

Sarah  
KNAPP

Sarah E. Knapp

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## EDUCATION

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Ph.D., Social/Personality Psychology  
University of California, Riverside  
Degree expected 2022

M.A., Developmental Psychology, 2018  
University of California, Riverside  
Thesis: Implicit Motives as Components of Emotion Generation and Regulation Processes

M.A., Psychology, 2014  
Pepperdine University

B.A., Psychology, 2012  
National University

## HONORS AND SCHOLARSHIPS

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Graduate Research Mentoring Fellowship, runner-up	April 2020
Earle C. Anthony Travel Award	Feb 2020
Graduate Student Workshop on the Science of Love, sponsored attendee	June 2019
Alyssa McCroskey Memorial Scholarship	Oct 2017
Chancellor's Distinguished Fellowship (UCR)	2016-2017
Pepperdine Colleagues Grant Recipient	2012/13, 2013/14
Psi Chi Honor Society	Sept 2013
Pinnacle Society Membership	March 2012
Magna Cum Laude (B.A.)	Jan 2012
Promising Scholar Award	Jan 2010
Transfer to Triumph Scholarship	Jan 2010

## PUBLICATIONS

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1. Taylor, C. T., **Knapp, S. E.**, Bomyea, J. A., Ramsawh, H. J., Paulus, M. P., & Stein, M. B. (2017). What good are positive emotions for treatment? Trait positive emotionality predicts response to cognitive behavioral therapy for anxiety. *Behaviour Research and Therapy*, *93*, 6-12.
2. Ball, T. M., **Knapp, S. E.**, Paulus, M. P., & Stein, M. B. (2017). Brain activation during fear extinction predicts exposure success. *Depression and Anxiety*, *34*(3), 257-266.

## MANUSCRIPTS UNDER REVIEW

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1. **Knapp, S. E.** & Sweeny, K. (chapter submitted to editors). Stress and coping. [Preliminary copy available upon request]
2. **Knapp, S. E.**, Wilson, M., & Sweeny, K. (under review). *Emotion regulation tendencies across two waiting periods*. [Preliminary copy available upon request]
3. **Knapp, S. E.**, Kyeong, Y., Cheung, C. & Davis, E. (chapter submitted to editors). *The interaction of gender and culture in the communication of emotion*. [Preliminary copy available upon request]


## MANUSCRIPTS IN PROGRESS

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1. **Knapp, S. E.** & Davis, E. L. (in prep). *What good are positive emotions for emotion regulation?* [Preliminary copy available upon request]
2. **Knapp, S. E.**, Sweeny, K., & Davis, E. L. (in prep). *The function of emotions in meeting implicit needs for power, achievement, and affiliation*. [Preliminary copy available upon request]
3. Kyeong, Y., **Knapp, S. E.**, Davis, E., & Cheung, C. (in prep). *American and Japanese adolescents' experience of positive and negative emotions: Valence and activation levels over time*.

## OTHER PUBLICATIONS

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1. **Knapp, S. E.** (2014, November 21). [Anxiety can lead to depression, and depression repays the favor](#). [Blog Post]. (2900+ Likes )

## TALK PRESENTATIONS

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1. Kyeong, Y., **Knapp, S. E.**, Davis, E., & Cheung, C. (February 2020). *Emotions in American and Japanese adolescents: A longitudinal investigation on valence and activation levels*. Talk presented at the annual conference for the Society for Cross-Cultural Research, Seattle, WA.
  2. **Knapp, S. E.**, Sweeny, K., & Davis, E. L. (April 2019). *The function of emotions in meeting implicit needs for power, achievement, and affiliation*. Talk presented at the annual conference for the Western Psychological Association, Pasadena, CA.
  3. **Knapp, S. E.** (April 2019). *The function of emotions in meeting implicit needs for power, achievement, and affiliation*. Presentation for the Social/Personality Psychology Area, University of California, Riverside, CA.
  4. **Knapp, S. E.** (June 2018). *The development of implicit motives and relations to emotion regulation*. Presentation for the Developmental Psychology Area, University of California, Riverside, CA.
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## POSTER PRESENTATIONS

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1. **\*\*Knapp, S. E.**, Kyeong, Y., Davis, E., & Cheung, C. (February 2020). *Creativity and Emotions: Cross-National Variation in Activation*. Poster presentation at the Society for Personality and Social Psychology Emotions Preconference, New Orleans, LA.
2. **Knapp, S. E.**, Davis, E., & Sweeny, K. (February 2020). *You've Lost That Lovin' Feelin': You-talk in Love Songs Predicts Declines in Birth Rate*. Poster presentation at the Society for Personality and Social Psychology, New Orleans, LA.
3. \*Tan, Z., \*Patel, J., **Knapp, S. E.**, Shih, E., & Davis, E. (May 2019). *Is mindfulness training effective for mood symptoms? Findings suggest only for physiologically well-regulated youth*. Poster presentation at the Undergraduate Research, Scholarship, and Creative Activity Symposium, Riverside, CA.
4. \*Shim, J., \*Michael, J., **Knapp, S. E.**, Shih, E., & Davis, E. (May 2019). *Is mindfulness training effective for increasing kindness towards oneself? Findings suggest only for physiologically well-regulated youth*. Poster presentation at the Undergraduate Research, Scholarship, and Creative Activity Symposium, Riverside, CA.
5. \*Tan, Z., **Knapp, S. E.**, & Davis, E. (April 2019). *Parents' emotion socialization of children's negative emotions and children's implicit motives*. Poster presentation at the annual conference for the Western Psychological Association, Pasadena, CA.
6. **\*\*Wilson, M.**, **\*\*Knapp, S. E.**, (equally contributing first authors) & Sweeny, K. (February 2019). *Emotion regulation during an uncertain waiting period*. Poster presentation at the Society for Personality and Social Psychology Emotions Preconference, Portland, OR.
7. **Knapp, S. E.** & Davis, E. L. (November 2017). *Anxious children ruminate more after watching emotional films, but effectively use emotion regulation strategies*. Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, Anxiety Disorders Special Interest Group, San Diego, CA.
8. **Knapp, S. E.** & Davis, E. L. (November 2017). *Trait serenity moderates the relation between the behavioral motivation systems and behavioral facets of emotion regulation*. Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, San Diego, CA.
9. **Knapp, S. E.**, Taylor, C. T., Ramsawh, H. J., Paulus, M. P., & Stein, M. B. (November 2015). *What good are positive emotions in treatment? Trait positive emotionality predicts response to cognitive behavioral therapy for anxiety*. Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, Chicago, IL.
10. **Knapp, S. E.**, & Taylor, C. T. (November 2015). *Impaired empathic concern is related to anhedonia and social disconnectedness in social anxiety disorder and depression*.

Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, Anxiety Disorders Special Interest Group, Chicago, IL.

11. **Knapp, S. E.**, Taylor, C. T., Stein, M. B., & Paulus, M. P. (March 2015). *The effect of receiving positive social feedback on subsequent reward-based performance in individuals with social anxiety disorder*. Poster presentation at the annual conference for the Anxiety and Depression Association of America, Chicago, IL.
12. **Knapp, S. E.**, & Fader, N. (October 2014). *Anxiety and culture: Diagnostics, outcomes and implications for treatment*. Poster presentation at Multicultural Perspectives on Wellness: Thriving in Connection, Los Angeles, CA.
13. Ball, T. M., **Knapp, S. E.**, Paulus, M. P., & Stein, M. B. (March 2014). *Fear conditioning and emotion regulation in anxiety*. Poster presentation at the annual conference for the Anxiety and Depression Association of America, Chicago, IL.

\*Denotes student author

\*\*Poster award nominee

## **RESEARCH EXPERIENCE**

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Graduate Student (co-advised)	
Life Events Laboratory, UC Riverside Mentor: Kate Sweeny, Ph.D.	September 2018-Current
Emotion Regulation Laboratory, UC Riverside Mentor: Elizabeth Davis, Ph.D.	September 2016-Current
Graduate Research Assistant (Student worker)	June 2016-August 2016
ABCD—Adolescent Brain and Cognition Development Coordinating Center, UCSD Supervisor: Margie Hernandez, M.A.	
Research Assistant	July 2013-June 2016
The Positive Emotion and Anxiety Research Lab, UCSD Department of Psychiatry PI: Charles Taylor, Ph.D.	
Research Assistant	July 2013-June 2014
Anxiety & Traumatic Stress Disorders Research Program, UCSD Department of Psychiatry PI: Tali Manber Ball, Ph.D.	
Research Assistant	Sept 2011-March 2012
The Center for Understanding and Treating Anxiety, SDSU Department of Psychology PI: Nader Amir, Ph.D.	

### **TEACHING EXPERIENCE\***

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The Science of Emotions, <i>Instructor</i>	Summer 2020
Introduction to Psychology (Experimental), <i>Teaching Assistant</i>	Winter 2020
Drugs and Behavior, <i>Instructor</i>	Summer 2019
Psychology and The Law, <i>Teaching Assistant</i>	Winter 2019, Spring 2020
Personality Assessment, <i>Reader</i>	Fall 2018
Guest lecture: “The MMPI and Convergence Across Paradigms”	
Biological Issues in Development, <i>Reader</i>	Spring 2018
Guest lecture: “Emotions and Emotion Regulation”	
Introduction to Psychology (Social), <i>Teaching Assistant</i>	Fall 2017, Spring 2019
Social Psychology, <i>Teaching Assistant</i>	Winter 2017, Fall 2019
*Evaluations available upon request	

### **CLINICAL EXPERIENCE**

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Center for Discovery—Residential Eating Disorder Facility Counselor I	May 2016—August 2016
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### **NON-PROFIT AND ACADEMIC SERVICE**

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Elected Psychology Graduate Student Representative, UCR	Sept 2019-Sept 2020
Invited Panelist (Topic: Curriculum Vitae): Psi Chi	May 2020
Psi Chi Conference Abstract Reviewer	May 2020
Invited Panelist (Topic: Mental Health): Mellon Mays Undergraduate Fellowship Program	Jan 2020
Anxiety and Depression Association of America Public Education Committee Member	March 2014-Sept 2019
Street of Dreams—San Diego, CA Secretary and Voting Member of the Advisory Board	Jan 2013-August 2016
Western Youth Services—Laguna Hills, CA	July 2014-Oct 2014
Jewish Family Service—San Diego, CA Case Manager Aide	Aug 2011-Nov 2011

### **PROFESSIONAL AFFILIATIONS**

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Society for the Science of Motivation  
 Society for Affective Science  
 Western Psychological Association  
 Society for Personality and Social Psychology  
 Society for Research in Child Development  
 Association for Psychological Science

### **Special Training/Skills**

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Proficient in SPSS, E-Prime, R Studio, HLM, Excel  
 Trained to assist in fMRI collection