

Sarah E. Knapp, M.A.

University of California, Riverside | Department of Psychology
900 University Ave. | Riverside, CA, 92521
Sknapp002@ucr.edu

EDUCATION

Ph.D., Social/Personality Psychology

Specializations: Quantitative Psychology, Health and Well-Being Psychology
University of California, Riverside
Degree and specializations expected 2022

M.A., Developmental Psychology, 2018

University of California, Riverside

M.A., Psychology, 2014

Pepperdine University

B.A., Psychology, 2012

National University

HONORS AND SCHOLARSHIPS

Dissertation Year Program Award	2021
Mentor of the Year Award	2021
Graduate Research Mentoring Fellowship, runner-up	2020
Earle C. Anthony Travel Award	2020
Graduate Student Workshop on the Science of Love, sponsored attendee	2019
Alyssa McCroskey Memorial Scholarship	2017
Chancellor's Distinguished Fellowship (UCR)	2016-2017
Pepperdine Colleagues Grant Recipient	2012-2014
Psi Chi Honor Society	2013
Pinnacle Society Membership	2012
Magna Cum Laude (B.A.)	2012
Promising Scholar Award	2010
Transfer to Triumph Scholarship	2010

PEER-REVIEWED PUBLICATIONS

1. **Knapp, S. E.**, Wilson, M., & Sweeny, K. (2021). Emotion regulation tendencies across two waiting periods. *Motivation and Emotion*, *45*, 211–220.

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

CHAPTERS

1. **Knapp, S. E.** & Sweeny, K. (in press). Stress and coping. In Gurung, R. A. R. (Ed.), *Research Encyclopedia of Psychology in the Real World*. Routledge.
2. **Knapp, S. E.**, Kyeong, Y., Cheung, C. & Davis, E. (in press). The interaction of gender and culture in the communication of emotion. In Schiewer, G. L., Altarriba, J., and Ng. B. C. (Eds.), *The Handbook of Language and Emotion*. De Gruyter Mouton.

MANUSCRIPT UNDER REVIEW


1. Kyeong, Y., **Knapp, S. E.**, Davis, E., Cheung, C., & Takahashi, Y. (under revision). *American and Japanese adolescents' experience of positive and negative emotions: Valence and activation levels over time*. [Preliminary copy available upon request]

MANUSCRIPTS IN PROGRESS

1. **Knapp, S. E.** & Davis, E. L. (in prep). *What good are positive emotions for emotion regulation?*
2. **Knapp, S. E.**, Sweeny, K., & Davis, E. L. (in prep). *It All Depends on What You Are Trying to Do: Children and Adults Implicit Motives and Emotional Memories*.
3. **Knapp, S. E.**, *Huang, M., *Rivera-Ramirez, I., & Sweeny, K., (in prep). *The Impact of Moral Stress on Well-Being During COVID-19*.
4. **Knapp, S. E.**, Kyeong, Y., Davis, E., Cheung, C., & Takahashi, Y. (in prep). *Emotions and Creativity: A cross-national comparison of adolescents in the US and Japan*.

*Denotes undergraduate student author
Preliminary copies available upon request

OTHER PUBLICATIONS

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

TALK PRESENTATIONS

1. **Knapp, S. E.**, Kyeong, Y., Davis, E. L., Yusuke, T., Cheung, C. (accepted; July 2022). *The Interplay between Emotions and Creativity in Adolescence: A Cross-National Investigation*. Oral presentation at the Annual Conference of the International Society for Research on Emotion.
2. **Knapp, S.**, & Sweeny, K. (2021, May). *Coping with Moral Violations: Internet Memes and COVID-19*. Talk presented for the University of California, Riverside Health and Well-Being Proseminar (and available at psychology.ucr.edu), Riverside, CA.
3. **Knapp, S.**, Rankin, K., & Sweeny, K. (April 2021). *Motivation for consuming true crime programming*. Flash talk presentation at the Society for Affective Science.
4. **Knapp, S. E.** & Davis, E. L. (April 2021). *Children's scope of attention: When happiness broadens and when it narrows*. Flash talk presentation at the Society for Research in Child Development.
5. **Knapp, S. E.** (January 2021). *Coping with Moral Violations: Internet Memes and COVID-19*. Presentation for the Social/Personality Psychology Area, University of California, Riverside, CA.
6. **Knapp, S.**, & Rankin, K. (May 2020). *Forensic Media: Flow states while consuming true crime media*. Presented at the Social/Personality Psychology Brown Bag talk series, University of California, Riverside.
7. Kyeong, Y., **Knapp, S. E.**, Davis, E., & Cheung, C. (February 2020). *Emotions in American and Japanese adolescents: A longitudinal investigation on valence and activation levels*. Talk presented at the annual conference for the Society for Cross-Cultural Research, Seattle, WA.
8. **Knapp, S. E.**, Sweeny, K., & Davis, E. L. (April 2019). *The function of emotions in meeting implicit needs for power, achievement, and affiliation*. Talk presented at the annual conference for the Western Psychological Association, Pasadena, CA.
9. **Knapp, S. E.** (April 2019). *The function of emotions in meeting implicit needs for power, achievement, and affiliation*. Presentation for the Social/Personality Psychology Area, University of California, Riverside, CA.
10. **Knapp, S. E.** (June 2018). *The development of implicit motives and relations to emotion regulation*. Presentation for the Developmental Psychology Area, University of California, Riverside, CA.

POSTER PRESENTATIONS

1. **Knapp, S. E.**, Davis, E. L., & Sweeny, K. (under review; 2022, March). *Introducing and Testing Emotion Regulation Flow*. Poster presentation at the Annual Conference of the Society for Affective Science.
2. **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.
3. *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.
4. **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.
5. *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 Association for Psychological Science.
6. ^*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 R'PSYC the Psychology Undergraduate Research Conference.
7. ^*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 R'PSYC the Psychology Undergraduate Research Conference.
8. *Adhami, N., **Knapp, S.**, Rankin, K. & Sweeny, K. (2021, May). *Regulating Emotions during True Crime Consumption*. Poster Presentation at R'PSYC the Psychology Undergraduate Research Conference.
9. *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.
10. *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.
11. **Knapp, S.**, Rankin, K. & Sweeny, K. (2021, May). *Motivation for watching true crime: Exploring emotion regulation flow*. Poster presentation at the Society for The Science of Motivation.

12. *Huang, M., *Rivera-Ramirez, I., *Dik, D., **Knapp, S.**, & Sweeny, K. (2021, February). *Laughing through the pain: Men and women's humor styles differentially associated with how bothered they are by COVID-19*. Poster presentation at the Society for Personality and Social Psychology Happiness and Well-being Preconference.
13. **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 Society for Personality and Social Psychology Emotions Preconference.
14. **Knapp, S.**, *Huang, M., *Rivera-Ramirez, I., & Sweeny, K. (2021, February). *Collective Coping with Memes during COVID-19*. Poster presentation at the Society for Personality and Social Psychology.
15. ^**Knapp, S. E.**, Kyeong, Y., Davis, E., & Cheung, C. (2020, February). *Creativity and Emotions: Cross-National Variation in Activation*. Poster presentation at the Society for Personality and Social Psychology Emotions Preconference, New Orleans, LA.
16. **Knapp, S. E.**, Davis, E., & Sweeny, K. (2020, February). *You've Lost That Lovin' Feelin': You-talk in Love Songs Predicts Declines in Birth Rate*. Poster presentation at the Society for Personality and Social Psychology, New Orleans, LA.
17. *Tan, Z., *Patel, J., **Knapp, S. E.**, Shih, E., & Davis, E. (2019, May). *Is mindfulness training effective for mood symptoms? Findings suggest only for physiologically well-regulated youth*. Poster presentation at the Undergraduate Research, Scholarship, and Creative Activity Symposium, Riverside, CA.
18. *Shim, J., *Michael, J., **Knapp, S. E.**, Shih, E., & Davis, E. (2019, May). *Is mindfulness training effective for increasing kindness towards oneself? Findings suggest only for physiologically well-regulated youth*. Poster presentation at the Undergraduate Research, Scholarship, and Creative Activity Symposium, Riverside, CA.
19. *Tan, Z., **Knapp, S. E.**, & Davis, E. (2019, April). *Parents' emotion socialization of children's negative emotions and children's implicit motives*. Poster presentation at the annual conference for the Western Psychological Association, Pasadena, CA.
20. ^Wilson, M., **Knapp, S. E.**, (equally contributing first authors) & Sweeny, K. (2019, February). *Emotion regulation during an uncertain waiting period*. Poster presentation at the Society for Personality and Social Psychology Emotions Preconference, Portland, OR.
21. **Knapp, S. E.** & Davis, E. L. (2017, November). *Anxious children ruminate more after watching emotional films, but effectively use emotion regulation strategies*. Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, Anxiety Disorders Special Interest Group, San Diego, CA.

22. **Knapp, S. E.** & Davis, E. L. (2017, November). *Trait serenity moderates the relation between the behavioral motivation systems and behavioral facets of emotion regulation.* Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, San Diego, CA.
23. **Knapp, S. E.**, Taylor, C. T., Ramsawh, H. J., Paulus, M. P., & Stein, M. B. (2015, November). *What good are positive emotions in treatment? Trait positive emotionality predicts response to cognitive behavioral therapy for anxiety.* Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, Chicago, IL.
24. **Knapp, S. E.**, & Taylor, C. T. (2015, November). *Impaired empathic concern is related to anhedonia and social disconnectedness in social anxiety disorder and depression.* Poster presentation at the annual conference for the Association for Behavioral and Cognitive Therapies, Anxiety Disorders Special Interest Group, Chicago, IL.
25. **Knapp, S. E.**, Taylor, C. T., Stein, M. B., & Paulus, M. P. (2015, March). *The effect of receiving positive social feedback on subsequent reward-based performance in individuals with social anxiety disorder.* Poster presentation at the annual conference for the Anxiety and Depression Association of America, Chicago, IL.
26. **Knapp, S. E.**, & Fader, N. (2014, October). *Anxiety and culture: Diagnostics, outcomes and implications for treatment.* Poster presentation at Multicultural Perspectives on Wellness: Thriving in Connection, Los Angeles, CA.
27. Ball, T. M., **Knapp, S. E.**, Paulus, M. P., & Stein, M. B. (2014, March). *Fear conditioning and emotion regulation in anxiety.* Poster presentation at the annual conference for the Anxiety and Depression Association of America, Chicago, IL.

*Denotes undergraduate student author

^Poster award nominee or winner

TEACHING EXPERIENCE*

Health Psychology, <i>Teaching Assistant</i>	Spring 2021
Research Methods: Statistical Procedures, <i>Teaching Assistant</i>	Winter 2021
Research Methods: Research Procedures, <i>Teaching Assistant</i>	Fall 2020
The Science of Emotions, <i>Instructor</i>	Summer 2020
Introduction to Psychology (Experimental), <i>Teaching Assistant</i>	Winter 2020
Drugs and Behavior, <i>Instructor</i>	Summer 2019
Psychology and The Law, <i>Teaching Assistant</i>	Winter 2019, Spring 2020
Personality Assessment, <i>Reader</i>	Fall 2018
Guest lecture: "The MMPI and Convergence Across Paradigms"	
Biological Issues in Development, <i>Reader</i>	Spring 2018
Guest lecture: "Emotions and Emotion Regulation"	
Introduction to Psychology (Social), <i>Teaching Assistant</i>	Fall 2017, Spring 2019

Social Psychology, *Teaching Assistant*

Winter 2018, Fall 2019

*Evaluations available upon request

RESEARCH EXPERIENCE

Graduate Student (co-advised)

Life Events Laboratory, UC Riverside
Mentor: Kate Sweeny, Ph.D.

September 2018-Current

Emotion Regulation Laboratory, UC Riverside
Mentor: Elizabeth Davis, Ph.D.

September 2016-Current

Graduate Research Assistant (Student worker)

ABCD—Adolescent Brain and Cognition Development
Coordinating Center, UCSD
Supervisor: Margie Hernandez, M.A.

June 2016-August 2016

Research Assistant

The Positive Emotion and Anxiety Research Lab,
UCSD Department of Psychiatry
PI: Charles Taylor, Ph.D.

July 2013-June 2016

Research Assistant

Anxiety & Traumatic Stress Disorders Research Program,
UCSD Department of Psychiatry
PIs: Tali Manber Ball, Ph.D.
Martin Paulus, Ph.D.
Murray B. Stein, Ph.D.

July 2013-June 2014

Research Assistant

The Center for Understanding and Treating Anxiety,
SDSU Department of Psychology
PI: Nader Amir, Ph.D.

Sept 2011-March 2012

APPLIED EXPERIENCE

Center for Discovery—Residential Eating Disorder Facility
Counselor

May 2016—August 2016

NON-PROFIT AND ACADEMIC SERVICE

Biobehavioral Research Laboratory Hiring Committee

Nov 2021

Departmental Graduate Student Peer Mentor

Sept 2020-Current

Society for Personality and Social Psychology Abstract Reviewer

Nov 2020

Elected Psychology Graduate Student Representative, UCR Anxiety and Depression Association of America Public Education Committee Member	Sept 2019-Sept 2020 March 2014-Sept 2019
Street of Dreams—San Diego, CA Secretary and Voting Member of the Advisory Board	Jan 2013-August 2016 July 2014-Oct 2014
Western Youth Services—Laguna Hills, CA Jewish Family Service—San Diego, CA Case Manager Aide	Aug 2011-Nov 2011

UNDERGRADUATE MENTORING/SERVICE

SPSS Live Tutorial	Jan 2021
Psi Chi R'psyc Conference Abstract Reviewer	May 2020, May 2021
Invited Panelist (Topic: Curriculum Vitae): Psi Chi	May 2020
Undergraduate Research and Creative Activities Symposium Reviewer	May 2020
Invited Panelist (Topic: Mental Health): Mellon Mays Undergraduate Fellowship Program	Jan 2020

PROFESSIONAL AFFILIATIONS

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

Special Training/Skills

SPSS
R Studio
MindWare Technologies
E-Prime
LIWC (Linguistic Inquiry and Word Count software)
Assisting in fMRI collection