnerability to long-term negative outcomes.*”
– \$15,000 Role: PI

Publications

*(Former) students and postdoctoral fellows

*Willroth, E., *Young, G. R., *Ford, B. Q., *Troy, A. S., & **Mauss, I. B.** (registered replication accepted in principle). Is strategy-situation fit in emotion regulation in daily life associated with well-being? *Psychological Science*.

*Benkley, D., *Willroth, E., Ayduk, O., John, O. P., & **Mauss, I. B.** (in press). Short-term implications of long-term thinking: Temporal distancing and emotional responses to daily stressors. *Emotion*.

*Haft, S., **Mauss, I. B.**, & Zhou, Q. (in press). Perceived discrimination, model minority stereotyping, and anxiety symptoms in Chinese-heritage college students. *Cultural Diversity and Ethnic Minority Psychology*.

Mauss, I. B., & *Troy, A. S. (in press). Emotion regulation and resilience: When is reappraisal (not) conducive to resilience? In B. Q. Ford & J. J. Gross (Eds.), *Handbook of emotion regulation* (3rd ed).

Somerville, M. P., MacIntyre, H., Harrison, A., **Mauss, I. B.** (in press). Emotion controllability beliefs and young people’s anxiety and depression symptoms: A systematic review. *Adolescent Research Review*.

*Troy, A. S., *Willroth, E. C., *Shallcross, A. J., Giuliani, N. R., Gross, J. J., & **Mauss, I. B.** (in press). Psychological resilience: An affect-regulation framework. *Annual Review of Psychology*.

*Willroth, E., *Young, G. R., Tamir, M., & **Mauss, I. B.** (in press). Judging emotions as good or bad: Individual differences and associations with psychological health. *Emotion*.

- *Zerwas, F. K., *Tharp, J., Chen, S., & **Mauss, I. B.** (2023). Individual differences in social power: Links with beliefs about emotion and emotion regulation. *Journal of Personality*, *91*, 314–331.
- *Karnilowicz, H. R., **Mauss, I. B.**, & Zhou, Q. (2022). Links between emotion regulation and internalizing and externalizing problems in Chinese-American adolescents. *Journal of Research on Adolescence*, *32*, 1626–1634.
- *Reed, R., **Mauss, I. B.**, Ram, N., & Segerstrom, S. C. (2022). Daily stressors, emotion dynamics, and inflammation in the MIDUS cohort. *International Journal of Behavioral Medicine*, *29*, 494–505.
- *Rompilla, D. J., *Hittner, E., *Stephens, J., **Mauss, I. B.**, & Haase, C. (2022). Emotion regulation in the face of loss: How detachment, positive reappraisal, and acceptance shape experiences, physiology, and perceptions in late life. *Emotion*, *22*, 1417–1434.
- *Young, G. R., *Karnilowicz, H. R., **Mauss, I. B.**, Hastings, P. D., Guyer, A. E., & Robins, R. W. (2022). Prospective associations between emotion regulation and depressive symptoms among Mexican-origin adolescents. *Emotion*, *22*, 129–141.
- *Zerwas, F. K., *Ebo, R., *Allison, G., *Karnilowicz, H. R., *Carrillo, B., Wilhelm, F. H., & **Mauss, I. B.** (2022). Spontaneous suppression in dating couples: Social and physiological correlates of suppressing negative and positive emotions during negative and positive conversations. *International Journal of Psychophysiology*, *178*, 60–70.
- *Zerwas, F. K., *Springstein, T., *Karnilowicz, H. R., *Lam, P., Butler, E. A., John, O. P., & **Mauss, I. B.** (2021). “I feel you”: Greater linkage between friends’ physiological responses and emotional experience is associated with greater empathic accuracy. *Biological Psychology*, *161*, 108079.
- *Brown, C. L., *Van Doren, N., *Ford, B. Q., **Mauss, I. B.**, *Sze, J. W., & Levenson, R. W. (2020). Coherence between subjective experience and physiology in emotion: Individual differences and implications for well-being. *Emotion*, *20*, 818–829.
- *Ko, W. H., Schiavon, S., Zhang, H., Graham, L. T., Brager, G., **Mauss, I. B.**, & Lin, Y. W. (2020). The impact of a view from a window on thermal comfort, emotion, and cognitive performance. *Building and Environment*, *175*, 106779.
- *Rattel, J. A., **Mauss, I. B.**, Liedlgruber, M., & Wilhelm, F. H. (2020). Sex differences in emotional concordance. *Biological Psychology*, *151*, 107845.
- *Swerdlow, B. A., *Pearlstein, J. G., *Sandel, D. B., **Mauss, I. B.**, & Johnson, S. L. (2020). Maladaptive behavior and affect regulation: A functionalist perspective. *Emotion*, *20*, 75–79.
- *Willroth, E., *Flett, J., & **Mauss, I. B.** (2020). Depressive symptoms and deficits in stress-reactive negative, positive, and within-emotion-category differentiation: A daily diary study. *Journal of Personality*, *88*, 174–184.
- *Willroth, E., John, O. P., Biesanz, J., & **Mauss, I. B.** (2020). Understanding short-term variability in life satisfaction: The individual differences in evaluating life satisfaction (IDELS) model. *Journal of Personality and Social Psychology*, *119*, 229–248.
- *Ford, B. Q., Feinberg, M., *Lam, P., **Mauss, I. B.**, & John, O. P. (2019). Using reappraisal to regulate negative emotion after the 2016 U.S. presidential election: Does emotion regulation trump political action? *Journal of Personality and Social Psychology*, *117*, 998–1015.
- Gentzler, A., *Palmer, C., *Ford, B. Q., Moran, K., & **Mauss, I. B.** (2019). Valuing happiness in youth: Associations with depressive symptoms and well-being. *Journal of Applied Developmental Psychology*, *62*, 220–230.
- *Ford, B. Q., *Lam, P., John, O. P., & **Mauss, I. B.** (2018). The psychological health benefits of accepting one’s negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Journal of Personality and Social Psychology*, *115*, 1075–1092.

- *Ford, B. Q., *Lwi, S. J., Gentzler, A., Hankin, B., & **Mauss, I. B.** (2018). The cost of believing emotions are uncontrollable: Youths' beliefs about emotion predict emotion regulation and depressive symptoms. *Journal of Experimental Psychology: General*, *147*, 1170-1190.
- *Shallcross, A. J., *Willroth, E. C., Fisher, A., Dimidjian, S., Gross, J. J., Visvanathan, P. D., & **Mauss, I. B.** (2018). Relapse/recurrence prevention in Major Depressive Disorder: 26-month follow-up of Mindfulness-Based Cognitive Therapy versus an active control. *Behavior Therapy*, *49*, 836-849.
- *Ford, B. Q., *Karnilowicz, H. R., & **Mauss, I. B.** (2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. *Emotion*, *17*, 905-911.
- *Troy, A. S., *Ford, B. Q., McRae, K., *Zarolia, P., **Mauss, I. B.** (2017). Change the things you can: Emotion regulation is more beneficial for people from lower than from higher socioeconomic status. *Emotion*, *17*, 141-154.
- *Werner, G. W., *Ford, B. Q., **Mauss, I. B.**, Schabus, M., Blechert, J., & Wilhelm, F. H. (2017). Cardiac vagal control and depressive symptoms: The moderating role of sleep quality. *Behavioral Sleep Medicine*, *15*, 451-465.
- *Bigman, Y., **Mauss, I. B.**, Gross, J. J., & Tamir, M. (2016). Yes I can: Expected success promotes actual success in emotion regulation. *Cognition and Emotion*, *30*, 1380-1387.
- Bylsma, L., **Mauss, I. B.**, & Rottenberg, J. (2016). Is the divide a chasm? Bridging affective science with clinical practice. *Journal of Psychopathology and Behavioral Assessment*, *38*, 42-27.
- *Dutra, S. J., Siegle, G. J., *Reeves, E. J., **Mauss, I. B.**, & Gruber, J. (2016). Feeling without thinking? Anger provocation task predicts impaired cognitive performance in Bipolar Disorder but not Major Depression or healthy adults. *Cognitive Therapy and Research*, *40*, 139-149.
- McRae, K. & **Mauss, I. B.** (2016). Increasing positive emotion in negative contexts: Emotional consequences, neural correlates, and implications for resilience. In J. Greene, I. Morrison & M. Seligman (Eds.), *Positive neuroscience* (pp. 159-174). Oxford: Oxford University Press.
- Waugh, C. E., *Zarolia, P., **Mauss, I. B.**, *Lumian, D., *Ford, B., *Davis, T., *Ciesielski, B. G., Sams, K. V., & McRae, K. (2016). Emotion regulation changes the duration of the BOLD response to emotional stimuli. *Social Cognitive and Affective Neuroscience*, *10*, 1550-1559.
- *Ford, B. Q., Dmitrieva, J., *Eng, J., Heller, D., Chentsova-Dutton, Y., Grossmann, I., Tamir, M., Uchida, Y., *Koopmann-Holm, B., *Floerke, V., *Uhrig, M., Bokhan, T., & **Mauss, I. B.** (2015). Culture shapes whether the pursuit of happiness predicts higher or lower well-being. *Journal of Experimental Psychology: General*, *144*, 1053-1062.
- *Ford, B. Q. & **Mauss, I. B.** (2015). Culture and emotion regulation. *Current Opinion in Psychology*, *3*, 1-5.
- *Ford, B. Q., **Mauss, I. B.**, & Gruber, J. (2015). Valuing happiness is associated with Bipolar Disorder. *Emotion*, *15*, 211-222.
- *Kim, M. Y., *Ford, B. Q., **Mauss, I. B.**, & Tamir, M. (2015). Knowing when to seek anger: Psychological health and context-sensitive emotional preferences. *Cognition and Emotion*, *29*, 1126-1136.
- *Shallcross, A. J., Gross, J. J., *Visvanathan, P. D., Kumar, N., Palfrey, A., *Ford, B. Q., Dimidjian, S., Shirk, S., Holm-Denoma, J., *Goode, K. M., *Cox, E., Chaplin, W., & **Mauss, I. B.** (2015). Relapse prevention in Major Depressive Disorder: Mindfulness-Based Cognitive Therapy versus an active control condition. *Journal of Consulting and Clinical Psychology*, *83*, 964-975.
- *Shallcross, A. J., & Troy, A. S., & Mauss, I. B. (2015). Regulation of emotions under stress. In R. Scott & S. Kosslyn (Eds.), *Emerging trends in the social and behavioral sciences* (pp.1-16). Hoboken, NJ: John Wiley and Sons.

- *Werner, G. G., *Ford, B. Q., **Mauss, I. B.**, Schabus, M., Blechert, J., & Wilhelm, F. H. (2015). High cardiac vagal control is related to better subjective and objective sleep quality. *Biological Psychology*, *106*, 79-86.
- *Chu, A., DePrince, A., & **Mauss, I. B.** (2014). Exploring revictimization risk in a community sample of sexual assault survivors. *Journal of Trauma and Dissociation*, *15*, 319-331.
- Consedine, N. S., & **Mauss, I. B.** (2014). Tasks, capacities, and tactics: A skill-based conceptualization of emotion regulation across the lifespan. In P. Verhaegen & C. Hertzog (Eds.), *Emotion, social cognition and everyday problem solving during adulthood* (pp. 142-154). Oxford University Press.
- *Davis, T. S., **Mauss, I. B.**, *Lumian, D., Troy, A. S., *Shallcross, A. J., *Zarolia, P., *Ford, B. Q., & McRae, K. (2014). Emotional reactivity and emotion regulation among adults with a history of self-harm: Laboratory self-report and fMRI evidence. *Journal of Abnormal Psychology*, *123*, 499-509.
- *Dutra, S. J., *Reeves, L. J., **Mauss, I. B.**, & Gruber, J. (2014). Boiling at a different degree: An investigation of trait and state anger in remitted Bipolar I Disorder. *Journal of Affective Disorders*, *168*, 37-43.
- Evers, C., *Hopp, H., Gross, J. J., Fischer, A., Manstead, A., & **Mauss, I. B.** (2014). Emotion response coherence: A dual-process perspective. *Biological Psychology*, *98*, 43-49.
- *Ford, B. Q. & **Mauss, I. B.** (2014). Emotion experience and well-being. In E. Diener & R. Biswas-Diener (Eds.), *Noba textbook series: Psychology*. Champaign, IL: Diener Education Fund Publishers. <http://nobaproject.com/chapters/emotion-experience-and-well-being>
- *Ford, B. Q., & **Mauss, I. B.** (2014). The paradoxical effects of pursuing positive emotion: When and why wanting to feel happy backfires. In J. Gruber & J. Moskowitz (Eds.), *The light and dark sides of positive emotion*. Oxford University Press.
- *Ford, B. Q., **Mauss, I. B.**, Troy, A. S., Smolen, A., & Hankin, B. (2014). Emotion regulation moderates the risk associated with the 5-HTT gene and stress in children. *Emotion*, *14*, 930-939.
- *Ford, B. Q., *Shallcross, A. J., **Mauss, I. B.**, *Floerke, V. A., & Gruber, J. (2014). Desperately seeking happiness: Valuing happiness is associated with symptoms and diagnosis of depression. *Journal of Social and Clinical Psychology*, *33*, 890-905.
- Kessler, E., Moss, A., Eckhardt, S. G., Laudenslager, M. L., Kilbourn, K., **Mauss, I. B.**, Bowles, D., Hecker, S., Fairclough, D. L., & Kutner, J. S., (2014). Distress among caregivers of Phase I trial participants: a cross-sectional study. *Supportive Care in Cancer*, *22*, 3331-3340.
- Kogan, A., Oveis, C., Carr, E. W., Gruber, J., **Mauss, I. B.**, Shallcross, A. J., Impett, E., Van der Lowe, I., Hui, B., Cheng, C., & Keltner, D. (2014). Vagal activity is quadratically related to prosocial traits, prosocial emotions, and observer perceptions of prosociality. *Journal of Personality and Social Psychology*, *107*, 1051-1063.
- *Tuck, N., **Mauss, I. B.**, & Consedine, N. S. (2014). Are we really getting better? Lifespan differences in emotion regulatory ability from the perspective of developmental functionalism. *International Society for the Study of Behavioral Development Bulletin*, *65*, 22-26.
- Gruber, J., Kogan, A., Quoidbach, J., & **Mauss, I. B.** (2013). Happiness is best kept stable: Positive emotion variability is associated with poorer psychological health. *Emotion*, *13*, 1-6.
- *Hopp, H., *Shallcross, A. J., *Ford, B. Q., *Troy, A. S., Wilhelm, F. H., & **Mauss, I. B.** (2013). High cardiac vagal control protects against future depressive symptoms under conditions of high social support. *Biological Psychology*, *93*, 143-149.
- Kogan, A., Gruber, J., *Shallcross, A. J., *Ford, B. Q., **Mauss, I. B.** (2013). Too much of a good thing? Cardiac vagal tone's non-linear relationship with well-being. *Emotion*, *13*, 599-604.

- Mauss, I. B.**, & Tamir, M. (2013). Emotion goals: How their content, structure, and operation shape emotion regulation. In J. J. Gross (Ed.), *Handbook of emotion regulation* (2nd Ed., pp. 361-375). New York, NY: Guilford Press.
- Mauss, I. B.**, *Troy, A. S., & LeBourgeois, M. K. (2013). Poorer sleep quality is associated with lower emotion-regulation ability in a laboratory paradigm. *Cognition and Emotion*, 27, 567-576.
- *Shallcross, A. J., *Ford, B. Q., *Floerke, V., & **Mauss, I. B.** (2013). Getting better with age: The relationship between age, acceptance, and negative affect. *Journal of Personality and Social Psychology*, 104, 734-749.
- *Troy, A. S., *Shallcross, A. J., *Davis, T. S., & **Mauss, I. B.** (2013). History of mindfulness-based cognitive therapy is associated with increased cognitive reappraisal ability. *Mindfulness*, 4, 213-222.
- *Troy, A. S., *Shallcross, A. J., & **Mauss, I. B.** (2013). A person-by-situation approach to emotion regulation: Cognitive reappraisal can either hurt or help, depending on the context. *Psychological Science*, 24, 2505-2514.
- Mauss, I. B.**, *Savino, N. S., *Anderson, C. L., Weisbuch, M., Tamir, M., & Laudenslager, M. L. (2012). The pursuit of happiness can be lonely. *Emotion*, 12, 908-912.
- *Wolff, B. C., Wadsworth, M. E., Wilhelm, F. H., & **Mauss, I. B.** (2012). Children's vagal regulatory capacity predicts attenuated sympathetic stress reactivity in socially supportive contexts: Evidence for a protective effect of the vagal system. *Development and Psychopathology*, 24, 677-689.
- Gruber, J., **Mauss, I. B.**, & Tamir, M. (2011). A dark side of happiness? How, when, and why happiness is not always good. *Perspectives on Psychological Science*, 6, 222-233.
- *Hopp, H., *Troy, A. S., & **Mauss, I. B.** (2011). The unconscious pursuit of emotion regulation: Implications for psychological health. *Cognition and Emotion*, 25, 532-545.
- Hsieh, F., Ferrer, E., *Chen, S., **Mauss, I. B.**, John, O. P., & Gross, J. J. (2011). A network approach for evaluating coherence in multivariate systems: An application to psychophysiological emotion data. *Psychometrika*, 76, 124-152.
- Mauss, I. B.**, *Shallcross, A. J., *Troy, A. S., John, O. P., Ferrer, E., Wilhelm, F. H., & Gross, J. J. (2011). Don't hide your happiness! Positive emotion dissociation, social connectedness, and psychological functioning. *Journal of Personality and Social Psychology*, 100, 738-748.
- Mauss, I. B.**, Tamir, M., *Anderson, C. L., & *Savino, N. S. (2011). Can seeking happiness make people unhappy? Paradoxical effects of valuing happiness. *Emotion*, 11, 807-815.
- Tamir, M., & **Mauss, I. B.** (2011). Social-cognitive factors in emotion regulation: Implications for well-being. In I. Nyklicek, A. Vingerhoets, M. Zeelenberg, & J. Denollet (Eds.), *Emotion regulation and well-being* (pp. 31-47). New York: Springer.
- *Troy, A. S., & **Mauss, I. B.** (2011). Resilience in the face of stress: Emotion regulation ability as a protective factor. In S. Southwick, D. Charney, M. Friedman, & B. Litz (Eds.), *Resilience to stress* (pp. 30-44). Cambridge University Press.
- Mauss, I. B.**, & Butler, E. A. (2010). Cultural background moderates the relationship between emotion control values and cardiovascular challenge versus threat responses. *Biological Psychology*, 84, 521-530.
- Mauss, I. B.**, Butler, E. A., Roberts, N. A., & *Chu, A. (2010). Emotion control values and responding to an anger provocation in Asian-American and European-American individuals. *Cognition and Emotion*, 24, 1026-1043.

- Schooler, J. W., & **Mauss, I. B.** (2010). To be happy and to know it: The experience and meta-awareness of pleasure. In M. L. Kringelbach & K. C. Berridge (Eds.), *Pleasures of the brain* (pp. 244-254). Oxford University Press.
- *Shallcross, A. J., *Troy, A. S., *Boland, M., & **Mauss, I. B.** (2010). Let it be: Accepting negative emotional experiences predicts decreased negative affect and depressive symptoms. *Behaviour Research and Therapy, 48*, 921-929.
- *Troy, A. S., Wilhelm, F. H., *Shallcross, A. J., & **Mauss, I. B.** (2010). Seeing the silver lining: Cognitive reappraisal ability moderates the relationship between stress and depression. *Emotion, 10*, 783-795.
- Mauss, I. B.**, & Robinson, M. D. (2009). Measures of emotion: A review. *Cognition and Emotion, 23*, 209-237. Reprinted in 2010 in J. De Houwer & D. Hermans (Eds.), *Cognition and emotion. Reviews of current research and theories* (pp. 99-127). New York: Taylor and Francis.
- Bailenson, J. N., *Pontikakis, E. D., **Mauss, I. B.**, Gross, J.J., *Jabon, M.E., *Hutcherson, C.A., Nass, C., & John, O. (2008). Real-time classification of evoked emotions using facial feature tracking and physiological responses. *International Journal of Human Machine Studies, 66*, 303-317.
- Mauss, I. B.**, Bunge, S. A., & Gross, J. J. (2008). Culture and automatic emotion regulation. In M. Vanderkerckhove, C. von Scheve, S. Ismer, S. Jung, & S. Kronast (Eds.), *Regulating emotions: Culture, social necessity, and biological inheritance* (pp. 39-60). London: Blackwell Publishing.
- McRae, K., Ochsner, K. N., **Mauss, I. B.**, Gabrieli, J. J. D., & Gross, J. J. (2008). Gender differences in emotion regulation: An fMRI study of cognitive reappraisal. *Group Processes and Intergroup Relations, 11*, 143-162.
- Mauss, I. B.**, Bunge, S. A., & Gross, J. J. (2007). Automatic emotion regulation. *Social and Personality Psychology Compass, 1*, 146-167.
- Mauss, I. B.**, *Cook, C. L., *Cheng, J. Y. J., & Gross, J. J. (2007). Individual differences in cognitive reappraisal: Experiential and physiological responses to an anger provocation. *International Journal of Psychophysiology, 66*, 116-124.
- Mauss, I. B.**, *Cook, C. L., & Gross, J. J. (2007). Automatic emotion regulation during an anger provocation. *Journal of Experimental Social Psychology, 43*, 698-711.
- Siemer, M., **Mauss, I. B.**, & Gross, J. J. (2007). Same situation - different emotions: How appraisals shape our emotions. *Emotion, 7*, 592-600.
- Mauss, I. B.**, Evers, C., Wilhelm, F. H., & Gross, J. J. (2006). How to bite your tongue without blowing your top: Implicit evaluation of emotion regulation predicts affective responding to anger provocation. *Personality and Social Psychology Bulletin, 32*, 589-602.
- Mauss, I. B.**, Levenson, R. W., McCarter, L., Wilhelm, F. H., & Gross, J. J. (2005). The tie that binds? Coherence among emotional experience, behavior, and autonomic physiology. *Emotion, 5*, 175-190.
- Wilhelm, F. H., Pfaltz, M. C., Gross, J. J., **Mauss, I. B.**, Kim, S. I., & Wiederhold, B. K. (2005). Mechanisms of virtual reality exposure therapy: The role of the behavioral activation and behavioral inhibition systems. *Applied Psychophysiology and Biofeedback, 30*, 271 - 284.
- Mauss, I. B.**, Wilhelm, F. H., & Gross, J. J. (2004). Is there less to social anxiety than meets the eye? Emotion experience, expression, and bodily responding. *Cognition and Emotion, 18*, 631-662.
- Mauss, I. B.**, & Gross, J. J. (2004). Emotion suppression and cardiovascular disease: Is hiding your feelings bad for your heart? In L.R. Temoshok, A. Vingerhoets, & I. Nyklicek (Eds.), *The expression of emotion and health* (pp. 62-81). London: Brunner-Routledge.

- Mauss, I. B.,** Wilhelm, F. H., & Gross, J. J. (2003). Autonomic recovery and habituation in social anxiety. *Psychophysiology*, *40*, 648-653.
- Brown, W. M., Bensafi, M. B., Bremner, E. A., Mainland, J. D., Johnson, B. N., Young, N. L., **Mauss, I. B.,** Ray, B., Gross, J., Richards, J., Stappen, I., Levenson, B., & Sobel, N. (2003). Sex-steroid derived compounds induce sex-specific effects on autonomic nervous system function in humans. *Behavioral Neuroscience*, *117*, 1125-34.
- Egloff, B., Wilhelm, F. H., *Neubauer, D. H., **Mauss, I. B.,** & Gross, J. J. (2002). Implicit anxiety measure predicts cardiovascular reactivity to an evaluated speaking task. *Emotion*, *2*, 3-11.
- Vogt, J., **Mauss, I. B.,** Lahl, O., & Kalveram, K. T. (1997). The relative impact of aircraft noise and number: A full factorial laboratory design. In A. Schick & M. Klatte (Eds.), *Contributions to psychological acoustics* (pp. 99-106). Oldenburg: BIS.

Selected Conference and Invited Talks

- Mauss, I. B.** (2020). Human resilience to stress: How emotion regulation can help or hinder. Departmental Colloquium series, University of Toronto, Canada.
- Mauss, I. B.** (2019). Human Resilience: How regulating emotion can help us overcome stress. Girard Psychology Lecture, Scripps College, Los Angeles, CA.
- Mauss, I. B.** (2019). Resilience inside and outside of science: How regulating emotion can help us overcome stress. UC Berkeley Thriving in Science series.
- Mauss, I. B.** (2019). Human resilience to stress: How emotion regulation helps or hinders. Faculty Lecture, Department of Psychology, UC Berkeley.
- Mauss, I. B.** (2018). The role of emotion regulation in resilience: Reappraisal as a protective factor. Stress Resiliency Panel, UCSF.
- Mauss, I. B.** (2018). Coherence of emotional response systems. Society for Affective Science, Los Angeles, CA.
- Mauss, I. B.** (2017). The role of emotion regulation in coping with stress: Reappraisal as a protective factor. Psychology colloquium series, Cornell University.
- Mauss, I. B.** (2017). Presentations and panel discussions on resilience, stress, and mental health, World Economic Forum, Davos, Switzerland.
- Mauss, I. B.** (2017). Escaping the effects of stress: Emotion regulation and resilience. Health psychology colloquium series, UCLA.
- Mauss, I. B.** (2016). The role of emotion regulation in coping with stress: Reappraisal as a key protective factor. Mind and Pain in Motion Symposium, Bochum, Germany.
- Mauss, I. B.** (2016). Emotion, emotion regulation, and well-being. Triannual Invitational Choice Symposium, Lake Louise, Canada.
- Mauss, I. B.** (2016). Escaping the effects of stress: Emotion regulation and resilience. Affective Science colloquium series, Stanford University.
- Mauss, I. B.,** Ford, B. Q., & Troy, A. S. (2015). The role of emotion regulation in resilience. UC conference on resilience, Palm Desert, CA.
- Mauss, I. B.** (2015). Using physiological measures to examine links between emotion regulation and psychological health. Society for Experimental Social Psychology, Denver, CO.
- Mauss, I. B.** (2015). Less can be more: Paradoxical effects of the pursuit of happiness. Series on Ethical Inquiry, Brown University.

- Mauss, I. B.** (2015). A person-by-situation approach to emotion regulation: Whether cognitive reappraisal helps or hurts depends on the context. Society for Affective Science, Oakland, CA.
- Mauss, I. B.** (2015). Generating positive emotion amid adversity: The role of emotion regulation in resilience. Positive Emotion Preconference to the Society for Affective Science, Oakland, CA.
- Mauss, I. B.** (2015). The role of emotion regulation in psychological health and coping with stress. Clinical Science colloquium series, UC Berkeley, CA.
- Mauss, I. B., & Tamir, M.** (2014). Less is more: Emotion goals, emotion experience, and psychological health. Society for Personality and Social Psychology, Austin, TX.
- Mauss, I. B.** (2013). Less can be more: Paradoxical effects of the pursuit of happiness. Social psychology colloquium series, Stanford University.
- Mauss, I. B.** (2013). Less is more: Emotion goals, emotion regulation, and well-being. Positive Psychology Center, University of Pennsylvania.
- Mauss, I. B.** (2013). Less is more: Paradoxical pursuits in emotion regulation and implications for psychological health. Social Psychology Brownbag, UC Davis.
- Mauss, I. B.** (2013). Less is more: Paradoxical pursuits in emotion regulation and implications for psychological health. Preconference on self regulation, meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Mauss, I. B., & Troy, A. S.** (2012). The adaptiveness of emotion regulation depends on its context: A person-by-situation account of psychological-health implications of emotion regulation. Association for Psychological Science, Chicago, IL.
- Mauss, I. B.** (2012). Discussant in symposium on “When positive is negative and vice versa: Counterintuitive findings in emotional information-processing.” Association for Psychological Science, Chicago, IL.
- Kogan, A., Gruber, J., & **Mauss, I. B.** (2012). More is not always better: Moderation not maximization of cardiac vagal tone predicts greatest prosociality. Paper presented at the Annual Convention for the Association of Psychological Science, Chicago, IL.
- Mauss, I. B.** (2012). Measuring emotions: Implications for basic theory and clinical science. ADINEU meeting, Buenos Aires, Argentina.
- Mauss, I. B.** (2012). Less can be more: Emotion regulation and psychological health. ADINEU meeting, Buenos Aires, Argentina.
- Mauss, I. B.** (2012). Assessing two basic assumptions: Do emotional responses cohere during emotional responding and is greater coherence always a good thing? Society for Personality and Social Psychology, San Diego, CA.
- McRae, K., **Mauss, I. B.**, Ciesielski, B. G., Zanolia, P., Ford, B. Q., & Davis, T. (2012). Cognitive emotion regulation in recently stressed women: Differential effects of increasing positive affect and decreasing negative affect. Society for Personality and Social Psychology, San Diego, CA.
- Mauss, I. B.**, Shallcross, A. J., Ford, B. Q., & Floerke, V. A. (2011). The role of acceptance in emotional well-being across the life span. Society for Psychophysiological Research, Boston, MA.
- Mauss, I. B.** (2011). Less is more: Paradoxical pursuits in emotion regulation and implications for psychological health. University of Chicago, Booth School of Business, Chicago, IL.
- Hopp, H., Troy, A. S., & **Mauss, I. B.** (2011). The unconscious pursuit of emotion regulation: Implications for psychological health. Society for Personality and Social Psychology, San Antonio, TX.

- Mauss, I. B.**, Anderson, C. L., & Savino, N. S. (2011). Can wanting to be happy make people unhappy? Paradoxical effects of valuing happiness. Society for Personality and Social Psychology, San Antonio, TX.
- Troy, A. S., & **Mauss, I. B.** (2011). Navigating stressful events: The protective effects of emotion regulation ability. Society for Personality and Social Psychology, San Antonio, TX.
- Mauss, I. B.** (2010). Emotion regulation ability and resilience. Invited talk in the Colorado State University Social Psychology colloquium series, Fort Collins, CO.
- Mauss, I. B.** (2010). Emotion regulation ability and resilience. Invited talk in the Developmental Psychobiology Research Group, Denver, CO.
- Mauss, I. B.**, & Butler, E. A. (2010). Emotion-regulatory goals mediate cultural differences in emotional responding. Society for Personality and Social Psychology, Las Vegas, NV.
- Mauss, I. B.**, & Caston, A. T. (2009). Seeing the silver lining: Cognitive reappraisal ability moderates the relationship between stress and depression. Association for Psychological Science, San Francisco, CA.
- Mauss, I. B.** (2009). Co-chair and discussant in symposium on “Automatic emotion regulation: Neural bases and implications for psychological health.” Association for Psychological Science, San Francisco, CA.
- Caston, A. T., Shallcross, A. J., **Mauss, I. B.** (2009). Resilience in the face of stress: The ability to down-regulate negative versus up-regulate positive emotions differentially predicts depression and well-being. Western Psychological Association, Portland, OR.
- Caston, A. T., Shallcross, A. J., & **Mauss, I. B.** (2008). Seeing the silver lining: Cognitive reappraisal ability moderates the relationship between stress and depression. XXIX International Congress of Psychology, Berlin, Germany.
- Mauss, I. B.** (2008). Cultural background, emotion control values, and emotional responding. Annual meeting of the American Psychological Society, Chicago, IL.
- Mauss, I. B.** (2008). Emotion regulation: Affective consequences and implications for psychological health. Psychology Colloquium Series, Free University, Berlin, Germany.
- Quirin, M., & **Mauss, I. B.** (2008). Co-chair and discussant in symposium on “Implicit affective processes: Implications for social cognition and self regulation.” Annual meeting of the Society for Social and Personality Psychology, Albuquerque, NM.
- Mauss, I. B.** (2007). Automatic emotion regulation and anger. Invited talk at the annual meeting of the Western Psychological Association, Vancouver, British Columbia, Canada.
- Mauss, I. B.** (2007). Automatic emotion regulation and anger. Invited talk at the Institute for Personality and Social Psychology, UC Berkeley, CA.
- Mauss, I. B.** (2006). Are there emotion “modules”? Response system coherence in emotions. Neuroscience Research Group, University of Denver, CO.
- Mauss, I. B.** (2006). Cool, calm, and unconscious: Automatic emotion regulation and anger. Social Psychology Colloquium, University of Colorado, Boulder.
- Butler, E. A., Wilhelm, F. H., **Mauss, I. B.**, Gross, J. J. (2006). Respiratory sinus arrhythmia and the implicit evaluation of emotion regulation during social interaction. Annual meeting of the Society for Psychophysiological Research, Vancouver, British Columbia, Canada.
- Mauss, I. B.** (2006). Automaticity and emotion regulation. Psychology Colloquium Series, University of British Columbia, Vancouver, British Columbia, Canada.
- Mauss, I. B.** & Gross, J. J. (2006). Cool, calm, and unconscious: Automatic emotion regulation and responses to an anger provocation. Annual meeting of the Society for Social and Personality Psychology, Palm Springs, CA.
- Mauss, I. B.** & Gross, J. J. (2004). Blow your top or bite your tongue: Automatic emotion regulation and anger. Annual meeting of the Society for Psychophysiological Research, Santa Fe, NM.

- Mauss, I. B.** (2004). Blow your top or bite your tongue: Automatic anger regulation. Psychology Colloquium Series, University of Wisconsin, Madison, WI.
- Mauss, I. B.** (2003). Blow your top or bite your tongue: Anger regulation and health. Psychology Colloquium Series, University of California, Irvine, CA.
- Mauss, I. B.** (2003). Blow your top or bite your tongue: Implicit and explicit processes in anger regulation. Psychology Colloquium Series, Vassar College, NY.
- Mauss, I. B.** (2003). Blow your top or bite your tongue: Implicit processes in anger regulation. Annual meeting of the National Institute of Mental Health Bay Area Consortium in Affective Science, Berkeley, CA.
- Mauss, I. B.** (2002). Implicit processes in emotion regulation. Annual meeting of the National Institute of Mental Health Bay Area Consortium in Affective Science, Berkeley, CA.
- Mauss, I. B., & Gross, J. J.** (2002). Emotion suppression and cardiovascular disease. 24th European Conference on Psychosomatic Research, Lisbon, Portugal.
- Mauss, I. B., Yu, C.-Y., & Gross, J. J.** (2002). Implicit models of emotion influence emotional responding. 12th Conference of the International Society for Research on Emotion, Cuenca, Spain.
- Mauss, I. B.** (2001). Is there less to social anxiety than meets the eye? Experience of social anxiety and bodily responding. Annual meeting of the National Institute of Mental Health Bay Area Consortium in Affective Science, Berkeley, CA.
- Mauss, I. B., & Gross, J. J.** (2000). Emotion suppression and cardiovascular disease. 12th Annual Convention of the American Psychological Society, Miami Beach, FL.
- Mauss, I. B., Vogt, J., & Kalveram, K. T.** (1998). Annoyance responses to aircraft noise. 137th meeting of the Acoustical Society of America, Seattle, WA.
- Mauss, I. B., Vogt, J., Donath, T., & Kalveram, K. T.** (1997). Annoyance responses to aircraft noise. 39th Annual Meeting of Experimental Psychologists, Berlin, Germany.

Teaching

Introduction to Social Psychology (undergraduate lecture course)
 Graduate Seminar on Affective Science
 Graduate Seminar on Emotion and Emotion Regulation
 Graduate Seminar on Methods in Psychophysiology
 Graduate Proseminar on Social and Personality Psychology
 Professional Development Seminar for graduate students in psychology
 Graduate Seminar on Cultural Psychology

Reviewing and Editorial Service

Associate editor:

Journal of Experimental Psychology: General (2011-2014)

Cognition and Emotion (2010-2012)

Social and Personality Psychology Compass: Motivation and Emotion Section (2010-2012)

Current consulting editor: *Affective Science; Emotion; Personality Neuroscience; Psychological Bulletin; Psychology of Well-Being*

Past consulting editor: *Psychological Science* (2017-2019); *Journal of Personality and Social Psychology* (2015-2019)

Ad-hoc reviewer: *Anxiety, Stress, and Coping; Behavior Therapy; Behavioral and Brain Sciences; Behaviour Research and Therapy; Biological Psychiatry; Biological Psychology; Brain and Cognition; Cognitive Behaviour Therapy; Cognitive Therapy and Research; Cognition and Emotion; Current Directions in Psychological Science; Developmental Psychology; Emotion; Emotion Review; European Journal of Personality; European Journal of Social Psychology; International Journal of Psychophysiology; Journal of Behavior Therapy and Experimental Psychiatry; Journal of Cognitive Neuroscience; Journal of Experimental Social Psychology; Journal of Happiness Studies; Journal of Individual Differences; Journal of Personality; Journal of Personality and Social Psychology; Journal of Psychosomatic Research; Journal of Research in Personality; Journal of Social and Clinical Psychology; Memory; Motivation and Emotion; Nature Human Behaviour; Perspectives on Psychological Science; Personality and Individual Differences; Personality and Social Psychology Bulletin; Personality and Social Psychology Review; Psychiatry Research; Psychological Bulletin; Psychological Science; Psychology and Aging; Psychophysiology; Science; Social, Cognitive, and Affective Neuroscience; Social and Personality Psychology Compass; Social Psychological and Personality Science*

Grants (boards and study sections): *National Science Foundation (NSF) Social Psychology Advisory Committee (2013); National Institutes of Health, MESH study section (2016)*

Grants (ad-hoc): *UK Economic and Social Research Council; National Science Foundation (NSF); Society for Psychophysiological Research (SPR) Training Awards; NIH Special Emphasis Panel on emotion and aging (2018); World Congress on Positive Psychology conference (2018)*

University and Departmental Service

Chair, Community Building and Cohesion Committee, Department of Psychology (2020-present).

Member, Committee for the Protection of Human Subjects (2018-2020).

Area head, Social and Personality Psychology area (2016-2019).

Co-Chair, Department of Psychology Women’s Faculty Forum (2016-2018).

Faculty coordinator, research participation pool (RPP), psychology department, University of California, Berkeley (2012-2021).

Member, Undergraduate Curriculum Committee, psychology department, University of California, Berkeley (2012-2020).

Reviewer, University of California President's Postdoctoral Fellowship Program (2019).

Participation in UC Berkeley delegation to the World Economic Forum, Davos, Switzerland (2017).

Participation in UC Berkeley “Homecoming” (2017) and “Thriving in Science” (2019).

UC Berkeley representative UC Intercampus Consortium on Health Psychology (2014-current).

Faculty member, Bay Area predoctoral training grant in affective science (2012-2019).

Member, search committee, psychology (2015).

Co-Chair, Institute for Personality and Social Research (IPSR) colloquium series, University of California, Berkeley (2012-2014).

Member, review committee for the Greater Good Science Center fellowship program (2012, 2016, 2018).

Professional Activities and Service

Co-organized Bay Area Affective Science meeting (2022-present)

Abstract reviewing for Meeting of the Society of Behavioral Medicine (SBM; 2016).

Public lectures: How can people mitigate the effects of stress on well-being? The role of emotion attitudes (Facebook, 2016); Pursuing Happiness Can Make Us Unhappy (Momicon, 2016); The role of emotions and emotion regulation in well-being and health (Osher Lifelong Learning Institute, 2014).

Member, fellow selection committee Society for Social and Personality Psychology (SPSP, 2016).

Member, conference program committee for the meeting of the Society for Social and Personality Psychology (SPSP; 2015, 2016).

Co-chair, steering committee for the Summer Institute of Social and Personality Psychology (SISPP) of the Society for Social and Personality Psychology (SPSP; member: 2010-2011; co-chair 2012-2014).

Member, conference program committee for the meeting of the Association for Research in Personality (ARP; 2013).

Co-chair, meeting of the Emotion Research Group (2013).

Instructor, workshop on “Affective Psychophysiology: Use of ANS measures in Personality Research.” Association for Research in Personality, Charlotte, NC (2013).

Member, conference program committee for the meeting of the Society for Social and Personality Psychology (SPSP; 2012).

Instructor, workshop on “Studying Emotions in the Laboratory” at the annual convention of the Association for Psychological Science, Chicago, IL (2012).

Hosted mentor lunch for graduate students at 2010 meeting of the Society for Personality and Social Psychology (SPSP), Las Vegas, NV; 2018 meeting of the Society for Affective Science (SAS), Los Angeles, CA.

Co-instructor, two-week workshop on “Biological Bases of Social Behavior and Personality” at the Summer Institute of Social Psychology, Evanston, IL (2009).

Co-chair, emotion pre-conference for the Society for Personality and Social Psychology (2008; 2009).

Member, conference program committee for the meeting of the Society for Psychophysiological Research (SPR; 2006).

Science Writing: “Control your anger! Should you regulate your emotional reactions or let them rip?” *Scientific American: Mind*, December 2005, 64-71.

Graduation speech, 2005 psychology department graduation, Stanford University.

Co-chair, Stanford-Berkeley Talks in Social and Personality Psychology (2000).

University and Departmental Service Before Previous Appointment

Member, steering committee for center on aging, University of Denver (2010).

Member, faculty search committee in Affective Science and Social Psychology, Psychology Department, University of Denver (2006-2011).

Member, Institutional Review Board, University of Denver (2005—2010).

Member, Professional Research Opportunities for Faculty (PROF) committee, University of Denver (2008).

Association Memberships

Association for Psychological Science

Society for Social and Personality Psychology

Society for Affective Science