KATE SWEENY, PHD

Professor of Psychology
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PROFESSIONAL EXPERIENCE

2022-26 Associate Dean for Graduate Student Affairs, University of California, Riverside
2018- Professor of Psychology, University of California, Riverside
2018-21 Teresa and Byron Pollitt Endowed Term Chair, University of California, Riverside
2014-18 Associate Professor of Psychology, University of California, Riverside
2008-14 Assistant Professor of Psychology, University of California, Riverside

EDUCATION

2008 Ph.D., University of Florida (Gainesville, FL), Social Psychology
Being the best bearer of bad tidings

2003 M.S., University of Florida (Gainesville, FL), Social Psychology
Do people brace sensibly? Risk judgments, outcome importance, and risk prevalence

2002 B.S., Furman University (Greenville, SC), Psychology

EXTERNAL RESEARCH GRANTS

2025-30 Templeton Religion Trust
Patience in adversity: Field building and a multi-year, multi-site mixed-methods longitudinal study for a foundational virtue (TRT-2023-32669)
Award amount: $4,712,630 (Project Co-Director; $748,372 to UCR)

2023-25 Templeton Religion Trust
Patience planning in psychology: Construct refinement and building an empirical base for interdisciplinary inquiry (TRT-2022-31234)
Award amount: $258,658 (Project Co-Director; $100,010 to UCR)

2020-25 National Science Foundation (NSF/BCS)
An emotion-motivation-obstruction approach to waiting and worry (BCS1941579)
Award amount: $550,000 (Co-PI; $335,431 to UCR)

2018-19 City of Hope Seed Grant
An analysis of patients' emotional needs in the context of cancer care
Award amount: $19,651 (PI)

2017-18 UC Intercampus Consortium on Health Psychology Seed Grant
Promoting HPV vaccination among college students using health message framing
Award amount: $9994 (Co-PI)

2013-17 National Science Foundation (NSF/BCS)
Strategies for navigating uncertainty (BCS1251672)
Award amount: $383,213 (PI)

2016-17 UC Intercampus Consortium on Health Psychology Seed Grant
Identifying markers of resilience during the wait for breast diagnosis
Award amount: $5000 (PI)

2011-13 Hellman Fellowship
Perceptions of surgical experiences
Award amount: $22,000 (PI)

2006-08 NIMH Predoctoral National Research Service Award (F31)
Improving mental health providers' communication

SELECTED HONORS & AWARDS

2020 Faculty of the Year Award, Department of Psychology, UCR
2020 Commitment to Graduate Diversity Award, UCR
2019 Fellow, Society for Personality and Social Psychology
2019 Fellow, Association for Psychological Science
2017 Faculty of the Year Award, Department of Psychology, UCR
2016 APA Distinguished Scientific Award for an Early Career Contribution to Health Psychology
2016 Chancellor's Award for Excellence in Undergraduate Research and Creative Achievement (UCR Faculty Mentoring Award)
2014 Social Personality Health Network Early Career Award
2013 APS Rising Star, Association for Psychological Science
2012 Faculty of the Year Award, Department of Psychology, UCR
2011 Faculty Mentor of the Year Award, University Honors, UCR
2007 Pioneer Psychology Faculty Fund Award, University of Florida
2006 Schumacher Dissertation Award, University of Florida
2006 Gerber Award for Social Psychology, University of Florida
2005 University of Florida Graduate Student Teaching Award
2005 Allyn & Bacon Graduate Student Teaching Award in Psychology
2002-06 J. Hillis Miller Presidential Fellowship, University of Florida

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PUBLICATIONS

(*co-authorship with a graduate student; ^co-authorship with an undergraduate student)

Peer-reviewed:

1. *Hawes, J., & **Sweeny, K.** (in press). The role of mindfulness in daily experiences of patience and impatience. *Mindfulness*.
2. *Susoeff, S., & **Sweeny, K.** (in press). Self-patience: A generative theoretical approach. *Social & Personality Psychology Compass*. https://doi.org/10.1111/spc3.70122
3. **Sweeny, K.** (in press). Patience as a pathway to optimal consumer experience and behavior. *Journal of Consumer Psychology*. https://doi.org/10.1002/jcpy.70018
4. ***Sweeny, K.**, Hawes, J., & Karaman, O. (2026). When time is the enemy: An initial test of the process model of patience. *Personality & Social Psychology Bulletin, 52,* 621-638. https://doi.org/10.1177/01461672241284028
5. **Sweeny, K.,** *Susoeff, S., Hawes, J., *Medina-Schwartz, J., & *Rankin, K. (in press). Just keep flowing: A meta-analysis on the association between flow and well-being. *Emotion*.
6. Webster, S. N., Biggs, E. E., Simons, L. E., Tanna, V., Mattke, E., Spunt, S. L., **Sweeny, K.,** Mueller, C., Heathcote, L. C. (in press). Bracing for the worst? Real-time scanxiety and expectation management for cancer surveillance. *Health Psychology*. https://doi.org/10.1037/hea0001540
7. **Sweeny, K.**, & Schnitker, S. A. (2026). Patiently waiting: The role of trait patience during stressful waiting periods. *Journal of Research in Personality, 120,* 104681. https://doi.org/10.1016/j.jrp.2025.104681
8. Howell, J. L., & **Sweeny, K.** (2025). Information-management behavior during stressful waiting periods. *Emotion, 25*, 1774-1783. https://doi.org/10.1037/emo0001529
9. ^*Hua, J., Johnson, A. E., Maldonado, V., Nguyen, B., Vang, M., **Sweeny, K.,** & Howell, J. L. (2025). Examining the causal role of physicians' communication goals in patient outcomes. *Journal of Health Psychology, 30,* 3641-3653. https://doi.org/10.1177/13591053251341795
10. Radin, R. M., Vacarro, J., Fromer, E., Ahamadi, S. E., Guan, J. Y., Fisher, S. M., Pressman, S. D., Hunter, J., **Sweeny, K.**, Tomiyama, J., Tiongco Hofschneider, L., Zawadski, M. J., Gavrilova, L., Epel, E. S., & Prather, A. A. (2025). Digital mindfulness meditation to target employee stress: A randomized clinical trial. *JAMA Network Open, 8,* e2454435. https://doi.org/10.1001/jamanetworkopen.2024.54435
11. **Sweeny, K.** (2025). On (im)patience: A new approach to an old virtue. *Personality & Social Psychology Review, 29,* 145-158. https://doi.org/10.1177/10888683241263874
12. Tse, D. C. K., Joseph, A., & **Sweeny, K.** (2025). Alone but flowing: The effects of autotelic personality and extraversion on solitary flow. *Journal of Personality, 93,* 67-80. https://doi.org/10.1111/jopy.12938

13. Azer, L., Wilson, M., Dinh, T., **Sweeny, K.**, Hyun, J. Luo, S., & Zhang, W. (2024). Subjective executive functioning in relation to physical distancing compliance. *American Journal of Health Behavior, 24,* 219-228. https://doi.org/10.5993/AJHB.48.1.21

14. *Wilson, M., Rankin, K., Ludi, D., & **Sweeny, K.** (2024). Emotional, cognitive, and physical well-being during the wait for breast biopsy results. *Psychology & Health, 39,* 858-877. https://doi.org/10.1080/08870446.2022.2117811

15. *Wilson, M., & **Sweeny, K.** (2024). Volatility in expectations while awaiting important news. *Personality & Social Psychology Bulletin, 50,* 1040–1050. https://doi.org/10.1177/01461672231158883

16. *Dooley, M., **Sweeny, K.**, & Howell, J. L. (2023). Strategy specific support during uncertain waiting periods. *Journal of Social and Personal Relationships, 40,* 2400-2421. https://doi.org/10.1177/02654075221148081

17. Howell, J. L., **Sweeny, K.**, Hua, J.[a], Werntz, A.[a], Hussain, M.[a], Hinojosa, B.[a], Johnson, A.[a], Lindgren, K.[a], Meese, W.[a], O'Shea, B.[a], & Campbell, S. A. (2023). The role of uncertainty, worry, and control in well-being: Evidence from the COVID-19 outbreak and pandemic in U.S. and China. *Emotion, 23*, 1458-1471. https://doi.org/10.1037/emo0001163
    [a]*Authors within this designation contributed equally.*

18. ***Sweeny, K.**, & Medina, J. (2023). Links between well-being and sleep during the wait for breast biopsy results. *Stress & Health, 39,* 299-308. https://doi.org/10.1002/smi.3187

19. ^***Sweeny, K.,** Tran, B. Q., & Loyola Ramirez, M. D. (2023). Religiosity as a predictor of worry during stressful periods of uncertainty. *Psychology of Religion and Spirituality, 15,* 18-24. https://doi.org/10.1037/rel0000413

20. ^*Tran, B. Q., Mendoza, M., Saini, S. K., & **Sweeny, K.** (2023). Let the kid speak: Dynamics of triadic medical interactions involving pediatric triads. *Health Communication,* 1-8. https://doi.org/10.1080/10410236.2022.2031450

21. *Rankin, K., & **Sweeny, K.** (2022). Preparing silver linings for a cloudy day: The consequences of preemptive benefit finding. *Personality & Social Psychology Bulletin, 55,* 1255-1268. https://doi.org/10.1177/01461672211037863

22. *Baranski, E., **Sweeny, K.**, Gardiner, G., Members of the International Situations Project, & Funder, D. C. (2021). International optimism: Dispositional optimism across 61 countries. *Journal of Personality, 89,* 288–304. https://doi.org/10.1111/jopy.12582

23. *Hua, J., Howell, J. L., **Sweeny, K.**, & Andrews, S. E. (2021). Outcomes of physicians' communication goals during patient interactions. *Health Communication, 36,* 847-855. https://doi.org/10.1080/10410236.2020.1719321

24. *Knapp, S., Wilson, M., & **Sweeny, K.** (2021). Emotion regulation tendencies during two waiting periods. *Motivation & Emotion, 45,* 211-220. https://doi.org/10.1007/s11031-021-09869-3

25. *Revord, J., **Sweeny, K.**, & Lyubomirsky, S. (2021). Categorizing the function of positive emotions. *Current Opinion in Behavioral Sciences, 39,* 93-97. https://doi.org/10.1016/j.cobeha.2021.03.001

26. Vohs, K. D., Schmeichel, B. J., Lohmann, S., Gronau, Q., Finley, A. J.…**Sweeny, K.**,… Wagenmakers, E.-J., & Albarracín, D. (2021). A multisite preregistered paradigmatic test of the ego-depletion effect. *Psychological Science, 32,* 1566-1581. https://doi.org/10.1177/0956797621989733

27. *Dooley, M. D., Wilkinson, D., & **Sweeny, K.** (2020). Social support during stressful waiting periods: An inductive analysis. *Qualitative Psychology, 7,* 228-244. https://doi.org/10.1037/qup0000143

28. *Harake, N., **Sweeny, K.**, & Dunlop, W. L. (2020). Narrating the nadir: Examining personal and vicarious stories of cancer-related low points among survivors and romantic partners. *Psychology & Health, 35,* 1268-1292. https://doi.org/10.1080/08870446.2020.1743838

29. Howell, J. L., & **Sweeny, K.** (2020). Health behavior during periods of stressful uncertainty: Associations with emotions, cognitions, and expectation management. *Psychology & Health, 35,* 1163-1183. https://doi.org/10.1080/08870446.2020.1713323

30. Jaremka, L. M., Ackerman[a], J. M., Gawronski[a], B., Rule[a], N. O., **Sweeny**[a], K., Tropp[a], L. R., Metz[b], M. A., Molina[b], L., Ryan[b], W. S., & Vick[b], S. B. (2020). Common academic experiences no one talks about: Rejection, imposter syndrome, and burnout. *Perspectives on Psychological Science, 15,* 519-543. https://doi.org/10.1177/1745691619898848
    [a,b]*Authors within these designations are alphabetically ordered and contributed equally.*

31. *Rankin, K., Andrews, S. E., & **Sweeny, K.** (2020). Awe-full uncertainty: Easing discomfort during waiting periods. *Journal of Positive Psychology, 15,* 338-347. https://doi.org/10.1080/17439760.2019.1615106

32. ^*Rankin, K., Le, D., & **Sweeny, K.** (2020). Preemptively finding benefit in a cancer diagnosis: A qualitative analysis. *Psychology & Health, 35,* 613-628. https://doi.org/10.1080/08870446.2019.1664740

33. **Sweeny, K.,** & Dunlop, W. (2020). Salient selves in uncertain futures. *Self & Identity, 19,* 863-885. https://doi.org/10.1080/15298868.2019.1702090

34. **Sweeny, K.**, Howell, J. L., & Kwan, V. (2020). Losing control: Comparing the role of personality during two types of stressful life experiences. *Personality and Individual Differences, 156,* 109771. https://doi.org/10.1016/j.paid.2019.109771

35. ***Sweeny, K.**, Rankin, K., Cheng, X., Hou, L., Long, F., Meng, Y., Azer, L., Zhou, R., & Zhang, W. (2020). Flow in the time of COVID-19: Findings from China. *PLoS ONE, 15,* e0242043. https://doi.org/10.1371/journal.pone.0242043

36. *Tran, B. Q., & **Sweeny, K.** (2020). Correlates of physicians' and patients' language use during surgical consultations. *Health Communication, 35,* 1248-1255. https://doi.org/10.1080/10410236.2019.1625001

37. Howell, J. L., & **Sweeny, K.** (2019). Fulfilling self-determination needs predicts better sleep and less worry during a stressful period of uncertainty. *Stress & Health, 35,* 277-288. https://doi.org/10.1002/smi.2860

38. Howell, J. L., **Sweeny, K.,** & Miller, W., Shepperd, J. A. (2019). Hot or not? How self-view threat influences avoidance of attractiveness feedback. *Self & Identity, 18,* 144-158. https://doi.org/10.1080/15298868.2017.1401552

39. *Rankin, K., & **Sweeny, K.** (2019). Divided we stand, united we worry: Predictors of worry in anticipation of political elections. *Motivation & Emotion, 43,* 956-970. https://doi.org/10.1007/s11031-019-09787-5

40. ^*Rankin, K., **Sweeny, K.**, & Xu, S. (2019). Distorted time perception during stressful waiting periods. *Stress & Health, 35,* 549-559. https://doi.org/10.1002/smi.2888

41. *Rankin, K., Walsh, L., & **Sweeny, K.** (2019). A better distraction: Exploring the benefits of flow during uncertain waiting periods. *Emotion, 19,* 818-828. https://doi.org/10.1037/emo0000479

42. **Sweeny, K.**, Christianson, D., & McNeill, J. (2019). The psychological experience of awaiting breast diagnosis. *Annals of Behavioral Medicine, 53,* 630-641. https://doi.org/10.1093/abm/kay072

43. ***Sweeny, K.**, Kwan, V., & Falkenstein, A. (2019). The role of gender in worry and efforts to cope during stressful waiting periods. *Sex Roles, 81,* 765-778. https://doi.org/10.1007/s11199-019-01023-1

44. *Dooley, M. D., **Sweeny, K.,** Howell, J. L., & Reynolds, C. (2018). Perceptions of romantic partners' responsiveness during a period of stressful uncertainty. *Journal of Personality and Social Psychology, 115,* 677-687. https://doi.org/10.1037/pspi0000134

45. *German, K. T., **Sweeny, K., &** Robbins, M. L. (2018). Investigating the role of the faculty advisor in doctoral students' career trajectories. *Professional Development in Education*. https://doi.org/10.1080/19415257.2018.1511454

46. Huynh, H. P., **Sweeny, K.**, & Miller, T. (2018). Transformational leadership in primary care: Clinicians' patterned approaches to care predict patient satisfaction and health expectations. *Journal of Health Psychology, 23,* 743-753. https://doi.org/10.1177/1359105316676330

47. **Sweeny, K.** (2018). On the experience of awaiting uncertain news. *Current Directions in Psychological Science, 27,* 281-285. https://doi.org/10.1177/0963721417754197

48. ^*Dooley, M. D., Burreal, S., & **Sweeny, K.** (2017). "We'll call you when the results are in": Preferences for how medical test results are delivered. *Patient Education & Counseling, 100,* 364-366. https://doi.org/10.1016/j.pec.2016.08.002

49. *Layous, K., **Sweeny, K.,** Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2017). The proximal experience of gratitude. *PLoS ONE, 12,* e0179123. https://doi.org/10.1371/journal.pone.0179123

50. *Nelson, S. K., Robbins, M. L., Andrews, S. E., & **Sweeny, K.** (2017). Disrupted transition to parenthood: Gender moderates the association between miscarriage and uncertainty about conception. *Sex Roles, 76,* 380-392. https://doi.org/10.1007/s11199-015-0564-z

51. **Sweeny, K.**, & Andrews, S. E. (2017). Should patients be optimistic about surgery? Resolving a conflicted literature. *Health Psychology Review, 11,* 374-386. https://doi.org/10.1080/17437199.2017.1320771

52. ***Sweeny, K.**, & Dooley, M. D. (2017). The surprising upsides of worry. *Social & Personality Psychology Compass, 11,* e12311. https://doi.org/10.1111/spc3.12311

53. ***Sweeny, K.**, & Falkenstein, A. (2017). Even optimists get the blues: Intra-individual consistency in the tendency to brace for the worst. *Journal of Personality, 85,* 807-816. https://doi.org/10.1111/jopy.12289

54. **Sweeny, K.**, & Howell, J. L. (2017). Bracing later and coping better: Benefits of mindfulness during a stressful waiting period. *Personality and Social Psychology Bulletin, 43,* 1399-1414. https://doi.org/10.1177/0146167217713490

55. *^Falkenstein, A., Tran, B., Ludi, D., Molkara, A., Nguyen, H., Tabuenca, A., & **Sweeny, K.** (2016). Characteristics and correlates of word use in physician-patient communication. *Annals of Behavioral Medicine, 50,* 664-677. https://doi.org/10.1007/s12160-016-9792-x

56. Howell, J. L., & **Sweeny, K.** (2016). Is waiting bad for subjective health? *Journal of Behavioral Medicine, 39,* 652-664. https://doi.org/10.1007/s10865-016-9729-7

57. ***Sweeny, K.,** Reynolds, C., Falkenstein, A., Andrews, S. E., & Dooley, M. D. (2016). Two definitions of waiting well. *Emotion, 16,* 129-143. https://doi.org/10.1037/emo0000117

58. *Ghane, A., Sweeny, K., & Dunlop, W. L. (2015). A multi-method approach to women's experiences of reproductive health screening. *Women's Reproductive Health, 2,* 37-55. https://doi.org/10.1080/23293691.2015.1038206

59. *Huynh, H. P., Legg, A. M., Ghane, A., Tabuenca, A., & **Sweeny, K.** (2015). Who is satisfied with general surgery clinic visits? *Journal of Surgical Research, 192,* 339-347. https://doi.org/10.1016/j.jss.2014.05.086

60. *Legg, A. M., Andrews, S. E., Huynh, H. P., Ghane, A., Tabuenca, A., & **Sweeny, K.** (2015). Patients' anxiety and hope: Predictors and adherence intentions in an acute care context. *Health Expectations, 18,* 3034-3043. https://doi.org/10.1111/hex.12288

61. *Legg, A. M., & **Sweeny, K.** (2015). Blended news delivery: A framework for incorporating good news into bad news conversations. *Health Psychology Review, 9,* 452-468. https://doi.org/10.1080/17437199.2015.1051567

62. *Morse, P., **Sweeny, K.**, & Legg, A. M. (2015). A situational construal approach to healthcare experiences. *Social Science & Medicine, 138,* 170-178. https://doi.org/10.1016/j.socscimed.2015.06.005

63. ***Sweeny, K.**, Andrews, S. E., Nelson, S. K., & Robbins, M. L. (2015). Waiting for a baby: Navigating uncertainty while trying to conceive. *Social Science & Medicine, 141,* 123-132. https://doi.org/10.1016/j.socscimed.2015.07.031

64. ***Sweeny, K.,** & Falkenstein, A. (2015). Is waiting really the hardest part? Comparing the emotional experiences of awaiting and receiving bad news. *Personality and Social Psychology Bulletin, 41,* 1551-1559. https://doi.org/10.1177/0146167215601407

65. *Andrews, S. E., Ghane, A., Legg, A. M., Tabuenca, A., & **Sweeny, K.** (2014). Expectations in the context of gallbladder and hernia surgery: A descriptive report. *Health Expectations (online)*. https://doi.org/10.1111/hex.12171

66. *Ghane, A., Huynh, H. P., Andrews, S. E., Legg, A. M., Tabuenca, A., & **Sweeny, K.** (2014). The relative importance of patients' decisional control preferences and experiences. *Psychology & Health, 29,* 1105-1118. https://doi.org/10.1080/08870446.2014.911873

67. Howell, J. L., **Sweeny, K.,** & Shepperd, J. A. (2014). Psychological distance and the discrepancy between recommendations and actions. *Basic and Applied Social Psychology, 36,* 502-514. https://doi.org/10.1080/01973533.2014.958229

68. *Huynh, H. P., & **Sweeny, K.** (2014). Clinician styles of care: Transforming patient care at the intersection of leadership and medicine. *Journal of Health Psychology, 19,* 1459-1470. https://doi.org/10.1177/1359105313493650

69. *Legg, A., & **Sweeny, K.** (2014). Do you want the good news or the bad news first? The nature and consequences of news order preferences. *Personality & Social Psychology Bulletin, 40,* 279-288. https://doi.org/10.1177/0146167213509113

70. ***Sweeny, K.,** & Andrews, S. E. (2014). Mapping individual differences in the experience of a waiting period. *Journal of Personality & Social Psychology, 106,* 1015-1030. https://doi.org/10.1037/a0036031

71. **Sweeny, K.**, & Dillard, A. (2014). The effects of expectation disconfirmation on appraisal, affect, and behavioral intentions. *Risk Analysis, 34,* 711-720. https://doi.org/10.1111/risa.12129

72. ***Sweeny, K.,** Ghane, A., Legg, A. M., Huynh, H. P., & Andrews, S. E. (2014). Predictors of genetic testing decisions: A systematic review and critique of the literature. *Journal of Genetic Counseling, 23,* 263-288. https://doi.org/10.1007/s10897-014-9712-9

73. *Ghane, A., & **Sweeny, K.** (2013). Embodied health: A guiding perspective for research in health psychology. *Health Psychology Review, 7,* S159-S184. https://doi.org/10.1080/17437199.2012.706988

74. Krizan, Z., & **Sweeny, K.** (2013). Causes and consequences of expectation trajectories: "High" on optimism in a public referendum. *Psychological Science, 24,* 706-714. https://doi.org/10.1177/0956797612460690

75. **Sweeny, K.**, & Krizan, Z. (2013). Sobering up: A quantitative review of temporal declines in expectations. *Psychological Bulletin, 139,* 702-724. https://doi.org/10.1037/a0029951

76. **Sweeny, K.**, Shepperd, J. A., & Han, P. K. J. (2013). The goals of communicating bad news in health care: Do physicians and patients agree? *Health Expectations, 16,* 230-238. https://doi.org/10.1111/j.1369-7625.2011.00709.x

77. *Cavanaugh, A. G., & **Sweeny, K.** (2012). Hanging in the balance: The role of self-construal abstractness in navigating self-relevant uncertainty. *Personality and Social Psychology Bulletin, 38,* 520-527. https://doi.org/10.1177/0146167211429806

78. **Sweeny, K.** (2012). Waiting well: Tips for navigating painful uncertainty. *Social and Personality Psychology Compass, 6,* 258-269. https://doi.org/10.1111/j.1751-9004.2011.00423.x

79. ***Sweeny, K**., & Cavanaugh, A. G. (2012). Waiting is the hardest part: A model of uncertainty navigation in the context of health news. *Health Psychology Review, 6*, 147-164. https://doi.org/10.1080/17437199.2010.520112

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81. **Sweeny, K.,** Shepperd, J. A., & Howell, J. (2012). Do as I say (not as I do): Inconsistency in behaviors and values. *Basic and Applied Social Psychology, 34,* 128-135. https://doi.org/10.1080/01973533.2012.655998

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85. **Sweeny, K.**, & Shepperd, J. A. (2010). The costs of optimism and the benefits of pessimism. *Emotion, 10,* 750-753. https://doi.org/10.1037/a0019016

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91. Shepperd, J. A., **Sweeny, K.,** & Cherry, L.C. (2007). Influencing audience satisfaction by manipulating expectations. *Social Influence, 2,* 98-111. https://doi.org/10.1080/15534510601095772

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94. Carroll, P., **Sweeny, K.**, & Shepperd, J. A. (2006). Forsaking optimism. *Review of General Psychology, 10,* 56-73. https://doi.org/10.1037/1089-2680.10.1.56

95. **Sweeny, K.**, Carroll, P. J., & Shepperd, J. A. (2006). Thinking about the future: Is optimism always best? *Current Directions in Psychological Science, 15,* 302-306. https://doi.org/10.1111/j.1467-8721.2006.00457.x
**Reprinted in A. A. Baird (Ed.), Current Directions in Introductory Psychology, 2nd edition (June 2008), pp. 169-176. Prentice Hall.*

Edited books:

96. **Sweeny, K.**, & Robbins, M. L. (Volume editors; 2020). *The Wiley encyclopedia of health psychology: The social bases of health behavior (Vol. II)*. Wiley. https://onlinelibrary.wiley.com/doi/book/10.1002/9781119057840

Book and encyclopedia chapters:

97. ***Sweeny, K.**, Davis, E., & Hawes, J. (in press). *An affective science approach to patience and impatience across the lifespan*. Invited chapter for the Routledge *Virtues Series* on patience.

98. **Sweeny, K.**, & Howell, J. L. (2025). *Acute uncertainty about the future*. Invited chapter for *Handbook of the Uncertain Self (2nd ed.)*. Routledge.

99. ***Sweeny, K.,** & Karaman, O. (2024). *Worry: Friend or foe?* In M. H. Jacobsen (Ed.), *Dark emotions: Difficult emotional experiences in social and everyday life*. Routledge.

100. *Hawes, J., & **Sweeny, K.** (2023). Mindfulness. In H. S. Friedman & C. H. Markey (Eds.), *Encyclopedia of Mental Health, Vol. 2* (p. 526-530). Elsevier Academic Press. https://dx.doi.org/10.1016/B978-0-323-91497-0.00090-4

101. *Knapp, S., & **Sweeny, K.** (2022). Stress and coping with stress. In R. Gurung (Ed.), *Routledge encyclopedia of psychology in the real world*. Routledge. https://doi.org/10.4324/9780367198459-REPRW91-1

102. *Falkenstein, A., Dooley, M., & **Sweeny, K.** (2020). Waiting for medical news. In K. Sweeny & M. L. Robbins (Eds.), *The Wiley encyclopedia of health psychology: The social bases of health behavior*. Wiley. https://onlinelibrary.wiley.com/doi/abs/10.1002/9781119057840.ch132

103. *Kwan, V., & **Sweeny, K.** (2020). Delay of gratification. In V. Zeigler-Hill & T. Shackelford (Eds.), *The encyclopedia of personality and individual differences*. Springer.

104. Morse, P., & **Sweeny, K.** (2020). Medical situations. In D. Funder, J. Rauthmann, & R. Sherman (Eds.), *The Oxford handbook of psychological situations*. New York, NY: Oxford University Press.

105. *Tran, B. Q., & **Sweeny, K.** (2020). Expectancy (Rotter). In V. Zeigler-Hill & T. Shackelford (Eds.), *The encyclopedia of personality and individual differences*. Springer.

106. *Shepperd, J. A., Falkenstein, A., & **Sweeny, K.** (2018). Fluctuations in future outlooks: From unrealistic optimism to bracing for the worst. In G. Oettingen, A. T. Sevincer, & P. M. Gollwitzer (Eds.), *The psychology of thinking about the future* (pp. 231-249). Guilford Press.

107. ***Sweeny, K.**, & Rankin, K. (2018). The role of attitudes in cancer. In D. Albarracín & B. T. Johnson (Eds.), *Handbook of attitudes Vol 2* (2nd ed.; pp. 3-30). Routledge.

108. *Andrews, S. E., **Sweeny, K.** (2015). A multi-level approach to managing threatening health information. To appear in P. J. Carroll, R. M. Arkin, & A. Wichman (Eds.), *The Handbook of Personal Security* (pp. 275-296). New York: Taylor & Francis.

109. ***Sweeny, K.,** & Ghane, A. (2015). Principles for effective coping in uncertain situations. To appear in J. Vuori, R. Blonk, & R. Price (Eds.), *Sustainable Working Lives: Managing Work Transitions and Health throughout the Life Course* (pp. 129-143). Springer.

110. *Legg, A., & **Sweeny, K.** (2012). Crisis management. In V. S. Ramachandran (Ed.) *Encyclopedia of Human Behavior, 2nd Edition*, pp. 618-622. London, UK: Elsevier Academic Press.

111. Shepperd, J. A., Carroll, P. J., & **Sweeny, K.** (2007). A functional approach to explaining fluctuations in future outlooks: From self-enhancement to self-criticism. In E. Chang (Ed.), *The complexities of self-criticism and self-enhancement: Theory, research and clinical implications*, pp. 161-180. Washington, DC: APA press.

112. Terry, M., **Sweeny, K.**, & Shepperd, J. A. (2007). Self-presentation. In R. Baumeister & K. D. Vohs, (Eds.), *Encyclopedia of Social Psychology*. Newbury Park, CA: Sage.

113. Shepperd, J. A., **Sweeny, K.**, & Carroll, P. J. (2006). Abandoning optimism in predictions about the future. In L. J. Sanna & E. Chang (Eds.), *Judgments over time: The interplay of thoughts, feelings and behaviors,* pp. 13-33. New York: Oxford University Press.

Other publications:

114. Howell, J. L., & **Sweeny, K.** (2025). *Do we want to know more… or less… when we're waiting for news?* Post for SPSP's Character & Context Blog.
115. Howell, J. L., & **Sweeny, K.** (2025). *When we want to know…and when we don't.* Features article for the International Society for the Study of Existential Psychology.
116. **Sweeny, K.** (2025). Patience Is a process, not a virtue. *Scientific American*.
117. ^Dik, D., Rivera-Ramirez, I., Hirulkar, S., & **Sweeny, K.** (2021). Well-being in the age of COVID-19: The role of social distancing. *UCR Undergraduate Research Journal, 15,* 27-34.
118. ^Zafra, A. J., & **Sweeny, K.** (2021). Psychological experiences with gambling. *UCR Undergraduate Research Journal, 15,* 9-16.
119. **Sweeny, K.** (2020). Can anything cure the pandemic of waiting and worrying? *Zocalo Public Square*.
120. ^*Medina, J., Rankin, K., & **Sweeny, K.** (2020). The benefits of trait mindfulness and flow during a period of stressful preparation. *UCR Undergraduate Research Journal, 14,* 57-64.
121. ^*Acheampong, R., Bergman, K., Wilson, M., & **Sweeny, K.** (2020). Fear of cancer recurrence among Black and White mothers. *UCR Undergraduate Research Journal, 14,* 17-24.
122. ^*Saini, S. K., Mendoza, M., Tran, B., & **Sweeny, K.** (2020; conference proceeding). Allow children to speak up for their own healthcare. *Journal of Allergy and Clinical Immunology*, *145*, AB245.
123. *Rankin, K., Walsh, L., & **Sweeny, K.** (2019). Forget your worries and find your flow. Post for SPSP's Character & Context Blog.
124. **Sweeny, K.** (2018). For dreamers, fear of deportation is scary—but waiting is even worse. *Washington Post*.
125. *Dooley, M. D., & **Sweeny, K.** (2017). The stress of academic publishing. *Chronicle of Higher Education*.
126. *Kruse, E., & **Sweeny, K.** (2018). Comment: Well-being can improve health by shaping stress appraisals. *Emotion Review, 10,* 63-65.
127. ^*Oleskiewicz, D., Falkenstein, A., & **Sweeny, K.** (2017). The role of behavioral activation when navigating uncertainty. *UCR Undergraduate Research Journal, 11,* 29-34.
128. ^*Spillane, K., Rankin, K., & **Sweeny, K.** (2017). Predicting political engagement from moral values during the 2016 U.S. presidential election. *UCR Undergraduate Research Journal, 11,* 51-56.
129. **Sweeny, K.** (2017). The downsides of positivity. Invited piece in *The Psychologist, 30,* 30-35. *(published as cover story in print edition)*

130. **Sweeny, K.** (2016). Kate Sweeny: Award for Distinguished Scientific Early Career Contributions to Psychology. Award profile in the *American Psychologist, 71,* 705-707.

131. ^Perez, N., & **Sweeny, K.** (2015). University students' attitudes and behaviors towards cognitive enhancement drugs. *UCR Undergraduate Research Journal, 9,* 103-108.

132. ^Ramirez Loyola, M. D., & **Sweeny, K.** (2015). The role of religiosity and spirituality in waiting experiences. *UCR Undergraduate Research Journal, 9,* 109-114.

133. ^Tran, B. Q., & **Sweeny, K.** (2015). Pronoun usage by doctors and patients in surgical consultations. *UCR Undergraduate Research Journal, 9,* 131-136.

134. ^*Nguyen, A., Legg, A., & **Sweeny, K.** (2011). Do you want the good news or the bad news first? News order influences recipients' mood, perceptions, and behavior. *UCR Undergraduate Research Journal, 5,* 31-36.

135. ^Jamilano, C., & **Sweeny, K.** (2009). Facing the inevitable: Predictors of two types of acceptance. *UCR Undergraduate Research Journal, 3,* 13-20.

SELECTED PRESENTATIONS

(*co-authorship with a graduate student; ^co-authorship with an undergraduate student)

Recent talks (2020-present):

E. L. Davis, **Sweeny, K.,** Pankratz, K. (2025, July). *Exploring the developmental correlates of patience in childhood*. Talk presented at the World Congress on Positive Psychology, Brisbane, Australia.

Sweeny, K., Hawes, J., & E. L. Davis (2025, July). *Twiddling thumbs and bouncing legs: Characterizing the expression of impatience*. Talk presented at the World Congress on Positive Psychology, Brisbane, Australia.

Sweeny, K. (2025, June). *Characterizing patience as a practice in daily life*. Talk presented at the Convention for the Association for Research in Personality, Evanston, IL.

Sweeny, K. (2025, March). *Characterizing patience as an emotion process*. Invited talk presented at the Positive Emotions preconference for the Society for Affective Science conference, Portland, OR.

Sweeny, K., & Howell, J. L. (2025, February). *Managing acute uncertainty*. Invited talk presented at the Existential Psychology preconference for the Society for Personality & Social Psychology conference, Denver, CO.

Heathcote, L. C., Webster, S. N., Biggs, E. E., Tanna, V., Mattke, E., Spunt, S. L., **Sweeny, K.**, & Mueller, C. (2023, October). *Bracing for the worst? An ecological momentary assessment study of fear in cancer survivors awaiting uncertain health news*. Talk presented at the Emotions Conference, Tilburg, The Netherlands.

Sweeny, K. (2023, October). *A bottom-up approach to patience*. Keynote address presented at the Interdisciplinary Patience Workshop, Snoqualmie, WA.

Sweeny, K. (2023, July). *Patience & impatience: What, when, and who*. Talk presented at the Convention for the Association for Research in Personality, Evanston, IL.

Sweeny, K. (2023, March). *A path to patience*. Talk presented at Psychology Department Lecture Series, Chapman University.

Sweeny, K., & Rankin, K. (2022, October). *Preparing silver linings for a cloudy day: The consequences of preemptive benefit finding*. Talk presented at the Annual Convention for the Society for Experimental Social Psychology, Philadelphia, PA.

Sweeny, K. (2022, September). *How to wait*. Invited talk for the Social Socials series, Claremont Graduate University.

Sweeny, K. (2022, August). *How to wait*. Invited talk for the Social Psychology Brown Bag Series, University of Florida.

Sweeny, K. (2022, July). *Flow in the time of COVID-19: Findings from the early days of a global pandemic*. Talk presented at the European Conference for Positive Psychology, Reykjavik, Iceland.

Gute, G., & **Sweeny, K.** (2022, July). *The factor structure of the pre-conditions and dimensions of flow: An exploratory factor analysis of ESM data*. Talk presented at the European Conference for Positive Psychology, Reykjavik, Iceland.

Sweeny, K. (2022, March). *Secrets to waiting well*. Invited talk for the Mark Ware and Connie John Lecture Series in Psychological Science, Creighton University.

Sweeny, K. (2021, October). *Dealing with uncertainty in the era of COVID-19*. Invited talk for the Riverside Estate Planning Council.

*Knapp, S., Rankin, K., & **Sweeny, K.** (2021, April). *Motivation for consuming true crime programming*. Flash talk presentation at the Annual Meeting for the Society for Affective Science.

^*Tran, B. Q**.**, Mendoza, M. M., Saini, S. K., & **Sweeny, K.** (2021, April*). Let the kid speak: Exploring the dynamics of triadic medical interactions involving pediatric patients*. Talk presented at the Annual Meeting for the Society of Behavioral Medicine.

*Wilson, M., & **Sweeny, K.** (2021, April) *Pessimistic expectations predict distress during the wait for biopsy results*. Talk presented at the virtual Conference of the Western Psychological Association.

Sweeny, K. (2021, March). *Dealing with uncertainty in the era of COVID-19*. Invited talk for YohoCare.

Sweeny, K. (2021, February). *Dealing with uncertainty in the era of COVID-19*. Invited talk for the UCR Retirees' and Emeriti Associations.

*Tran, B. Q., Loscalzo, M., Clark, K., & Sweeny, K. (2021, February). *Affective concerns and desires for support at cancer-related healthcare visits*. Talk presented at the Health

Preconference for the Annual Conference for the Society for Personality and Social Psychology.

*Wilson, M., Rankin, K., & **Sweeny, K.** (2021, February). *Waiting for results: Expectations matter more than risk factors*. Data blitz presented at the Health Preconference for the Annual Conference of the Society for Personality and Social Psychology.

Sweeny, K. (2020, October). *Dealing with uncertainty in the era of COVID-19.* Invited talk for the UCR Staff Assembly Meeting.

*Wilson, M., & **Sweeny, K.** (2020, October). *Volatility in expectations while awaiting important news*. Talk presented at the virtual Conference of the Western Psychological Association.

Sweeny, K. (2020, August). *Dealing with uncertainty in the era of COVID-19*. TEDxUCR Bloom Event, Riverside, CA.

Sweeny, K. (2020, June). *Dealing with uncertainty in the era of COVID-19.* Invited talk for the UCR CHASS Staff Meeting.

Sweeny, K. (2020, May). *Dealing with uncertainty in the era of COVID-19.* Keynote address at the 2nd Annual UCR R'PSYC Undergraduate Research Conference, Riverside, CA.

Sweeny, K. (2020, April). *Dealing with uncertainty in the era of COVID-19.* Invited webinar for the UCR Healthy Campus Initiative.

^*Saini, S. K., Tran, B. Q., Mendoza, M., & **Sweeny, K.** (2020, March). *Allow children to speak up for their own healthcare.* Paper presentation at the Annual Meeting for the American Academy of Allergy, Asthma & Immunology, Philadelphia, PA.

Hussain, M., **Sweeny, K.,** & Howell, J. L. (2020, February). *The shifting relevance of advisor and romantic partner support for health while on the academic job market.* Data blitz presentation at the Health Preconference of the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

^**Sweeny, K.**, & Jacob, J. (2020, February). *Social support during the wait for breast cancer diagnosis*. Symposium presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

Sweeny, K. (2020, February). *Common difficulties of academia that no one talks about: Take 2*. Professional development symposium presentation (co-chair) at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

*Tran, B. Q., & **Sweeny, K.** (2020, February). *Why worry? Exploring the benefits of worry reappraisal during periods of uncertainty.* Paper presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

Recent posters and informal paper presentations (2020-present):

Gute, G., Hanson, C., Findlay, H., & **Sweeny, K.** (2026, July). *Flow in climbing: The role of mental preparation and mind-body regulation*. Poster presentation at the European Conference for Positive Psychology, Dublin, Ireland.

*Karaman, O. T. & Sweeny, K. (2026, July). *Too long; didn't really care for it: Emotion evaluation through the lens of impatience*. Poster presentation at the Biennial Meeting of the International Society for Research on Emotion, Brisbane, Australia.

*Delgadillo, V., Karaman, O. T., Susoeff, S., & **Sweeny, K.** (2026, February). *Why the hurry? The who, when, and what of daily experiences of impatience*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Chicago, IL.

*Flores, S., Hawes, J., Davis, E. L., & **Sweeny, K.** (2026, February). *Patiently waiting for your partner's turn: Children's expressions of patience*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Chicago, IL.

*Hawes, J., & **Sweeny, K.** (2026, February). *Twiddling thumbs and bouncing legs: Characterizing the expression of impatience*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Chicago, IL.

*Karaman, O. T. & **Sweeny, K.** (2026, February). *Too long; Didn't really care for it — Emotion evaluation through the lens of impatience*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Chicago, IL.

*Susoeff, S., & **Sweeny, K.** (2026, February). *When you are the one in your way: Practicing patience with yourself*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Chicago, IL.

^*Del Rio, L., Hawes, J., & **Sweeny, K.** (2024, February). *Couples who flow together stay together: Examining the effects of flow on relationship satisfaction*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Diego, CA.

*Hawes, J., & **Sweeny, K.** (2024, February). *Flowing together: Benefits of coactive and interactive flow*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Diego, CA.

*Beals, M., & **Sweeny, K.** (2024, February). *Flowing through pain: Flow as a tool to manage chronic pain*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Diego, CA.

^*Dilwari, K., Hawes, J., & **Sweeny, K.** (2024, February). *The association between sexual desire and relationship satisfaction*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Diego, CA.

*Karaman, O. T., & **Sweeny, K.** (2024, February). *Longer-than-expected delays are associated with greater impatience*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Diego, CA.

^*Koo, H., Hawes, J., Karaman, O. T., & **Sweeny, K.** (2024, February). *Patience and eudaimonic well-being: How waiting calmly promotes a sense of flourishing*. Poster

presentation at the Annual Conference for the Society for Personality and Social Psychology, San Diego, CA.

^*Cisneros, D., Karaman, O., Wilson, M., & **Sweeny, K.** (2023, April). *Don't sweat the big stuff: Patience for life's hardships predicts psychological well-being.* Poster presentation at the Annual Convention for the Western Psychological Association, Riverside, CA.

^*Critchfield, K., Rankin, K., & **Sweeny, K.** (2023, April). *Promoting well-being during uncertain waiting periods: Comparing the benefits of state flow and mindfulness.* Poster presentation at the Annual Convention for the Western Psychological Association, Riverside, CA.

^*Kang, S., Kim, E., Sekhon, J. Knapp, S. E., & **Sweeny, K.** (2023, April). *Being patient with boredom: How impatient people experience boredom physiologically.* Poster presentation at the Annual Conference of Western Psychological Association, Riverside, CA.

^*Kim, E., Beals, M., & **Sweeny, K.** (2023, April). *Predicting awareness and intensity of chronic pain during a flow state*. Poster presentation at the Annual Conference for the Western Psychological Association, Riverside, CA.

^*Lo, N., Hawes, J., Medina, J., & **Sweeny, K.** (2023, April). *Tilting or flowing? Well-being and behavior in video games*. Poster presentation at the Annual Convention for the Western Psychological Association, Riverside, CA.

*Beals, M., & **Sweeny, K.** (2023, February). *Flowin' pain: Flow as an antidote to chronic pain.* Virtual poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Atlanta, GA.

*Hawes, J. & **Sweeny, K.** (2023, February). *Reconceptualizing patience: A new model for understanding an old virtue*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

^*Koo, H., Knapp, S. E., & **Sweeny, K.** (2023, February). *The downstream effects of contra-hedonic viewing on eudaimonic well-being.* Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

*Medina, J., & **Sweeny, K.** (2023, February). *Just keep flowing: A meta-analysis on the relationship between flow and well-being.* Poster presented at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

*Wilson, M., & **Sweeny, K.** (2023, February). *The role of individual differences in patience and impatience.* Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, Atlanta, GA.

Webster, S. N. Biggs, E. E., Tanna, V., Mattke, E., Spunt, S. L., **Sweeny, K.,** Mueller, C., & Heathcote, L. C. (2022, August). *Bracing for the worst? A longitudinal experience sampling study of how expectation management strategies predict scanxiety in childhood cancer survivors.* Poster presented at the 23rd Annual World Congress of the International Psycho-Oncology Society, Toronto, Canada.

*Knapp, S. E., Davis, E. L., & **Sweeny, K.** (2022, March). *Introducing and testing emotion regulation flow*. Poster presentation at the Annual Conference of the Society for Affective Science, Virtual conference.

^*Dik. D., Rivera-Ramirez, I., Huang, M., Knapp, S., & **Sweeny, K.** (2022, February). *Humor in norm violations: Religiosity preferences for sanctity and loyalty moral foundations in COVID-19 memes*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Francisco, CA.

*Knapp, S. E., Gao, H., Rankin, K., & **Sweeny, K.** (2022, February). *Self-transcendent media: True crime and gratitude*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology Happiness and Wellbeing Preconference, San Francisco, CA.

*Knapp, S. E., & **Sweeny, K.** (2022, February). *Expressions of morality and emotion in states of the union: Differences by political party*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Francisco, CA.

^*Lo, N., Tran, B. Q., Medina-Schwartz, J., & **Sweeny, K.** (2022, February). *Confronting cancer: exploring Latina women's experiences awaiting a breast biopsy*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Francisco, CA.

*Medina, J., & **Sweeny, K.** (2022, February). *Links between well-being and sleep while awaiting breast biopsy results*. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology, San Francisco, CA.

^*Viray, G., Knapp, S. E., & **Sweeny, K.** (2022, February). *The dark side of nostalgia during COVID-19*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology Emotion Preconference, San Francisco, CA.

*Wilson, M., & **Sweeny, K.** (2022, February). *Volatility in expectations while awaiting presidential election results*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Francisco, CA.

^*Adhami, N., Knapp, S., Rankin, K., & **Sweeny, K.** (2021, May). *Emotional experiences with true crime: taking the good with the bad*. Poster presentation at the Annual Convention for the Association for Psychological Science (virtual due to COVID-19).

^*Dik, D., Rivera-Ramirez, I., Huang, M., Knapp, S., & **Sweeny, K.** (2021, May). *Violating the norm: Religiosity and moral foundation preferences in COVID-19 memes*. Poster presentation at the Annual Convention for the Association for Psychological Science (virtual due to COVID-19).

^Hirulkar, S. D., & **Sweeny, K.** (2021, May). *Social distancing during COVID-19: The role of approach- and avoidance-oriented coping*. Poster presentation at the Annual Convention of the Association for Psychological Science (virtual due to COVID-19).

*Knapp, S., Rankin, K., & **Sweeny, K.** (2021, May). *Motivation for watching true crime: Exploring emotion regulation flow*. Poster presentation at the Annual Conference for the

Society for the Science of Motivation (virtual due to COVID-19).

^*Rivera-Ramirez, I., Dik, D., Huang, M., Knapp, S., & **Sweeny, K.** (2021, May). *Humor in COVID-19 memes: Maladaptive humor Is universally appealing.* Poster presentation at the Annual Convention for the Association for Psychological Science (virtual due to COVID-19).

^Zafra, A. J., & **Sweeny, K.** (2021, May). *Psychological experiences with gambling.* Poster presentation at the Annual Convention for the Association for Psychological Science (virtual due to COVID-19).

^Zafra, A. J., & **Sweeny, K.** (2021, April). *The role of uncertainty-relevant traits in gambling behavior and experiences.* Poster presentation at the Annual Convention for the Western Psychological Association (virtual due to COVID-19).

^*Bergman, K., Wilson, M., & **Sweeny, K.** (2021, February). *Differences in fear of cancer recurrence amongst black and white mothers*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology (virtual due to COVID-19).

^*Huang, M., Rivera-Ramirez, I., Dik, D., Knapp, S., & **Sweeny, K.** (2021, February). *Laughing through the pain: Men and women's humor styles are differently associated with how bothered they are by COVID-19.* Poster presentation at the Happiness and Well-being Preconference for the Annual Conference for the Society for Personality & Social Psychology (virtual due to COVID-19).

*Knapp, S., Rankin, K., & **Sweeny, K.** (2021, February). *Approaching the negative: Exploring emotion regulation flow as a motive for true crime consumption.* Poster presentation at the Emotions Preconference for the Annual Conference for the Society for Personality and Social Psychology (virtual due to COVID-19).

^*Knapp S., Rivera-Ramirez, I., Huang M., & **Sweeny, K.** (2021, February). *Collective coping with memes during COVID-19.* Poster presentation at the Annual Conference for the Society for Personality & Social Psychology (virtual due to COVID-19).

*Rankin, K., Wilson, M., & **Sweeny, K.** (2021, February). *Shifts in well-being while waiting for health news.* Poster presentation at the Health Preconference for the Annual Conference of the Society for Personality and Social Psychology (virtual due to COVID-19).

*Rankin, K., & **Sweeny, K.** (2021, February). *Comparing dispositional mindfulness and flow proneness while waiting for uncertain news.* Poster presentation at the Happiness and Well-being Preconference for the Annual Conference of the Society for Personality and Social Psychology (virtual due to COVID-19).

^*Rivera-Ramirez, I., Dik, D., & **Sweeny, K.** (2021, February). *Well-being in the age of COVID-19: The effects of social distancing.* Poster presentation at the Annual Conference of the Society for Personality and Social Psychology (virtual due to COVID-19).

^*Rosales, S. A., Tran, B. Q., & **Sweeny, K.** (2021, February). *Communicating effectively:*

Exploring patient empowerment in surgical consultations. Poster presentation at the Annual Conference for the Society for Personality and Social Psychology (virtual due to COVID-19).

*Wilson, M., & **Sweeny, K.** (2021, February). *Expectations related to COVID-19 predict well-being in nuanced ways*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology (virtual due to COVID-19).

^*Bergman, K., Wilson, M., & **Sweeny, K.** (2020, October). *Fear of cancer recurrence and perceived partner responsiveness among breast cancer survivors*. Poster presentation at the Annual Conference of the Western Psychological Association (virtual due to COVID-19).

*Knapp, S., **Sweeny, K.**, & Davis, E. (2020, February). *You've lost that lovin' feelin': You-talk in love songs predicts declines in birth rate*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

*Medina, O. J., Rankin, K., & **Sweeny, K.** (2020, February). *The benefits of trait mindfulness and flow during a stressful period of preparation*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

*Revord, J., Lyubomirsky, S., & **Sweeny, K.** (2020, February). *Going through the (e)motions: Rethinking affect measurement*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

*Wilkinson, D., Rankin, K., & **Sweeny, K.** (2020, February). *Latinx individuals' reactions following the 2016 presidential election*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

*Wilson, M., & **Sweeny, K.** (2020, February). *Volatility in expectations while awaiting important news*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

*Wilson, M., & **Sweeny, K.** (2020, February). *Volatile expectations and physical and psychological health while awaiting news*. Poster presentation at the Emotion Preconference for the Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.

PROFESSIONAL EXPERIENCE AND SERVICE

2022-23 SPSP Professional Development Committee
2021 SPSP Governance Assessment Task Force
2021-24 Associate Editor, *Personality & Social Psychology Bulletin*
2021- Consulting Editor, *Emotion*
2021-22 Graduate Council, UCR
2019-20 Editorial Board, *Social Science & Medicine*
2018 Coalition for National Science Funding Capitol Hill Exhibition, APA Representative
2018-21 SPSP Government Relations Committee, Member (2018-19), Co-Chair (2019-20)
2018-22 Graduate Advisor, Department of Psychology, UCR

2018-20 Editorial Board, *Journal of Research in Personality*
2017- Editorial Board, *Health Psychology Review*
2016-20 Social/Personality Area Head, Department of Psychology, UCR
2016-22 Clinical Institutional Review Board, Vice Chair (2016-21), Chair (2021-22), UCR
2017-19 Chair, College of Humanities, Arts, and Social Sciences Exec. Committee, UCR
2016-20 NSF Review Panelist, SBE Directorate
2015-16 Training Committee Chair, UC Intercampus Consortium on Health Psychology
2015-17 Program Chair, Social Personality Health Network Preconference, SPSP
2014-17 Social Personality Health Network Early Career Award Committee
2013-15 Chair, Social Personality Health Network Virtual Brownbag Program
2010-16 NIH Fellowship Study Section
2009 Participant, Summer Institute on Social/Personality Psychology and Health, National Cancer Institute
2008 Advanced Training Institute on Health Behavior Theory, Hosted by the National Cancer Institute, Madison, Wisconsin
2007 Fellow, Summer Institute in Informed Patient Choice, Dartmouth College

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SELECTED MEDIA COVERAGE

Television:

NOVA's The Secret Lives of Scientists and Engineers. Profiled in Season 4, 2014.

Radio:

How video games can help people worry less. NPR's Morning Edition. March 2024.
How do we cope with a pandemic two years in? MPR News with Angela Davis. Minnesota Public Radio. January 2022.
How to be happy: Crush COVID-19 blues. Morning Wave in Busan (South Korea). October 2020.
Can't stop worrying? Try Tetris to ease your mind. NPR's Morning Edition. November 2018.
Classic video games can help people achieve flow state. California Report. KQED radio. October 2018.
Mindfulness and the stress of waiting. The Academic Minute. WAMC radio. July 2017.
The upside of worry. KERA's Think with Krys Boyd. May 2017.
Fear not worrywarts, there's an upside to those thoughts. Science Friday with Ira Flatow. NPR. April 2017.

Podcasts:

A Better Way to Money. August 2025.
Dog Shirt TV. February 2025.
The Art of Manliness Podcast. April 2023.
Chasing Life with Sanjay Gupta. October 2021 (rebroadcast Jan 2022 and July 2022).
Speaking of Psychology. October 2021.
Hidden Brain with Shankar Vedantam. December 2020.
10 Percent Happier. May 2020.

UCR's Mental Health Fireside Chats. August 2019.
Wow in the World by NPR. December 2018.
The Daily Beat with Joe Virgillito (Part 1 & Part 2). November 2018.
The Existential Files by Dr. Louie Savva & Dr. Matthew Smith. June 2017.
Who cares? What's the point? A psychology podcast with Dr. Sarb Johal. June 2017.

Magazine:

How to train your brain to be more patient. TIME Magazine, January 2026.
How planning for tomorrow can ease uncertainty today. The Atlantic, November 2020.
Kate Sweeny bändigt die Sorgen (Kate Sweeny curbs worries). Jochen Metzger, Psychologie Heute, July 2020.
Get your head in the game. Elizabeth Bacharach, *Women's Health*. March 2019.
A happy medium. Nancy Rones, *Martha Stewart Living*. April 2017.
Here's how to make waiting a little less excruciating. Alice Park, *TIME*. December 2014.
This is only a (medical) test… Julia Edelstein, *Real Simple Magazine*. July 2014.
The uses and abuses of optimism (and pessimism). Annie Murphy Paul, *Psychology Today*. November 2011.
The part-time optimist: When to hope for the best, when to brace yourself. Jill Coody Smits, *Psychology Today*. May 2011.
The optimism revolution. Jill Neimark, *Psychology Today*. May 2007.

Newspaper:

Waiting for a test result can be brutal. Here's how to deal. Maxwell Strachan, New York Times for the Well Newsletter, December 2024.
The next few days could be torture. Or you could try this. Amanda Ripley, Washington Post, October 2024.
2020 was awful. 2021 wasn't much better. What's lurking around the corner in 2022? Dennis Wagner, USA Today, December 2021.
With Omicron comes uncertainty. Here's how to handle it. Christina Caron, New York Times, December 2021.
What to expect when you're expecting the worst. Emil P. G. Erickson, New York Times, January 2021.
How long is this going to take? Americans settle in to wait. Sarah Lyall, New York Times, November 2020.
You're waiting for election results. It's agony. Here's what to do. Charlie Warzel, New York Times, November 2020.
Camp is canceled. Three more months of family time. Help. Jennifer Senior, New York Times, May 2020.
When a little agonizing helps. Elizabeth Bernstein, Wall Street Journal, May 2017.
Good news about worrying. Jan Hoffman, New York Times, November 2015.
Lean toward the sunny side, but don't overdo it. Alina Tugend, *New York Times*. September 2011.

Web articles:

If an activity does these two things, it could help your brain combat quarantine. Sarah Sloat, Inverse, November 2020.
A psychologist explains why one unexpected upside of worry is perfect for 2020. Sarah Sloat, Inverse, November 2020.
Anxious about election Results? Here's what's happening in your brain as you wait. Elizabeth Landau, Smithsonian Magazine, November 2020.
Managing the psychological effects of the 2020 election. Yalda Safai, ABC News, November 2020.
How to deal with the anxiety of uncertainty. Stéphanie Thomson, WIRED, September 2020.
The surprising upsides of worrying. Christine Ro, BBC, August 2020.
Can you access the joy and benefits of flow in lockdown? Susan K. Perry, Psychology Today Blog, May 2020.
Getting good at waiting: 'You want something that challenges you but not too much.' Ruhi Lee, The Guardian, April 2020.
„Im Flow vergisst man seine Corona-Sorgen" *(In flow, you forget your coronavirus worries)*. Jochen Metzger, Psychologie Heute, March 2020.
Positivity may not be as powerful as you think. Ashley Abramson, Medium, July 2019.
A stress researcher shares 3 ways to make anxious waiting periods easier. Sarah Sloat, Inverse, June 2019.

Web videos:

Flow as a tool during a time of uncertainty. Two for You, University of Minnesota, November 2020.
Psychology professor explains how to fight COVID-19 stress through a "flow" state. UCR Media Team, August 2020.
The best way to deal when you're waiting for big news. OWN Show, Oprah.com, October 2015.
The best way to prepare for bad news. OWN Show, Oprah.com, October 2015.