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Curriculum Vitae

ANTHONY H. AHRENS
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Education

B.A., Psychology, Mathematical Methods in the Social Sciences, 1981, Northwestern University
Ph.D., Psychology, 1986, Stanford University

Professional Experience

1986-1987 Postdoctoral Scholar, Department of Psychology, University of Wisconsin
1987-1993 Assistant Professor, Department of Psychology, American University
1993-present Associate Professor, Department of Psychology, American University
(Department Chair, 1996-2000; Director, MA Program, 2013-present)
2015 Visiting Scholar, Vanderbilt University

Honors and Awards

National Science Foundation Graduate Fellowship, Stanford University, 1982-1985
National Institutes of Health Individual Research Service Award, 1986-1987
American University Research Grant, College of Arts and Sciences, 1987-1988
National Institute of Mental Health, R03 MH47003-02 "Mood, Recall, and Changes in Attributional Style." (PI) 1992-1995
American University Mellon Grant, College of Arts and Sciences, 1995, 2005
National Cancer Institute, 5 R21 CA91829-02 "Applying Self-Regulatory Focus Theory to Cigarette Smoking Cessation," Co-Investigator (David Haaga, PI) 2002-2004
American University, University Faculty Award for Outstanding Service to the University Community, 2007
American University, Associate Professor Opportunity, 2007-2010
Outstanding Reviewer Award, *Journal of Happiness Studies*, 2009
One of the ten must-take psychology professors in Washington DC, careersinpsychology.org, 2015

Refereed Publications

- Ahrens, A. H. (1987). Theories of depression: The role of goals and the self-evaluation process. *Cognitive Therapy and Research, 11*, 665-680.
- Alloy, L. B., & Ahrens, A. H. (1987). Depression and pessimism for the future: Biased use of statistically relevant information in predictions for self versus others. *Journal of Personality and Social Psychology, 52*, 366-378.
- Ahrens, A. H., Zeiss, A. M., & Kanfer, R. (1988). Depressive deficits in interpersonal standards, self-efficacy, and social comparison. *Cognitive Therapy and Research, 12*, 53-67.
- Ahrens, A. H., & Abramson, L. Y. (1991). Changes in personal standards and dysphoria: A longitudinal approach. *Cognitive Therapy and Research, 15*, 47-68.
- Ahrens, A. H. (1991). Dysphoria and social comparison: Combining information regarding others' performances. *Journal of Social and Clinical Psychology, 10*, 190-205.
- Wiseman, C.V., Gray, J.J., Mosimann, J.E., & Ahrens, A.H. (1992). Cultural expectations of thinness in women: An update. *International Journal of Eating Disorders, 11*, 85-89.
- Dixon, J. F. & Ahrens, A. H. (1992). Stress and attributional style as predictors of self-reported depression in children. *Cognitive Therapy and Research, 16*, 623-634.
- Ahrens, A. H., & Haaga, D. A. F. (1993). The specificity of attributional style and expectations to positive and negative affectivity, depression, and anxiety. *Cognitive Therapy and Research, 17*, 83-98.
- Haaga, D. A. F., McDermut, W., & Ahrens, A. H. (1993). Discriminant validity of the Inventory to Diagnose Depression. *Journal of Personality Assessment, 60*, 285-289.
- Perez-Bouchard, L., Johnson, J. L., & Ahrens, A. H. (1993). Attributional style in children of substance abusers. *American Journal of Drug and Alcohol Abuse, 19*, 475-489.
- Edelman, R. E., Ahrens, A. H., & Haaga, D. A. F. (1994). Inferences about the self, attributions, and overgeneralization as predictors of recovery from dysphoria. *Cognitive Therapy and Research, 18*, 551-566.
- Haaga, D. A. F., Ahrens, A. H., Schulman, P., Seligman, M. E. P., DeRubeis, R. J., & Minarik, M. (1995). Metatraits and cognitive assessment: Application to attributional style and depressive symptoms. *Cognitive Therapy and Research, 19*, 121-142.

- Cook, J. M., Ahrens, A. H., & Pearson, J. L. (1995). Attributions and depression in Alzheimer's Disease caregivers. *Journal of Clinical Geropsychology, 1*, 119-132.
- Drexler, L. P., Ahrens, A. H., & Haaga, D. A. F. (1995). The affective consequences of self-handicapping. *Journal of Social Behavior and Personality, 10*, 861-870.
- Minarik, M. L. , & Ahrens, A. H. (1996). Relations of eating behavior, depressive symptoms, and anxiety to the dimensions of perfectionism. *Cognitive Therapy and Research, 20*, 157-171.
- Cook, J. M., Ahrens, A. H., & Pearson, J. (1996). Hopelessness: A mediator or moderator of depression in Alzheimer Disease caregivers? *Journal of Mental Health and Aging, 2*, 5-16.
- Williams, K. E., Chambless, D. L., & Ahrens, A. H. (1997). Are emotions frightening? An extension of the fear of fear construct. *Behavior Research and Therapy, 35*, 239-248.
- Cook, J. M., Pearson, J., & Ahrens, A. H. (1997). General and specific events and depressive symptoms in Alzheimer's Disease caregivers. *American Journal of Alzheimer's Disease, 12*, 32-34.
- Berg, C. Z., Shapiro, N., Chambless, D. L., & Ahrens, A. H. (1998). Are emotions frightening? II: An analogue study of fear of emotion, interpersonal conflict, and panic onset. *Behavior Research and Therapy, 36*, 3-15.
- Chamberlain, J. M., Haaga, D. A. F., Thorndike, F. P., & Ahrens, A. H. (2004). Metraits and assessment of attributional style. *Journal of Psychology: Interdisciplinary and Applied, 138*, 521-531.
- Sypeck, M. F., Gray, J. J., & Ahrens, A. H. (2004). No longer just a pretty face: Fashion magazines' depictions of ideal female beauty from 1959-1999. *International Journal of Eating Disorders, 36*, 342-347.
- Sypeck, M. F., Gray, J. J., Etu, S. F., Ahrens, A. H., Mosiman, J. E., & Wiseman, C. V., (2006). Cultural representations of thinness in women, redux: Playboy magazine's depiction of women from 1979 to 1999. *Body Image, 3*, 229-235.
- Friedman-Wheeler, D. G., Ahrens, A. H., Haaga, D. A. F., McIntosh, E., & Thorndike, F. P. (2007). Depressive symptoms, depression proneness, and outcome expectancies for cigarette smoking. *Cognitive Therapy and Research, 31*, 547-557.
- Friedman-Wheeler, D. G., Haaga, D. A. F., Gunthert, K. C., Ahrens, A. H., & McIntosh, E. (2008). Depression, neuroticism and expectancies for engagement and disengagement coping among cigarette smokers. *Cognitive Therapy and Research, 32*, 105-115.
- Haaga, D. A. F., Friedman-Wheeler, D. G., McIntosh, E., & Ahrens, A. H. (2008). Assessment of individual differences in regulatory focus among cigarette smokers. *Journal of Psychopathology and Behavioral Assessment, 30*, 220-228.

- Friedman-Wheeler, D. G., Rizzo-Busack, H., McIntosh, E., Ahrens, A. H., & Haaga, D. A. F. (2010). Manipulating regulatory focus in cigarette smokers. *Addictive Behaviors, 35*, 530-532.
- Wenze, S. J., Gunthert, K. C., Ahrens, A. H., & Bos, T. C. T. (2013). Biases in short-term mood prediction in individuals with depression and anxiety symptoms, *Individual Differences Research, 11*, 91-101.
- Carlin, E., & Ahrens, A. H. (2014). The effects of mindfulness and fear-inducing stimuli on avoidance behavior. *Mindfulness, 5*, 276-281. dx.doi.org/10.1007/s12671-012-0177-3
- Stoeckel, M., Weissbrod, C., & Ahrens, A. H. (2015). The adolescent response to parental illness: The influence of dispositional gratitude. *Journal of Child and Family Studies, 24*, 1501-1509.
- Skalina, L. M., Gunthert, K. C., Ahrens, A. H., & Wenze, S. J. (2015). Neuroticism and momentary differentiation of positive and negative affect. *Personality and Individual Differences, 75*, 165-169.
- Chue, A. E., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. (under review). How does social anger expression predict later depression symptoms? It depends on how often one is angry.
- Stewart, K. L., Ahrens, A. H., & Gunthert, K. C. (under review). Relating to self and other: Mindfulness predicts compassionate and self-image relationship goals.
- Parker, S. C., Majid H., Stewart, K. L., & Ahrens, A. H. (under review). No thanks! Autonomous personal style is associated with less experience and valuing of gratitude.
- Farrow, V. A., Ahrens, A. H., Gunthert, K. C., & Schulkin, J. (under review). The role of work-related factors and personality in physician stress.

Invited Publications and Papers

- Haaga, D. A. F., & Ahrens, A. H. (1992). A disagreement about the benefits of agreement-seeking. *Psychological Inquiry, 3*, 244-247.

Book Chapters

- Ahrens, A. H., & Alloy, L. B. (1997). Social comparison processes in depression. In B. Buunk & R. Gibbons (Eds.), *Health, coping, and well-being: Perspectives from social comparison theory*. (pp. 389-410). Mahwah, NJ: Lawrence Erlbaum.
- Ahrens, A.H., & Forbes, C. N. (2014). Gratitude. In M. M. Tugade, M. L. Shiota, & L. D. Kirby (Eds.), *Handbook of positive emotions*. (pp. 342-361). New York: Guilford Press.

Kirby, L. D., Tugade, M., Morrow, J., Ahrens, A. H., & Smith, C. A. (2014). Vive la difference: The ability to differentiate positive emotional experience and well-being. In M. M. Tugade, M. L. Shiota, & L. D. Kirby (Eds.), *Handbook of positive emotions*. (pp. 241-255). New York: Guilford Press.

Refereed Professional Presentations

Ahrens, A. H., & Zeiss, A. M. Judgments of control: Multiple measures. Presented at the Western Psychological Association convention, San Francisco, CA, April 1983.

Alloy, L. B., Ahrens, A. H., & Kayne, N. Depression, causal schemata, and predictions for self and others. Presented and Psychonomics Society convention, San Antonio, Texas, November 1984.

Ahrens, A. H., & Zeiss, A. M. Depressive deficits in interpersonal standards, self-efficacy, and social comparison. Presented at the Western Psychological Association convention, San Jose, CA, April 1985.

Ahrens, A. H. Use of social comparison information in mild depression. Presented at the Midwestern Psychological Association convention, Chicago, IL, May 1987.

Ahrens, A. H., & Abramson, L.Y. Changes in personal standards and dysphoria: A longitudinal approach. Presented at the Midwestern Psychological Association convention, Chicago, IL, April 1988.

Alloy, L. B., Ahrens, A. H., & Albright, J. S. Depression and self-prediction: The role of attributional style and comparison others. Presented at the Eastern Psychological Association convention, Buffalo, NY, April 1988.

Ahrens, A. H., & Abramson, L. Y. A longitudinal approach to changes in standards and dysphoria. Presented at the Eastern Psychological Association convention, Boston, MA, April 1989.

Perez-Bouchard, L., Johnson, J., & Ahrens, A. H. Attributional style in children of substance abusers. Presented at the Midwestern Psychological Association convention, Chicago, IL, May 1991.

Dixon, J. F., & Ahrens, A. H. Attributions, stress, and depression in children. Presented at the Midwestern Psychological Association, Chicago, IL May, 1991.

Kronheim, S., & Ahrens, A. H. Individual and group differences in minority influence. Presented at the American Psychological Society Convention, Washington, DC, June 1991.

Dixon, J. F., & Ahrens, A. H. Vulnerability factors in self-reported childhood depression: A test of hopelessness theory. Presented at the American Psychological Association convention, San Francisco, CA, August 1991.

- Ahrens, A. H., & Haaga, D. A. F. Specificity of attributions to depression, anxiety, and positive and negative affect. Presented at the Midwestern Psychological Association convention, Chicago, IL, May 1992.
- Minarik, M. L., & Ahrens, A. H. Personal standards, symptoms of depression, positive affect, and negative affect. Presented at the Eastern Psychological Association convention, Arlington, VA, April 1993.
- Ahrens, A. H., Pury, C., Edwards, A., & Abramson, L. Y. Effects of thought on the attributional style of those high and low in depression symptoms. Presented at the Midwestern Psychological Association convention, Chicago, IL May, 1994.
- Cook, J. M., Pearson, J. L., & Ahrens, A. H. Hopelessness as a predictor of depressive symptomatology in Alzheimer Disease Caregivers. Presented at the Gerontological Society of America convention, Atlanta, GA, November 1994.
- Ahrens, A. H., Pury, C., Edwards, A., & Abramson, L. Y. Effects of recall on the attributional style of mildly depressed and nondepressed individuals. Presented at the Association for the Advancement of Behavior Therapy convention, Washington, DC, November 1995.
- Smith, R. & Ahrens, A. H. Experiencing negative affect: The role of self-discrepancies and linking goal attainment to happiness. Presented at the Eastern Psychological Association convention, Washington, DC, April 1997.
- Parker, S., Ahrens, A. H., Davis, A., Goewey, S., Thompson, T. H., & Walbolt, L. The American University's M.A. program in psychology: Who and what is it for? Graduate Education Symposium presented at the Eastern Psychological Association convention, Washington, DC, April 1997.
- Ahrens, A. H. (Discussant). Self-regulation, affect, and depression. Symposium presented at the American Psychological Association convention, Chicago, IL, August 1997.
- Schmerl, L., Ahrens, A. H., & Walco, G. Attachment style and illusions of vulnerability in survivors of pediatric cancer. Presented at the Society for Personality and Social Psychology convention, Nashville, TN, February 2000.
- Wesch, S. L., & Ahrens, A. H. Moderators of the perfectionism-depression connection: When is it bad to want to be good? Presented at the Society for Personality and Social Psychology convention, Savannah, GA, February 2002.
- Story, A. & Ahrens, A. H. Approach and avoidance motivation and perceptions of health risks. Presented at the Society for Personality and Social Psychology convention, Los Angeles, CA, February 2003.
- Ahrens, A. H., McIntosh, E., & Joseph, N. Gratitude blends, gratitude levels, and narcissism. Presented at the Society for Personality and Social Psychology convention, Los Angeles, CA, February 2003.

Ahrens, A. H., Sexton, J., Armellino, V., Kane, J. Q., & DeBoard, R. L. The relation of fear of emotion to self-concordance. Presented at the Eastern Psychological Association convention, Baltimore, MD, March 2003.

Story, A. & Ahrens, A. H. Avoidance motivation and health optimism: Roles of defensiveness and action. Presented at the Society for Personality and Social Psychology convention, Austin, TX, January 2004.

DeBoard, R. & Ahrens, A. H. Can body-scan mindfulness meditation decrease the enhancement effect associated with thought suppression? Presented at the Eastern Psychological Association convention, Washington, DC, April 2004.

Gurel, O., & Ahrens, A. H. The role of relational-interdependent self-construal in the link between motivational goals and affect. Presented at the Second European Conference on Positive Psychology, Verbania, Italy, July 2004.

Ahrens, A. H., Kyrimis, M., & Gunthert, K. C. Fear of emotion and affective reactivity to daily stress. Presented at the Association for the Advancement of Behavior Therapy convention, New Orleans, LA, November 2004.

Friedman-Wheeler, D. G., Werner, K. E., Jefferson, A., Haaga, D. A. F., Ahrens, A. H., & McIntosh, E. Depression and expectancies for the effectiveness of specific negative affect regulation strategies among cigarette smokers. Presented at the Association for the Advancement of Behavior Therapy convention, New Orleans, LA, November 2004.

Gurel, O. & Ahrens, A. H. Fear of emotion and perception of emotions in sad, angry, and happy faces. Presented at the Association for the Advancement of Behavior Therapy convention, Washington, DC, November 2005.

Kyrimis, M., Ahrens, A. H., & Baldassari, J. An examination of the relationships among mindfulness, emotional acceptance, self-compassion, forgiveness, and self-judgment. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2006.

Gurel, O., & Ahrens, A. H. Gratitude and interdependence of self-construal. Presented at the Society for Personality and Social Psychology convention, Memphis, TN, January 2007.

McIntosh, E., & Ahrens, A. H. Empathy moderates the effects of gratitude inductions. Presented at the Society for Personality and Social Psychology convention, Memphis, TN, January 2007.

McIntosh, E., Ahrens, A. H., Friedman-Wheeler, D. G., & Haaga, D. A. Impact of manipulating regulatory focus on memory for approach and avoidance strategies in smokers. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2007.

- Breetz, A. A., Ahrens, A. H., Tull, M., & Gratz, K. The moderating role of nonjudgmental acceptance in the relationship between implicit theories of emotion and fear of emotion. Presented at the Association for Behavioral and Cognitive Therapies convention, Orlando, FL, November 2008.
- Friedman-Wheeler, D. G., Haaga, D. A. F., McIntosh, E., Ahrens, A. H. Assessment of individual differences in regulatory focus among cigarette smokers. Presented at the Western Psychological Association convention, Portland, OR, April 2009.
- Tate, A. C., Gray, J. J., & Ahrens, A. H. Psychologists' judgments of preadolescent clients: Gender and body weight comparisons. Presented at the American Psychological Association convention, Toronto, Canada, August 2009.
- Ahrens, A. H., & McIntosh, E. Distinguishing our pleasures: People vary in their differentiation of positive emotions. Presented at the Society for Personality and Social Psychology convention, Las Vegas, NV, January 2010.
- Ahrens, A. H., & McIntosh, E. Individual differences in the differentiation of positive emotion. Presented at the Association for Psychological Science convention, Boston, MA, May 2010.
- Ahrens, A. H. From leadership crisis to revising the university by-laws. Presented at the American Association of University Professors Shared Governance Conference, Washington, DC, November 2010.
- Breetz, A. A., Gratz, K. L., Tull, M. T., & Ahrens, A. H. Fear of positive emotion and preference for familiarity. Presented at the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA, November 2010.
- Ahrens, A. H., Breetz, A. A., & Forbes, C. N. Facets of mindfulness as predictors of gratitude: A daily diary study. Presented at the Association for Psychological Science convention, Washington, DC, May 2011.
- Gilroy, K. C., & Ahrens, A. H. Facets of mindfulness and fear of emotion related to empathic concern, distress, and perspective taking. Presented at the Association for Behavioral and Cognitive Therapies convention, Toronto, ON, November 2011.
- Gilroy, K. C., & Ahrens, A. H. The relationship of emotion regulation skills with empathic processes. Presented at the Association for Behavioral and Cognitive Therapies convention, Toronto, ON, November 2011.
- Farrow, V., & Ahrens, A. H. Mindful awareness moderates the relationship between depression symptoms and attribution style. Presented at the Society for Personality and Social Psychology convention, San Diego, CA, January 2012.
- Carlin, E., & Ahrens, A. H. Effects of mindfulness and fear-inducing stimuli on avoidance behavior. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2012.

- Skalina, L. M., Gunthert, K. C., & Ahrens, A. H. The impact of neuroticism and depression on the covariation of momentary positive and negative emotion. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2012.
- Stewart, K. L., Ahrens, A. H., & Gunthert, K. Mindfulness predicts compassionate and self-image goals. Presented at the Society for Personality and Social Psychology convention, New Orleans, LA, January 2013.
- Mullarkey, M., & Ahrens, A. H. Does generalized gratitude prompt the action tendency to celebrate? Presented at the Society for Personality and Social Psychology convention, New Orleans, LA, January 2013.
- Sparapani, E.M., Gray, J. G., & Ahrens, A. H. Exploring the effects of rumination and emotion regulation on state body image dissatisfaction. Presented at the Eastern Psychological Association convention, New York, NY, March 2013.
- Weltfreid, S., & Ahrens, A. H. Self-compassion mediates the relationship between mindfulness and happiness for another's success. Presented at the Association for Psychological Sciences convention, Washington, DC, May 2013.
- Stewart, K. L., & Ahrens, A. H. Why does gratitude enhance well-being? Exploring the effects of gratitude on meaning. Presented at the Association for Behavioral and Cognitive Therapies convention, Nashville, TN, November 2013.
- Mullarkey, M., Breetz, A. A., & Ahrens, A. H. Trait mindfulness predicts drop in borderline symptoms over time. Presented at the Association for Behavioral and Cognitive Therapies convention, Nashville, TN, November 2013.
- Skalina, L. M., Gunthert, K. C., & Ahrens, A. H. The effect of depression on interpersonal expression of negative affect. Presented at the Association for Behavioral and Cognitive Therapies convention, Nashville, TN, November 2013.
- Mullarkey, M. & Ahrens, A. H. Thankful in all circumstances: Trait gratitude predicts less stress during a daily diary via savoring. Presented at the Society for Affective Science convention, Bethesda, MD, April 2014.
- Chue, A, Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. Relationship between everyday anger expression and subsequent depression: A prospective study. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.
- Chue, A., Kim, R., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. Daytime sleepiness and perceptions of everyday stress: The moderating role of depression symptoms. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Stewart, K. L., Breetz, A. A., Ahrens, A. H., & Herron, L., Interpersonal goals are associated with borderline features and daily response to stressors. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Kim, R., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. Gender differences in the effect of daytime sleepiness on positive and negative emotions. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Rothschild, L., Weissbrod, C., & Ahrens, A. H. Social skills and social networking: The relationship of Facebook use and social connectedness, and the moderating role of social skills. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2015.

Herron, L. B., & Ahrens, A. H. Self-compassion is associated with fewer errors on sustained attention task after depressive rumination. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2015.

Maher, E. L., Abdulraheem, N., & Ahrens, A. H. Beyond the breath: Effects of a brief loving-kindness meditation on compassionate interpersonal goals. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2015.

Parker, S. C., Stewart, K. L., & Ahrens, A. H. The relation of individual differences in autonomy to gratitude and indebtedness. Presented at the Society for Personality and Social Psychology convention, San Diego, CA, January 2016.

Invited Professional Presentations

Ahrens, A. H. Self-evaluation and negative affect. Presented to the Department of Psychology, University of Maryland, College Park, April 1988.

Ahrens, A. H., & Abramson, L. Y. Changes in personal standards and dysphoria. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, May 1991.

Ahrens, A. H. Specificity of thoughts to positive and negative affect, depression, and anxiety. Presented at the International Conference on Affect and Cognition (Nags Head Conference), Highland Beach, FL, June 1992.

Ahrens, A. H. The relation of mood and thoughts to the depression-attribution relationship. Presented at the International Conference on Affect and Cognition (Nags Head Conference), Highland Beach, FL, May 1994.

Ahrens, A. H. Adventures in depression research. Presented to the Department of Psychology, University of Maryland, College Park, April 1995.

Ahrens, A. H. Linking, depression, and perfectionism. Presented at the International Conference on Affect and Cognition (Nags Head Conference), Highland Beach, FL, May 1996.

Ahrens, A. H. On the relationship(s) between depression and standard setting. Invited colloquium, Shippensburg University, February 1997.

Ahrens, A. H. Self-worth contingency, personal standards, and depressive symptoms. Invited paper, Eastern Psychological Association convention, Washington, DC, April 1997.

Ahrens, A. H. Self-evaluation and affect. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, June 1997.

Ahrens, A. H. Linking, self-discrepancies, and death. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, June 1998.

Ahrens, A. H. Linking, self-worth contingency, and mindfulness. Presented at the International Conference on Affect and Cognition (Nags Head Conference). Highland Beach, FL, May 1999.

Ahrens, A. H. Social psychological views on the effects of meditation on depression. Presented at the International Conference on Research Opportunities with the Art of Living Foundation. Highland Beach, FL, November 1999.

Ahrens, A. H. Linking, fear of emotion, gratitude, and wonder. Presented at the International Conference on Positive Psychologies (Nags Head Conference). Highland Beach, FL, June 2000.

Ahrens, A. H. Gratitude and fear of emotion. Presented at the Conference on Emotion and Judgment in Persons and Groups (Nags Head Conference). Highland Beach, FL, May 2003.

Teaching Experience (all at American University)

Introductory Survey of Psychology
Psychology: Understanding Human Behavior
Social Psychology
Social Psychological Approaches to Clinical Psychology
Judgment and Decision Making
Positive Psychology/Psychology of Happiness (Honors Colloquium)
Advanced Social Psychology

Supervision of Theses and Dissertations (Completed): 1987-2015

Ph.D. Chair: 22, Committee Member: 34
M.A. Chair: 28, Committee Member: 35

Service Activity

Professional Service

Grant Reviews

- Special Emphasis Grant Application Panel Member, NIH Center for Scientific Review, 2002
- Grant Application Panel Member, NIMH, Minority Research Infrastructure Support Programs (R24), 2003
- Temporary Member, Adult Psychopathology and Disorders of Aging Study Section, NIH, 2005
- Temporary Member, Adult Psychopathology and Disorders of Aging Study Section, NIH, 2006
- Review for Michael Smith Foundation for Health Research, 2007, 2008
- Reviewer for NIH Challenge Grant program, 2009
- Reviewer for NSF, 2010
- Reviewer for Hong Kong Institute of Education, 2015

Editorial Service

Member of the Editorial Board for:

- Personality and Social Psychology Bulletin*, 1992-1994
- Cognitive Therapy and Research*, 1993-1996
- Journal of Happiness Studies*, 2008-

Occasional Reviewer for:

- Behavior Therapy*
- Behavior Modification*
- Clinical Psychology Review*
- Cognition and Emotion*
- Cognitive Therapy and Research*
- European Journal of Social Psychology*
- Health Psychology*
- Holocaust and Genocide Studies*
- International Journal of Testing*
- Journal of Abnormal Psychology*
- Journal of Consulting and Clinical Psychology*
- Journal of Contemporary Psychotherapy*
- Journal of Cross-Cultural Psychology*
- Journal of Happiness Studies*
- Journal of Personality and Social Psychology*
- Journal of Psychology*
- Journal of Research in Personality*
- Journal of Social and Clinical Psychology*
- Mindfulness*
- Personality and Social Psychology Bulletin*
- Psychology of Aging*
- Psychological Science*
- Social Cognition*
- Social Indicators Research*
- Social Psychological and Personality Science*

American University and College of Arts and Sciences Service

Board of Trustees, Member, 2006-2007
Board of Trustees, Trusteeship Committee, 2006-2007
Board of Trustees, Faculty Representative 2005-2006
Faculty Senate, at-large representative 2002-2007, 2014-present (Vice Chair 2004-2005;
Chair 2005-2006; Past Chair 2006-2007)
Faculty Senate Ad Hoc Committee on Governance (Co-Chair) 2005-2006
Faculty Senate Ad Hoc Committee on Intellectual Property 2011
Faculty Senate Ad Hoc Committee on Conflict of Time Commitment 2014
Faculty Senate Ad Hoc Committee on Teaching Evaluation and SETs (Co-Chair),
2014-2015
University Senate, Member 1997-2002
University Senate Nominations Committee, 2001
University Senate Committee on Undergraduate Admissions, Scholarships, and
Financial Aid, Chair, 2000-2001
University Senate Executive Committee, 1998
University Senate Graduate Studies Committee, 1997-2001
University Senate Physical Plant Committee, 1988-1990
Search Committee, Provost, 2007-2008
Search Committee, Dean, College of Arts and Sciences, 2008-2009
Search Committee, Athletic Director, 2006-2007
Search Committee for Serials Librarian, 1996
University Budget Committee 2006-2007
Middle States Review Steering Committee, 2002-2004
Middle States Review Faculty Task Force, co-chair 2002-2004
Middle States Periodic Review Committee, member 2009
Middle States Review Governance Task Force, member 2012-2014
Institutional Review Board, (Chair) 2013-2015
University Council, 2002-2004, 2005-2006
Faculty Advisory Committee for Athletics, member 2007
Workshop on Freshman Seminars for University College, discussion leader 2004
University Sexual Harassment Planning Committee, 1999-2000
University Chair's Group, Executive Committee, 1997-2000
University Enrollment Planning Committee, 1994
Faculty Mentor, 1998, 1999
CAS Dean's Advisory Committee, 2010-2011
CAS Educational Planning Committee, Curriculum Committee, 2002
CAS Educational Planning Committee, Steering Committee, 1996, 2009-2010
CAS Educational Planning Committee, 1988-1989, 2006-2007, 2009-2010
CAS Dean's Advisory Group on Administrative Course Releases, 1999-2000
CAS Dean's Committee on Strategic Planning, 1996
CAS Robyn Rafferty Mathias Student Research Conference, judge, 2013
Faculty Retreat, Facilitator for discussion of play by Caleen Jennings, 2010
College Awareness Month, presenter to Wilson High School students, 2010
Ann Ferren Teaching Conference, presentation on undergraduate research, 2003
Ann Ferren Teaching Conference, presentation on mid-semester slumps, 2009
Ann Ferren Teaching Conference, presentation on TA-faculty collaboration, 2014
Panelist, "The Role of the Board of Trustees in University Governance," Southeast
Asian Ministers of Education Organization Delegation visit to AU, April 2008

CAS Mellon Colloquium, presentation on Happiness, May 2007
Panelist, "Liberal Arts in a World of Specialization" for Partnership Day, June 1997
Advisor to Women's Volleyball Team, periodic
Honorary Guest Coach for Women's Basketball Team, 2007, 2008, 2010, 2013
Faculty Advisor, American Circus Club, 2006-2007
Faculty Advisor, Women's Softball Club, 2005
Faculty Advisor, Catholic Choir and Ensemble, 2004-2010
Faculty Advisor, Catholic Student Association, 1998-2002, 2004-2011, 2012-present
Mock Interviewer for Truman Award Finalists, 2009, 2010
Faculty-Staff Campaign Committee 2009-present
McNair Scholar Committee, 2000
University Premedical Advising Committee, 1989-1991
Fulbright Committee, 1990-93

Departmental Service:

Department Chair, 1996-2000
Executive Committee, 2000-2001, 2006-2007, 2008, 2013-2014
Merit Pay Committee, 1993-94, 2002, 2003, 2004, 2009, 2010 (Chair, 2002-2004)
Graduate Curriculum Committee, 1990-1994 (Chair, 1992-1994), 2004-2005 (Chair),
2011-2012 (Chair), 2013-2015, 2016-present
Rank and Tenure Committee, 1987-1990, 1991-1992, 1993-1994, 2000-2001,
2002-2011, 2012-2013, 2014-2015 (Chair)
Undergraduate Curriculum Committee, 1987-1988
Human Subjects Committee, 1987-1991 (co-chair, 1988-1989)
Ad hoc Committee on MA in Counseling, 2013 (Chair)
Ad hoc Committee on Bylaws, 2012-2013 (Chair)
Ad hoc Committee on Workload, 2010
Ad hoc Committee on Four-Course Load, 2007
Social/Cognitive/Developmental Tenure-track Faculty Search Committee 2005-2006
Clinical Tenure-track Faculty Search Committee, 1988-89, 1994-95, 1995-96, 2001-02,
2011-2012
Cognitive Tenure-track Faculty Search Committee, 1987-1988
Term Faculty Search Committees, 1988, 1990, 1994, 2013, 2016-present (Chair)
Freshman Advisor, 1988-1993, 1995-1996
Major Advisor, 1988-present

Membership

Association for Behavioral and Cognitive Therapies
Association for Psychological Science
Society for Personality and Social Psychology