

## **CURRICULUM VITAE**

**Suzanne C. Segerstrom**

Department of Psychology  
115 Kastle Hall  
University of Kentucky  
Lexington, KY 40506-0044  
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## **EDUCATION**

### **Lewis and Clark College, Portland, Oregon**

B.A. with Honors, 1990

### **University of California, Los Angeles**

M.A., 1992

Major: Psychology

Ph.D., 1997

Major: Clinical Psychology

Minors: Health Psychology; Measurement and Psychometrics

## **PROFESSIONAL POSITIONS**

### **Psychology Intern 1996 – 1997**

Department of Psychology  
Vancouver Hospital and Health Sciences Center (University of British Columbia)

### **Assistant Professor 1997 – 2003**

### **Associate Professor 2003 –**

Department of Psychology  
University of Kentucky

Joint Appointment, Department of Behavioral Sciences, School of Medicine  
Member, Markey Cancer Center

## **MEMBERSHIPS IN PROFESSIONAL SOCIETES**

American Psychological Association  
Division 8, Society for Personality and Social Psychology  
Division 38, Health Psychology  
American Psychosomatic Society  
Association for Psychological Science  
Psychoneuroimmunology Research Society  
Society of Behavioral Medicine

## HONORS

Presidential Scholar, Lewis and Clark College	1985
Music Faculty Scholar, Lewis and Clark College	1986
Ben B. Cheney Foundation Scholar, Lewis and Clark College	1989
Edwin W. Pauley University Fellow, UCLA	1991
Institutional National Research Service Award, NIMH #MH15750, Health Psychology Trainee	1993
Jacob K. Javits Fellow, US Department of Education	1994
Student Research Award, Division 38 (Health Psychology), APA	1996
Tsung-yi Lin Award for Clinical Research, University of British Columbia	1997
Summer Faculty Research Fellow, University of Kentucky	1998, 1999
Top 10 Teacher Award, Arts & Sciences, University of Kentucky	1999
Martin E.P. Seligman Award for Outstanding Dissertation Research on the Science of Optimism and Hope	2000
Templeton Positive Psychology Prize, 1 <sup>st</sup> Place	2002
Lewis and Clark College Outstanding Young Alumna	2004

## RESEARCH AWARDS AND GRANTS

Seed Grant, UCLA Norman Cousins Program in Psychoneuroimmunology “Optimism and Coping with Enduring Stress”	1994
Seed Grant, UCLA Norman Cousins Program in Psychoneuroimmunology “Physiological and Immune Effects of Fear, Anticipation, and Worry”	1995
Individual National Research Service Award, NIMH #MH10841-F31 “Optimism and Coping with Enduring Stress”	1995
Research Committee Grant, University of Kentucky “Immune Effects of Acute and Chronic Stress”	1999
Research Committee Grant, University of Kentucky “Writing and Health”	2001
Young Scholars Grant, Positive Psychology Network/Templeton Foundation (P.I.) “Writing and Health: The Adjustment, Health, and Immune Effects of Manipulating Repetitive Thought”	2001-2002
Clinical Hypotheses Program in Brain-Body Interaction, Dana Foundation (P.I.) “Response to Vaccination in Dementia Caregivers: A Test of Cognitive Vulnerability and Resilience”	2001-2006
Research Project Grant, NIMH (P.I.) #MH61531-R01 “Anxiety, Depression, Optimism, and Cellular Immunity”	2001-2007
Starter Grant, ALS Association (E. Kasarskis, P.I.) “Emotional Disclosure in Patients with Amyotrophic Lateral Sclerosis: A Randomized, Controlled Trial”	2005-2006
Research Project Grant, NIA (P.I.) #AG026307-R01 “Repetitive Thought, Stress, and Immunity in Older Adults”	2006-2011

## PUBLICATIONS

**Seegerstrom, S.C., McCarthy, W.J., Caskey, N.H., Gross, T.M., & Jarvik, M.E. (1993).** Optimistic bias among cigarette smokers. *Journal of Applied Social Psychology, 23*, 1606-1618.

- Schoeneman, T.J., **Segerstrom**, S., Griffin, P., & Gresham, D. (1993). The psychiatric nosology of everyday life: Categories in implicit abnormal psychology. *Journal of Social and Clinical Psychology, 12*, 429-453.
- Miller, G.E., Jarvik, M.E., Caskey, N.H., **Segerstrom**, S.C., Rosenblatt, M.R., & McCarthy, W.J. (1994). Cigarette mentholation increases smokers' exhaled carbon monoxide levels. *Experimental and Clinical Psychopharmacology, 2*, 154-160.
- Segerstrom**, S.C., McCarthy, W.J., Gross, T.M., Caskey, N.H., Rosenblatt, M.R., Carpenter, C., & Jarvik, M.E. (1994). Effects of race and cigarette preference on perception of cigarette smokers. *Tobacco Control, 3*, 30-36.
- Segerstrom**, S.C. (1996). Perceptions of stress and control in the first semester of law school. *Willamette Law Review, 32*, 593-608.
- Segerstrom**, S.C., Taylor, S.E., Kemeny, M.E., Reed, G.M., & Visscher, B.R. (1996). Causal attributions predict immune decline in HIV seropositive gay men. *Health Psychology, 15*, 485-493.
- Solomon, G.F., **Segerstrom**, S.C., Grohr, P., Kemeny, M.E., & Fahey, J.L. (1997). Shaking up immunity: Psychological and immunologic changes following a natural disaster. *Psychosomatic Medicine, 59*, 114-127.
- Segerstrom**, S.C., Solomon, G.F., Kemeny, M.E., & Fahey, J.L. (1998). Relationship of worry to immune sequelae of the Northridge earthquake. *Journal of Behavioral Medicine, 21*, 433-450.
- Segerstrom**, S.C., Taylor, S.E., Kemeny, M.E., & Fahey, J.L. (1998). Optimism is associated with mood, coping, and immune change in response to stress. *Journal of Personality and Social Psychology, 74*, 1646-1655.
- Sochting, I., Taylor, S., Freeman, W., de Koning, E., **Segerstrom**, S., & Thordarson, D. (1998). In vivo exposure for panic disorder and agoraphobia: Does a cognitive rationale enhance treatment efficacy? In E. Sanavio (Ed.), *Behavioural and cognitive therapy today: Essays in honor of Hans J. Eysenck*, pp. 293-302. Amsterdam: Elsevier.
- Segerstrom**, S.C., Glover, D.A., Craske, M.G., & Fahey, J.L. (1999). Worry affects the immune response to phobic fear. *Brain, Behavior, and Immunity, 13*, 80-92.
- Segerstrom**, S.C. (2000). Personality and the immune system: Models, methods, and mechanisms. *Annals of Behavioral Medicine, 22*, 180-190.
- Segerstrom**, S.C., Tsao, J.C.I., Alden, L.E., & Craske, M.G. (2000). Worry and rumination: Repetitive thought as a concomitant and predictor of negative mood. *Cognitive Therapy and Research, 24*, 671-688.
- Segerstrom**, S.C. (2001). Optimism and attentional bias for negative and positive stimuli. *Personality and Social Psychology Bulletin, 27*, 1334-1343.
- Segerstrom**, S.C. (2001). Optimism, goal conflict, and stressor-related immune change. *Journal of Behavioral Medicine, 24*, 441-467.
- Segerstrom**, S.C., Kemeny, M.E., & Laudenslager, M. (2001). Individual differences and psychoneuroimmunology. In R. Ader, D.L. Felton, & N. Cohen, Eds., *Psychoneuroimmunology: Vol. 2* (3e.) (pp. 87-109). San Diego, CA: Academic Press.
- Segerstrom**, S.C. (2003). Individual differences, immunity, and cancer: Lessons from personality psychology. *Brain, Behavior, and Immunity, 17 Suppl. 1*, 92-97.
- Segerstrom**, S.C., Castaneda, J.O., & Spencer, T.E. (2003). Optimism effects on cellular immunity: Testing the affective and persistence models. *Personality and Individual Differences, 35*, 1615-1624.
- Segerstrom**, S.C., Stanton, A.L., Alden, L.E., & Shortridge, B.E. (2003). A multidimensional structure

- for repetitive thought: What's on your mind, and how, and how much? *Journal of Personality and Social Psychology*, 85, 909-921.
- Bower, J.E., & **Segerstrom**, S.C. (2004). Stress management, finding benefit, and immune function: Positive mechanisms for intervention effects. *Journal of Psychosomatic Research*, 56, 9-11.
- Castaneda, J.O., & **Segerstrom**, S.C. (2004). Effects of stimulus type and worry on physiological response to fear. *Journal of Anxiety Disorders*, 18, 809-823.
- Segerstrom**, S.C., & Miller, G.E. (2004). Psychological stress and the human immune system: A meta-analytic study of 30 years of inquiry. *Psychological Bulletin*, 130, 601-630.
- Solberg Nes, L., & **Segerstrom**, S.C. (2004). Psychoneuroimmunology. In C. Spielberger (Ed.), *Encyclopedia of Applied Psychology, Vol. 3*. San Diego: Academic Press.
- Segerstrom**, S.C. (2005). Optimism and immunity: Do positive thoughts always lead to positive effects? *Brain, Behavior, and Immunity*, 19, 195-200.
- Solberg Nes, L., **Segerstrom**, S.C., & Sephton, S.E. (2005). Engagement and arousal: Optimism's effects during a brief stressor. *Personality and Social Psychology Bulletin*, 31, 111-120.
- Segerstrom**, S.C. (2006). *Breaking Murphy's Law: How optimists get what they want from life and pessimists can too*. New York: Guilford.
- Segerstrom**, S.C. (2006). How does optimism suppress immunity? Evaluation of three affective pathways. *Health Psychology*, 25, 653-657.
- Segerstrom**, S.C., & Kemeny, M.E. (2006). Worried to death? Stress, worry, and immune dysregulation in health and HIV. In N. Plotnikoff, R.E Faith, & A.J. Murgu (Eds.), *Cytokines, Stress, and Immunity* (2<sup>nd</sup> Ed.) (pp. 17-28). Boca Raton, FL: CRC Press.
- Segerstrom**, S.C., Lubach, G.R., & Coe, C.L. (2006). Identifying immune traits and biobehavioral correlates: Generalizability and reliability of immune responses in rhesus macaques. *Brain, Behavior, and Immunity*, 20, 349-358.
- Segerstrom**, S.C., & Smith, T.W. (2006). Physiological pathways from personality to health: The cardiovascular and immune systems. In M. Vollrath (Ed.), *Handbook of Personality and Health* (pp. 175-194). New York: Wiley.
- Segerstrom**, S.C., & Solberg Nes, L. (2006). When goals conflict but people prosper: The case of dispositional optimism. *Journal of Research in Personality*, 40, 675-693.
- Solberg Nes, L., & **Segerstrom**, S.C. (2006). Dispositional optimism and coping: A meta-analytic review. *Personality and Social Psychology Review*, 10, 235-251.
- Segerstrom**, S.C. (in press). Optimism and resources: Effects on each other and on health over 10 years. *Journal of Research in Personality*.
- Segerstrom**, S.C., & Roach, A. (in press). On the physical health benefits of self-enhancement. In E.C. Chang (Ed.), *Self-Criticism and Self-Enhancement: Theory, Research, and Clinical Implications*. Washington, DC: American Psychological Association.
- Segerstrom**, S.C., & Solberg Nes, L. (in press). Heart rate variability indexes self-regulatory strength, effort, and fatigue. *Psychological Science*.

### **Manuscripts under review**

- Averill, A.J., Kasarskis, E.J., & **Segerstrom**, S.C. (2006). *Psychological health in patients with amyotrophic lateral sclerosis*.
- Lykins, E.L.B., **Segerstrom**, S.C., Averill, A.J., & Kemeny, M.E. (2006). *Managing terror by changing goal values: The Northridge earthquake and the 9/11 attacks*.
- Solberg Nes, L., & **Segerstrom**, S.C. (2006). *Optimism and college retention: Mediation by motivation, performance, and adjustment*.

## INVITED PRESENTATIONS

- Segerstrom, S.C.** (2001, October). *Positive preoccupation: Seeking (and finding) adaptive repetitive thought*. Invited address at the Positive Psychology Summit, Washington, DC.
- Segerstrom, S.C.** (2001, October). *The structure and consequences of repetitive thought*. Invited colloquium, University of Kansas, Lawrence, KS.
- Segerstrom, S.C.** (2002, February). *Individual differences in psychoneuroimmunology: Lessons from personality psychology*. Invited address at the Biological Mechanisms of Psychosocial Effects on Disease meeting, National Cancer Institute, Bethesda, MD.
- Segerstrom, S.C.** (2002, April). *Psychoimmunology*. Invited address at the 2<sup>nd</sup> Osteopathic Heritage Fund Symposium, University of New England, Portland, ME.
- Segerstrom, S.C.** (2004, February). *Optimism and immunity: Bright and dark sides*. Invited colloquium, University of Illinois, Champaign-Urbana, IL.
- Segerstrom, S.C.** (2004, September). *Optimism, immunity, and health: What's the catch?* Invited colloquium, Lewis and Clark College, Portland, OR.
- Segerstrom, S.C.** (2004, October). *Optimism and health: Bright and dark sides*. Invited address at the Third International Positive Psychology Summit, Washington, DC.
- Segerstrom, S.C.** (2005, April). *Psychology and the immune system*. Invited colloquium, University of Kentucky, Lexington, KY.
- Segerstrom, S.C.** (2006, May). *The ups and downs of human immunity and well-being: An ecological view*. Invited colloquium, University of Texas, Austin, TX.
- Segerstrom, S.C.** (2006, November). *Immunological costs of dispositional optimism*. Invited paper in T.W. Britt (Chair), *Motivational processes as determined by physiology, emotion, and personality*. Symposium conducted at the meeting of the Society of Southeastern Social Psychologists, Knoxville, TN.

## PRESENTATIONS

- Segerstrom, S.C.** (1991, April). *Expectations for dementia and depression in old age*. Poster presented at the meeting of the Western Psychological Association, San Francisco, CA.
- Schoeneman, T.J., **Segerstrom, S.C.**, Griffin, P., & Gresham, D. (1991, June). *The psychiatric nosology of everyday life: Categories in implicit abnormal psychology*. Poster presented at the meeting of the American Psychological Society, Washington, DC.
- Segerstrom, S.C.**, McCarthy, W.J., Gross, T.M., Caskey, N.H., Rosenblatt, M.R., Carpenter, C., & Jarvik, M.E. (1993, July). *Effects of race and cigarette preference on perceptions of cigarette smokers*. Poster presented at the meeting of the American Psychological Society, Chicago, IL.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., & Reed, G.M. (1993, November). *Causal attributions predict health behavior in HIV seropositive gay and bisexual men*. Poster presented at the UCLA AIDS Institute Symposium, Los Angeles, CA.
- Solomon, G.F., **Segerstrom, S.C.**, Grohr, P., Kemeny, M.E., & Fahey, J.L. (1994, November). *Shaking up immunity: Psychological and immunologic changes following a natural disaster*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Key Biscayne, FL.
- Segerstrom, S.C.**, Taylor, S.E., Kemeny, M.E., & Fahey, J.L. (1996, April). *Optimism and coping affect stressor-related immune change*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Santa Monica, CA.

- Segerstrom, S.C., Taylor, S.E., Kemeny, M.E., & Fahey, J.L.** (1996, August). *Optimism and coping with stress: Psychological and immune effects*. Poster presented at the meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Segerstrom, S.C.** (1999, March). *Worry affects the immune response to acute and chronic stressors*. Poster presented at the meeting of the American Psychosomatic Society, Vancouver, British Columbia, Canada. (Abstract in *Psychosomatic Medicine*, 61, 123.)
- Segerstrom, S.C.** (1999, April). *A chronic stressor results in decreasing DTH responses over time concomitant with changes in expectancies and mood*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Galveston, TX. (Abstract in *Neuroimmunomodulation*, 6, 248.)
- Segerstrom, S.C.** (1999, April). *Fear, anxiety, and worry: Autonomic and immune effects*. Paper presented at the meeting of the Psychoneuroimmunology Research Society, Galveston, TX. (Abstract in *Neuroimmunomodulation*, 6, 247.)
- Freeman, W.S., Taylor, S., & **Segerstrom, S.** (1999, November). *Cognitive-behavioral formulation and intervention for an unusual phobia of dogs barking*. Poster presented at the meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario, Canada.
- Segerstrom, S.C.** (2000, March). *Optimism and immune function: Who, when and how*. Poster presented at the meeting of the American Psychosomatic Society, Savannah, GA. (Abstract in *Psychosomatic Medicine*, 62, 122.)
- Segerstrom, S.C.** (2001, February). *Stress and the immune system: Effects of optimism and social network disruption*. Poster presented at the meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Segerstrom, S.C., Castaneda, J.O., & Spencer, T.E.** (2001, March). *Stress and cellular immunity: Evidence for an individual differences approach*. Paper presented at the meeting of the Society for Behavioral Medicine, Seattle, WA. (Abstract in *Annals of Behavioral Medicine*, 23, S122.)
- Segerstrom, S.C., Castaneda, J.O., & Spencer, T.E.** (2001, May). *The person and the situation: Interactive effects on cellular immunity*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Utrecht, The Netherlands. (Abstract in *Brain, Behavior, and Immunity*, 15, 182.)
- Segerstrom, S.C., & Miller G.E.** (2002, May). *Stress and immunity: Historical trends and meta-analytic results*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Madison, WI.
- Castaneda, J.O., & **Segerstrom, S.C.** (2002, November). *Effect of stimulus type and worry on physiological response to fear*. Poster presented at the meeting of the Association for the Advancement of the Behavior Therapy, Reno, NV.
- Segerstrom, S.C.** (2002, November). *Repetitive thought: A dimensional approach to differentiating worry and rumination*. Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Solberg Nes, L., & **Segerstrom, S.C.** (2003, March). *Persistence, performance, and physiology: The effects of optimism and public self-consciousness during short-term exposure to a stressor*. Poster presented at the meeting of the Society of Behavioral Medicine, Salt Lake City, UT. (Abstract in *Annals of Behavioral Medicine*, 25, S154.)
- Averill, A., & **Segerstrom, S.C.** (2003, October). *From darkness, light: Depression and growth in Alzheimer's caregivers*. Poster presented at the Second International Positive Psychology Summit, Washington, DC.
- Solberg Nes, L., **Segerstrom, S.C.**, & Sephton, S.E. (2003, October). *Optimism and task engagement*. Poster presented at the Second International Positive Psychology Summit, Washington, DC.

- Segerstrom, S.C.** (2004, March). *Optimism, social networks, and immunity: Understanding contrary effects*. Poster presented at the meeting of the American Psychosomatic Society, Orlando, FL. (Abstract in *Psychosomatic Medicine*, 66(1), S-A-35.)
- Solberg Nes, L., & **Segerstrom, S.C.** (2004, October). *Dispositional optimism and coping: A meta-analytic review*. Poster presented at the Third International Positive Psychology Summit, Washington, DC.
- Solberg Nes, L., & **Segerstrom, S.C.** (2005, January). *Optimism and college freshmen: Well-being, engagement, and performance*. Poster presented at the meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Segerstrom, S.C.**, & Sephton, S.E. (2005, March). *Spousal illness and negative repetitive thought predict morning hypocortisolemia in older adults*. Poster presented at the meeting of the American Psychosomatic Society, Vancouver, BC, Canada. (Abstract in *Psychosomatic Medicine*, 67(1), S-A-111.)
- Segerstrom, S.C.** (2005, June). The future's so bright: Benefits and costs of optimistic beliefs for cellular immune responses. In S.C. Segerstrom & C.L. Coe (Chairs), *The person in psychoneuroimmunology*. Symposium conducted at the meeting of the Psychoneuroimmunology Research Society, Denver, CO.
- Lykins, E.L.B., **Segerstrom, S.C.**, Averill, A.J., & Kemeny, M.E. (2006, January). *Managing terror by changing goal values: The Northridge earthquake and the 9/11 attacks*. Poster presented at the meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Roach, A.R., Salt, C.E., & **Segerstrom, S.C.** (2006, January). *Examining traits in repetitive thought dimensions*. Poster presented at the meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Solberg Nes, L., **Segerstrom, S.C.**, Mickelwaite, T.E., Snedeker, J.L., & Miller, F.C. (2006, January). *Optimism and coping in early pregnancy*. Poster presented at the meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Segerstrom, S.C.** (2006, March). Finding benefits and health: One puzzle and three theories. In A.L. Stanton (Chair), *Finding benefits in adversity: Psychological and physiological processes*. Symposium conducted at the meeting of the American Psychosomatic Society, Denver, CO.
- Solberg Nes, L., **Segerstrom, S.C.**, Mickelwaite, T. E., Snedeker, J. L., Miller, F. C. (2006, March). *Effects of early pregnancy optimism and coping on anxiety and birth outcomes*. Poster presented at the 27<sup>th</sup> Annual Meeting & Scientific Sessions for the Society of Behavioral Medicine, San Francisco, CA. (Abstract in *Annals of Behavioral Medicine*, 31, S178).
- Segerstrom, S.C.**, & Fahey, J.L. (2006, June). *Immune activation predicts depressive symptoms at 10-year follow-up*. Poster presented at the meeting of the Psychoneuroimmunology Research Society, Miami, FL. (Abstract in *Brain, Behavior, and Immunity*, 20(3)).

## PROFESSIONAL ACTIVITIES

### Committees

- Editorial Advisory Board, *Prevention* (2006- )
- National Cancer Institute IRG: NCI-J (2005-2007)
- Program Committee, American Psychosomatic Society (2005-2007)
- University Senate, University of Kentucky (2006-2009)

### Associate Editor

- Journal of Personality and Social Psychology: Personality Processes and Individual Differences (2006- )

## **Consulting Editor**

Health Psychology (2006- )

Journal of Personality and Social Psychology: Personality Processes and Individual Differences (2004-2006)

Journal of Research in Personality (2005- )

Psychological Science (2007-2008)

## **Ad Hoc Reviewer**

### Journals

American Journal of Psychiatry

Annals of Behavioral Medicine

Behaviour Research and Therapy

Brain, Behavior, and Immunity

British Journal of Health Psychology

Cognitive Therapy and Research

Current Directions in Psychological Science

Emotion

Human Immunology

International Journal of Behavioral Medicine

Journal of Abnormal Psychology

Journal of Applied Social Psychology

Journal of Behavioral Medicine

Journal of Clinical Oncology

Journal of Consulting and Clinical Psychology

Journal of Experimental Psychology: General

Journal of Personality

Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes

Journal of Psychosomatic Research

Journal of Social and Clinical Psychology

Molecular Psychiatry

Motivation and Emotion

Personality and Social Psychology Bulletin

Psychological Assessment

Psychological Bulletin

Psychological Medicine

Psychoneuroendocrinology

Psycho-oncology

Psychosomatic Medicine

### Conferences and Organizations

American Psychological Association (Division 38, Health Psychology; Early Career Awards)

American Psychosomatic Society

National Institutes of Health IRGs

NCI-G Education

F12B SEP Fellowships in Psychopathology, Developmental Disabilities, Stress and Aging  
(Chair, November 2005)

BBBP-D SEP Adult and Child Psychopathology, Disorders, and Mental Health

BBBP-G SEP Fellowships in Psychopathology and Disorders of Aging

BBBP-2 Biobehavioral Mechanisms of Stress and Health

MESH Biobehavioral Mechanisms of Emotion, Stress, and Health

Psychoneuroimmunology Research Society

Suzanne C. Segerstrom, Ph.D.

Curriculum Vitae



Society of Behavioral Medicine

**Lecturer**

Cortext/Mind Matters Seminars (continuing medical education) (1998-2003)