

THE PSYCHE



Greetings from the Chair

Hello, alumni and friends! In this issue, we recognize Dr. Nancy Docherty who retired in Fall 2013. As full professor and winner of the Kent State Distinguished Scholar award, Nancy made many important contributions. I especially appreciated her skill in serving as Director of Clinical Training for many years. Her research on schizophrenia, which was supported by extensive federal funding, has had a major impact on the field. Many of her students have gone on to successful careers. One of them, Dr. Alex Cohen, is featured in the "In the Loop" interview in this issue.

Of the many accolades bestowed upon faculty and students this past year, two were especially noteworthy. Dr. Mary Ann Stephens received the Developmental Health Award from the American Psychological Association. This award, given to only one scholar every two years, honored Mary Ann for her significant theoretical and empirical contributions to the fields of aging, health, and family psychology. Dr. Katherine Rawson received the university's Outstanding Research and Scholar Award. This award recognized the many ways in which Katherine's research has advanced our understanding of learning and text comprehension.

It was a pleasure to welcome many new people to the department. One social health psychologist joined the faculty in the Fall as an assistant professor. Dr. Judith Gere conducts research on how individuals pursue personally relevant goals, such as the goal of maintaining an exercise routine, in the context of romantic relationships. Three new postdoctoral fellows also joined us in the Fall, each funded by a Kent State award to our faculty. Dr. Nathan Foster is collaborating with Drs. Rawson and Dunlosky on research concerning college students' mathematical problem solving. Dr. Lee Gillman has teamed up with Drs. Jasnow and Coifman to examine biological and environmental effects on the regulation of emotion. Dr. Misty Hawkins has joined forces with Drs. Hughes, Gunstad, and Delahanty to conduct neuropsychological studies concerning chronic disease.

We are also delighted to report that for the first time the department has a full-time Undergraduate Academic Advisor, Ms. Laura Hilliker, M.A. In addition to offering academic and career counseling to our over 800 undergraduate majors, Laura has organized several effective group programs for promoting student development.

We hope that you enjoy this edition of the *Psyche*. Once again, we invite you to keep in touch, as we always enjoy receiving updates about the activities and accomplishments of our greatest source of pride, our alumni. For up-to-date information on the happenings in the department, be sure to check out our website at <http://dept.kent.edu/psychology/>.

Maria Zaragoza



Meet New Faculty

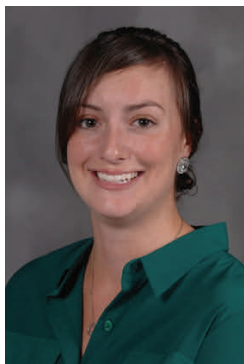


Judith Gere

Psyche is pleased to introduce Judith Gere, a new faculty hire who joined us in Fall 2013. Judith hails from Toronto, Ontario, where she obtained her B.Sc. and Ph.D. (social/personality psychology) from the University of Toronto. Most recently, Judith completed a postdoctoral fellowship at the Pennsylvania State University Center for Healthy Aging. Judith's program of research focuses on how individuals pursue personally relevant goals, particularly in the context of romantic relationships. An emerging research interest is studying the pursuit of health goals (e.g., exercise goals) and goal pursuits in romantic couples in which one of the partners is confronted with a chronic illness that limits their daily activities. When not directly pursuing these professional goals, Judith is likely to be found hiking in the great outdoors or paddling around the waters of North America in a kayak. Digging a bit deeper, *Psyche* has learned that Judith, on at least one occasion, has found herself kayaking in alligator infested waters. Given her

passion for both research on goal pursuits and kayaking, it seems only a matter of time before Judith discovers how to study goal pursuits in romantic couples confronted with kayak adventures.

Meet New Staff



Ms. Laura Hilliker

We are delighted to welcome our new Undergraduate Academic Advisor to the department. Laura earned her M.A. in community counseling, with a specialization in student affairs, at Slippery Rock University of PA, and her B.S. in Psychology at Clarion University of PA. Laura's professional interests include career development, career counseling, and college student development. She has enjoyed working hard to enhance the overall experiences of undergraduate psychology students at Kent. Prior to moving to Ohio this summer, Laura lived most of her life in Pittsburgh. Laura likes to keep busy. She enjoys outdoorsy things like camping, hiking, and kayaking. Traveling is a deep rooted passion for her, as well as community service involvement.

Stephens Receives APA Award

Mary Ann Parris Stephens, Ph.D., professor of psychology and dean of Graduate Studies, received the 2013 Developmental Health Award from the Aging and Health Committee of the American Psychological Association. The award recognized the contributions of her research to the understanding of health and aging. As part of the award, Dr. Stephens gave an invited address at the APA convention in Honolulu, Hawaii in August, 2013. "I am so honored that my work has received this recognition," she said. Dr. Stephens is also an APA fellow and recipient of the 1999 Mentor Award from Division 20 (Adult Development and Aging). Her research, which has been supported by several large federal grants, has made significant theoretical and empirical contributions in the fields of family caregiving in middle and late life, chronic illness and long-term marriages, and social control of health behaviors. She has published three books and over 100 articles and book chapters. Dr. Stephens has also served as associated editor of *Psychology and Aging* and consulting editor for many journals in aging, health, and family psychology.



Meet the Postdocs



Dr. Nathan Foster hails from Forest Grove, Oregon. After attending college at Willamette University in Salem, OR, where he studied psychology and computer science, Nathan did his graduate work at the University of North Carolina at Greensboro. Under the supervision of Dr. Lili Sahakyan, he developed programs of research examining basic processes of human memory including interference theory and metacognitive mechanisms underlying intentional forgetting. He is now developing a line of work with John Dunlosky and Michael Mueller on mathematical problem solving and study schedules. Nathan also plans to join Katherine Rawson, Chris Was, John Dunlosky, Andrew Tonge, and others in an ongoing investigation of factors that underlie undergraduate math abilities in Kent State undergrads. Outside of academia, he enjoys music, books, television, and swimming.



Dr. Lee Gillman completed her undergraduate education at Virginia Tech, then worked as a Postbac IRTA at the NIH before pursuing her Ph.D. in Neuroscience from Penn State. Her dissertation research, completed under the guidance of Dr. Anne M. Andrews at both Penn State and UCLA, explored developmental influences of altered serotonin signaling on adulthood emotion-related behaviors in mice. Dr. Gilman has joined the labs of Drs. Aaron Jasnow and Karin Coifman to use translational approaches to refine understanding of the neurophysiological regulation of emotion. By combining genetic, neuroanatomical, pharmacological, and behavioral evaluations and manipulations, they plan to enhance our knowledge about the emotional processing of experiences such as stress and fear. This work is very much aligned with Lee's own interests in uncovering the pathophysiology of post-traumatic stress disorder and depression to identify prophylactic and early intervention treatment strategies. When she is not in lab, Lee enjoys renovating her home, running outside, and sleeping.



Dr. Misty Hawkins' career as a psychologist began with a B.S. from Indiana University in Bloomington, where she majored in Psychology, minored in Biology, and received a certificate in Neuroscience. She knew she wanted a career that bridged the gap between medicine and psychology, so she went on to obtain her Ph.D. in Clinical Health Psychology, specializing in cardiovascular disease and obesity. Her postdoctoral research is with Drs. Hughes, Gunstad, and Delahanty, thus combining her behavioral medicine expertise with neuropsychological approaches to chronic disease. Misty's passions outside of work include shopping locally, reading fiction avidly, and spending time with her husband Damian. We are likely to see them flying up and down the hike and bike trails on their bikes.

Outstanding Teacher Award

This past November, Robin Joynes, Ph.D., was one of three recipients of a Kent State University Outstanding Teaching Award. The award honors exceptional nontenure-track and part-time faculty members for outstanding achievement in teaching.

Robin has a well-earned reputation for presenting complicated material in a clear, entertaining way. “She’s one of the few teachers who has made me laugh and actually enjoy the learning process,” says Colette Williams, a psychology major. “In addition to that, she’s an understanding person, extremely intelligent and probably the most down-to-earth professor I’ve had the pleasure of getting to know.”

Robin reports that she keeps finding new ways to engage her students. “I feel like I’m raising the bar, and the students are rising to this bar. They are looking at the material in ways I would never consider, so I get to spend as much time being a student as I do being a teacher.”

The award is not the first to recognize Robin’s teaching. She received a 2006 Distinguished Teaching Award from the Kent State’s Alumni Association and a teaching recognition award from Student Accessibility Services in 2012. In 2009, because of their expertise, Robin and Sharon Scartelli, Ph.D., were asked to take over for another of the department’s Distinguished Teacher Awardees, Ben Newberry, as co-instructors of the graduate College Teaching course.



Mayer Highlights

This past October, Dr. Roger Mayer, Professor of Management, Innovation and Entrepreneurship at North Carolina State University spoke to our undergraduates about career opportunities in Industrial/Organizational Psychology and Organizational Business. Dr. Mayer, who earned his B.A. in Psychology from Kent State University in 1982, gave a lively, informative presentation that was well received. An accomplished scholar, Dr. Mayer has given invited presentations at many institutions of higher learning, including Carnegie Mellon, Harvard, and Tulane. Although he attributes much of his success to his early days as a student in our department, Dr. Mayer was largely unaware of the professional opportunities in I/O and Organizational Business then. For this reason, he has made two visits to Kent State in the past three years to share information about these opportunities with our students.



In conversations with our faculty, Dr. Mayer recounted his days at Kent. “Parking was always an issue. I had to park at the stadium and get a shuttle bus to Kent Hall.” He considered the classes on animal learning from Dr. Riccio and physiological psychology from Dr. Treichler to be particularly important for his development as a psychologist. “The rat I was charged with training in lab gave me a clear lesson on reinforcement and extinction. ‘Mr. Bill’, who I named after a Saturday Night Live character, showed this strange penchant for banging his head on the cage. I finally realized that I was reinforcing this behavior by picking him up and comforting him. Once I stopped doing this, Mr. Bill quit with the head-banging.”

What's up Doc?

Dr. Nancy Docherty retired last May, and we had a chance to chat with her about her time in Kent and plans for retirement.

Preferring the work environment of a psychology department over that of a psychiatry department, Nancy came to us from Yale in 1995. Her arrival was something of a homecoming, as her father had been a member of our department and Nancy had lived in Kent as a child. Accompanying her were her husband, David, and daughter, Anna. Anna attended high school here and went on to pursue her own career in psychology.

Nancy shared her father's passion for research (he established the first research lab in the department.). Nancy distinguished herself for her theoretically- grounded program of research on cognitive, language, and emotional functioning in schizophrenia. While at Kent, Nancy received continuous funding for her research (e.g., NIMH, NARSAD) and published numerous articles in the top journals in her area. In addition, Nancy served as Director of Clinical Training from 2005 to 2012, and enjoyed training graduate students, many of whom have pursued research careers.

Nancy and David now live in their ten-acre property outside of Kent, where Nancy enjoys spending time outdoors and, especially, working on her garden. Nancy is clearly committed to an active life. The very day after she retired, Nancy set off with David on a two-month bicycle trip from Kent to Montana, summarizing, "It was very relaxing." Since then, Nancy has been spending time painting, doing metal work and enameling, volunteering to raise funds for the schooling of Cambodian girls, and of course, continuing her research. Nancy is still training four graduate students and is in contact with some of her former students with whom she maintains research collaborations. We hope she remains involved with the department for quite some time.



New Department Study Spaces

Undergraduate Advisor, Laura Hilliker, spearheaded efforts to give Kent Hall's Undergraduate Lounge a fresh look. The space outside the balcony on the second floor also received a new look. The bright colors and new furniture designed to support laptops and other electronic devices will continue to support student learning and comradery.



In the Loop



We were pleased to interview a graduate of our Ph.D. program in Clinical Psychology, Alex Cohen. Alex is currently in the Department of Psychology at Louisiana State University

Psyche: Tell us a bit about your time in graduate school. I was in the doctoral program at Kent State from 1998 until 2004. My mentor, Dr. Nancy Docherty, is one of the more incredible people I have met in my life. She was very supportive of independent research projects and had boat-loads of data, so I found it easy to become immersed in research. My focus was on understanding and treating serious and persistent mental illness, and I was fortunate to have great clinical and research experiences in outpatient, inpatient and forensic treatment units in the greater Kent area.

Psyche: What professional positions have you held? What kind of clinical/research activities have you conducted?

I completed my clinical internship at the University of Maryland School of Medicine and then studied with a schizophrenia researcher at the University of Maryland in College Park for several years. In 2006, I accepted an assistant professor position at Louisiana State University, and have been there ever since. Thankfully, they had a position for my wife, Melissa Beck, who has a Ph.D. in Experimental Psychology from Kent State. So we were able to resolve the two-body problem. My time is split between research on serious mental illness, training clinical doctoral students, and teaching and administrative work. My research focuses on adapting sophisticated technologies to understand psychiatric conditions. For example, we use computerized acoustic analysis of natural speech, facial emotion analysis, semantic and linguistic analysis, and momentary emotion capture to understand a broad range of psychiatric conditions (e.g., depression, mania, thought disorder, aggression, suicidality). From an “experimental psychopathology” perspective, we can understand the roots of these symptoms by observing how subtle changes in severity result from manipulating cognitive, emotional, social and other demands in the laboratory setting. From a clinical perspective, we are looking at ways these technologies can be used to measure symptoms in the real world. I am really excited about a project that just got funded with some international collaborators. The focus is on developing a mobile app that will continuously monitor natural speech for clinically-relevant linguistic, acoustic and semantic features. Given how few resources are available to address serious psychiatric problems, technological solutions that are efficient, effective and objective can be of incredible use.

Psyche: Is there a particular professional accomplishment in your career for which you are especially proud? My first graduate student, Kyle Minor, has graduated and gotten a tenure-track assistant professor position. He got a great gig and is set up for a pretty amazing research career. Mentoring students is one of the more enjoyable things I do, but it is a very slow process and can take years to see dividends.

Psyche: What are the most enduring memories of your time at Kent State? I had a large group of friends at Kent that I really enjoyed, and I have maintained these friendships long after graduation. Many of these people are now colleagues as well, so they are important both personally and professionally to me. Establishing connections is one of the benefits of grad school, and I think the psychology program was particularly good at facilitating this. I also met my wife in grad school, and we have been happily together since 2000. Buffalo wings, “bowling” at the 11th frame, and the legendary NCAA basketball runs of 2000 – 2002 are all important highpoints as well.

Department Hosts Adolescence Research Summer School



This past June, under the leadership of Manfred van Dulmen, Ph.D., and with the assistance of Ms. Sandi Thouvenin, the department hosted the 2013 European Association for Research on Adolescence-Society for Research on Adolescence Summer School. Funded by the Johan Jacobs Foundation, this event brought together nine senior scholars and 26 junior scholars (Ph.D. students) from North America, Europe, and Australia for a week of intensive research training. Kent State University was only the third North American university to have hosted this annual event. Senior scholars presented their latest research to the junior scholars who in turn worked in groups on hands-on tasks, such as debating the pros and cons of a theoretical position. Junior scholars presented their dissertation work and received feedback from the senior scholars. Other sessions were devoted to professional skills and career development. As one of the junior scholars noted, “It was rewarding to meet colleagues who share our anxieties and...our dreams and passions. We knew the challenge was great, and that by the end of the week we would be richer than when we began.”

Rawson Received Kent State Outstanding Scholar Award

On March 19, 2013, Katherine Rawson, Ph.D., received a Kent State University Outstanding Research and Scholar Award. The award recognizes faculty members for the quality of their scholarship and its impact on society. Of the 18 nominees for the award, three recipients were selected. Katherine’s research addresses two interrelated questions in cognitive psychology. First, what is the best way to optimize learning in educationally relevant domains? In addressing this question, her research has focused on strategies and self-regulation processes that promote the durability and efficiency of student learning. Second, what are the cognitive processes involved in reading, understanding, and remembering text material, and how do these processes become automatic? As noted in past issues of the *Psyche*, Katherine has also received a Presidential Early Career Award for Scientists and Engineers and a Kavli Frontiers Fellow Award from the National Academy of Sciences. She has published numerous journal articles and chapters and received impressive levels of federal grant funding. Dr. Rawson currently serves as associate editor for two major journals in her field.



Recent Ph.D. Dissertations

Nicholas L. Anderson (Dr. Ciesla) Avoidance and intolerance of uncertainty: Precipitants of rumination and depression.

Karen E. Doyle (Dr. Fountain) The nature of cognitive chunking processes in rat serial pattern learning.

Tayla Lee (Dr. Graham) Examination of elaborated structural models of psychopathology to understand the comorbidity of substance use and internalizing disorders.

Michael L. Alosco (Dr. Gunstad) A prospective examination of the effects of obesity on cerebral perfusion and cognition in heart failure.

Erin Smith (Weller) (Dr. Grau) Maternal depressive symptoms and child behavior among Latina adolescent mothers and their toddlers: Transactional relations and moderating processes.

Lynn Kakos (Reese) (Dr. Gunstad) Improving cognitive function following exercise-induced dehydration: Role of sports drink supplementation.

Lesley A. Hiebing Friedhoff (Dr. Graham) Question development by individuals in therapeutic assessment: Does it result in more positive outcomes?

Patricia Castellanos (Dr. Grau) The romantic relationships of Latina adolescent mothers: Longitudinal effects of relationship satisfaction, social support, and relationship strain.

Ashley J. Szabo Miller (Dr. Gunstad) Perceived risk for concussions in college football players.

Nicolas J. Wilkins (Dr. Rawson) What is in an instance? Practice context effects/

Marissa Hartwig (Dr. Dunlosky) Do test items that induce overconfidence make unskilled performers unaware?

Patrick K. Cullen (Drs. Riccio and Jasnow) Neurobiological mechanisms of fear generalization.

Shauna L. Clen (Dr. Fresco) Association of meta-cognitive reactions to negative emotions to anxiety and depressive pathology.

Angela N. Roberts Miller (Dr. Hughes) The role of body mass index and its covariates in emotion recognition.

Shannon Siener (Dr. Kerns) Parenting and adolescent depression: Emotion regulation socialization as a pathway.

Vivek Venugopal (Dr. Ciesla) The efficacy of mindfulness-based meditation in attenuating sleep difficulties among high trait ruminators.

Rachel Hemphill (Dr. Stephens) Disease-related collaboration and adjustment among couples coping with Type 2 diabetes.

Amber S. Emanuel (Dr. Updegraff) Using self-affirmation to counter self-control depletion.

William E. Ajayi (Dr. Graham) Development and validation of two treatment process and outcome scales for the MMPI-2-RF.

Maria Pacella (Dr. Delahanty) The impact of prolonged exposure therapy on medication adherence and quality of life in people living with HIV: A randomized controlled trial.

Daniel Ridolfi (Dr. Crowther) The relationship between body image disturbance and health maintenance behaviors: An assessment of breast self-examination among women.

Department Honors

Faculty Awards

Ben-Porath became a member on the APA Committee on Psychological Tests and Assessment.

Karin Coifman received a National Multiple Sclerosis Society grant, titled “Emotion processing during multiple sclerosis: Cognitive and behavioral indicators of psychological risk.” She also received a Kent State Summer Research and Creative Activity Appointment.

Doug Delahanty received the Ohio Department of Public Safety Emergency Medical Services grant, titled “Incidence of acute stress disorder and posttraumatic stress disorder in child traumatic injury patients and their families: A family systems approach.”

David Fresco received the Kent State award to fund post-doctoral fellowship shared with Robert Clements, Biology and William Kalkoff, Sociology. He also became the associate editor of *Cognitive Therapy and Research*.

John Gunstad received the Kent State College of Arts & Sciences Innovation Seed Research Award.

Angela Neal-Barnett received the Women's Endowment Fund of Akron Community Foundation grant, titled “A sister circle program for adolescent girls.”

Mary Ann Parris Stephens received the APA, Division 38, Developmental Health Award and was invited to address the 2013 APA annual convention.

Katherine Rawson received the Kent State Outstanding Research and Scholarship Award.

Mary Beth Spitznagel became the director of the International Neuropsychological Society, Research and Editing Consultant Program.

John Updegraff became a member of the National Science Foundation grant review panel for Social Psychology.

Graduate Student Honors

Michael Alosco received the American Heart Association Pre-doctoral Fellowship.

Joseph Lynch III received the Midwestern Psychological Association Outstanding Paper Award and the APA Science Student Council Early Graduate Student Researcher Award.

Katherine Shepherd received the Mind and Life Institute Francisco J. Verela Research Award.

Laura Buchholz and **Bryce Hruska** received Kent State University Fellowships.

Kelsey Dickson and **Jessica Flynn** received the Kent State Jeannette & Louis Reuter Graduate Fellowships.

Anthony Tarascavage received the Lillian Friedman Fellowship.

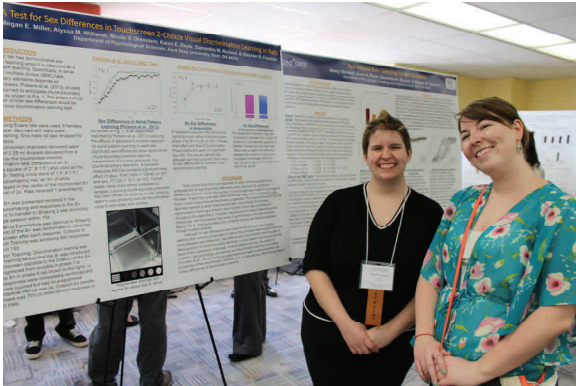
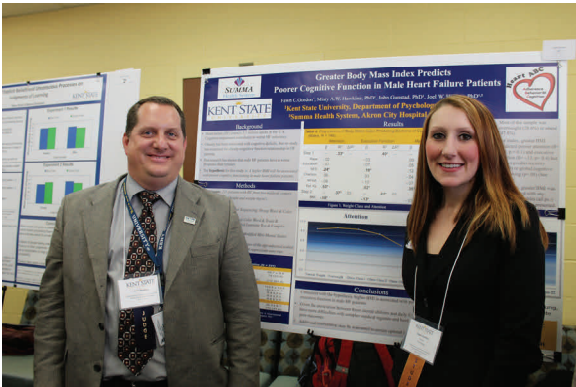
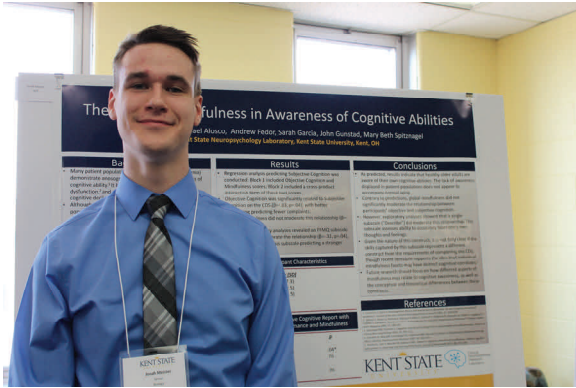
Carly Goldstein, **Alynn Gordon**, and **Joseph Lynch III** received the Kent State Judie Fall Lasser Graduate Psychology Research Award.

Brian Don received the Kent State Graduate Research Excellence Award.



Graduate students Carly Goldstein, Scout McCully, and Alex Chong at the 2013-14 29th Annual Graduate Research Symposium.

Snapshots from the 13-14 Undergraduate Symposium



Graduate & Postdoctoral Alumni Honors and Positions

Patrick Cullen received a postdoctoral fellowship at the University of Wisconsin-Milwaukee.

Rachel Hemphill received a postdoctoral fellowship at Pennsylvania State University.

Amber Emanuel received a postdoctoral fellowship at the University of Florida.

Maria Pacella received a postdoctoral fellowship at the Medical College of Wisconsin.

Emily Haigh became an Assistant Professor at the University of Maine.

Laura Brumariu and **Michael Moore** became Assistant Professors at Adelphi University.

Nicholas Wilkins became an Assistant Professor at Southeast Missouri State University.

Marissa Hartwig became an Assistant Professor at Tennessee Tech University.

Heather Bailey became an Assistant Professor at Kansas State University.

Sarah "Uma" Tauber became an Assistant Professor at Texas Christian University.

Bryan Karazsia, College of Wooster, was awarded tenure.

Julie Cremeans-Smith, Kent State University Stark, was promoted to Associate Professor with tenure.

Pat Tomich, Kent State University Trumbull, was promoted to Associate Professor with tenure.

Undergraduate Alumni Honors

David Frank, University of North Carolina Greensboro, received the Outstanding Thesis Award.