

KATE SWEENY, PHD

Professor of Psychology
University of California, Riverside
Phone: 951-827-7165 Fax: 951-827-3985
Email: ksweeny@ucr.edu
Website: www.katesweeny.com

PROFESSIONAL EXPERIENCE

- 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

- 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
Improving mental health providers' communication

SELECTED HONORS & AWARDS

- 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
-

PUBLICATIONS

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

Peer-reviewed:

1. Howell, J. L., & **Sweeny, K.** (in press). Health behavior during periods of stressful uncertainty: Associations with emotions, cognitions, and expectation management. *Psychology & Health*.
2. *Hua, J., Howell, J. L., **Sweeny, K.**, & Andrews, S. E. (in press). Outcomes of physicians' communication goals during patient interactions. *Health Communication*.
3. 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. (in press). Common academic experiences no one talks about: Rejection, imposter syndrome, and burnout. *Perspectives on Psychological Science*.
^{a,b}Authors within these designations are alphabetically ordered and contributed equally.
4. ^*Rankin, K., Le, D., & **Sweeny, K.** (in press). Preemptively finding benefit in a cancer diagnosis: A qualitative analysis. *Psychology & Health*.
5. ^*Rankin, K., **Sweeny, K.**, & Xu, S. (2019). Distorted time perception during stressful waiting periods. *Stress & Health*, 35, 549-559.
6. **Sweeny, K.**, & Dunlop, W. (in press). Salient selves in uncertain futures. *Self & Identity*.
7. **Sweeny, K.**, Howell, J. L., & Kwan, V. (in press). Losing control: Comparing the role of personality during two types of stressful life experiences. *Personality and Individual Differences*.

8. *Dooley, M. D., Wilkinson, D., & **Sweeny, K.** (2019). Social support during stressful waiting periods: An inductive analysis. *Qualitative Psychology* (published online).
9. 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.
10. 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.
11. *Rankin, K., & **Sweeny, K.** (2019). Divided we stand, united we worry: Predictors of worry in anticipation of political elections. *Motivation & Emotion* (published online).
12. *Rankin, K., Andrews, S. E., & **Sweeny, K.** (2019). Awe-full uncertainty: Easing discomfort during waiting periods. *Journal of Positive Psychology* (published online).
13. *Rankin, K., Walsh, L., & **Sweeny, K.** (2019). A better distraction: Exploring the benefits of flow during uncertain waiting periods. *Emotion, 19*, 818-828.
14. **Sweeny, K.**, Christianson, D., & McNeill, J. (2019). The psychological experience of awaiting breast diagnosis. *Annals of Behavioral Medicine, 53*, 630-641.
15. ***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.
16. *Tran, B. Q., & **Sweeny, K.** (2019). Correlates of physicians' and patients' language use during surgical consultations. *Health Communication* (published online).
17. *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.
18. *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*.
19. **Sweeny, K.** (2018). On the experience of awaiting uncertain news. *Current Directions in Psychological Science, 27*, 281-285.
20. ^*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.
21. *Layous, K., **Sweeny, K.**, Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2017). The proximal experience of gratitude. *PLoS ONE, 12*, e0179123.
22. *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.
23. **Sweeny, K.**, & Andrews, S. E. (2017). Should patients be optimistic about surgery? Resolving a conflicted literature. *Health Psychology Review, 11*, 374-386.
24. ***Sweeny, K.**, & Dooley, M. D. (2017). The surprising upsides of worry. *Social & Personality Psychology Compass, 11*, e12311. doi: 10.1111/spc3.12311

25. ***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.
26. **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.
27. *Falkenstein, A., Tran, B., Ludi, D., Molkara, A., Nguyen, H., Tabuenca, A., & **Sweeny, K.** (2016). Characteristics and consequences of word use in physician-patient communication. *Annals of Behavioral Medicine*, *50*, 664-677.
28. Howell, J. L., & **Sweeny, K.** (2016). Is waiting bad for subjective health? *Journal of Behavioral Medicine*, *39*, 652-664.
29. Huynh, H. P., **Sweeny, K.**, & Miller, T. (2016). Transformational leadership in primary care: Clinicians' patterned approaches to care predict patient satisfaction and health expectations. *Journal of Health Psychology (online first)*.
30. ***Sweeny, K.**, Reynolds, C., Falkenstein, A., Andrews, S. E., & Dooley, M. D. (2016). Two definitions of waiting well. *Emotion*, *16*, 129-143.
31. *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.
32. *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.
33. *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.
34. *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.
35. *Morse, P., **Sweeny, K.**, & Legg, A. M. (2015). A situational construal approach to healthcare experiences. *Social Science & Medicine*, *138*, 170-178.
36. ***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.
37. ***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.
38. *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)*. doi: 10.1111/hex.12171
39. *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.

40. 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.
41. *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.
42. *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.
43. ***Sweeny, K.**, & Andrews, S. E. (2014). Mapping individual differences in the experience of a waiting period. *Journal of Personality & Social Psychology*, *106*, 1015-1030.
44. **Sweeny, K.**, & Dillard, A. (2014). The effects of expectation disconfirmation on appraisal, affect, and behavioral intentions. *Risk Analysis*, *34*, 711-720.
45. ***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.
46. *Ghane, A., & **Sweeny, K.** (2013). Embodied health: A guiding perspective for research in health psychology. *Health Psychology Review*, *7*, S159-S184.
47. Krizan, Z., & **Sweeny, K.** (2013). Causes and consequences of expectation trajectories: "High" on optimism in a public referendum. *Psychological Science*, *24*, 706-714.
48. **Sweeny, K.**, & Krizan, Z. (2013). Sobering up: A quantitative review of temporal declines in expectations. *Psychological Bulletin*, *139*, 702-724.
49. **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.
50. *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.
51. **Sweeny, K.** (2012). Waiting well: Tips for navigating painful uncertainty. *Social and Personality Psychology Compass*, *6*, 258-269.
52. ***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.
53. **Sweeny, K.**, & Miller, W. (2012). Predictors of information avoidance: When does ignorance seem most blissful? *Self & Identity*, *11*, 185-201.
54. **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.
55. **Sweeny, K.**, & Vohs, K. D. (2012). On near misses and completed tasks: The nature of relief. *Psychological Science*, *23*, 464-468.
56. ***Sweeny, K.**, & Legg, A. M. (2011). Predictors of interest in direct-to-consumer genetic testing. *Psychology & Health*, *26*, 1259-1272.

57. **Sweeny, K.**, Melnyk, D., Miller, W., & Shepperd, J. A. (2010). Information avoidance: Who, what, when, and why. *Review of General Psychology, 14*, 340-353.
58. **Sweeny, K.**, & Shepperd, J. A. (2010). The costs of optimism and the benefits of pessimism. *Emotion, 10*, 750-753.
59. **Sweeny, K.**, & Shepperd, J. A. (2009). Responding to negative health events: A test of the Bad News Response Model. *Psychology & Health, 24*, 895-907.
60. **Sweeny, K.**, Shepperd, J. A., & Carroll, P. J. (2009). Expectations for others' outcomes. *Personality and Social Psychology Bulletin, 35*, 160-171.
61. Shepperd, J. A., Malone, W., & **Sweeny, K.** (2008). Exploring causes of the self-serving bias. *Social and Personality Psychology Compass, 2*, 895-908.
62. **Sweeny, K.** (2008). Crisis decision theory: Decisions in the face of negative events. *Psychological Bulletin, 134*, 61-76.
63. Carroll, P. J., Shepperd, J. A., **Sweeny, K.**, Carlson, E., & Benigno, J. P. (2007). Disappointment for others. *Cognition and Emotion, 11*, 1565-1576.
64. Shepperd, J. A., **Sweeny, K.**, & Cherry, L.C. (2007). Influencing audience satisfaction by manipulating expectations. *Social Influence, 2*, 98-111.
65. **Sweeny, K.**, & Shepperd, J. A. (2007). Do people brace sensibly? Risk judgments and risk prevalence. *Personality and Social Psychology Bulletin, 33*, 1064-1075.
66. **Sweeny, K.**, & Shepperd, J. A. (2007). Being the best bearer of bad tidings. *Review of General Psychology, 11*, 235-257.
67. Carroll, P., **Sweeny, K.**, & Shepperd, J. A. (2006). Forsaking optimism. *Review of General Psychology, 10*, 56-73.
68. **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.
 *Reprinted in A. A. Baird (Ed.), *Current Directions in Introductory Psychology, 2nd edition* (June 2008), pp. 169-176. Prentice Hall.

Edited books:

69. **Sweeny, K.**, & Robbins, M. L. (Volume editors). *The Wiley encyclopedia of health psychology: The social bases of health behavior (Vol. II)*. Under contract.

Book and encyclopedia chapters:

70. *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.
71. ***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.
72. *Kwan, V., & **Sweeny, K.** (in press). Delay of gratification. In V. Zeigler-Hill & T. Shackelford (Eds.), *The encyclopedia of personality and individual differences*. Springer.

73. Morse, P., & **Sweeny, K.** (in press). Medical situations. In D. Funder, J. Rauthmann, & R. Sherman (Eds.), *The Oxford handbook of psychological situations*. Oxford University Press.
74. *Tran, B. Q., & **Sweeny, K.** (in press). Expectancy (Rotter). In V. Zeigler-Hill & T. Shackelford (Eds.), *The encyclopedia of personality and individual differences*. Springer.
75. *Falkenstein, A., Dooley, M., & **Sweeny, K.** (in press). Waiting for medical news. In K. Sweeny & M. L. Robbins (Eds.), *The Wiley encyclopedia of health psychology: The social bases of health behavior*.
76. *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.
77. ***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.
78. *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.
79. 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.
80. 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.
81. 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:

82. Rankin, K., Walsh, L., & **Sweeny, K.** (2019). [Forget your worries and find your flow](#). Blog post for the SPSP Character & Context blog.
83. **Sweeny, K.** (2018). [For dreamers, fear of deportation is scary—but waiting is even worse](#). *Washington Post*.
84. *Dooley, M. D., & **Sweeny, K.** (2017). [The stress of academic publishing](#). *Chronicle of Higher Education*.
85. Kruse, E., & **Sweeny, K.** (2018). Comment: Well-being can improve health by shaping stress appraisals. *Emotion Review*, 10, 63-65.
86. Oleskiewicz, D., Falkenstein, A., & **Sweeny, K.** (2017). The role of behavioral activation when navigating uncertainty. *UCR Undergraduate Research Journal*, 11, 29-34.
87. 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.

88. **Sweeny, K.** (2017). The downsides of positivity. Invited piece in *The Psychologist*, 30, 30-35. (published as cover story in print edition)
89. **Sweeny, K.** (2016). Kate Sweeny: Award for Distinguished Scientific Early Career Contributions to Psychology. Award profile in the *American Psychologist*, 71, 705-707.
90. Perez, N., & **Sweeny, K.** (2015). University students' attitudes and behaviors towards cognitive enhancement drugs. *UCR Undergraduate Research Journal*, 9, 103-108.
91. Ramirez Loyola, M. D., & **Sweeny, K.** (2015). The role of religiosity and spirituality in waiting experiences. *UCR Undergraduate Research Journal*, 9, 109-114.
92. Tran, B. Q., & **Sweeny, K.** (2015). Pronoun usage by doctors and patients in surgical consultations. *UCR Undergraduate Research Journal*, 9, 131-136.
93. 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.
94. Jamilano, C., & **Sweeny, K.** (2009). Facing the inevitable: Predictors of two types of acceptance. *UCR Undergraduate Research Journal*, 3, 13-20.

MANUSCRIPTS UNDER REVIEW OR REVISION

1. *Harake, N., **Sweeny, K.**, & Dunlop, W. L. (2019, June). The psychosocial construction of cancer survivorship. Invited resubmission to *Psychology & Health*.
2. Knapp, S., Wilson, M., & **Sweeny, K.** (2019, December). *Emotion regulation tendencies during two waiting periods*. Invited resubmission to *Emotion*.
3. ^*Tran, B. Q., Mendoza, M., Saini, S. K., & **Sweeny, K.** (2019, December). *Let the kid speak: Dynamics of triadic medical interactions involving pediatric triads*. Invited resubmission to *Health Communication*.
4. Baranski, E., **Sweeny, K.**, Gardiner, G., Members of the International Situations Project, & Funder, D. C. (2019, September). *International optimism: Dispositional optimism across 61 countries*. Manuscript under review.
5. *Tran, B. Q., Dooley, M. D., Loyola Ramirez, M. D., Andrews, S. E., & **Sweeny, K.** (2019, July). *The role of religiosity and spirituality during uncertain waiting periods*. Manuscript under review.
6. Vohs, K. D., Schmeichel, B. J., Lohmann, S., Gronau, Q., Finley, A. J....**Sweeny, K.**,... Wagenmakers, E.-J., & Albarracín, D. (2019, November). *A preregistered paradigmatic test of the ego depletion effect*. Manuscript under review.
7. Tran, B. Q., & **Sweeny, K.** (2019, October). *Confronting cancer: A qualitative analysis of distress at a breast biopsy appointment*. Manuscript under revision.
8. ^*Dooley, M. D., Rankin, K., **Sweeny, K.**, & Tehrani, K. (2019, October). *Being optimistic versus seeming optimistic: Consequences for interpersonal success*. Manuscript under revision.

SELECTED PRESENTATIONS

Recent talks (2016-present):

- 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.
- Sweeny, K.** (2019, October). *Can worry make us sicker? Implications of stressful uncertainty for health behavior*. Invited talk at the Claremont Symposium on Applied Social Psychology, Claremont, CA.
- Sweeny, K.** (2019, October). *How to wait well*. Invited talk for the Claremont Graduate University psychology colloquium series, Claremont, CA.
- Sweeny, K.,** & Howell, J. L. (2019, May). *Disruptions in health behavior during periods of uncertainty about one's future*. Symposium presentation at the Annual Convention for the Association for Psychological Science, Washington, DC.
- Knapp, S. E., **Sweeny, K.,** & Davis, E. L. (2019, April). *The function of emotions in meeting implicit needs for power, achievement, and affiliation*. Paper presented at the Annual Conference for the Western Psychological Association, Pasadena, CA.
- Rankin, K., & **Sweeny, K.** (2019, April). *Seeking silver linings in bad news*. Paper presented at the Annual Conference for the Western Psychological Association, Pasadena, CA.
- Sweeny, K.** (2019, February). *Common difficulties of academia that no one talks about: Shadow CV and repeated rejection*. Professional development symposium presentation at the Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
- Sweeny, K.,** Rankin, K., & Walsh, L. (2018, October). *Finding flow during life transitions*. Symposium presentation at the Annual Conference for the Society of Experimental Social Psychology, Seattle, WA.
- Sweeny, K.,** & Howell, J. L. (2018, April). *Fulfilling self-determination needs predicts better sleep and less worry during a stressful period of uncertainty*. Symposium presentation at the Annual Conference for the Society for Affective Science, Los Angeles, CA.
- Rankin, K., & **Sweeny, K.** (2018, April). *Divided we stand, united we worry: Exploring the role of uncertainty in the 2016 U.S. presidential election*. Symposium presentation at the Conference for the Western Psychological Association, Portland, Oregon.
- Sweeny, K.** (2018, March). *The waiting game: To worry or not to worry?* Presentation at the Citizens University Committee breakfast meeting, Riverside, CA.
- Rankin, K., & **Sweeny, K.** (2018, March). *Preemptively finding benefit in a cancer diagnosis: A qualitative analysis*. Data blitz talk at the Social Personality Health Network's Preconference for the Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
- Sweeny, K.** (2018, March). *Oxford-style debate: The findings from a paper published in Health Psychology are more likely to be replicated than the findings from a paper published in*

- JPSP*. Social Personality Health Network's Preconference for the Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
- Sweeny, K.** (2018, February). *How to wait well*. Invited talk for the Pacific Lutheran University psychology colloquium series, Tacoma, WA.
- Sweeny, K.** (2018, January). *How to wait well*. Invited presentation for the Osher Lifelong Learning Series, Riverside, CA.
- Sweeny, K.** (2018, November). *How to wait well*. Invited presentation for the University of California, Riverside Parents' Association Weekend, Riverside, CA.
- Sweeny, K., & Howell, J. L.** (2017, May). *Bracing later and coping better: Benefits of mindfulness meditation during a stressful waiting period*. Symposium presentation at the Annual Convention for the Association for Psychological Science, Boston, MA.
- Sweeny, K., & Rankin, K.** (2017, May). *The role of attitudes in cancer*. Invited presentation at the conference for the *Handbook of Attitudes*, Philadelphia, PA.
- Sweeny, K., & Howell, J.** (2017, April). *Personality as a health buffer during stressful waiting periods*. Symposium presentation at the Annual Conference for the Society for Behavioral Medicine, San Diego, CA.
- Sweeny, K.** (2017, March). *The psychological impact of awaiting breast diagnosis: A preliminary picture*. Invited talk at the National Cancer Institute, Rockville, MD.
- Sweeny, K., Dooley, M. D., & Burreal, S.** (2017, January). *"We'll call you when the results are in": Preferences for how medical test results are delivered*. Symposium presentation at the Annual Conference of the Society of Personality and Social Psychology, San Antonio, TX.
- Dooley, M. D., & **Sweeny, K.** (2016, November). *Support provision during periods of uncertainty*. Presentation at the Annual Conference for the Southeastern Society for Social Psychology, Asheville, NC.
- Sweeny, K.** (2016, November). *Waiting is the hardest part: Unpacking the experience of awaiting uncertain news*. Invited presentation for the California State University—Northridge psychology colloquium series, Northridge, CA.
- Sweeny, K.** (2016, October). *Waiting is the hardest part: Unpacking the experience of awaiting uncertain news*. Invited presentation for the University of California, San Diego social psychology colloquium series, San Diego, CA.
- Morse, P., **Sweeny, K., & Legg, A. M.** (2016, August). *Situations, dispositions, and health: An application of the situation construal model*. Symposium presentation at the Annual Convention of the American Psychological Association, Denver, CO.
- Sweeny, K.** (2016, April). *Waiting is the hardest part: Unpacking the experience of awaiting uncertain news*. Invited presentation for the University of Kansas psychology colloquium series, Lawrenceville, KS.
- Sweeny, K.** (2016, April). *Waiting is the hardest part: Unpacking the experience of awaiting uncertain news*. Invited presentation for the Ohio University social psychology colloquium series, Athens, OH.

Sweeny, K. (2016, March). *Waiting is the hardest part: Unpacking the experience of awaiting uncertain news*. Invited presentation for the Iowa State University psychology colloquium series, Ames, IA.

Sweeny, K. (2016, February). *Waiting is the hardest part: Unpacking the experience of awaiting uncertain news*. Invited presentation for the Fuller Theological Seminary psychology colloquium series, Pasadena, CA.

Howell, J., Miller, W., **Sweeny, K.**, & Shepperd, J. A. (2016, January). *Hot or not? How threat influences attractiveness feedback avoidance*. Symposium presentation at the Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.

Recent posters and paper presentations (2016-present):

Howell, J. L., & **Sweeny, K.** (2019, October). *Health behavior during periods of stressful uncertainty: Associations with emotions, cognitions, and expectation management*. Informal conference paper at the Annual Meeting of the Society of Experimental Social Psychology, Toronto, Ontario.

Dooley, M. D., Wilkinson, D., & **Sweeny, K.** (2018, March). *"You aren't helping!": A qualitative review of what helps (and doesn't) during periods of uncertainty*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

Falkenstein, A., & **Sweeny, K.** (2018, March). *Does optimism feel good? Relationships among performance expectations and indicators of well-being*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

German, K., **Sweeny, K.**, & Robbins, M. (March, 2018). *Academic career aspirations differ by individual versus relational efficacy beliefs*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

Kwan, V., Falkenstein, A., & **Sweeny, K.** (March, 2018). *Gender differences in worry and coping during uncertain waiting periods*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

Layous, K., **Sweeny, K.**, Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (March, 2018). *The proximal experience of gratitude*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

Rankin, K., Walsh, L., & **Sweeny, K.** (2018, March). *The benefits of flow while awaiting uncertain news*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

Tran, B. Q., Dooley, M. D., Ramirez Loyola, M., & **Sweeny, K.** (2018, March). *The role of religiosity and spirituality in coping with uncertain waiting periods*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

Tran, B. Q., & **Sweeny, K.** (2018, March). *Correlates of patients' and physicians' communication styles during surgical consultations*. Poster presentation at the Social Personality Health Network's Preconference for the Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.

- Coons, J. V., Ozer, D. J., & **Sweeny, K.** (2017, June). *Personality traits and current life goals of military veterans and partners*. Poster presentation at the Conference for the Association for Research in Personality, Sacramento, CA.
- Rankin, K., & **Sweeny, K.** (2017, June). *Individual differences in managing uncertainty during the 2016 U.S. Presidential Election*. Poster presentation at the Conference for the Association for Research in Personality, Sacramento, CA.
- Dooley, M. D., & **Sweeny, K.** (2017, January). *Perceived responsiveness during periods of uncertainty*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Falkenstein, A., & **Sweeny, K.** (2017, January). *Personality and prolonged uncertainty: Conscientiousness and neuroticism during the wait for important news*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- German, K., Robbins, M. L. & **Sweeny, K.** (2017, January). *Dare to dream: Exploring the role of mentoring in doctoral students' academic beliefs and employment aspirations*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Rankin, K., & **Sweeny, K.** (2017, January). *The complex dynamics of subjective time perception while waiting for uncertain news*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Tran, B. Q., & **Sweeny, K.** (2017, January). *Correlates of medical jargon use by physicians and patients during surgical consultations*. Poster presentation at the Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Falkenstein, A., & **Sweeny, K.** (2016, May). *Explicit sources of performance expectations*. Poster presentation at the Annual Convention of the Western Psychological Association, Long Beach, CA.
- Legg, A. M., & **Sweeny, K.** (2016, January). *The roles of anxiety and empathy when giving bad news*. Poster presentation at the Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.
- Andrews, S. E., & **Sweeny, K.** (2016, January). *Doctor-patient communication goals and patient adherence*. Poster presentation at the Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.
- Dooley, M., & **Sweeny, K.** (2016, January). *You got what I need(ed): Social support seeking and satisfaction during waiting periods*. Poster presentation at the Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.
- Falkenstein, A., & **Sweeny, K.** (2016, January). *Justifying expectations of the future: The content, correlates, and temporal pattern of explanations for performance predictions*. Poster presentation at the Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.

PROFESSIONAL EXPERIENCE AND SERVICE

- 2019- Editorial Board, *Social Science & Medicine*
- 2018 Coalition for National Science Funding Capitol Hill Exhibition, APA Representative
- 2018- Graduate advisor, Department of Psychology, UCR
- 2018- Editorial Board, *Journal of Research in Personality*
- 2017- Editorial Board, *Health Psychology Review*
- 2016- Social/Personality Area Head, Department of Psychology, UCR
- 2016- Vice Chair, Biomedical/Clinical Institutional Review Board, UCR
- 2017-19 Chair, College of Humanities, Arts, and Social Sciences Executive 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

SELECTED MEDIA COVERAGE

Television:

[*NOVA's The Secret Lives of Scientists and Engineers*](#). Profiled in Season 4, 2014.

Radio:

[*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.

Curtis and Kuby (live appearance). WABC Radio, New York, NY. May 2017.

Anxiously waiting. Top of Mind with Julie Rose. BYU Radio. November 2015.

Podcasts:

[*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:

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:

[*When a little agonizing helps.*](#) Elizabeth Bernstein, *Wall Street Journal*, May 2017.
Don't worry, it's okay to worry, says UC Riverside researcher. Mark Muckenfuss, *Press-Enterprise*. April 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:

[*Positivity may not be as powerful as you think.*](#) Ashley Abramson, *Medium.com*, July 2019.
[*A stress researcher shares 3 ways to make anxious waiting periods easier.*](#) Sarah Sloat, *Inverse.com*, June 2019.
[*How to deal with the stress of waiting for important news.*](#) Josh Ocampo, *LifeHacker.com*, April 2019.

Web videos:

[*UCR LinkedIn Campus Interview.*](#) Neal Goyal, *LinkedIn Campus Editor*, April 2019.
[*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.