

Phoebe Hok-Yee Lam
Curriculum Vitae

Northwestern University
1801 Maple Ave.,
Evanston, IL 60201
Email: PhoebeLam@U.Northwestern.edu

EDUCATION

Northwestern University	2016 - Present
<i>Doctoral student in the Personality, Development, and Health Area</i>	
<i>Advisors: Dr. Edith Chen and Dr. Greg Miller</i>	
University of California, Berkeley	2011 - 2013
<i>B.A. in Psychology 2013</i>	
<i>Highest Honors in Psychology Department</i>	
<i>Highest Distinction in Berkeley General Scholarship</i>	
Ohlone College	2009 - 2011
<i>Completion of Intersegmental General Education Transfer Curriculum</i>	

AWARDS & FELLOWSHIPS

Society, Biology, and Health Cluster Fellowship	2017
<ul style="list-style-type: none"><i>Awarded one-year of funding support to doctoral students interested in interdisciplinary research on society, biology, and health</i>	
Departmental Citation Award	2013
<ul style="list-style-type: none"><i>Awarded by each department to one graduating senior in recognition of distinguished undergraduate work at UC Berkeley</i>	
UC Berkeley Psychology Department Commencement Student Speaker	2013
Psychology Thesis Highest Honors	2013
<ul style="list-style-type: none"><i>Acknowledged distinguished undergraduate thesis at UC Berkeley</i>	
Dean's Honors List	2011 - 2013
<ul style="list-style-type: none"><i>Acknowledged the academic achievement of the top 4% of Letters and Science students at UC Berkeley</i>	
Berkeley Undergraduate Scholarship	2011 - 2012
<ul style="list-style-type: none"><i>Awarded to UC Berkeley students on the basis of academic merit and financial needs</i>	

RESEARCH EXPERIENCE

Foundations of Health Research Center - Evanston, IL

2016 - Present

Principal Investigators: Dr. Edith Chen & Dr. Greg Miller

Responsibilities include:

- Help designing study protocols and analyzing study data
- Performing quality assurance on structural MRI data
- Preparing and isolating monocytes and hematopoietic stem cells for extraction of RNA and determination of gene expression profile
- Preparing for in-vitro measurement of pro-inflammatory cytokine production in response to microbial challenge
- Determining monocyte subpopulations and endothelial micro-particle concentration via flow cytometry

Emotion and Emotion Regulation Lab - Berkeley, CA

2012 - 2016

Principal Investigator: Dr. Iris Mauss

Responsibilities include:

- Designing and implementing study protocols, administering extensive pilot tests, and analyzing study data
- Data collection with various methods that include self-reports, peer-reports, diary measures, behavioral measures (facial and behavioral coding), autonomic psychophysiological measures (electrocardiography, impedance cardiography, blood pressure, pulse plethysmography, respiration, skin conductance, and skin temperature), and biological measures (allostatic load, telomere length, and single nucleotide polymorphism)
- Other responsibilities include drafting IRB protocols, training and supervising research assistants, recruiting participants diverse in age and ethnicity, administering phone screening interviews, creating and maintaining lab and study websites, and troubleshooting physiological equipment and programs

Project Manager

2014 - 2016

- ***Berkeley Friendship, Emotion, and Wellness Study***

Principal Investigators: Dr. Iris Mauss and Dr. Oliver John

A six-month longitudinal study that aims to identify the emotional, social, cognitive, and biological factors that contribute to the individual differences in psychological and physical health across adult life span. This study thoroughly examines these factors with surveys, daily diaries, and an 8-hour lab session.

Research Assistant

2013 - 2014

- ***Coherence Between Emotion Experience and Physiology***

A study that examined the associations between experiential responses and autonomic physiological responses during emotion induction and emotion recovery within an individual.

- ***The Effects of Emotion Goal Pursuits***

A study that manipulated happiness pursuit, sadness pursuit, and acceptance and measured their effects during film clip inductions of happiness, sadness, and compassion. This study also examined the social effects of pursuing emotion goals with a social interaction.

- ***Beliefs about Self-Harm and Regulation Processes***
A study that examined the association between non-suicidal self-injury (NSSI) and negative emotions. Specifically, this study explored whether people with a history of NSSI (versus controls) would experience heightened negative emotions in positive context, but not in negative context.

Honors Thesis Student**2012 - 2013**

- ***Affective Correlates of Pursuing Happiness vs. Accepting one's Emotions***
Thesis advisors: Dr. Iris Mauss and Dr. Brett Ford
A study that examined the divergent links of happiness pursuit and acceptance with affect. This study also examined negative meta-emotion as a mediator that explained these divergent links.

MANUSCRIPTS UNDER REVIEW & IN PREPARATION

Ford, B.Q., Feinberg, M., **Lam, P.H.**, Mauss, I.B. & John, O. (under review). Does regulation trump political action? Reappraisal predicts less political action in the aftermath of the 2016 U.S. presidential election.

Lam, P.H., Levine, C.S., Chiang, J., Shalowitz, M.U., Story, R.E., Hayen, R., Sinard, R.N. & Chen, E. (under review). Family Obligations and Asthma in Youth: The Moderating Role of Socioeconomic Status.

Jones, E.J., **Lam, P.H.**, Hoffer, L.C., Chen, E. & Schreier, H.M.C. (under review). Chronic Family Stress and Adolescent Health: The Moderating Role of Emotion Regulation.

Lam, P.H., Ford, B.Q., Mauss, I.B. & John, O. (in prep). Using reappraisal to decrease negative emotions or increase positive emotions: divergent links with emotion and well-being.

PUBLICATION

Ford, B. Q.*, **Lam, P. H.***, John, O., & Mauss, I. B. (2017). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence.

*Authors contributed equally

SYMPOSIA

Ehrlich, K. B., Miller, G. E., Shalowitz, M., Story, R., Levine, C., **Lam, P. H.**, Austin, M., & Chen, E. (March, 2018). Secure base representations in children with asthma: Links with symptoms, family asthma management, and cytokine regulation. In J. R. O'Brien (Chair), The Impact of Parent-Child Relationships on Child Inflammation. *American Psychosomatic Society*, Louisville, KY.

Ford, B. Q., Feinberg, M., **Lam, P.H.**, Mauss, I. B., & John, O. P. (February, 2018). Using reappraisal to regulate negative emotion after the 2016 U.S. presidential election: Does individual emotion regulation trump collective political action? Symposium talk. *Society for Personality and Social Psychology*, Atlanta, GA.

Lam, P.H., Levine, C.S., Chiang, J., Shalowitz, M.U., Story, R.E., Austin, M.K., Hayen, R., Sinard, R.N. & Chen, E. (October, 2017). Family Obligation and Asthma in Youth: The

Moderating Role of Socioeconomic Status. Data blitz talk. *Social Relationships across the Life Span*, Evanston, IL.

Ford, B. Q., **Lam, P.H.**, John, O., & Mauss, I. B. (April, 2017). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Society for Affective Science*, Boston, MA.

Lam, P.H., Ford, B. Q., Anderson, C. L., & Mauss, I. B. (February, 2014). Affective correlates of emotion goal pursuit: pursuing happiness vs. accepting one's emotions. Data blitz talk. *Society for Personality and Social Psychology—Emotion Preconference*, Austin, TX.

CONFERENCE POSTERS AND ORAL PRESENTATIONS

Lam, P.H., Levine, C.S., Shalowitz, M.U., Story, R.E., Austin, M.K., Hayen, R., Sinard, R.N. & Chen, E. (March, 2018). Family Obligation and Asthma in Youth: The Moderating Role of Socioeconomic Status. Conference poster. *American Psychosomatic Society*, Louisville, KY.

Ehrlich, K. B., Miller, G. E., Shalowitz, M., Story, R., Levine, C., Austin, M., **Lam, P. H.**, Corallo, K., Lyle, S., & Chen, E. (March, 2018). Loneliness in children with asthma: Links with symptoms, family asthma management, and cytokine regulation. Oral presentation. *American Psychosomatic Society*, Louisville, KY.

Lam, P.H., Ford, B. Q., John, O. P., & Mauss, I. B. (January, 2016). Emotional acceptance longitudinally predicts better well-being: The role of emotional responses to daily stressors. *The Society for Personality and Social Psychology Conference—Emotion Preconference*, San Diego, CA.

TEACHING EXPERIENCE

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| • Statistical Methods – Teaching Assistant | Winter 2017 |
| • Research Methods – Teaching Assistant | Spring 2017 |
| • Research Methods – Teaching Assistant and Guest Lecturer | Winter 2018 |

PROFESSIONAL SKILLS

- **SPSS** - data analysis software
- **Qualtrics** - online data collection software
- **E-Prime** - laboratory task data collection software
- **Mindware** - psychophysiological data collection software
- **Anslab** - psychophysiological data analysis software
- **HTML & CSS Coding** – basic web design languages