**EDUCATION**

Expected Spring 2021 **Doctoral Student, Psychology (Experimental Profile)** Concordia University, Montreal, QC, Canada

Thesis title (tentative):Chronic stress and biological dysregulation in older adulthood: Protective effects of self-regulation strategies

August 2017 **Masters Student, Psychology (Experimental Profile)** Concordia University, Montreal, QC, Canada

Thesis title:Intra-individual cortisol variability and low-grade inflammation over 10 years in older adults

May 2015**B.A. Hons., Psychology**

The University of British Columbia, Vancouver, BC, Canada

4th Year Thesis: Does mutual eye contact in persuasion contexts increase heart rate? 3rd Year Thesis*:* Daily dyadic coping predicts changes in marital adjustment among couples in stepfamilies across 2 years

**PUBLICATIONS**

**Herriot, H.,** Wrosch, C., Hamm, J., & Pruessner, J. (Conditional Acceptance with minor revisions). Stress-Related Trajectories of Diurnal Cortisol in Older Adulthood across 12 Years. *Psychoneuroendocrinology.*

**Herriot, H.,** & Wrosch, C. (In Press). Self-Compassion Predicts Trajectories of Chronic Illness and Acute Health Symptoms over 6 Years in Advanced but not Early Old-Age. *Journal of Health Psychology*.

**Herriot, H.,** Wrosch, C., Gouin, J. P., (2018) Self-compassion, chronic age-related stressors, and cortisol secretion in older adulthood. Journal of Behavioral Medicine, 1-13. doi: 10.1007/s10865-018-9943-6

**Herriot, H.,** Wrosch, C., Gouin, J. P., & Miller, G. E. (2017). Intra-individual cortisol variability and low-grade inflammation over 10 years in older adults. *Psychoneuroendocrinology*, *77*, 141-149. https://doi.org/10.1016/j.psyneuen.2016.12.010

**MANUSCRIPTS UNDER REVIEW**

Giannis, I., **Herriot, H.,** & Wrosch, C. (Under Review). Changes in Purpose in Life and Chronic Low-Grade Inflammation across Older Adulthood. *Annals of Behavioral Medicine.*

**MANUSCRIPTS IN PREPERATION**

**Herriot, H.,** Wrosch, C. & Sabiston, C.M. Diurnal Cortisol Variability and Fatigue Trajectories in Young and Older Breast Cancer Survivors.

Yong Ping, E., **Herriot, H.,** Iacono, V., & Ellenbogen, M. Hypothalamic-pituitary-adrenal axis functioning in the offspring of parents with bipolar disorder following the Reducing Unwanted Stress in the Home (RUSH) prevention program.

**FELLOWSHIPS**

2020 – 2021 **Doctoral Fellowship** - Fonds de Recherche du Québec- Santé, $21,000 CAD

2017 - 2020 **Doctoral Fellowship** - Social Sciences and Humanities Research Council of Canada, $105,000 CAD

2017 – 2020 **Doctoral Fellowship** - Fonds de Recherche du Québec- Santé, $60,000 (Declined)

2015 – 2016 **Masters Fellowship** - Social Sciences and Humanities Research Council of Canada, $17,500 CAD

**AWARDS AND ACHIEVEMENTS**

2020 Concordia Conference and Expo Award ($1000)

2019 Concordia Public Scholar ($10,000)

2019 Honorable Mention – Scientific Citizenship Award, CRDH, Concordia.

2018 Concordia Conference and Expo Award ($1000)

2017 Concordia Special Entrance Award ($10,000)

2017 Concordia Conference and Expo Award ($1000)

2016 Graduate Scholarship in Psychology ($5000)

2016 Concordia Conference and Expo Award ($1000)

2015 Concordia Special Entrance Award ($6000)

2015 Tuition Fee Remission ($3000)

2015 Psychology Student’s Association Award *($250)*

2015 Dr. David J. Rose Scholarship *($275)*

2015 Pat and Betty Love Scholarship in Arts *($1200)*

2014 Trek Excellence Scholarship *(Top 5% in Arts Faculty) ($1500)*

2014 Canadian Psychological Association’s Kenneth Dion Award *($100)*

2014 Dean’s list

**ORAL PRESENTATIONS**

Giannis, I., Wrosch, C., **Herriot, H.,** & Gouin J.P. (2020, August 27-29). Purpose in life and chronic low-grade inflammation across older adulthood. In S. Zilioli (Chair) *Stress and inflammation: new perspectives on old issues*[Symposium]. International Society of Psychoneuroendocrinology 50thAnnual Convention, Chicago, IL, United States.

**Herriot, H**., Wrosch, C., Hamm, J., Miller, G., & Pruessner, J., 2020, Stress-Related Trajectories of Diurnal Cortisol in Older Adulthood across 12 Years. Paper presentation*to be given at*“Achieving Health Equity: Opportunities for Psychosomatic Medicine” the 78th Annual Meeting of the American Psychosomatic Society, March 11-14, 2020, Long Beach, CA.*Conference canceled*.

**Herriot, H.,** Wrosch, C., Hamm, J., Miller, G., & Pruessner, J., 2020, Stress-Related Trajectories of Diurnal Cortisol in Older Adulthood across 12 Years. Oral presentation at CRDH conference. Concordia University, Montreal, QC.

**Herriot, H.,** Wrosch, C., & Sabiston, C. M., 2019, Day-to-Day Variability in Cortisol Patterns and Fatigue in Young and Older Breast Cancer Survivors. Oral presentation given at American Psychosomatic Medicine, Vancouver, BC

**Herriot, H.,** Wrosch, C., Gouin, J. P., 2018, Goal disengagement capacities predict inflammatory cytokines (IL-6) among parents of children with autism spectrum disorder. Oral presentation given at International Congress of Behavioral Medicine, Santiago, Chile

**Herriot, H.,** Wrosch, C., Castonguay, A. L., & Sabiston, C. M., 2018, Cortisol variability and low-grade inflammation in breast cancer survivors: Protective effects of goal disengagement capacities. Oral presentation as part of Symposium “Self-regulatory benefits and antecedents of goal disengagement” at Association for Psychological Science Convention, San Francisco, CA

**Herriot, H.,** Wrosch, C., Gouin, J. P., 2017, Self-compassion, age-related stressors, and cortisol secretion in older adulthood. Oral presentation at the 31st Conference of the EHPS (European Health Psychology Society): Innovative ideas in Health Psychology, Padua, Italy

**Herriot, H.,** & Chen, F., 2015, Don't look at me: The effect of direct vs. averted gaze on heart rate during persuasive communication. Oral presentation given at the annual Psychology Undergraduate Research Conference, Department of Psychology, UBC, Vancouver, BC

**POSTER PRESENTATIONS**

Yong Ping, E., **Herriot, H.,** Iacono, V., & Ellenbogen, M., 2019, Hypothalamic-pituitary-adrenal axis functioning in the offspring of parents with bipolar disorder following the Reducing Unwanted Stress in the Home (RUSH) prevention program. Poster presented at 49th Annual ISPNE Conference, Milan, Italy

Giannis, I., **Herriot, H.,** M.A., & Wrosch, C., 2019, Changes in Purpose in Life and Chronic Low-Grade Inflammation across Older Adulthood. Poster presented at Association for Psychological Science Convention, Chicago, IL

**Herriot, H.,** Wrosch, C., 2016, Purpose in life and stress-related increases in older adults’ depression: a within-person analysis. Poster presented at Gerontological Society of America's 69th Annual Scientific Meeting, New Orleans, LA

**Herriot, H.,** Wrosch, C., Gouin, J.P., & Miller, G. E., 2016, Cortisol variability predicts chronic inflammation among older adults six to ten years later. Poster presented at Association for Psychological Science Convention, Chicago, IL

**Herriot, H.,** Stephenson, E., & DeLongis, A., 2014, Marital adjustment in stepfamilies: effects of daily dyadic coping. Poster presented at Canadian Psychological Association Annual Convention, Vancouver, BC

**Herriot, H**. Bi, S.W., Whillans, A.V., & Dunn, E., 2013, Helping hands to helping minds: How volunteering affects perceptions of academic performance. Poster presented at the Multidisciplinary Undergraduate Research Conference at the UBC, Vancouver, BC.

**TEACHING EXPERIENCE**

2016 - 2020 **Teaching Assistant** – Concordia University - PSYC 315 Statistics lab

2015 **Facilitator/Co-Coordinator** for Student Directed Seminar: “The Science of Happiness” 3-credit course Winter 2015 at UBC (code: ASTU 400F)

2013 **Peer Assisted Study Sessions Leader** (PASS Program), Jumpstart, UBC

**MENTORSHIP**

2019 - 2020 Supervised undergraduate Honours Thesis for Gabryella Sondergaard

Thesis: Self-compassion as a predictor of acute stress reactivity in older adults

2018 - 2019 Supervised Master’s Thesis for Irene Giannis

Thesis: Changes in Purpose in Life and Chronic Low-Grade Inflammation across Older Adulthood

2018 - 2019 Supervised undergraduate Honours Thesis for Ergie Sebido

Thesis: Bi-directional associations between physical health problems and cortisol in older adults: Protective effects of perceived control

2017 - 2018 Supervised undergraduate Honours Thesis for Monika Jackiewicz

Thesis: The moderating effect of partner support on the association between depressive symptoms and physical health symptoms

2015 - 2016 Supervised undergraduate Honours Thesis for Dita Kubin.

Thesis: The effects of regret on quality of life in couples across the lifespan

2015 - 2016 Mentor, Canadian Psychological Association

**ACADEMIC SERVICE CONTRIBUTIONS**

2019 - Present **Editor**, Concordia Journal of Accessible Psychology

2017 - 2018 **Vice-President Internal**, Association for Graduate Students in Psychology

2017 **Graduate Student Representative**, Graduate Curriculum Committee

2015 - 2019 **Executive Committee Member**, Association for Graduate Students in Psychology

2017 **Doctoral Psychology Representative**, Faculty of Arts and Sciences – Recruitment meeting

2017 **Graduate Student Representative**,Faculty Retreat

**KNOWLEDGE TRANSLATION**

**OP-EDS**

2019 Opinion: “As we age, self-compassion aids mental health.” *Montreal Gazette*. August 15th, 2019. https://montrealgazette.com/opinion/opinion-as-we-age-self-compassion-aids-mental-health/

**NON-ACADEMIC PRESENTATIONS**

2020, June Concordia's Public Scholars: Research in the time of COVID-19. Brief presentation & Panel Discussion.

2020, Feb Concordia Journal of Accessible Psychology. “Social Media for Academics.”

2019, Oct Public presentation at Fourth Space, Montreal, QC “How self-compassion promotes healthy aging.”

2019, Oct Guest Honours seminar presentation. “How to write an op-ed”

2019, March 3 Minute Thesis. “Be kind to yourself for your health”