

September 2008

## TODD BARRETT KASHDAN

### CURRICULUM VITAE

#### UNIVERSITY OFFICE

Todd B. Kashdan, Ph.D.  
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George Mason University  
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#### ACADEMIC APPOINTMENTS

2008 – Present Associate Professor, Department of Psychology, George Mason University  
2004 - 2008 Assistant Professor, Department of Psychology, George Mason University

#### EDUCATIONAL HISTORY

2004 Ph.D., University at Buffalo, Clinical Psychology  
*Dissertation Title:* Excessive social anxiety in clients with depressive disorders:  
Determinants of change in group treatment (defended in 8/04)

2003 - 2004 Clinical psychology internship at the Medical University of South Carolina

2000 M.A., University at Buffalo, Clinical Psychology

1996 B.S., Cornell University, Human Service Studies

#### ACADEMIC AWARDS/HONORS

2008 International Travel Supplemental Award, George Mason University  
2007 Mason Emerging Research, Scholar, Creator Award (given to 3 distinguished  
faculty within 10 years of receipt of their doctoral degree)

2006 Early Career Award- Association for the Advancement of Behavioral and  
Cognitive Therapies- Anxiety Disorders Special Interest Group

2005-2006 Nominated for George Mason University Teaching Excellence Award

2004 Merv Wagner Research Award - South Carolina Psychological Association

2004 MUSC Psychology Intern Research Paper Award

2003 Anxiety Disorder Association of America Trainee Award

2002 Society for a Science of Clinical Psychology Dissertation Grant Award

2002 College of Arts and Sciences Dissertation Fellowship

2002 Positive Psychology Summer Institute Fellowship

2002 Wisconsin Symposium on Emotion Travel Award

2001 Excellence in Teaching Award - Undergraduate Psychology Association/Psi Chi

2000-2003 Travel Scholarship to the International Positive Psychology Summit (4 times)

1998-2001 Presidential Fellowship Award, Tuition Award, and Graduate Assistantship,  
University at Buffalo

## **EDITORIAL ACTIVITIES**

Associate Editor:

*Journal of Personality* (2007 - Present)  
*Journal of Positive Psychology* (2007 - Present)

Editorial Boards:

*Behavior Therapy* (2007 - Present)  
*Journal of Anxiety Disorders* (2007 - Present)  
*Journal of Research in Personality* (2006 - Present)  
*Journal of Positive Psychology* (2005 - 2007)  
*Self and Identity* (2005 - Present)  
*Journal of Social and Clinical Psychology* (2004 - Present)

Ad hoc Editorial Consultant (Journals):

<i>Psychological Science</i>	<i>Journal of Consulting and Clinical Psychology</i>
<i>Journal of Personality and Social Psychology</i>	<i>Journal of Abnormal Psychology</i>
<i>Current Directions in Psychological Science</i>	<i>American Psychologist</i>
<i>Emotion</i>	<i>Clinical Psychology Review</i>
<i>Behaviour Research and Therapy</i>	<i>Behavior Therapy</i>
<i>Personality and Social Psychology Bulletin</i>	<i>Journal of Personality</i>
<i>Psychological Assessment</i>	<i>Depression and Anxiety</i>
<i>Cognitive Therapy and Research</i>	<i>Cognition and Emotion</i>
<i>Journal of Abnormal Child Psychology</i>	<i>Journal of Traumatic Stress</i>
<i>Motivation and Emotion</i>	<i>Journal of Personality Assessment</i>
<i>Personality and Individual Differences</i>	<i>Journal of Clinical Child and Adolescent Psychology</i>
<i>Behavior Modification</i>	<i>Journal of Happiness Studies</i>
<i>Journal of Psychosomatic Research</i>	<i>Journal of Studies on Alcohol</i>
<i>Journal of Research on Adolescence</i>	<i>Journal of Trauma Practice</i>
<i>Social and Personality Psychology Compass</i>	<i>Journal of Behavior Therapy &amp; Experimental Psychiatry</i>

Editorial Consultant (Books):

<i>Oxford University Press</i>	<i>Palgrave Macmillan</i>
<i>Cambridge University Press</i>	<i>Wiley</i>
<i>Sage Publications</i>	<i>Prentice Hall</i>

\* - indicates student author

## **GRANTS RECEIVED**

Title: Social anxiety disorder and emotion regulation (R21 MH073937)  
Funding Source: National Institute of Mental Health  
Amount: \$341,609 total costs  
Dates: 9/2006-9/2008  
Role: Principal Investigator

Title: The phenomenology of pleasure in people with social anxiety disorder  
Funding Source: George Mason University Faculty Grant  
Amount: \$6,000 direct costs  
Dates: 3/2005-8/2005  
Role: Principal Investigator

Title: Psychological strengths in the everyday lives of Vietnam War Veterans  
Funding Source: Positive Psychology Microgrant

Amount: \$1,800 direct costs  
Dates: 2/2003-6/2003  
Role: Principal Investigator

Title: Psychological strengths of Vietnam War Veterans compared to matched controls  
Funding Source: Veterans Integrated Service Network  
Amount: \$7,100 direct costs  
Dates: 2/2003-6/2003  
Role: Co-Principal Investigator (Julian, T., PI)

Title: Curiosity, social anxiety, and cognitive-processing in the genesis of intimacy  
Funding Source: Positive Psychology Network  
Amount: \$500 direct costs  
Dates: 2/2002-8/2002  
Role: Principal Investigator

Title: Psychological strengths in Vietnam War Veterans with PTSD  
Funding Source: Veterans Integrated Service Network  
Amount: \$11,400 direct costs  
Dates: 5/2002-8/2002  
Role: Co-Principal Investigator (Julian, T., PI)

Title: Cigarette smoking in treatment seeking Veterans with PTSD  
Funding Source: Veterans Integrated Service Network  
Amount: \$11,400 direct costs  
Dates: 5/2002-8/2002  
Role: Co-Principal Investigator (Julian, T., PI)

Title: Social anxiety and the direction of attentional focus (F31 MH63565-01A1)  
Funding Source: National Institute of Mental Health  
Amount: \$40,500 direct costs  
Dates: 9/2001-10/2003  
Role: Principal Investigator (Roberts, J., Sponsor)

### **TRAINING GRANTS RECEIVED**

Title: Touch as a predictor of relationship satisfaction in high socially anxious individuals  
Funding Source: Faculty-Student Apprenticeship Award at George Mason University  
Amount: \$1,000 direct costs  
Dates: Summer 2007  
Role: Principal Investigator (with \*Lauren Serpati)

Title: Social anxiety and romantic relationships  
Funding Source: Faculty-Student Apprenticeship Award at George Mason University  
Amount: \$1,000 direct costs  
Dates: Fall 2006  
Role: Principal Investigator (with \*Lucy Guardiano)

Title: Veterans and values: The effect of strivings and PTSD on everyday well-being  
Funding Source: Faculty-Student Apprenticeship Award at George Mason University  
Amount: \$1,000 direct costs  
Dates: Summer 2006  
Role: Principal Investigator (with \*Daniel Terhar)

Title: Social anxiety and romantic relationships: An initial exploration of positive relationship processes  
Funding Source: Faculty-Student Apprenticeship Award at George Mason University  
Amount: \$1,000 direct costs  
Dates: Summer 2006

Role: Principal Investigator (with \*Lucy Guardiano)

Title: Gratitude experiences across the lifespan

Funding Source: Faculty-Student Apprenticeship Award at George Mason University

Amount: \$1,000 direct costs

Dates: Fall 2005

Role: Principal Investigator (with \*Anjali Mishra)

Title: Age differences in the experience, perception, and expression of gratitude

Funding Source: Faculty-Student Apprenticeship Award at George Mason University

Amount: \$1,000 direct costs

Dates: Summer 2005

Role: Principal Investigator (with \*Anjali Mishra)

### **GRANTS UNDER REVIEW**

Title: The functional calibration of four depression symptom measures (R01 MH076114-02)

Funding Source: National Institute of Mental Health

Amount: \$1,250,000

Role: Co-Investigator (McKnight, P., PI)

Title: Facets of positive emotional expressivity in social anxiety disorder

Funding Source: Anxiety Disorder Association of America, Junior Faculty Research Grant

Amount: \$50,000 direct costs

Role: Principal Investigator

### **BOOKS**

1. **Kashdan, T.B.** (under contract, published in April 2009). [trade book on curiosity and meaning in life]. New York, NY: HarperCollins.
2. Sheldon, K., **Kashdan, T.B.**, & Steger, M.F. (under contract, published in June 2009). Designing the future of positive psychology: Taking stock and moving forward. Oxford University Press.

### **EDITED JOURNAL SPECIAL ISSUES**

1. **Kashdan, T.B.** (2007) (Editor). Emotion regulation: Current issues and new directions [Special Issue]. *Journal of Happiness Studies*, 8 (3)

### **PEER-REVIEWED JOURNAL ARTICLES**

65. Niemic, C.P., Brown, K.W., **Kashdan, T.B.**, \*Breen, W.E., & Ryan, R.M. (accepted pending minor revisions). Being present when facing death: The role of mindfulness in terror management. *Journal of Personality and Social Psychology*
64. **Kashdan, T.B.**, Mishra, A., Breen, W.E., & Froh, J.J. (in press). Gender differences in gratitude: Examining appraisals, narratives, the willingness to express emotions, and changes in psychological needs. *Journal of Personality*
63. **\*\*Kashdan, T.B.**, **\*\*Biswas-Diener, R.**, & King, L.A. (in press). Reconsidering happiness: The costs of distinguishing between hedonics and eudaimonia. *Journal of Positive Psychology*  
\*\*- equal contributions
62. **Kashdan, T.B.**, Morina, N., & Priebe, S. (in press). Post-traumatic stress disorder, social anxiety disorder, and depression in survivors of the Kosovo War: Experiential avoidance as a contributor to

distress and quality of life. *Journal of Anxiety Disorders*

61. **Kashdan, T.B.**, Elhai, J.D., & \*Breen, W.E. (2008). Social anxiety and disinhibition: An analysis of curiosity and social rank appraisals, approach-avoidance conflicts, and disruptive risk-taking behavior. *Journal of Anxiety Disorders, 22*, 925-939.
60. **Kashdan, T.B.** & Hofmann, M.F. (2008). The high novelty seeking, impulsive subtype of generalized social anxiety disorder. *Depression and Anxiety, 25*, 535-541.
59. Naifeh, J.A., Elhai, J.D., **Kashdan, T.B.**, & Grubaugh, A.L. (in press). Posttraumatic stress disorder's latent structure: An examination of trauma-exposed medical patients using the posttraumatic stress disorder symptom scale. *Journal of Anxiety Disorders*
58. Steger, M.F., Oishi, S., & **Kashdan, T.B.** (in press). Meaning in life across the life span: Levels and correlates of meaning in life from adolescence to older adulthood. *Journal of Positive Psychology*
57. Froh, J.J., **Kashdan, T.B.**, & Yurkewicz, C. (in press). Gratitude and subjective well-being in early adolescence: Examining mechanisms and gender differences. *Journal of Adolescence*
56. **Kashdan, T.B.**, & \*Breen, W.E. (2008). Social anxiety and positive emotions: A prospective examination of a self-regulatory model with tendencies to suppress or express emotions as a moderating variable. *Behavior Therapy, 39*, 1-12.
55. **Kashdan, T.B.**, Zvolensky, M.J., & McLeish, A.C. (2008). Anxiety sensitivity and affect regulatory strategies: Individual and interactive risk factors for anxiety-related symptoms. *Journal of Anxiety Disorders, 22*, 429-440.
54. Steger, M.F., **Kashdan, T.B.**, Sullivan, B.A., & Lorentz, D. (2008). Understanding the search for meaning in life: Personality, cognitive style, and the dynamic between experiencing and seeking meaning. *Journal of Personality, 76*, 199-228.
53. Steger, M.F., **Kashdan, T.B.**, & Oishi, S. (2008). Being good by doing good: Eudaimonic activity and daily well-being. *Journal of Research in Personality, 42*, 22-42.
52. Elhai, J.D., Grubaugh, A. L., **Kashdan, T.B.**, & Frueh, B.C. (2008). Empirical examination of a proposed refinement to DSM-IV posttraumatic stress disorder symptom criteria using the National Comorbidity Survey Replication data. *Journal of Clinical Psychiatry, 69*, 597-602.
51. Almeida, L., **Kashdan, T.B.**, Coelho, R., Albino-Teixeira, A., & Soares-da-Silva, P. (2008). Who volunteers for phase I clinical trial studies? Influences of anxiety, social anxiety and depressive symptoms on self-selection and reporting of adverse events. *European Journal of Clinical Pharmacology, 64*, 575-582.
50. Collins, R.L., **Kashdan, T.B.**, Koutsky, J., Morsheimer, E.T., & Vetter, C. (2008). A self-administered timeline followback to measure variations in underage drinkers' alcohol intake and binge drinking. *Addictive Behaviors, 33*, 196-200.
49. Almeida, L., **Kashdan, T.B.**, Coelho, R., Albino-Teixeira, A., & Soares-da-Silva, P. (2008). Healthy subjects volunteering for phase I studies: Influence of curiosity, exploratory tendencies and perceived self-efficacy. *International Journal of Clinical Pharmacology and Therapeutics, 46*, 109-118.
48. **Kashdan, T.B.** (2007). Social anxiety spectrum and diminished positive experiences: Theoretical synthesis and meta-analysis. *Clinical Psychology Review, 27*, 348-365.
47. **Kashdan, T.B.** & Steger, M.F. (2007). Curiosity and pathways to well-being and meaning in life: Traits, states, and everyday behaviors. *Motivation and Emotion, 31*, 159-173.
46. **Kashdan, T.B.** (2007). New developments in emotion regulation with an emphasis on the positive spectrum of human functioning. *Journal of Happiness Studies, 8*, 303-310.

45. **Kashdan, T.B.** (2007). New perspectives on social anxiety: Addressing the positive spectrum of human functioning. *Anxiety Disorders: A Quarterly Report*, 4, 1-5.
44. **Kashdan, T.B.**, & Roberts, J.E. (2007). Social anxiety, depressive symptoms, and post-event rumination: Affective consequences and social contextual influences. *Journal of Anxiety Disorders*, 21, 284-301.
43. **Kashdan, T.B.**, \*Volkman, J., \*Breen, W.E., & \*Han, S. (2007). Social anxiety and romantic relationships: The costs and benefits of negative emotion expression are context-dependent. *Journal of Anxiety Disorders*, 21, 475-492.
42. **Kashdan, T.B.**, & \*Breen, W.E. (2007). Materialism and diminished well-being: Experiential avoidance as a mediating mechanism. *Journal of Social and Clinical Psychology*, 26, 521-539.
41. **Kashdan, T.B.** & Yuen, M. (2007). Whether highly curious students thrive academically depends on the learning environment of their school: A study of Hong Kong adolescents. *Motivation and Emotion*, 31, 260-270.
40. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2007). Anhedonia, emotional numbing, and symptom overreporting in male veterans with PTSD. *Personality and Individual Differences*, 43, 725-735.
39. Bottonari, K. A., Roberts, J.E., Kelly, M.A.R., **Kashdan, T.B.**, & Ciesla, J.A. (2007). A prospective investigation of the impact of attachment style on stress generation among clinically depressed individuals. *Behavior Research and Therapy*, 45, 179-188.
38. Elhai, J.D., **Kashdan, T.B.**, Snyder, J.J., North, T.C., Heaney, C.J., & Frueh, B.C. (2007). Symptom severity and lifetime and prospective health service use among military veterans evaluated for PTSD. *Depression and Anxiety*, 24, 178-184.
37. Steger, M.F., & **Kashdan, T.B.** (2007). Stability and specificity of meaning in life and life satisfaction over one year. *Journal of Happiness Studies*, 8, 161-179.
36. Steger, M.F., Hicks, B., **Kashdan, T.B.**, Krueger, R.F., Bouchard, T.J., Jr. (2007). Genetic and environmental influences on the positive traits of the Values in Action classification, and biometric covariance with normal personality. *Journal of Research in Personality*, 41, 524-539.
35. Elhai, J.D., Gray, M.J., \*Docherty, A.R., **Kashdan, T.B.**, & Kose, S. (2007). Structural validity of the Posttraumatic Stress Disorder Checklist among college students with a trauma history. *Journal of Interpersonal Violence*, 22, 1471-1478.
34. **Kashdan, T.B.** & Steger, M.F. (2006). Expanding the topography of social anxiety: An experience sampling assessment of positive emotions and events, and emotion suppression. *Psychological Science*, 17, 120-128.
33. **Kashdan, T.B.**, \*Barrios, V., Forsyth, J.P., & Steger, M.F. (2006). Experiential avoidance as a generalized psychological vulnerability: Comparisons with coping and emotion regulation strategies. *Behaviour Research and Therapy*, 9, 1301-1320.
32. **Kashdan, T.B.**, Julian, T., \*Merritt, K., & Uswatte, G. (2006). Social anxiety and posttraumatic stress in combat veterans: Relations to well-being and character strengths. *Behaviour Research and Therapy*, 44, 561-583.
31. **Kashdan, T.B.**, Frueh, B.C., Knapp, R., Hebert, R., & Magruder, K. (2006). Social anxiety disorder in veterans affairs primary care clinics. *Behaviour Research and Therapy*, 44, 233-247.
30. **Kashdan, T.B.**, Uswatte, G., & Julian, T. (2006). Gratitude and hedonic and eudaimonic well-being in Vietnam War veterans. *Behaviour Research and Therapy*, 44, 177-199.

29. **Kashdan, T.B.**, Uswatte, G., Steger, M.F., & Julian, T. (2006). Fragile self-esteem and affective instability in posttraumatic stress disorder. *Behaviour Research and Therapy*, *44*, 1609-1619.
28. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2006). Anhedonia and emotional numbing in combat veterans with PTSD. *Behaviour Research and Therapy*, *44*, 457-467.
27. **Kashdan, T.B.**, Collins, R.L., & Elhai, J.D. (2006). Social anxiety, positive outcome expectancies, and risk-taking behavioral intentions. *Cognitive Therapy and Research*, *30*, 749-761.
26. **Kashdan, T.B.**, & Roberts, J.E. (2006). Affective outcomes and cognitive processes in superficial and intimate interactions: Roles of social anxiety and curiosity. *Journal of Research in Personality*, *40*, 140-167.
25. Roberts, J.E., \*Carlos, E.L., & **Kashdan, T.B.** (2006). The impact of depressive symptoms, self-esteem and neuroticism on trajectories of overgeneral autobiographical memory over repeated trials. *Cognition and Emotion*, *20*, 383-401.
24. Elhai, J. D., Jacobs, G.A., **Kashdan, T.B.**, DeJong, G.L., Meyer, D.L., & Frueh, B. C. (2006). Mental health service use among American Red Cross disaster workers responding to the September 11, 2001 U.S. terrorist attacks. *Psychiatry Research*, *143*, 29-34.
23. Bagwell, C.L., Molina, B.S.G., **Kashdan, T.B.**, Pelham, W.E., & Hoza, B. (2006). Anxiety and mood disorders in adolescents with childhood attention-deficit hyperactivity disorder. *Journal of Emotional and Behavioral Disorders*, *14*, 178-187.
22. Aron, A., Steele, J., **Kashdan, T.B.**, & Perez, M. (2006). When similars don't attract: Tests of a prediction from the self-expansion model. *Personal Relationships*, *13*, 387-396.
21. **Kashdan, T.B.**, & Wenzel, A. (2005). A transactional approach to social anxiety and the genesis of interpersonal closeness: Self, partner, and social context. *Behavior Therapy*, *36*, 335-346.
20. **Kashdan, T.B.**, Vetter, C. & Collins, R.L. (2005). Substance use in young adults: Associations with personality and gender. *Addictive Behaviors*, *30*, 259-269.
19. Elhai, J.D., Gray, M.J., **Kashdan, T.B.**, & Franklin, C.L. (2005). Which instruments are most commonly used to assess traumatic event exposure and posttraumatic effects?: A survey of traumatic stress professionals. *Journal of Traumatic Stress*, *18*, 541-545.
18. Frueh, B.C., Elhai, J.D., Grubaugh, A.L., Monnier, J., **Kashdan, T.B.**, Sauvageot, J.A., Hamner, M.B., Burkett, B.G., & Arana, G.W. (2005). Documented combat exposure of veterans seeking treatment for combat-related posttraumatic stress disorder. *British Journal of Psychiatry*, *186*, 467-472.
17. Elhai, J.D., **Kashdan, T.B.**, & Frueh, B.C. (2005). Is loss of livestock considered to be a traumatic event? *British Journal of Psychiatry*, *187*, 189-190.
16. **Kashdan, T.B.** (2004). The neglected relationship between social interaction anxiety and hedonic deficits: Differentiation from depressive symptoms. *Journal of Anxiety Disorders*, *18*, 719-730.
15. **Kashdan, T.B.**, & Roberts, J.E. (2004). Trait and state curiosity in the genesis of intimacy: Differentiation from related constructs. *Journal of Social and Clinical Psychology*, *23*, 792-816.
14. **Kashdan, T.B.**, & Roberts, J.E. (2004). Social anxiety's impact on affect, curiosity, and social self-efficacy during a high self-focus social threat situation. *Cognitive Therapy and Research*, *28*, 119-141.
13. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Hoza, B., Blumenthal, J. D., & Gnagy, E.M. (2004). Depression and anxiety in parents of children with ADHD and varying levels of oppositional-defiant behaviors: Modeling relationships with family functioning. *Journal of Clinical Child and Adolescent Psychology*, *33*, 169-181.

12. **Kashdan, T.B.**, Rose, P., & Fincham, F.D. (2004). Curiosity and exploration: Facilitating positive subjective experiences and personal growth opportunities. *Journal of Personality Assessment, 82*, 291-305.
11. **Kashdan, T.B.** (2004). The assessment of subjective well-being (issues raised by the Oxford Happiness Questionnaire). *Personality and Individual Differences, 36*, 1225-1232.
10. **Kashdan, T.B.** & Steger, M.F. (2004). Approaching psychological science with Kuhn's eyes. *American Psychologist, 59*, 272-273.
9. Collins, R.L., **Kashdan, T.B.** & Gollnisch, G. (2003). The feasibility of using cellular phones to collect ecological momentary assessment data: Application to alcohol consumption. *Experimental and Clinical Psychopharmacology, 11*, 73-78.
8. Fals-Stewart, W., Birchler, G.R., Hoebbel, C., **Kashdan, T.B.**, Golden, J., & Parks, K. (2003). An examination of indirect risk of exposure to HIV among wives of substance-abusing men. *Drug and Alcohol Dependence, 70*, 65-76.
7. **Kashdan, T.B.** (2002). Social anxiety dimensions, neuroticism, and the contours of positive psychological functioning. *Cognitive Therapy and Research, 26*, 789-810.
6. **Kashdan, T.B.**, Pelham, W.E., Lang, A.R., Hoza, B., Jacob, R.G., Jennings, J.R., Blumenthal, J. D., & Gnagy, E.M. (2002). Hope and optimism as human strengths in parents of children with externalizing disorders: Stress is in the eye of the beholder. *Journal of Social and Clinical Psychology, 21*, 441-468.
5. Fals-Stewart, W., **Kashdan, T.B.**, O'Farrell, T.J., & Birchler, G.R. (2002). Behavioral couples therapy for male-drug abusing patients: Effects on partner violence. *Journal of Substance Abuse Treatment, 22*, 87-96.
4. **Kashdan, T.B.**, & Fincham, F.D. (2002). Facilitating creativity by regulating curiosity. *American Psychologist, 5*, 373-374.
3. **Kashdan, T.B.**, & Herbert, J.D. (2001). Social anxiety disorder in childhood and adolescence: Current status and future directions. *Clinical Child and Family Psychology Review, 4*, 37-61.
2. Russ, M.J., Lachman, H.M., **Kashdan, T.**, Saito, T., & Bajmakovic-Kacila, S. (2000). Analysis of catechol-O-methyltransferase and 5-hydroxytryptamine transporter polymorphisms in patients at risk for suicide. *Psychiatry Research, 93*, 73-78.
1. Russ, M.J., **Kashdan, T.**, Pollack, S., & Bajmakovic-Kacila, S. (1999). Assessment of suicide risk 24 hours after psychiatric hospital admission. *Psychiatric Services, 50*, 1491-1494.

### **BOOK CHAPTERS**

11. **\*\*Biswas-Diener, R., & \*\*Kashdan, T.B.** (in press). Happiness and relationships. In H. Reis & S.K. Sprecher (Ed.), *Encyclopedia of Human Relationships*. Sage.  
\*\*- equal contributions
10. Wenzel, A., & **Kashdan, T.B.** (2008). Emotional disturbances and the initial stages of relationship development: Processes and consequences of social anxiety and depression. In S. Sprecher, A. Wenzel, & J. Harvey (Ed.), *Handbook of relationship initiation* (pp. 425-450). Mahwah, NJ: Lawrence Erlbaum.
9. **\*Breen, W.E., & Kashdan, T.B.** (in press). Social anxiety. In W.A. Darity (Eds.). *International Encyclopedia of the Social Sciences*. Farmington Hills, MI: Macmillan.

8. **Kashdan, T.B.**, & Silvia, P. (in press). Curiosity and interest: The benefits of thriving on novelty and challenge. In S.J. Lopez (Ed.), *Handbook of Positive Psychology* (2<sup>nd</sup> Ed.). Oxford, UK: Oxford University Press.
7. **Kashdan, T.B.**, & Silvia, P. (in press). Curiosity. In S.J. Lopez, (Ed.), *Encyclopedia of positive psychology*. Oxford, UK: Blackwell Publishing.
6. **Kashdan, T.B.**, Steger, M.F., & \*Breen, W.E. (2007). Curiosity. In R. Baumeister & K. Vohs (Eds.). *Encyclopedia of Social Psychology* (pp. 213-215). Thousand Oaks, CA: Sage Publications.
5. Steger, M.F., & **Kashdan, T.B.** (2007). Search for meaning in life. In R. Baumeister & K. Vohs (Eds.). *Encyclopedia of Social Psychology* (pp. 783-785). Thousand Oaks, CA: Sage Publications.
4. Steger, M.F., & **Kashdan, T.B.** (in press). Positive psychology. In H. E. A. Tinsley & S. H. Lease (Eds.), *Encyclopedia of counseling psychology*. Thousand Oaks, CA: Sage Publications.
3. **Kashdan, T.B.** (2004). Curiosity. In C. Peterson and M.E.P. Seligman, (Ed.), *Character strengths and virtues: A handbook and classification* (pp. 125-141). Washington, DC: American Psychological Association and Oxford University Press.
2. **Kashdan, T.B.**, & Fincham, F.D. (2004). Facilitating curiosity: A social and self-regulatory perspective for scientifically based interventions. In P.A. Linley & S. Joseph, (Ed.), *Positive psychology in practice* (pp. 482-503). New Jersey: Wiley.
1. Fincham, F.D., & **Kashdan, T.B.** (2004). Facilitating forgiveness. In P.A. Linley & S. Joseph, (Ed.), *Positive Psychology in Practice* (pp. 617-637). New Jersey: Wiley.

### **BOOK REVIEWS**

5. **Kashdan, T.B.** (2007). The essential role of affect in understanding and treating Psychopathology: Sharpening definitions, theoretical frameworks, and measurement issues. *PsycCritiques*
4. **Kashdan, T.B.** (2007). State-of-the-art methodologies and analytic approaches in (positive) psychology. *Journal of Positive Psychology, 2*, 216-218.
3. \*Breen, W.E., & **Kashdan, T.B.** (2007). The role of Acceptance and Commitment Therapy in contemporary clinical intervention: A review of Eifert and Forsyth's (2005) clinical manual for anxiety related conditions. *Cognitive and Behavioral Practice, 14*, 415-416.
2. **Kashdan, T.B.** (2006). Exploring the functions, correlates, and consequences of interest and curiosity. *Journal of Personality Assessment, 87*, 322-323.
1. **Kashdan, T.B.** (2001). Happiness: The nature and nurture of joy and contentment [Book Review]. *Journal of Happiness Studies, 2*, 331-336.

### **OTHER PUBLICATIONS**

1. **Kashdan, T.B.** (2003). Kindling curiosity: Scientific suggestions for toy design. *Toy Industry Association Technology Access Program* [Lead article for online magazine]

### **MANUSCRIPTS UNDER REVIEW**

Almeida, L., **Kashdan, T.B.**, Zorbas, P. Coelho, R., Albino-Teixeira, A., & Soares-da-Silva, P. (2008). Characteristics of healthy volunteers participating in phase I drug trials: The importance of non-random interpersonal values. *European Journal of Personality*

Froh, J.J., Ozimkowski, K., Miller, N., & Kashdan, T.B. (2008). Who benefits the most from a gratitude interventions in children and adolescents? Examining trait positive affect as a moderator. *Journal of Personality*

Haigh, E.A.P., Moore, M.T., **Kashdan, T.B.**, & Fresco, D.M. (2007). Examination of the factor structure of the Langer Mindfulness/Mindlessness Scale. *Assessment*

Hofmann, S.G., Richey, J.A., **Kashdan, T.B.**, & McKnight, P.E. (2008). Comorbidity of substance use disorders in anxiety disorders and externalizing problems. *Journal of Anxiety Disorders*

**Kashdan, T.B.**, \*Breen, W.E., & Julian, T. (2008). Everyday strivings in combat veterans with posttraumatic stress disorder: Suffering from a hyper-focus on avoidance and emotion regulation. *Behaviour Research and Therapy*

**Kashdan, T.B.**, & Collins, R.L. (2007). Social anxiety and the momentary experience of positive emotion and anger in everyday life: An experience sampling approach. *Anxiety, Stress, & Coping*

**\*\*Kashdan, T.B.**, **\*\*McKnight, P.E.**, Richey, J.A., & Hofmann, S.G. (2008). When social anxiety disorder co-exists with risk-prone, approach behavior: Categorical and dimensional models of an atypical profile using the National Comorbidity Study-Replication. *Journal of Consulting and Clinical Psychology*  
**\*\***- equal contributions

Kelly, M.A.R., Roberts, J.E., Ciesla, J.A., **Kashdan, T.B.**, Gamble, S.A., Shapiro, A., & Direnfeld, D. (2003). Symptoms of comorbid anxiety in depressive disorders: Impact on course and cognitive style. *Behaviour Research and Therapy*

**\*\*McKnight, P.E.**, & **\*\*Kashdan, T.B.** (2007). Purpose in life as a system that creates and sustains health and well-being: An integrative, testable theory. *Review of General Psychology*  
**\*\***- equal contributions

McKnight, P.E., & **Kashdan, T.B.** (2008). The importance of functional impairment to mental health outcomes: A case for reassessing our goals in depression treatment research. *Clinical Psychology Review*

Steger, M.F., & **Kashdan, T.B.** (2007). Depression and everyday social activity, intimacy, and well-being. *Journal of Affective Disorders*

## **INVITED TALKS**

15. **Kashdan, T.B.** (2008, October). *Curiosity: The neglected, poorly understood ingredient to a fulfilling life*. Colloquia at Department of Psychology, University of Maryland.

14. **Kashdan, T.B.** (2008, September). *The science of mindfulness*. Colloquia at the University of Iceland.

13. **Kashdan, T.B.** (2008, September). *Infusing therapy with values and meaning*. Workshop at the University of Iceland.

12. **Kashdan, T.B.** (2008, September). *Curiosity: The neglected, poorly understood ingredient to a fulfilling life*. Colloquia at Reykjavík University, Iceland.

11. **Kashdan, T.B.**, & McKnight, P.E. (2008, July). *Purpose in life as a system that creates and sustains health and well-being*. Presented at the European Conference on Positive Psychology, Opatija, Croatia.

10. **Kashdan, T.B.** (2008, April). *When social anxiety disorder co-exists with risk-prone, impulsive, approach behavior: Categorical and dimensional models of an atypical profile*. Colloquia at the

Department of Psychology, University of Virginia.

9. **Kashdan, T.B.** (2007, October). *Theory and research on purpose in life*. Symposium on purpose and Meaning in life as part of the Happiness Project at the Jewish Theological Society, New York, NY.
8. **Kashdan, T.B.** (2006, November). *Curiosity and pathways to wellness: Thriving on novelty and challenge*. Presented at the Smithsonian Institute, Washington, DC (part of a distinguished lecture series: "the pursuit of a well-lived life").
7. \*Mishra, A., & **Kashdan, T.B.** (2006, April). *Gratitude experiences across the lifespan*. Colloquia at the Osher Lifelong Living Institute, Fairfax, VA.
6. **Kashdan, T.B.** (2006, April). *Social anxiety and positive mental health*. Colloquia at the Osher Lifelong Living Institute, Fairfax, VA.
5. **Kashdan, T.B.** (2006, March). *Expanding the phenomenology of social anxiety*. Colloquia at the University of North Carolina at Greensboro.
4. **Kashdan, T.B.** (2005, October). *Expanding clinical psychology: Assessment and cultivation of positive psychological functioning*. Keynote speaker for the annual convention of Manassas Group and Roanoke Mental Health Association, Roanoke, VA.
3. **Kashdan, T.B.** (2005, March). *Expanding the phenomenology of social anxiety: positive experiences and emotion regulation*. Keynote speaker at Psi Chi Induction Ceremony, George Mason University, Fairfax, VA.
2. **Kashdan, T.B.** (2003, November). *Social anxiety disorder and PTSD*. Presented at the Medical University of South Carolina, Charleston, SC.
1. **Kashdan, T.B.** (2003, October). *Expanding the topography of social anxiety and curiosity*. Presented at the Medical University of South Carolina, Charleston, SC.

### **CONFERENCE SYMPOSIA CHAIRED**

3. **T.B. Kashdan** & D. Mennin (2007, November), *Delineating emotion regulation processes in anxiety conditions*. Symposium to be presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
2. **T.B. Kashdan** (2006, November), *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
1. **T.B. Kashdan** & E. Forman (2006, November), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

### **CONFERENCE PAPER PRESENTATIONS - TALKS**

23. \*Breen, W.E., & **Kashdan, T.B.** (2008, November). Anger experience and expression in socially anxious individuals after imagined social rejection: Testing the moderating role of experiential avoidance. In E.B. Moses & D.T. Acheson (Co-Chairs), *Unearthing the role of emotional regulatory processes in anxiety disorders: Contributions from experimental psychopathology*. To be presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
22. **Kashdan, T.B.** (2008, July). Discussant. In A. Parks (Chair), *Implementing positive interventions via the world wide web*. Symposium presented at the European Conference on Positive Psychology, Opatija, Croatia.

21. **Kashdan, T.B.** (2008, July). Discussant. In K. Sheldon (Chair), *SDT and positive psychology: The role of Self-Determination Theory in understanding people's optimal functioning*. Symposium presented at the European Conference on Positive Psychology, Opatija, Croatia.
20. **Kashdan, T.B.** (2008, July). *The future of positive psychology*. Round table presented at the European Conference on Positive Psychology, Opatija, Croatia.
19. **Kashdan, T.B.**, \*Terhar, D., Uswatte, G., & Julian, T. (2007, November). Everyday strivings in combat veterans with posttraumatic stress disorder: Suffering from a hyper-focus on avoidance and emotion regulation. In **T.B. Kashdan** & D. Mennin (Co-Chairs), *Delineating emotion regulation processes in anxiety conditions*. Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
18. **Kashdan, T.B.** (2007, November). Evidence for a risk-prone, novelty seeking, impulsive subgroup of individuals with excessive social anxiety. In M. Wedig and M.K. Nock (Co-Chairs), *Functional aspects of psychopathology: Why do individuals engage in risky, dangerous, and potentially harmful behaviors?* Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
17. **Kashdan, T.B.** (2007, October). When socially anxious individuals go wild: Evidence for an impulsive, disinhibited subgroup. In S.C. Segerstrom (Chair), *New insights from the science of self-regulation: Physiological, behavioral, and emotional consequences*. Presented at the Society of Southeastern Social Psychologists, Durham, NC.
16. Bagwell, C.L., Waxmonsky, J., Molina, B., Pelham, W., **Kashdan, T.B.**, & Gnagy, E. (2007, November). Is ADHD in childhood associated with internalizing disorders in adolescence and adulthood? In M.A. Jarrett & T.H. Ollendick (Chair), *Current research on ADHD and internalizing disorders: Implications for assessment and treatment*. Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
15. **Kashdan, T.B.**, & McKnight, P.E. (2007, October). *Purpose in life as a system that creates and sustains health and well-being*. Presented at the International Positive Psychology Summit, Washington, DC.
14. Biswas-Diener, R., & **Kashdan, T.B.**, & King, L. (2007, October). *The good enough life: The costs of eudaimonia*. Presented at the International Positive Psychology Summit, Washington, DC.
13. **Kashdan, T.B.** (2006, November). Social anxiety and self-regulation: A systematic examination of when and why positive experiences and events (fail to) occur. In **T.B. Kashdan** (Chair), *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
12. **Kashdan, T.B.**, & \*Breen, W.E. (2006, November). Social anxiety and regulatory struggles: Impediments to pleasant events and approach-related behaviors. In **T.B. Kashdan** & E. Forman (Co-Chairs), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional Disturbances*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
11. Steger, M.F. & **Kashdan, T.B.** (2006, October). *The pursuit of meaning in life*. Presented at the International Positive Psychology Summit, Washington, DC.
10. Gessner, T., & **Kashdan, T.B.** (2006, October). *Sense of humor as vice and virtue*. Presented at the International Positive Psychology Summit, Washington, DC.
9. **Kashdan, T.B.** (2006, May). *Expanding the frontiers of social anxiety: Self-regulation, psychological flexibility, and positive experiences*. Invited talk at the Midwestern Psychological Association, Chicago, IL.
8. **Kashdan, T.B.** (2006, March). Furthering understanding of the social anxiety spectrum: Infusing positive experiences and emotion regulation. In R.L. Leahy (Chair), *Cognitive factors and emotional regulation in anxiety disorders*. Presented at the Anxiety Disorder Association of America, Miami, FL.

7. **Kashdan, T.B.** (2005, October). *Curiosity and pathways to wellness*. Presented at the International Positive Psychology Summit, Washington, DC.
6. Roberts, J.E., Ciesla, J.A., **Kashdan, T.B.**, & \*Carlos, E.L. (2005, September). *Interpersonal and situational moderators of rumination*. Presented at the European Association of Behavioural and Cognitive Therapies, Thessaloniki, Greece.
5. **Kashdan, T.B.** (2005, August). Examining gratitude in veterans: Basic research and clinical implications. In R.A. Emmons (Chair), *Gratitude and hope: Emotional pillars of positive psychology*. Presented at the American Psychological Association, Washington, DC.
4. Roberts, J.E., \*Carlos, E.L., & **Kashdan, T.B.** (2005, January). Trajectories of autobiographical memory specificity over repeated trials. Presented at the Autobiographical Memory Meeting, Oxford, England.
3. Muraven, M., Collins, R.L., & **Kashdan, T.B.** (2003, May). Drinking restraint, affect, and alcohol use: A daily diary study of young adult drinkers. In M.L. Cooper (Chair), *Studying clinically relevant behaviors via daily experience methods: Getting at what we really want to know!* Presented at the Annual Meeting of the American Psychological Society, Atlanta, GA.
2. Thrash, T., **Kashdan, T.B.**, & Haidt, J. (2002, August). *Measurement of positive traits by self-report questionnaire*. Workshop conducted at the Positive Psychology Summer Institute, Wilmington, DE.
1. Loney J., Carlson, G., Salisbury, M., Volpe, R., & **Kashdan, T.** (1997, June). *Young referred boys with DICA-P manic symptoms vs. two control groups: Comparisons on parent and teacher ratings, self reports, and observed behavior*. Presented at the National Institute of Mental Health meeting on Prepubertal Bipolar Disorder, Washington DC.

### **CONFERENCE POSTER PRESENTATIONS**

73. Zorbas, P., Plummer, C.B., Birnbeck, M., & **Kashdan, T.B.** (2008, October). Time perspective, curiosity, and psychological distress. To be presented at the Annual Conference of the Society of Southeastern Social Psychologists, Greenville, SC.
72. Zorbas, P., & **Kashdan, T.B.** (2008, November). Self-expansion in couples: The roles of curiosity, capitalization, and social anxiety. To be presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
71. \*Breen, W.E., & **Kashdan, T.B.** (2008, November). *Prospective relations between depressive symptoms and trait anger with evidence for cognitive reappraisal as a moderator*. To be presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
70. \*Weismantel, J.T., \*Breen, W.E., \*Lenser, M.L., \*Lamm, C.E., & **Kashdan, T.B.** (2008, November). *Social anxiety and positive psychological processes: Predicting deficits in forgiveness, acceptance, and self compassion*. To be presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
69. White, C.M., Caputo, K., Ubertini, M., Froh, J.J., Yurkewicz, C., & **Kashdan, T.B.** (2007). Psychometric properties of the Tripartite Happiness Scale-Adolescent. Paper presented at the Greater New York Conference on Behavioral Research, Hempstead, NY.
68. **Kashdan, T.B.**, \*Guardiano, L., & \*Serpati, L.A. (2007, November). *Feelings of satisfaction and the perception of power in the romantic relationships of socially anxious individuals*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
67. **Kashdan, T.B.**, \*Guardiano, L., & \*Serpati, L.A. (2007, November). *Sex and perceived power in*

- relationships: Influences on satisfaction and investment in romantic relationships.* To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
66. Haigh, E.A.P., Moore, M.T., **Kashdan, T.B.**, & Fresco, D.M. (2007, November). *Examination of the factor structure of the Langer Mindfulness/Mindlessness Scale.* To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
65. \*Breen, W.E., & **Kashdan, T.B.** (2007, November). *Theoretical mechanisms predicting anger and aggression after interpersonal rejection.* To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
64. \*Breen, W.E., & **Kashdan, T.B.** (2007, November). *Elaborating the nomological network of gratitude and forgiveness.* To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
63. \*Breen, W.E., **Kashdan, T.B.**, \*Demory, K.N., \*Lenser, M.L., & \*Serpati, L.A. (2007, November). *Anger and forgiveness among socially anxious individuals after imagined interpersonal rejection.* To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
62. Kane, J.Q., Kecmanovic, J., & **Kashdan, T.B.** (2007, November). *Experiential avoidance as a moderator of the relationship between PTSD Symptoms and benefit finding after trauma.* To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
61. Kane, J.Q., Kecmanovic, J., & **Kashdan, T.B.** (2007, November). *Experiential avoidance as a moderator of the relationship between PTSD Symptoms and benefit finding after trauma.* To be presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.
60. Naifeh, J.A., Elhai, J.D., **Kashdan, T.B.**, & Grubaugh, A.L. (2007, November). *Confirmatory factor analysis of the PTSD Symptom Scale using a primary care sample.* To be presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.
59. \*Breen, W.E., **Kashdan, T.B.**, \*Terhar, D., & \*Afram, A. (2007, May). *Experiential avoidance in autobiographical narratives: Predicting changes in social anxiety over time.* Presented at the Association for Psychological Science, Washington, DC.
58. **Kashdan, T.B.**, & \*Breen, W.E. (2006, November). *Materialism and diminished well-being: Experiential avoidance as a mediating mechanism.* Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
57. \*Breen, W.E., **Kashdan, T.B.**, \*Terhar, D., & \*Afram, A. (2006, November). *Emotion regulation and psychopathological dimensions: Investigating experiential avoidance in autobiographical narratives.* Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
56. \*Doherty, K.R., **Kashdan, T.B.**, & \*Terhar, D. (2006, August). *Exploration of specific curiosity stimuli: What are we curious about?* Presented at the International Society for Research on Emotion, Atlanta, GA.
55. \*Mishra, A., **Kashdan, T.B.**, & \*Breen, W.E. (2006, May). *Gratitude and age.* Presented at the Stanford Undergraduate Psychology Conference, Stanford, CA.
54. \*Mishra, A., **Kashdan, T.B.**, & \*Breen, W.E. (2006, March). *Gratitude experiences across the life span.* Presented at the Colonial Academic Alliance Undergraduate Research Conference, Harrisonburg, VA.
53. **Kashdan, T.B.**, & Steger, M.F. (2006, January). *A self-regulatory approach to social anxiety and positive psychological experiences and events.* Presented at the Society for Personality and Social Psychology, Palm Springs, CA.
52. Steger, M.F., Hicks, B.M., **Kashdan, T.B.**, Krueger, R.F., & Bouchard, T.B. (2006, January).

- Heritability of character strengths and existential traits.* Presented at the Society for Personality and Social Psychology, Palm Springs, CA.
51. **Kashdan, T.B.**, & Steger, M.F. (2005, November). *Experiential avoidance as a generalized psychological vulnerability.* Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
50. **Kashdan, T.B.**, \*Volkman, J.R., & \*Breen, W.E., (2005, November). *Applying self-determination theory to understanding the distinctiveness of emotional disturbances.* Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
49. \*Breen, W.E., \*Volkman, J.R., & **Kashdan, T.B.** (2005, November). *Emotion regulation strategies and psychopathological dimensions: Relationships among suppression, cognitive reappraisal, anger, depressive symptoms, and social anxiety.* Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
48. \*Volkman, J.R., \*Breen, W.E., \*Terhar, D., \*Fishman, E., & **Kashdan, T.B.** (2005, November). *Characteristics and concomitants of romantic relationships in individuals differing in social anxiety.* Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
47. \*Breen, W.E., \*Volkman, J.R., \*Doherty, K., & **Kashdan, T.B.** (2005, November). *Understanding relations between social anxiety and positive experiences: Emotion expressiveness as potential moderator.* Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
46. \*Docherty, A.R., Elhai, J.D., Gray, M.J., **Kashdan, T.B.**, & Kose, S. (2005, November). *Structural validity of the PTSD Checklist.* Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
45. Elhai, J.D., Gray, M. J., **Kashdan, T.B.**, & Franklin, C.L. (2005, November). *Most commonly used instruments to assess trauma and PTSD: ISTSS surveys.* Presented at the International Society for Traumatic Stress Studies, Toronto, Canada.
44. Snyder, J.J., Elhai, J.D., **Kashdan, T.B.**, North, T.C., Heaney, C.J., & Frueh, C.B. (2005, November). *Structural equation model of health service use in military PTSD.* Presented at the International Society for Traumatic Stress Studies, Toronto, Canada.
43. \*Carlos, E., Roberts, J.E., **Kashdan, T.B.** (2005, March). The effects of low versus high analysis rumination on autobiographical memory in depression. Presented at the Eastern Psychological Association, Boston, MA.
42. **Kashdan, T.B.**, Uswatte, G., \*Merritt, K., & Julian, T. (2005, January). *Gratitude and hedonic and eudaimonic well-being in Vietnam War veterans.* Presented at the Society for Personality and Social Psychology, New Orleans, LA.
41. Steger, M., **Kashdan, T.B.**, & Oishi, S. (2005, January). *Constructing well-being from hedonic building blocks: Evidence that depression distorts the impact of daily pleasure and pain.* Presented at the Society for Personality and Social Psychology, New Orleans, LA.
40. **Kashdan, T.B.**, Collins, R.L., & Elhai, J.D. (2004, November). *Social interaction anxiety and positive outcome expectancies on risk-taking behaviors.* Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.
39. **Kashdan, T.B.**, Julian, T., \*Merritt, K., & Uswatte, G. (2004, November). *Social anxiety and posttraumatic stress in combat veterans: Relations to well-being and human strengths.* Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.
38. **Kashdan, T.B.**, & Wenzel, A. (2004, November). *A transactional approach to social anxiety and the genesis of interpersonal closeness.* Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

37. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2004, November). *Anhedonia and emotional numbing in combat veterans with PTSD*. Presented at the International Society for Traumatic Stress Studies, New Orleans, LA.
36. **Kashdan, T.B.**, & Yuen, M. (2004, October). *Investigating curiosity, school academic quality, and academic achievement in Hong Kong high school students: Embedding the study of human strengths in important social contexts*. Presented at the International Positive Psychology Summit, Washington, DC.
35. **Kashdan, T.B.**, Frueh, B.C., Knapp, R., Hebert, R., & Magruder, K. (2004, April). *Social anxiety disorder in veterans with and without posttraumatic stress disorder in veterans affairs primary care clinics*. Presented at the South Carolina Psychological Association Spring Conference, Myrtle Beach, SC.
34. **Kashdan, T.B.**, Collins, R.L., & Muraven, M. (2003, November). *An ecological momentary assessment of the emotional topography of social anxiety*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
33. **Kashdan, T.B.**, Julian, T., & Uswatte, G. (2003, November). *Gratitude in Vietnam War veterans: A between-and-within person approach*. Presented at the International Positive Psychology Summit, Washington, DC.
32. Uswatte, G., **Kashdan, T.B.**, Merritt, K., & Julian, T. (2003, October). *Positive affect in the daily functioning of Vietnam War veterans*. Presented at the International Positive Psychology Summit, Washington, DC.
31. **Kashdan, T.B.**, Julian, T., & Uswatte, G. (2003, November). *Gratitude in Vietnam War veterans with PTSD: How a human strength can serve as resilience in daily functioning*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
30. Roberts, J.E., Carlos, E.L., & **Kashdan, T.B.** (2003, November). *The effects of high versus low analysis rumination on depression-prone individuals*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
29. Kelly, M.A.R., Roberts, J.E., **Kashdan, T.B.**, Gamble, S.A., Ciesla, J.A., Calmes, C.A., & Bottonari, K.A., (2003, November). *Sudden gains occurring immediately prior to formal treatment for depression*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
28. Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., & **Kashdan, T.B.** (2003, November). *Depressive rumination and response to group behavioral treatment*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
27. Bottonari, K.A., Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., **Kashdan, T.B.**, Calmes, C.A., & Carlos, E.L. (2003, November). *Degree of accuracy and systematic bias in clinically depressed individuals' self-report of life events*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
26. Collins, R.L., **Kashdan, T.B.**, Koutsky, J., Morsheimer, E.T., Vetter, C.J., & Wilson, S.D. (2003, August). *A self-administered timeline follow-back measure*. Presented at the Annual Convention of the American Psychological Association, Toronto, ON.
25. **Kashdan, T.B.**, & Roberts, J.E. (2003, March). *The affective and cognitive processes of socially anxious individuals in small-talk and intimate interactions*. Presented at the Annual Convention of the Anxiety Disorder Association of America, Toronto, ON.
24. **Kashdan, T.B.**, Vetter, C., & Collins, R.L. (2002, November). *The use of licit and illicit drugs: Temperamental and gender considerations in underage college students*. Presented at the Association for Advancement of Behavior Therapy, Reno, NV.
23. **Kashdan, T.B.**, Roberts, J.E., & Kelly, M.A.R. (2002, November). *Exploring the relative impact of*

*social anxiety on hedonic deficits in depressed individuals.* Presented at the Association for Advancement of Behavior Therapy, Reno, NV.

22. Bottonari, K.A., Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., & **Kashdan, T.B.** (2002, November). *Exploring the role of interpersonal style in stress generation among clinically depressed individuals.* Presented at the Association for Advancement of Behavior Therapy, Reno, NV.

21. **Kashdan, T.B.** (2002, August). *Curiosity in the interpersonal sphere: Facilitating personal growth opportunities.* Presented at the Positive Psychology Summer Institute, Wilmington, DE.

20. **Kashdan, T.B.**, & Fals-Stewart, W. (2002, June). *Married drug-abusing men: An examination of HIV high risk behaviors and factors associated with unprotected sex with their wives.* Presented at the College of Problems on Drug Dependence, Quebec, CA.

19. **Kashdan, T.B.**, & Roberts, J.E. (2002, March). *Curiosity and boredom proneness in the interpersonal sphere.* Presented at the Eastern Psychological Association, Boston, MA.

18. Kelly, M.A.R., & Roberts, J.E., Ciesla, J.A., Gamble, S.A., **Kashdan, T.B.**, Shapiro, A., & Drenfeld, D. (2001, November). *Comorbid symptoms of anxiety and their relationship to treatment outcome and clinical features in depressed outpatients.* Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.

17. **Kashdan, T.B.** (2001, November). *Social anxiety and positive psychological functioning: An initial investigation of relations with positive subjective experiences and human strengths.* Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.

16. **Kashdan, T.B.**, & Roberts, J.E. (2001, November). *Predicting affect during an experimental closeness-generating task: Social anxiety, boredom proneness, and the behavioral activation and inhibition systems.* Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.

15. **Kashdan, T.B.**, Collins, R.L., & Gollnisch, G. (2001, November). *Using cellular phones for self-monitoring: A feasibility pilot study.* Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.

14. **Kashdan, T.B.**, Collins, R.L., & Gollnisch, G. (2001, November). *The role of drinking restraint in predicting drinking behaviors and affective consequences.* Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

13. Roberts, J.E., Jedlikowski, K., Ciesla, J.A., **Kashdan, T.B.**, Kelly, M.A.R., Gamble, S.A., Stappenbeck, C., Drenfeld, D., & Shapiro, A. (2001, November). *Individual differences in stress perception among depressed outpatients: The role of attachment security and cognitive style.* Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.

12. **Kashdan, T.B.**, Rose, P., & Fincham, F.D. (October, 2001). *Beyond killing cats: The empirical study of curiosity.* Presented at the Annual Positive Psychology Summit, Washington, DC.

11. **Kashdan, T.B.**, Collins, R.L., Fals-Stewart, W., & Morsheimer, E.T. (2001, July). *Positive and negative mood trends during the course of a behavioral drinking moderation program: An analysis of ecological momentary data.* Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

10. Collins, R.L., **Kashdan, T.B.**, & Morsheimer, E.T. (2001, July). *The role of cognitive factors in binge drinking and drinking-related affect.* Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

9. **Kashdan, T.B.**, Pelham, W.E., Lang, A.R., Jacob, R.G., Jennings, J.R., Gnagy, E.M., & Blumenthal, J. D. (2000, November). *The role of hope as a resiliency factor in mothers and fathers of children with externalizing disorders: Stress is in the eye of the beholder.* Presented at the Association for

Advancement of Behavior Therapy, New Orleans, LA.

8. **Kashdan, T.B.**, & Roberts, J.E. (2000, November). *Social anxiety and the direction of attentional focus: Effects on positive affect, curiosity, and interpersonal attraction during an experimental closeness-generating task*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, New Orleans, LA.
7. Kelly, M., Roberts, J.E., Ciesla, J., Gamble, S., **Kashdan, T.B.**, & Drenfeld, D. (2000, November). *Treatment compliance and comorbid diagnoses in the recovery from depression during psychoeducational group therapy*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.
6. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Jennings, J.R., Gnagy, E.M., & Blumenthal, J. D. (2000, August). *Parental social anxiety during an experimental parent-child learned helplessness procedure*. Presented at the American Psychological Association, Washington, DC.
5. Russ, M.J., Lachman, H.M., **Kashdan, T.**, Saito, T., & Bajmakovic-Kacila, S. (2000, May). *Analysis of catechol-O-methyltransferase and 5-hydroxytryptamine transporter polymorphisms in patients at risk for suicide*. Presented at the American Psychiatric Association, Chicago, IL.
4. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Jennings, J.R., Blumenthal, J. D., & Gnagy, E.M. (2000, March). *The relationship between social anxiety and psychological functioning in parents of children with externalizing disorders: Alcohol problems, social adjustment, stress and coping, personality, and psychopathology*. Presented at the Anxiety Disorder Association of America, Washington, DC.
3. **Kashdan, T.**, Shiperd, J.C., Beck, J.G. (1999, November). *The effects of extraversion on the bodily sensations and panic-fear cognitions induced by a 35% CO<sub>2</sub> biological challenge*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Toronto, ON.
2. **Kashdan, T.**, Aron, A., & Steele, J. (1998, June). *Similarity, expected liking, sensation seeking, and gender, in initial attraction*. Presented at the International Society for the Study of Personal Relationships, Saratoga Springs, NY.
1. Russ, M.J., **Kashdan, T.**, Pollack, S., & Bajmakovic-Kacila, S. (1998, June). *Transient versus sustained suicide risk following hospital admission*. Presented at the North Shore-LIJ Health System Fifth Annual Poster Session Program, New Hyde Park, NY.

## **RESEARCH ADVISING**

### Current Graduate Students

William Breen (5<sup>th</sup> year Clinical Psychology Ph.D. student)  
Daniel Terhar (2<sup>nd</sup> year Clinical Psychology Ph.D. student)  
Patricia Zorbas (2<sup>nd</sup> year Clinical Psychology Ph.D. student)  
Alexander Afram (2<sup>nd</sup> year Clinical Psychology Ph.D. student)  
Antonina Savostyanova (1<sup>st</sup> year Clinical Psychology Ph.D. student)  
Leah Adams (1<sup>st</sup> year Clinical Psychology Ph.D. student)

### Graduate Students Mentored

Arika Cronin (Clinical Psychology Ph.D. student)  
Julie Weismantel (Clinical Psychology Ph.D. student)  
Susan Han (Clinical Psychology Ph.D. student)  
Jeffrey Volkmann (Clinical Psychology Ph.D. student)

### Undergraduate Students Mentored (Research Assistants)

Kate Doherty  
Anjali Mishra

Sarah Hijjeh  
Rebecca Hixson

Lucy Guardiano	Emily Fishman
Jesika Berman	Alex Afram
Lauren Serpati	Matt Whiting
Daniel Terhar	Monica Lenser
Caitlin Lamm	Brooke Owen
Stefanie McLeod	Kelly Demory
Christine Plummer	Jennifer Chesky
Kiley Coleman	Makees Passyou
Meghan Odom	Melissa Birnbeck
Anita Daswani	Rebecca Berlin
Katie Jones	Samantha Powers

#### Undergraduate Honors Theses Mentored

Setareh Deljo-Zargarani	Lucy Guardiano
Kate Doherty	Kelly Demory
Anjali Mishra	

#### Clinical Comprehensives Committees

Rebecca Duckworth	Kerstin Youman
Anne Strauss	Caron Heigel

#### Dissertation Committees

William Breen (clinical psychology)  
Karen Dunn (educational psychology)  
Gabrielle Wood (I/O psychology)

### **TEACHING EXPERIENCE**

#### Graduate

Summer, 2006 to Fall 2007	Structured Clinical Interviewing
Spring 2006	Science of Well-Being (Ph.D. elective course)
Fall 2004, 2005	Psychopathology (Clinical Ph.D. core course)
Spring 2005	Guest Lecturer for Assessment on "Positive Psychological Functioning"

#### Undergraduate

Spring 2006	Science of Flourishing
Fall 2005-2007	Science of Well-Being
Spring 2005	Abnormal Psychology (2 separate courses)
Fall 2001	Guest Lecturer for Abnormal Child Psychology on "Social Anxiety Disorder"
Spring 2001	Positive Psychology
Fall 2000	Guest Lecturer for Clinical Psychology on "Science of Well-Being"
Fall 2000	Graduate Teaching Assistant: Psychological Statistics
Summer 2000	Psychology of Personality
Spring 2000	Teaching Assistant: Introduction to Psychology
Spring 1998	Guest Lecturer for Social Psychology on "Self-Expansion Theory of Relationships"

### **CLINICAL EXPERIENCE**

2003 - 2004	Clinical Psychology Intern Medical University of South Carolina [Tracks: National Crime Victims Center,
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Charleston VA Hospital (Traumatic Stress Program, Neuropsychology Clinic), and Center for Drug and Alcohol Problems]

- 2002 - 2003      Clinical Research Coordinator  
Depression Research and Treatment Program, University at Buffalo
- 2002 - 2003      Graduate Student Clinician  
Psychological Services Center, University at Buffalo
- 2000 - 2001      Graduate Student Clinician  
Couple and Family Therapy Practicum, University at Buffalo
- 1999 - 2002      Graduate Student Clinician  
Depression Research and Treatment Program, University at Buffalo
- 1999 - 2000      Graduate Student Clinician  
Anxiety Disorders Clinic, University at Buffalo
- 1998 - 1999      Research Therapist  
Clinic for Anxiety Disorders, University at Buffalo

**PROFESSIONAL SERVICE AT GEORGE MASON UNIVERSITY**

- 2008 - Present      Faculty Evaluation Committee, Department of Psychology, George Mason University
- 2007                  Closing speaker at the Mason Leadership Institute
- 2006-2007          Reviewer of summer research funding proposals for tenure-track and tenured faculty, George Mason University
- 2005 - Present      Human Subjects Committee, Department of Psychology, George Mason University
- 2004 - 2007          Resource Committee, Department of Psychology, George Mason University

**SERVICE FOR PROFESSIONAL ORGANIZATIONS**

- 2008                  External reviewer for Social Sciences and Humanities Research Council of Canada
- 2007                  External reviewer for APA Dissertation Research Awards
- 2007                  External reviewer for Grants to Enhance Advanced Research Program at the University of Houston's Research Council
- 2007                  Chair, speaker selection committee for Positive Psychology Summit
- 2006                  Chair, speaker selection committee for Positive Psychology Summit
- 2006- Present      International Advisory Board for Centre for Applied Positive Psychology (CAPP) in the United Kingdom
- 2005-2006          Society for the Science of Clinical Psychology dissertation grant award committee
- 2005                  Poster award committee at the Positive Psychology Summit
- 2003                  Poster award committee at the Positive Psychology Summit
- 2001 - 2003          Listmaster of several American Psychological Association sponsored listservs: POSITIVE-PSYCHOLOGY, FRIENDS-OF-PP, and PP-FORUM
- 2000 - 2002          Campus representative, American Psychological Association of Graduate Students (APAGS)
- 1999 - 2000          Vice president, Graduate Psychology Association, University at Buffalo

**CURRENT MEMBERSHIPS IN PROFESSIONAL ASSOCIATIONS**

- Association for Psychological Science
- Association for Behavioral and Cognitive Therapies

Society for a Science of Clinical Psychology  
Society for Personality and Social Psychology  
Anxiety Disorder Association of America  
ABCT Anxiety Disorders Special Interest Group

### **CONSULTING ACTIVITIES**

Advisory Board for the Huh? - Haring institUte of Happiness

Scientific consultant for Greater Good Magazine (June 2007 – Present)

Consulting Psychological Examiner, United States District Court (District of South Dakota), Sioux Falls, South Dakota, 2006

Consultant for RyanTrue Health Services to develop assessment tools to predict medication persistence in patients with HIV/AIDS

### **CITATIONS IN POPULAR MEDIA**

Psychology Today (April, 2008)

Allure Magazine (February, 2008)

Reader's Digest (February, 2008)

US News and World Report (December, 2007)

The Washington Post (November 20, 2007) on gratitude

O, The Oprah Magazine (October, 2007) on happiness interventions

Better Homes and Gardens (September, 2007) on happiness interventions

Reader's Digest (2007) on the science of well-being

Financial Advisor Magazine (2007) on money and happiness

The Chronicle of Higher Education (May 18, 2007) on the science of well-being

Ladies Home Journal (2007) on the nature of curiosity

Milwaukee Journal Sentinel, (February 6, 2007) on happiness

La Tercera, a Chilean national newspaper, (January 28, 2007) on positive psychology

Tavis Smiley Show (January 25, 2007) on the science of well-being

Talking with America-KIST-AM (January 14, 2007) on the science of well-being

National Public Radio (January 8, 2007) on the science of well-being

The New York Times (January 7, 2007) on teaching the science of well-being

Good Housekeeping (June, 2007) on curiosity and happiness

First for Women (2007) on cultivating curiosity and well-being

An-Nahar Newspaper, an Arabic national newspaper, (December, 2006) on cultivating well-being

Psychology Today (September/October, 2006) on cultivating curiosity and well-being

Smithsonian Associate (August, 2006) on curiosity

Prevention Magazine (February, 2006) on curiosity and well-being

The Washington Post (December 15, 2002) on curiosity and intimacy

Cosmopolitan (May, 2003) on curiosity

Prevention Magazine (June, 2003) on curiosity

Fitness Magazine (May, 2003) on curiosity

Self (February, 2004) on curiosity

Parenting Magazine (April, 2004) on socially anxious children

Shape Magazine (September, 2004) on curiosity

Nakedrelationships.com (February 14, 2003) on curiosity and intimacy

Value Options (2004) on curiosity