

## CURRICULUM VITAE

Meaghan A. Barlow, PhD  
 Emotion & Emotion Regulation Lab and Berkeley Personality Lab  
 Department of Psychology, University of California, Berkeley  
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### ACADEMIC POSITIONS

2020-present Postdoctoral Researcher  
*Department of Psychology, University of California, Berkeley*

2013-2019 Graduate Researcher, Department of Psychology  
*Department of Psychology, Concordia University*

### EDUCATION

2015-2020 Ph.D. Psychology, Research Option  
*Concordia University*

2013-2015 M.A. Psychology, Research Option  
*Concordia University*

2009-2013 B.Sc. Honours Psychology, Neuroscience Concentration  
*Bishop's University*

### THESIS & TITLE

Ph.D. "Emotions and Well-Being in Older Adulthood: Exploring the Roles of Age, Stress, and Motivational Processes"  
*Supervisor: Dr. Carsten Wrosch*

M.A. "Buffering Effects of Health-Related Self-Protection on Older Adults' Loneliness: An 8-year Longitudinal Analysis"  
*Supervisor: Dr. Carsten Wrosch*

B.Sc. "The Effects of Massage Therapy on the Attentional Deficits of Individuals with Fibromyalgia: A Pilot Study"  
*Supervisor: Dr. Fuschia Sirois*

### AWARDS AND SCHOLARSHIPS

#### External awards:

2020-2021 Postdoctoral Fellowship  
*Social Sciences and Humanities Research Council of Canada (SSHRC)*  
 45,000 per year (total: \$90,000)

2016-2019 Doctoral Award  
*Social Sciences and Humanities Research Council of Canada (SSHRC)*  
 35,000 per year (total: \$105,000)

2015-2018 Doctoral Award  
*Fonds de Recherche Santé Québec (FRSQ)*  
 20,000 per year (total: \$60,000)

2014	CGS Master's Award <i>Canadian Institutes of Health Research (CIHR)</i> \$17,500
2014 - 2015	Master's Award <i>Fonds de Recherche Santé Québec (FRSQ)</i> \$15,000 per year (total: \$30,000)
2012	The Eileen Healy Prize for Leadership <i>Lampe Foundation</i> \$1000
2011	Summer Introductory Program to Health Research Scholarship <i>Fonds de Recherche Santé Québec (FRSQ)</i> \$5000

Internal awards:

2014 - 2019	Concordia University Conference and Exposition Award <i>Concordia University</i> \$1,000 per conference (total: \$10,000)
2013	Harriet and Abe Gold Graduate Fellowship <i>Concordia University</i> \$5000
2013	The Chair of the Board of Governor's Prize <i>Bishop's University</i>
2009-2013	Dr. Sidney Medine Scholarship/Bishop's University Foundation Scholarships <i>Bishop's University</i> \$3,000 per year (total: \$12,000)

**PUBLICATIONS**

- Hamm, J. M., Wrosch, C., Barlow, M. A., & Kunzmann, U. (2020). A Tale of Two Emotions: The Diverging Salience and Health Consequences of Calmness and Excitement in Old Age. Manuscript submitted.
- Barlow, M. A., Wrosch, C., Hamm, J., Sacher, T., Miller, G. E., & Kunzmann, U. (2020). Goal Disengagement and Emotional Well-Being in Older Adulthood: The Roles of Sadness, Anger and Stress. Revise and resubmit requested.
- Scheier, M. F., Swanson, J. D., Barlow, Greenhouse, J. B., M. A. Wrosch, C., & Tindle, H. A. (in press). Optimism Versus Pessimism as Predictors of Physical Well-Being: A Meta-Analytic Study of Dispositional Optimism. *American Psychologist*.
- Holding, A., Barlow, M. A., Koestner, R., & Wrosch, C. (2020). Why Are We Together? A Dyadic Longitudinal Investigation of Relationship Motivation, Goal Progress and Adjustment. *Journal of Personality*. Advance online publication. doi: 10.1111/jopy.12503
- Barlow, M. A., Wrosch, C., & McGrath, J. (2020). Goal Adjustment Capacities and Quality of Life: A Meta-Analysis. *Journal of Personality*, 88, 307-323. doi: 10.1111/jopy.12492
- Barlow, M. A., Wrosch, C., Gouin, J. P. & Kunzmann, U. (2019). Is Anger, but not Sadness, Associated with Chronic Inflammation in Older Adulthood? *Psychology & Aging*, 34, 330-340. doi: 10.1037/pag0000348
- Wrosch, C., Barlow, M. A., & Kunzmann, U. (2018). Age-related changes in older adults' anger and

sadness: The role of perceived control. *Psychology and Aging*, 33, 350-360. doi: 10.1037/pag0000229

- Barlow, M. A., & Wrosch, C. (2017). Control strategies for managing physical health problems in old age: Evidence for the motivational theory of life-span development. In J. W. Reich & F. J. Infurna (Eds), *Perceived control: Theory, research, and practice in the first 50 years*. Oxford University Press.
- Pila, E., Barlow, M., Wrosch, C., & Sabiston, C. (2016). Comparing the body to superior others: Associations with daily exercise and body evaluation in men and women. *Psychology of Sport and Exercise*, 27, 120-127. doi: 10.1016/j.psychsport.2016.08.001
- Barlow, M. A., Liu, S., & Wrosch, C. (2015). Chronic Illness and Loneliness in Older Adulthood: The Role of Self-Protective Control Strategies. *Health Psychology*, 34, 870-879. doi: 10.1037/hea0000182

### **CONFERENCE PRESENTATIONS**

- Barlow, M., & Wrosch, C. (2019, May). *Goal Disengagement and Emotional Well-Being in Older Adulthood: The Roles of Sadness, Anger and Stress*. Paper presented at the 31st APS Annual Convention in Washington, DC.
- Barlow, M., & Wrosch, C. (2019, February). *Goal Disengagement and Emotional Well-Being in Older Adulthood: The Roles of Sadness, Anger and Stress*. Paper presented at the Annual Centre for Research in Human Development Conference in Montreal, Canada.
- Sacher, T., Barlow, M., & Wrosch, C. (2018, November). *Age Effects of Anger and Sadness on Chronic Inflammation in Older Adulthood*. Poster presented at the GSA's 71st Annual Scientific Meeting in Chicago, USA.
- Barlow, M., & Wrosch, C. (2018, March). *Differential Effects of Anger and Sadness on Systemic Inflammation across Older Adulthood*. Poster presented at the 30th APS Annual Convention in San Francisco, USA.
- Barlow, M., & Wrosch, C. (2018, March). *Goal disengagement, relationship conflict, and cold symptoms in romantic couples: The moderating role of dyadic coping*. Paper presented at the 19th SPSP Annual Convention in Atlanta, USA.
- Barlow, M., Wrosch, C., & McGrath, J. (2017, August). *Goal Adjustment Capacities and Health: A Meta-Analysis*. Paper presented at the 31st annual conference of the European Health Psychology Society in Padova, Italy.
- Barlow, M., & Wrosch, C. (2016, November). *Stress experiences and depressive symptoms in Old age: Benefits of optimism and goal adjustment*. Poster presented at the GSA's 69th Annual Scientific Meeting in New Orleans, USA.
- Barlow, M., & Wrosch, C. (2016, January). *Sleep problems, goal disengagement and emotional well-being in romantic relationships: The mediating role of coping*. Poster presented at the 17th SPSP Annual Convention in San Diego, USA.
- Barlow, M., & Wrosch, C. (2015, November). *Chronic illness in romantic relationships: Benefits of goal disengagement*. Paper presented at the GSA's 68th Annual Scientific Meeting in Orlando, USA.
- Barlow, M., Torok, S., & Wrosch, C. (2015, May). *When your spouse is sick: Benefits of goal disengagement among romantic couples*. Poster presented at the 27th APS Annual Convention in New York, USA.
- Barlow, M., & Wrosch, C. (2014, September). *Chronic Illness and Loneliness in Older Adulthood: The Role of Self-Protective Control Strategies*. Paper presented at the CCRH Master's Blitz in

Montreal, Canada.

- Barlow, M., Liu, S. Y., Wrosch, C., Segalowitz, N., & Johnson, A. P. (2014, August). *The role of goal adjustment capacities in cortisol response to task switching*. Poster presented at the ISPNE 44th Annual Conference in Montreal, Canada.
- Barlow, M., & Wrosch, C. (2014, July). *Buffering Effects of Positive Reappraisals on Older Adults' Loneliness: An 8-year Longitudinal Analysis*. Poster presented at the 2nd Canadian Conference on Positive Psychology in Ottawa, Canada.
- Barlow, M., & Wrosch, C. (2014, May). *Buffering Effects of Health-Related Self-Protection on Older Adults' Loneliness: An 8-year Longitudinal Analysis*. Paper presented at the 26th APS Annual Convention in San Francisco, USA.
- Barlow, M., & Wrosch, C. (2014, February). *The mediating role of depressive symptoms in the relation between self-protective strategies and changes in older adults' functional disabilities*. Paper presented at the Annual Centre for Research in Human Development Conference in Montreal, Canada.

### **TEACHING EXPERIENCE**

#### **Lecturer:**

- Statistical Analysis II (PSYC316 - Undergraduate)  
*Department of Psychology, Concordia University*
- Statistical Analysis II (PSYC316 - Undergraduate)  
*Department of Psychology, Concordia University*

#### **Teaching Assistant:**

- Statistical Analysis II (PSYC316 - Undergraduate)  
*Department of Psychology, Concordia University*
- Statistical Analysis and Experimental Design (PSYC601 - Graduate)  
*Department of Psychology, Concordia University*

### **THESIS SUPERVISION AND STUDENT MENTORSHIP**

#### **Postdoctoral Student Mentor:**

- Gold Okafor (graduate – UC Berkeley)*  
*Gerald Young (graduate – UC Berkeley)*

#### **Graduate Student Supervisor:**

- Georgina Faddoul (graduate – Concordia University)*  
*Tehila Sacher (undergraduate – Concordia University)*  
*Anca Petre (undergraduate – Concordia University)*  
*Camille Bourgault-Gervais (undergraduate – Concordia University)*

### **REVIEWING AND EDITORIAL SERVICE**

#### **Ad Hoc Reviewer:**

- Journal of Social and Personality Relationships, Clinical Psychology Science, Social Cognition*

## **WORKSHOPS**

- Dyadic Analysis Using Multilevel Modeling  
*Data Analysis Training Institute of Connecticut (2015)*
- Introduction to Structural Equation Modeling  
*27th APS Annual Convention Workshop (2014)*
- Statistical Issues Relevant to Relationship Research  
*27th APS Annual Convention Workshop (2014)*

## **PUBLIC MEDIA COVERAGE**

- New York Times (May 19, 2019: Let Go of Your Grudges. They're Doing You No Good.) Available at:  
<https://nyti.ms/2Hq5ReV>
- CBC (May 15, 2019: Chronic anger linked to chronic illness in older adults, suggests Montreal-based study). Available at: <https://www.cbc.ca/news/canada/montreal/chronic-anger-linked-to-chronic-illness-1.5137937?fbclid=IwAR2-MNpsEXNgkG3pk-VJ9pxd92avECHYouinkeH98pxETwcp123oz2ZSWhs>
- TIME (May 14, 2019: Want to stay health as you age? Let go of anger). Available at:  
<http://time.com/5584263/anger-sadness-aging-adults/>
- CTV (May 14, 2019: Anger linked to more harmful health effects than sadness in older adults).  
 Available at: <http://ctv.news/WX25qNd>
- Concordia News Stories (May 9, 2019: Study shows that anger is more harmful to the health of older adults than sadness). Available at:  
<http://www.concordia.ca/news/stories/2019/05/09/study-shows-that-anger-is-more-harmful-to-the-health-of-older-adults-than-sadness.html>
- Concordia News Stories (February 11, 2015: Does illness make people lonely?). Available at:  
<http://www.concordia.ca/cunews/main/stories/2015/02/11/does-illness-make-people-lonely.html>