

March 2012

TODD BARRETT KASHDAN**CURRICULUM VITAE****UNIVERSITY OFFICE**

Todd B. Kashdan, Ph.D.
 Associate Professor
 Department of Psychology
 George Mason University
 Mail Stop 3F5
 Fairfax, VA 22030
 Office Phone: (703) 993-9486
 Email: tkashdan@gmu.edu
 Website: <http://mason.gmu.edu/~tkashdan/>

ACADEMIC APPOINTMENTS

2010 - Present	Senior Scientist, Center for Consciousness and Transformation
2008 - Present	Associate Professor, Department of Psychology, George Mason University
2004 - 2008	Assistant Professor, Department of Psychology, George Mason University

EDUCATIONAL HISTORY

2004	Ph.D., University at Buffalo, Clinical Psychology
2003 - 2004	Clinical psychology internship at the Medical University of South Carolina
2000	M.A., University at Buffalo, Clinical Psychology
1996	B.S., Cornell University, Human Service Studies

ACADEMIC AWARDS/HONORS

2011	Psychologies Magazine list of "58 people who have changed our lives"
2010	Distinguished Faculty Member of the Year- GMU Alumni Association
2010	Outstanding Faculty Award Finalist, State Council of Higher Education for Virginia (top 29 in state)
2009	Author Teleseminar-Message Contest Winner ("best-up-and-coming author with the most relevant, compelling and powerful message")
2009	Outstanding Faculty Award Finalist, State Council of Higher Education for Virginia (top 29 in state)
2008	International Travel Supplemental Award, George Mason University
2007	Mason Emerging Research, Scholar, Creator Award (given to 3 distinguished faculty within 10 years of receipt of doctoral degree)
2006	Early Career Award- Association for the Advancement of Behavioral and Cognitive Therapies- Anxiety Disorders Special Interest Group
2005-2006, 2010	Nominated for George Mason University Teaching Excellence Award
2004	Merv Wagner Research Award - South Carolina Psychological Association
2004	MUSC Psychology Intern Research Paper Award
2003	Anxiety Disorder Association of America Trainee Award
2002	Society for a Science of Clinical Psychology Dissertation Grant Award
2002	College of Arts and Sciences Dissertation Fellowship
2002	Positive Psychology Summer Institute Fellowship
2002	Wisconsin Symposium on Emotion Travel Award
2001	Excellence in Teaching Award - Undergraduate Psychology Association/Psi Chi
2000-2003	Travel Scholarship to the International Positive Psychology Summit (4 times)
1998-2001	Presidential Fellowship Award, University at Buffalo

EDITORIAL ACTIVITIES

Associate Editor:

Journal of Personality and Social Psychology (2011 – 2013)
Journal of Personality (2007 - 2011)
Journal of Positive Psychology (2007 - 2011)

Editorial Boards:

Behavior Therapy (2007 - Present)
Journal of Anxiety Disorders (2007 - Present)
Journal of Research in Personality (2006 - Present)
Self and Identity (2005 - Present)
Journal of Social and Clinical Psychology (2004 - Present)
Journal of Positive Psychology (2005 - 2007)

Ad hoc Editorial Consultant (Journals):

<i>Psychological Science</i>	<i>Journal of Consulting and Clinical Psychology</i>
<i>Journal of Personality and Social Psychology</i>	<i>Journal of Abnormal Psychology</i>
<i>Current Directions in Psychological Science</i>	<i>American Psychologist</i>
<i>Emotion</i>	<i>Clinical Psychology Review</i>
<i>Behaviour Research and Therapy</i>	<i>Behavior Therapy</i>
<i>Personality and Social Psychology Bulletin</i>	<i>Health Psychology</i>
<i>Psychological Assessment</i>	<i>Depression and Anxiety</i>
<i>Cognitive Therapy and Research</i>	<i>Cognition and Emotion</i>
<i>Journal of Abnormal Child Psychology</i>	<i>Journal of Traumatic Stress</i>
<i>Motivation and Emotion</i>	<i>Journal of Personality Assessment</i>
<i>Personality and Individual Differences</i>	<i>Journal of Clinical Child and Adolescent Psychology</i>
<i>Behavior Modification</i>	<i>Journal of Happiness Studies</i>
<i>Journal of Psychosomatic Research</i>	<i>Journal of Studies on Alcohol</i>
<i>Journal of Research on Adolescence</i>	<i>Journal of Trauma Practice</i>
<i>Social and Personality Psychology Compass</i>	<i>Journal of Behavior Therapy & Experimental Psychiatry</i>

Editorial Consultant (Books):

<i>Oxford University Press</i>	<i>Palgrave Macmillan</i>
<i>Cambridge University Press</i>	<i>Wiley</i>
<i>Sage Publications</i>	<i>Prentice Hall</i>

† - indicates student author

BOOKS

1. **Kashdan, T.B.** & Ciarrochi, J. (under contract). *Mindfulness, acceptance, and positive psychology: Principles and practices for cultivating well-being*. New Harbinger Publications: Oakland, CA.
2. Sheldon, K., **Kashdan, T.B.**, & Steger, M.F. (2011). *Designing positive psychology: Taking stock and moving forward*. Oxford University Press.
3. **Kashdan, T.B.** (2009). *Curious? Discover the missing ingredient to a fulfilling life*. New York, NY: William Morrow.
Current Translations:
 - Korea/Ghungrim
 - Holland/Het Spectrum

–Japan/Mikasa Shobo (NOTE: officially a bestseller)
–China/Cheers Publishing
–Russia/Eksmo
–Romanian/Editura Trei

EDITED JOURNAL SPECIAL ISSUES

1. **Kashdan, T.B.** (2011) (Editor). Understanding how personality operates in the social world [Special Issue]. *Journal of Personality*, 79 (6)
2. **Kashdan, T.B.** (2007) (Editor). Emotion regulation: Current issues and new directions [Special Issue]. *Journal of Happiness Studies*, 8 (3)

† - indicates student author

PEER-REVIEWED JOURNAL ARTICLES

In Press

107. **Kashdan, T.B.**, Dewall, C.N., Pond, R.S., Silvia, P.J., Lambert, N.M., Fincham, F.D., †Savostyanova, A.A., & Keller, P.S. (in press). Curiosity protects against interpersonal aggression: Cross-sectional, daily process, and behavioral evidence. *Journal of Personality*
106. Pond, R.S., **Kashdan, T.B.**, Dewall, C.N., †Savostyanova, A. A., Lambert, N.M., & Fincham, F.D. (in press). Emotion differentiation buffers aggressive behavior in angered people: A daily diary analysis. *Emotion*
105. **Kashdan, T.B.**, †Adams, L., Read, J., & Hawk, L.W., Jr. (in press). Can a one-hour session of exposure treatment modulate startle response and reduce spider fears? *Psychiatry Research*
104. †Savostyanova, A. A., & **Kashdan, T.B.** (in press). Social anxiety and emotion regulation in daily life: Spillover effects on positive and negative social events. *Cognitive Behaviour Therapy* [Special Issue on Positivity Deficits in Social Anxiety Disorder]
103. **Kashdan, T.B.**, & Sandoz, E.K. (in press). Reconsidering the neuroevolutionary framework of the SEEKING System: Emphasizing context instead of positivity. *Neuropsychanalysis*

2012

102. DeWall, C.N., Lambert, N.M., Pond, R.S., Jr., **Kashdan, T.B.**, & Fincham, F.D. (2012). A grateful heart is a non-violent heart: Cross-sectional, experience sampling, longitudinal, and experimental evidence. *Social Psychological and Personality Science*, 3, 232-240.
101. Boden, M.T., Bonn-Miller, M.O., **Kashdan, T.B.**, Alvarez, J., & Gross, J.J. (2012). The interactive effects of emotional clarity and cognitive reappraisal in posttraumatic stress disorder. *Journal of Anxiety Disorders*, 26, 233-238.

2011

100. **Kashdan, T.B.**, McKnight, P.E., Fincham, F.D., & Rose, P. (2011). When curiosity breeds intimacy: Taking advantage of intimacy opportunities and transforming boring conversations. *Journal of Personality*, 79, 1369-1401.
99. **Kashdan, T.B.**, & McKnight, P.E. (2011). Dynamic, contextual approaches to studying personality in the social world. *Journal of Personality*, 79, 1177-1190.

98. **Kashdan, T.B.**, Weeks, J.W., & †Savostyanova, A.A. (2011). Whether, how, and when social anxiety shapes positive experiences and events: A self-regulatory framework and treatment implications. *Clinical Psychology Review, 31*, 786-799.
97. **Kashdan, T.B.**, †Adams, L., †Savostyanova, A.A., †Ferssizidis, P., McKnight, P.E., & Nezlek, J.B. (2011). Effects of social anxiety and depressive symptoms on the frequency and quality of sexual activity: A daily process approach. *Behaviour Research and Therapy, 49*, 352-360.
96. **Kashdan, T.B.**, & Roberts, J.E. (2011). Comorbid social anxiety disorder in clients with depressive disorders: Predicting changes in depressive symptoms, therapeutic relationships, and focus of attention in group treatment. *Behaviour Research and Therapy, 49*, 875-884.
95. Biswas-Diener, R., **Kashdan, T.B.**, & Minhas, G. (2011). A dynamic approach to psychological strength development and intervention. *Journal of Positive Psychology, 6*, 106-118.
94. ***Kashdan, T.B.**, & *†Savostyanova, A.A. (2011). Capturing the biases of socially anxious people by addressing partner effects and situational parameters. *Behavior Therapy, 42*, 211-223.
*- equal contribution
93. **Kashdan, T.B.**, †Afram, A., Brown, K.W., †Birnbeck, M., & †Drvoshanov, M. (2011). Curiosity enhances the role of mindfulness in reducing defensive responses to existential threat. *Personality and Individual Differences, 50*, 1227-1232.
92. †Breen, W.E., & **Kashdan, T.B.** (2011). Anger suppression in socially anxious individuals after imagined rejection. *Journal of Anxiety Disorders, 25*, 879-887.
91. ***Kashdan, T.B.**, *†Kane, J.Q., & Kecmanovic, J. (2011). Posttraumatic distress and the presence of posttraumatic growth and meaning in life: Experiential avoidance as a moderator. *Personality and Individual Differences, 50*, 84-89.
*- equal contribution
90. Wood, A.M., Linley, P.A., Maltby, J., **Kashdan, T.B.**, & Hurling, R. (2011). Using psychological strengths leads to less stress and greater self-esteem, vitality, and positive affect: Longitudinal examination of the strengths use questionnaire. *Personality and Individual Differences, 50*, 15-19.
89. Ciarrochi, J., **Kashdan, T.B.**, Leeson, P., Heaven, P., & Jordon, C. (2011). On being aware and accepting: A one-year longitudinal study into adolescent well-being. *Journal of Adolescence, 34*, 695-703.
88. Haigh, E.A.P., Moore, M.T., **Kashdan, T.B.**, & Fresco, D.M. (2011). Examination of the factor structure and concurrent validity of the Langer Mindfulness/Mindlessness Scale. *Assessment, 18*, 11-26.

2010

87. **Kashdan, T.B.**, †Ferssizidis, P., Collins, R.L., & Muraven, M. (2010). Emotion differentiation as resilience against excessive alcohol use: An ecological momentary assessment in underage social drinkers. *Psychological Science, 21*, 1341-1347.
86. Niemiec, C.P., Brown, K.W., **Kashdan, T.B.**, Cozzolino, P.J., †Breen, W., Levesque, C., & Ryan, R.M. (2010). Being present in the face of existential threat: The role of trait mindfulness in reducing defensive responses to mortality salience. *Journal of Personality and Social Psychology, 99*, 344-365.
85. **Kashdan, T.B.**, & Rottenberg, J. (2010). Psychological flexibility as a fundamental aspect of health. *Clinical Psychology Review, 30*, 865-878.
84. **Kashdan, T.B.**, & McKnight, P.E. (2010). The darker side of social anxiety: When aggressive impulsivity prevails over shy inhibition. *Current Directions in Psychological Science, 19*, 47-50.

83. **Kashdan, T.B.**, †Breen, W.E., & Julian, T. (2010). Everyday strivings in combat veterans with posttraumatic stress disorder: Problems arise when avoidance and emotion regulation dominate. *Behavior Therapy, 41*, 350-363.

82. **Kashdan, T.B.**, †Breen, W.E., †Terhar, D., & †Afram, A. (2010). Experiential avoidance in idiographic, autobiographical memories: Construct validity and links to social anxiety, depressive, and anger symptoms. *Journal of Anxiety Disorders, 24*, 528-534.

81. **Kashdan, T.B.**, & Collins, R.L. (2010). Social anxiety and the experience of positive emotions and anger in everyday life: An ecological momentary assessment approach. *Anxiety, Stress, & Coping, 23*, 259-272.

80. Brdr, I., & **Kashdan, T.B.** (2010). Character strengths and well-being in Croatia: An empirical investigation of structure and correlates. *Journal of Research in Personality, 44*, 151-154.

79. *Hofmann, S.G., & ***Kashdan, T.B.** (2010). The Affective Style Questionnaire: Development and psychometric properties. *Journal of Psychopathology and Behavioral Assessment, 32*, 255-263.

*- equal contribution

Translations: German, Japanese, Korean, Spanish, Serbian, and Turkish

78. †Breen, W.E., **Kashdan, T.B.**, †Lenser, M.L., & Fincham, F.D. (2010). Gratitude and forgiveness: Convergence and divergence on self-report and informant ratings. *Personality and Individual Differences, 49*, 932-937.

77. McKnight, P.E., †Afram, A., **Kashdan, T.B.**, Kastle, S., & Zautra, A. (2010). Coping self-efficacy as a mediator between catastrophizing and physical functioning: Treatment target selection in an osteoarthritis sample. *Journal of Behavioral Medicine, 33*, 239-249.

76. Froh, J. J., **Kashdan, T.B.**, Yurkewicz, C., Fan, J., Glowacki, J., & Allen, J. (2010). The benefits of passion and absorption in activities: Engaged living in adolescents and its role in psychological well-being. *Journal of Positive Psychology, 5*, 311-332.

75. †Ferssizidis, P., †Adams, L., **Kashdan, T.B.**, †Plummer, C., †Mishra, A., & Ciarrochi, J. (2010). Motivation for and commitment to social values: The roles of age and gender. *Motivation and Emotion, 34*, 354-362.

2009

74. *McKnight, P.E., & ***Kashdan, T.B.** (2009). Purpose in life as a system that creates and sustains health and well-being: An integrative, testable theory. *Review of General Psychology, 13*, 242-251.

*- equal contribution

73. ***Kashdan, T.B.**, *McKnight, P.E., Richey, J.A., & Hofmann, S.G. (2009). When social anxiety disorder co-exists with risk-prone, approach behavior: Investigating a neglected, meaningful subset of people in the National Comorbidity Survey-Replication. *Behaviour Research and Therapy, 47*, 559-568.

*- equal contribution

72. **Kashdan, T.B.**, †Mishra, A., †Breen, W.E., & Froh, J.J. (2009). Gender differences in gratitude: Examining appraisals, narratives, the willingness to express emotions, and changes in psychological needs. *Journal of Personality, 77*, 691-730.

71. **Kashdan, T.B.**, Morina, N., & Priebe, S. (2009). Post-traumatic stress disorder, social anxiety disorder, and depression in survivors of the Kosovo War: Experiential avoidance as a contributor to distress and quality of life. *Journal of Anxiety Disorders, 23*, 185-196.

70. **Kashdan, T.B.**, Gallagher, M.W., Silvia, P.J., Winterstein, B.P., †Breen, W.E., †Terhar, D., & Steger, M.F. (2009). The Curiosity and Exploration Inventory-II: Development, factor structure, and initial psychometrics. *Journal of Research in Personality, 43*, 987-998.

Translations: Spanish, Chinese, Italian, German, Russian, French, Norwegian, Portuguese, Finnish, Persian, Turkish, Dutch, Hungarian, Slovak, Czech, and more!

69. ***Kashdan, T.B.**, & *McKnight, P.E. (2009). Origins of purpose in life: Refining our understanding of a life well lived. *Psychological Topics, 18*, 303-316. [Special Issue on Positive Psychology]

*- equal contribution

68. *Biswas-Diener, R., ***Kashdan, T.B.**, & King, L.A. (2009). Two traditions of happiness research, not two distinct types of happiness. *Journal of Positive Psychology, 4*, 208-211.

*- equal contribution

67. McKnight, P.E., & **Kashdan, T.B.** (2009). The importance of functional impairment to mental health outcomes: A case for reassessing our goals in depression treatment research. *Clinical Psychology Review, 29*, 243-259.

66. Steger, M.F., & **Kashdan, T.B.** (2009). Depression and everyday social activity, belonging, and well-being. *Journal of Counseling Psychology, 56*, 289-300.

65. Silvia, P.J., & **Kashdan, T.B.** (2009). Interesting things and curious people: Exploration and engagement as transient states and enduring strengths. *Social Psychology and Personality Compass, 3*, 785-797.

64. Hofmann, S.G., Richey, J.A., **Kashdan, T.B.**, & McKnight, P.E. (2009). Anxiety disorders moderate the association between externalizing problems and substance use disorders: Data from the National Comorbidity Survey-Revised. *Journal of Anxiety Disorders, 23*, 529-534.

63. Froh, J.J., **Kashdan, T.B.**, Ozimkowski, K.M., & Miller, N. (2009). Who benefits the most from a gratitude intervention in children and adolescents? Examining positive affect as a moderator. *Journal of Positive Psychology, 4*, 408-422.

62. Steger, M.F., Oishi, S., & **Kashdan, T.B.** (2009). Meaning in life across the life span: Levels and correlates of meaning in life from adolescence to older adulthood. *Journal of Positive Psychology, 4*, 43-52.

61. Froh, J.J., **Kashdan, T.B.**, & Yurkewicz, C. (2009). Gratitude and subjective well-being in early adolescence: Examining mechanisms and gender differences. *Journal of Adolescence, 32*, 633-650.

2008

60. **Kashdan, T.B.**, Elhai, J.D., & †Breen, W.E. (2008). Social anxiety and disinhibition: An analysis of curiosity and social rank appraisals, approach-avoidance conflicts, and disruptive risk-taking behavior. *Journal of Anxiety Disorders, 22*, 925-939.

59. **Kashdan, T.B.** & Hofmann, M.F. (2008). The high novelty seeking, impulsive subtype of generalized social anxiety disorder. *Depression and Anxiety, 25*, 535-541.

58. ***Kashdan, T.B.**, *Biswas-Diener, R., & King, L.A. (2008). Reconsidering happiness: The costs of distinguishing between hedonics and eudaimonia. *Journal of Positive Psychology, 3*, 219-233.

*- equal contribution

57. **Kashdan, T.B.**, & †Breen, W.E. (2008). Social anxiety and positive emotions: A prospective examination of a self-regulatory model with tendencies to suppress or express emotions as a moderating variable. *Behavior Therapy, 39*, 1-12.

56. **Kashdan, T.B.**, Zvolensky, M.J., & McLeish, A.C. (2008). Anxiety sensitivity and affect regulatory strategies: Individual and interactive risk factors for anxiety-related symptoms. *Journal of Anxiety Disorders, 22*, 429-440.

55. Steger, M.F., **Kashdan, T.B.**, Sullivan, B.A., & Lorentz, D. (2008). Understanding the search for meaning in life: Personality, cognitive style, and the dynamic between experiencing and seeking meaning. *Journal of Personality, 76*, 199-228.
54. Steger, M.F., **Kashdan, T.B.**, & Oishi, S. (2008). Being good by doing good: Eudaimonic activity and daily well-being. *Journal of Research in Personality, 42*, 22-42.
53. Elhai, J.D., Grubaugh, A. L., **Kashdan, T.B.**, & Frueh, B.C. (2008). Empirical examination of a proposed refinement to DSM-IV posttraumatic stress disorder symptom criteria using the National Comorbidity Survey Replication data. *Journal of Clinical Psychiatry, 69*, 597-602.
52. Almeida, L., **Kashdan, T.B.**, Coelho, R., Albino-Teixeira, A., & Soares-da-Silva, P. (2008). Who volunteers for phase I clinical trial studies? Influences of anxiety, social anxiety and depressive symptoms on self-selection and reporting of adverse events. *European Journal of Clinical Pharmacology, 64*, 575-582.
51. Collins, R.L., **Kashdan, T.B.**, Koutsky, J., Morsheimer, E.T., & Vetter, C. (2008). A self-administered timeline followback to measure variations in underage drinkers' alcohol intake and binge drinking. *Addictive Behaviors, 33*, 196-200.
50. Naifeh, J.A., Elhai, J.D., **Kashdan, T.B.**, & Grubaugh, A.L. (2008). Posttraumatic stress disorder's latent structure: An examination of trauma-exposed medical patients using the posttraumatic stress disorder symptom scale. *Journal of Anxiety Disorders, 22*, 1355-1368.
49. Almeida, L., **Kashdan, T.B.**, Coelho, R., Albino-Teixeira, A., & Soares-da-Silva, P. (2008). Healthy subjects volunteering for phase I studies: Influence of curiosity, exploratory tendencies and perceived self-efficacy. *International Journal of Clinical Pharmacology and Therapeutics, 46*, 109-118.

2007

48. **Kashdan, T.B.** (2007). Social anxiety spectrum and diminished positive experiences: Theoretical synthesis and meta-analysis. *Clinical Psychology Review, 27*, 348-365.
47. **Kashdan, T.B.** & Steger, M.F. (2007). Curiosity and pathways to well-being and meaning in life: Traits, states, and everyday behaviors. *Motivation and Emotion, 31*, 159-173.
46. **Kashdan, T.B.** (2007). New developments in emotion regulation with an emphasis on the positive spectrum of human functioning. *Journal of Happiness Studies, 8*, 303-310.
45. **Kashdan, T.B.**, & Roberts, J.E. (2007). Social anxiety, depressive symptoms, and post-event rumination: Affective consequences and social contextual influences. *Journal of Anxiety Disorders, 21*, 284-301.
44. **Kashdan, T.B.**, †Volkman, J., †Breen, W.E., & †Han, S. (2007). Social anxiety and romantic relationships: The costs and benefits of negative emotion expression are context-dependent. *Journal of Anxiety Disorders, 21*, 475-492.
43. **Kashdan, T.B.**, & †Breen, W.E. (2007). Materialism and diminished well-being: Experiential avoidance as a mediating mechanism. *Journal of Social and Clinical Psychology, 26*, 521-539.
42. **Kashdan, T.B.** & Yuen, M. (2007). Whether highly curious students thrive academically depends on the learning environment of their school: A study of Hong Kong adolescents. *Motivation and Emotion, 31*, 260-270.
41. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2007). Anhedonia, emotional numbing, and symptom overreporting in male veterans with PTSD. *Personality and Individual Differences, 43*, 725-735.
40. **Kashdan, T.B.** (2007). New perspectives on social anxiety: Addressing the positive spectrum of

human functioning. *Anxiety Disorders: A Quarterly Report*, 4, 1-5.

39. Bottonari, K. A., Roberts, J.E., Kelly, M.A.R., **Kashdan, T.B.**, & Ciesla, J.A. (2007). A prospective investigation of the impact of attachment style on stress generation among clinically depressed individuals. *Behavior Research and Therapy*, 45, 179-188.

38. Elhai, J.D., **Kashdan, T.B.**, Snyder, J.J., North, T.C., Heaney, C.J., & Frueh, B.C. (2007). Symptom severity and lifetime and prospective health service use among military veterans evaluated for PTSD. *Depression and Anxiety*, 24, 178-184.

37. Steger, M.F., & **Kashdan, T.B.** (2007). Stability and specificity of meaning in life and life satisfaction over one year. *Journal of Happiness Studies*, 8, 161-179.

36. Steger, M.F., Hicks, B., **Kashdan, T.B.**, Krueger, R.F., Bouchard, T.J., Jr. (2007). Genetic and environmental influences on the positive traits of the Values in Action classification, and biometric covariance with normal personality. *Journal of Research in Personality*, 41, 524-539.

35. Elhai, J.D., Gray, M.J., Docherty, A.R., **Kashdan, T.B.**, & Kose, S. (2007). Structural validity of the Posttraumatic Stress Disorder Checklist among college students with a trauma history. *Journal of Interpersonal Violence*, 22, 1471-1478.

2006

34. **Kashdan, T.B.** & Steger, M.F. (2006). Expanding the topography of social anxiety: An experience sampling assessment of positive emotions and events, and emotion suppression. *Psychological Science*, 17, 120-128.

33. **Kashdan, T.B.**, Barrios, V., Forsyth, J.P., & Steger, M.F. (2006). Experiential avoidance as a generalized psychological vulnerability: Comparisons with coping and emotion regulation strategies. *Behaviour Research and Therapy*, 9, 1301-1320.

32. **Kashdan, T.B.**, Julian, T., †Merritt, K., & Uswatte, G. (2006). Social anxiety and posttraumatic stress in combat veterans: Relations to well-being and character strengths. *Behaviour Research and Therapy*, 44, 561-583.

31. **Kashdan, T.B.**, Frueh, B.C., Knapp, R., Hebert, R., & Magruder, K. (2006). Social anxiety disorder in veterans affairs primary care clinics. *Behaviour Research and Therapy*, 44, 233-247.

30. **Kashdan, T.B.**, Uswatte, G., & Julian, T. (2006). Gratitude and hedonic and eudaimonic well-being in Vietnam War veterans. *Behaviour Research and Therapy*, 44, 177-199.

29. **Kashdan, T.B.**, Uswatte, G., Steger, M.F., & Julian, T. (2006). Fragile self-esteem and affective instability in posttraumatic stress disorder. *Behaviour Research and Therapy*, 44, 1609-1619.

28. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2006). Anhedonia and emotional numbing in combat veterans with PTSD. *Behaviour Research and Therapy*, 44, 457-467.

27. **Kashdan, T.B.**, Collins, R.L., & Elhai, J.D. (2006). Social anxiety, positive outcome expectancies, and risk-taking behavioral intentions. *Cognitive Therapy and Research*, 30, 749-761.

26. **Kashdan, T.B.**, & Roberts, J.E. (2006). Affective outcomes and cognitive processes in superficial and intimate interactions: Roles of social anxiety and curiosity. *Journal of Research in Personality*, 40, 140-167.

25. Roberts, J.E., Carlos, E.L., & **Kashdan, T.B.** (2006). The impact of depressive symptoms, self-esteem and neuroticism on trajectories of overgeneral autobiographical memory over repeated trials. *Cognition and Emotion*, 20, 383-401.

24. Elhai, J. D., Jacobs, G.A., **Kashdan, T.B.**, DeJong, G.L., Meyer, D.L., & Frueh, B. C. (2006). Mental health service use among American Red Cross disaster workers responding to the September 11, 2001 U.S. terrorist attacks. *Psychiatry Research, 143*, 29-34.

23. Bagwell, C.L., Molina, B.S.G., **Kashdan, T.B.**, Pelham, W.E., & Hoza, B. (2006). Anxiety and mood disorders in adolescents with childhood attention-deficit hyperactivity disorder. *Journal of Emotional and Behavioral Disorders, 14*, 178-187.

22. Aron, A., Steele, J., **Kashdan, T.B.**, & Perez, M. (2006). When similars don't attract: Tests of a prediction from the self-expansion model. *Personal Relationships, 13*, 387-396.

2005

21. **Kashdan, T.B.**, & Wenzel, A. (2005). A transactional approach to social anxiety and the genesis of interpersonal closeness: Self, partner, and social context. *Behavior Therapy, 36*, 335-346.

20. **Kashdan, T.B.**, Vetter, C. & Collins, R.L. (2005). Substance use in young adults: Associations with personality and gender. *Addictive Behaviors, 30*, 259-269.

19. Elhai, J.D., Gray, M.J., **Kashdan, T.B.**, & Franklin, C.L. (2005). Which instruments are most commonly used to assess traumatic event exposure and posttraumatic effects?: A survey of traumatic stress professionals. *Journal of Traumatic Stress, 18*, 541-545.

18. Frueh, B.C., Elhai, J.D., Grubaugh, A.L., Monnier, J., **Kashdan, T.B.**, Sauvageot, J.A., Hamner, M.B., Burkett, B.G., & Arana, G.W. (2005). Documented combat exposure of veterans seeking treatment for combat-related posttraumatic stress disorder. *British Journal of Psychiatry, 186*, 467-472.

17. Elhai, J.D., **Kashdan, T.B.**, & Frueh, B.C. (2005). Is loss of livestock considered to be a traumatic event? *British Journal of Psychiatry, 187*, 189-190.

2004

16. **Kashdan, T.B.** (2004). The neglected relationship between social interaction anxiety and hedonic deficits: Differentiation from depressive symptoms. *Journal of Anxiety Disorders, 18*, 719-730.

15. **Kashdan, T.B.**, & Roberts, J.E. (2004). Trait and state curiosity in the genesis of intimacy: Differentiation from related constructs. *Journal of Social and Clinical Psychology, 23*, 792-816.

14. **Kashdan, T.B.**, & Roberts, J.E. (2004). Social anxiety's impact on affect, curiosity, and social self-efficacy during a high self-focus social threat situation. *Cognitive Therapy and Research, 28*, 119-141.

13. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Hoza, B., Blumenthal, J. D., & Gnagy, E.M. (2004). Depression and anxiety in parents of children with ADHD and varying levels of oppositional-defiant behaviors: Modeling relationships with family functioning. *Journal of Clinical Child and Adolescent Psychology, 33*, 169-181.

12. **Kashdan, T.B.**, Rose, P., & Fincham, F.D. (2004). Curiosity and exploration: Facilitating positive subjective experiences and personal growth opportunities. *Journal of Personality Assessment, 82*, 291-305.

11. **Kashdan, T.B.** (2004). The assessment of subjective well-being (issues raised by the Oxford Happiness Questionnaire). *Personality and Individual Differences, 36*, 1225-1232.

10. **Kashdan, T.B.** & Steger, M.F. (2004). Approaching psychological science with Kuhn's eyes. *American Psychologist, 59*, 272-273.

2003

9. Collins, R.L., **Kashdan, T.B.** & Gollnisch, G. (2003). The feasibility of using cellular phones to collect ecological momentary assessment data: Application to alcohol consumption. *Experimental and Clinical Psychopharmacology*, 11, 73-78.

8. Fals-Stewart, W., Birchler, G.R., Hoebbel, C., **Kashdan, T.B.**, Golden, J., & Parks, K. (2003). An examination of indirect risk of exposure to HIV among wives of substance-abusing men. *Drug and Alcohol Dependence*, 70, 65-76.

2002

7. **Kashdan, T.B.** (2002). Social anxiety dimensions, neuroticism, and the contours of positive psychological functioning. *Cognitive Therapy and Research*, 26, 789-810.

6. **Kashdan, T.B.**, Pelham, W.E., Lang, A.R., Hoza, B., Jacob, R.G., Jennings, J.R., Blumenthal, J. D., & Gnagy, E.M. (2002). Hope and optimism as human strengths in parents of children with externalizing disorders: Stress is in the eye of the beholder. *Journal of Social and Clinical Psychology*, 21, 441-468.

5. Fals-Stewart, W., **Kashdan, T.B.**, O'Farrell, T.J., & Birchler, G.R. (2002). Behavioral couples therapy for male-drug abusing patients: Effects on partner violence. *Journal of Substance Abuse Treatment*, 22, 87-96.

4. **Kashdan, T.B.**, & Fincham, F.D. (2002). Facilitating creativity by regulating curiosity. *American Psychologist*, 5, 373-374.

2001

3. **Kashdan, T.B.**, & Herbert, J.D. (2001). Social anxiety disorder in childhood and adolescence: Current status and future directions. *Clinical Child and Family Psychology Review*, 4, 37-61.

2000

2. Russ, M.J., Lachman, H.M., **Kashdan, T.**, Saito, T., & Bajmakovic-Kacila, S. (2000). Analysis of catechol-O-methyltransferase and 5-hydroxytryptamine transporter polymorphisms in patients at risk for suicide. *Psychiatry Research*, 93, 73-78.

1999

1. Russ, M.J., **Kashdan, T.**, Pollack, S., & Bajmakovic-Kacila, S. (1999). Assessment of suicide risk 24 hours after psychiatric hospital admission. *Psychiatric Services*, 50, 1491-1494.

MANUSCRIPTS UNDER REVIEW

†Adams, L.M., Stuewig, J.B., Tangney, J.P., & **Kashdan, T.B.** (2012). Perceived susceptibility to HIV as a risk factor for unsafe sexual and drug behaviors: A longitudinal evaluation of jail inmates. *Health Psychology*

Dubois, C.M., Nyer, M.B., Beach, S.R., Park, E., Boehm, J., **Kashdan, T.B.**, & Huffman, J.C. (2012). Positive psychological experiences and strengths of character in cardiac patients. *Psychological Medicine*

DeWall, C.N., **Kashdan, T.B.**, Schurtz, D.R., Deckman, T., Gailliot, M.T., Lykins, E.L.B., Evans, D.R., McKenzie, J., & Segerstrom, S.C. (revise-resubmit status). More than words: Contemplating death enhances positive emotional word use. *Cognition and Emotion*

DeWall, C.N., Masten, C.L., **Kashdan, T.B.**, Pond, R.S., Jr., Powell, C., Combs, D., & Schurtz,

D.R. (2011). Who is Most Vulnerable to Social Rejection? The Toxic Combination of Low Self-Esteem and Lack of Emotional Differentiation on Neural Responses to Rejection. *Trends in Cognitive Sciences*

Kashdan, T.B., †Adams, L., †Savostyanova, A., †Ferssizidis, P., McKnight, P.E., & Nezlek, J.B. (2011). Sexual healing: Therapeutic benefits of intimate and pleasurable sexual activity in socially anxious adults. *Science*

Kashdan, T.B., †Ferssizidis, P., †Savostyanova, A., †Adams, L., & McKnight, P.E. (2011). How do people with social anxiety difficulties respond when romantic partners share positive events? Exploring dyadic dynamics with the Actor-Partner Interdependence Model. *Journal of Consulting and Clinical Psychology*

Kashdan, T.B., & Nezlek, J.B. (accepted pending minor revisions). Whether, when, and how is spirituality related to well-being? Moving beyond single, occasion questionnaires to a daily process. *Personality and Social Psychology Bulletin*

Kashdan, T.B., Sherman, R.A., †Yarbro, J., & Funder, D.C. (2012). How are curious people viewed and how do they behave in social situations? From the perspectives of self, friends, parents, and unacquainted observers. *Personality and Social Psychology Bulletin*

Kashdan, T.B., Young, K.C., & McKnight, P.E. (2012). When is rumination an adaptive mood repair strategy? Day-to-day rhythms of life in combat veterans with and without posttraumatic stress disorder. *Journal of Anxiety Disorders*

Kleiman, E.M., Adams, L.M., **Kashdan, T.B.**, & Riskind, J.H. (2012). Grit and gratitude as interactive resilience factors in suicide. *Psychological Science*

BOOK CHAPTERS

18. **Kashdan, T.B.**, & Silvia, P. (2011). Curiosity as a social lubricant: Transforming conversations to be interesting, engaging, and meaningful. In J.J. Froh & A. Parks-Sheiner (Eds.), *Positive psychology in higher education: A practical workbook for the classroom*. Washington DC: American Psychological Association.

17. **Kashdan, T.B.**, & Weeks, J.W. (2010). Social anxiety, positive experiences, and positive events. In S.G. Hofmann & P.M. Dibartolo (Eds.), *Social anxiety: Clinical, developmental, and social perspectives* (pp. 447-469). Needham Heights, MA: Allyn & Bacon.

16. †Ferssizidis, P., **Kashdan, T.B.**, †Marquat, R.A., & Steger, M.F. (in press). Positive psychological experiences and psychopathology: A self-regulatory perspective. In I. Boniwell and S. David (Ed.), *Oxford Handbook of Happiness*. Oxford, UK: Oxford University Press.

15. Steger, M.F., Beeby, A., Garrett, S., & **Kashdan, T.B.** (in press). Creating a stable architectural framework of existence: Proposing a model of lifelong meaning. In I. Boniwell and S. David (Ed.), *Oxford Handbook of Happiness*. Oxford, UK: Oxford University Press.

14. **Kashdan, T.B.**, & Steger, M.F. (2011). Challenges, pitfalls, and aspirations for positive psychology. In K. Sheldon, T.B. Kashdan, & M.F. Steger, *Designing positive psychology: Taking stock and moving forward* (pp. 9-21). New York: Oxford University Press.

13. Zvolensky, M. J., **Kashdan, T.B.**, Gonzalez, A., & Hogan, J. (2009). Vulnerability for substance use disorders in adulthood. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to psychopathology: Risk across the lifespan* (pp. 141-175). New York, NY: Guilford Press.

12. Chassin, L., Collins, R.L., Ritter, J., Shirley, M.C., Zvolensky, M. J., & **Kashdan, T.B.** (2009). Vulnerability to substance use disorders across the lifespan. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to psychopathology: Risk across the lifespan* (pp. 176-188). New York, NY: Guilford Press.

11. *Biswas-Diener, R., & ***Kashdan, T.B.** (in press). Happiness and relationships. In H. Reis & S.K. Sprecher (Ed.), *Encyclopedia of Human Relationships*. Sage.
*- equal contribution
10. Wenzel, A., & **Kashdan, T.B.** (2008). Emotional disturbances and the initial stages of relationship development: Processes and consequences of social anxiety and depression. In S. Sprecher, A. Wenzel, & J. Harvey (Eds.), *Handbook of relationship initiation* (pp. 425-450). Mahwah, NJ: Lawrence Erlbaum.
9. †Breen, W.E., & **Kashdan, T.B.** (in press). Social anxiety. In W.A. Darity (Eds.). *International Encyclopedia of the Social Sciences*. Farmington Hills, MI: Macmillan.
8. **Kashdan, T.B.**, & Silvia, P. (2009). Curiosity and interest: The benefits of thriving on novelty and challenge. In S.J. Lopez (Ed.), *Handbook of Positive Psychology* (2nd Ed.) (pp. 367-375). Oxford, UK: Oxford University Press.
7. **Kashdan, T.B.**, & Silvia, P. (in press). Curiosity. In S.J. Lopez, (Ed.), *Encyclopedia of positive psychology*. Oxford, UK: Blackwell Publishing.
6. **Kashdan, T.B.**, Steger, M.F., & †Breen, W.E. (2007). Curiosity. In R. Baumeister & K. Vohs (Eds.). *Encyclopedia of Social Psychology* (pp. 213-215). Thousand Oaks, CA: Sage Publications.
5. Steger, M.F., & **Kashdan, T.B.** (2007). Search for meaning in life. In R. Baumeister & K. Vohs (Eds.). *Encyclopedia of Social Psychology* (pp. 783-785). Thousand Oaks, CA: Sage Publications.
4. Steger, M.F., & **Kashdan, T.B.** (in press). Positive psychology. In H. E. A. Tinsley & S. H. Lease (Eds.), *Encyclopedia of counseling psychology*. Thousand Oaks, CA: Sage Publications.
3. **Kashdan, T.B.** (2004). Curiosity. In C. Peterson and M.E.P. Seligman, (Ed.), *Character strengths and virtues: A handbook and classification* (pp. 125-141). Washington, DC: American Psychological Association and Oxford University Press.
2. **Kashdan, T.B.**, & Fincham, F.D. (2004). Facilitating curiosity: A social and self-regulatory perspective for scientifically based interventions. In P.A. Linley & S. Joseph, (Ed.), *Positive psychology in practice* (pp. 482-503). New Jersey: Wiley.
1. Fincham, F.D., & **Kashdan, T.B.** (2004). Facilitating forgiveness. In P.A. Linley & S. Joseph, (Ed.), *Positive Psychology in Practice* (pp. 617-637). New Jersey: Wiley.

BOOK REVIEWS

5. **Kashdan, T.B.** (2007). The essential role of affect in understanding and treating Psychopathology: Sharpening definitions, theoretical frameworks, and measurement issues. *PsycCritiques*
4. **Kashdan, T.B.** (2007). State-of-the-art methodologies and analytic approaches in (positive) psychology. *Journal of Positive Psychology*, 2, 216-218.
3. †Breen, W.E., & **Kashdan, T.B.** (2007). The role of Acceptance and Commitment Therapy in contemporary clinical intervention: A review of Eifert and Forsyth's (2005) clinical manual for anxiety related conditions. *Cognitive and Behavioral Practice*, 14, 415-416.
2. **Kashdan, T.B.** (2006). Exploring the functions, correlates, and consequences of interest and curiosity. *Journal of Personality Assessment*, 87, 322-323.
1. **Kashdan, T.B.** (2001). Happiness: The nature and nurture of joy and contentment [Book Review]. *Journal of Happiness Studies*, 2, 331-336.

OTHER PUBLICATIONS

2. **Kashdan, T.B.** (2009). Wired to wonder. *Greater Good Magazine* [Lead article]
1. **Kashdan, T.B.** (2003). Kindling curiosity: Scientific suggestions for toy design. *Toy Industry Association Technology Access Program* [Lead article for online magazine]

GRANTS UNDER REVIEW

Title: World Wide Gratitude
Funding Source: Expanding the Science and Practice of Gratitude (sponsored by the Templeton Foundation and Greater Good Science Center)
Amount: \$500,000
Dates: 2012-2014
Role: Principal Investigator

Title: Psychological distress and successful adaptation to stress in first responders
Funding Source: Department of Homeland Security
Amount: \$434,954
Dates: 2012-2014
Role: Principal Investigator

RECENT, UNFUNDED GRANTS

Title: Enhancing Positive Youth Development Using a Resilience-Based Group Therapy
Funding Source: National Institute of Child Health and Human Development
Amount: \$1,000,000
Dates: 2012-2015
Role: Co-Investigator

Title: Pro-Social Orientation as a Fundamental Facet of Moral Character: Intraindividual Consistency, Situational Compatibility, and Self-Regulation of Greater Good Concerns
Funding Source: The Character Project (sponsored by the Templeton Foundation)
Amount: \$300,000
Dates: 2012-2015
Role: Co-Principal Investigator

Title: Momentum: Individualized retention solutions through mobile technologies
Funding Source: Department of Education
Amount: \$1,500,000
Dates: 2011-2014
Role: Consultant

Title: Psychological distress and successful adaptation to stress in first responders
Funding Source: Department of Homeland Security
Amount: \$434,954
Dates: 2011-2013
Role: Principal Investigator

GRANTS RECEIVED

Title: The potency of character strengths in romantic relationships
Funding Source: Mayerson Foundation
Amount: \$70,210
Dates: 5/1/11 to 5/1/13
Role: Principal Investigator

Title: Clinical Science in Practice: Creating a Sustainable Research Database
Funding Source: Society for the Science of Clinical Psychology's Clinical Scientist Training Initiative Grant
Amount: \$1500
Dates: 5/1/11 to 5/31/12
Role: Collaborator

Title: Chronic and Acute Effects of Nicotine Cigarettes on Social Information Processing (NIH F31)
Funding Source: National Institute of Health
Amount: \$101,188
Dates: 2011-2013
Role: Primary Mentor (†Savostyanova, A.A.)

Title: Social anxiety disorder and emotion regulation (R21 MH073937)
Funding Source: National Institute of Mental Health
Amount: \$341,609 total costs
Dates: 9/2006-1/2009
Role: Principal Investigator

Title: The phenomenology of pleasure in people with social anxiety disorder
Funding Source: George Mason University Faculty Grant
Amount: \$6,000 direct costs
Dates: 3/2005-8/2005
Role: Principal Investigator

Title: Psychological strengths in the everyday lives of Vietnam War Veterans
Funding Source: Positive Psychology Microgrant
Amount: \$1,800 direct costs
Dates: 2/2003-6/2003
Role: Principal Investigator

Title: Psychological strengths of Vietnam War Veterans compared to matched controls
Funding Source: Veterans Integrated Service Network
Amount: \$7,100 direct costs
Dates: 2/2003-6/2003
Role: Co-Principal Investigator (Julian, T., PI)

Title: Curiosity, social anxiety, and cognitive-processing in the genesis of intimacy
Funding Source: Positive Psychology Network
Amount: \$500 direct costs
Dates: 2/2002-8/2002
Role: Principal Investigator

Title: Psychological strengths in Vietnam War Veterans with PTSD
Funding Source: Veterans Integrated Service Network
Amount: \$11,400 direct costs
Dates: 5/2002-8/2002
Role: Co-Principal Investigator (Julian, T., PI)

Title: Cigarette smoking in treatment seeking Veterans with PTSD
Funding Source: Veterans Integrated Service Network
Amount: \$11,400 direct costs
Dates: 5/2002-8/2002
Role: Co-Principal Investigator (Julian, T., PI)

Title: Social anxiety and the direction of attentional focus (F31 MH63565-01A1)
Funding Source: National Institute of Mental Health
Amount: \$40,500 direct costs
Dates: 9/2001-10/2003
Role: Principal Investigator

COMPLETED TRAINING GRANTS

Title: Self-compassion in romantic relationships
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Summer 2011
Role: Principal Investigator (with †Kristin Wymard)

Title: Touch as a predictor of relationship satisfaction in high socially anxious individuals
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Summer 2007
Role: Principal Investigator (with †Lauren Serpati)

Title: Social anxiety and romantic relationships
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Fall 2006
Role: Principal Investigator (with †Lucy Guardiano)

Title: Veterans and values: The effect of strivings and PTSD on everyday well-being
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Summer 2006
Role: Principal Investigator (with †Daniel Terhar)

Title: Social anxiety and romantic relationships: An initial exploration of positive relationship processes
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Summer 2006
Role: Principal Investigator (with †Lucy Guardiano)

Title: Gratitude experiences across the lifespan
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Fall 2005
Role: Principal Investigator (with †Anjali Mishra)

Title: Age differences in the experience, perception, and expression of gratitude
Funding Source: Faculty-Student Apprenticeship Award at George Mason University
Amount: \$1,000 direct costs
Dates: Summer 2005
Role: Principal Investigator (with †Anjali Mishra)

SELECTED LIST OF KEYNOTES, WORKSHOPS, AND CONFERENCE TALKS

100. **Kashdan, T.B.** (2012, March). Wielding strengths and tolerating pain. Workshop at Australian Positive Psychology and Wellbeing Conference, Sydney, Australia.

99. **Kashdan, T.B.** (2012, March). Unpacking mindfulness: Describing, labeling, and curiosity exploring emotions. Keynote at Australian Positive Psychology and Wellbeing Conference, Wollongong, Australia.

98. Ciarrochi, J., **Kashdan, T.B.**, & Harris, R. (2012, March). Foundations of flourishing. Talk at Australian Positive Psychology and Wellbeing Conference, Wollongong, Australia.

97. **Kashdan, T.B.** (February, 2012). The Science behind Winning Friends, Influencing People, Creating a Thriving Organization, and Living a Life Most Worth Living. Keynote for New Spring Capital, Tysons Corner, VA.
96. **Kashdan, T.B.** (December, 2011). Personality and the perils and promises of everyday life: Lessons on sex, violence, and purpose in life. Colloquia for University of Toledo, Toledo, OH.
95. **Kashdan, T.B.** (November, 2011). Curiosity and living a well-lived life. Keynote for HarveySpeaks, Katonah, NY.
94. **Kashdan, T.B.** (November, 2011). Becoming a curious explorer. Workshop for HarveySpeaks, Katonah, NY.
93. **Kashdan, T.B.** & C.B. DeWall (November, 2011). Nuanced emotions: Adding some flexibility. In V.Vine (Chair), *Getting clear about emotional clarity: Construct, measurement, and implications for emotion regulation and psychopathology*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
92. Boden, M.T., Bonn-Miller, M.O., Groww, J.J., Alvarez, J., **Kashdan, T.B.**, & Kuo, J. (November, 2011). Exploring links between dimensions of emotional awareness, emotion regulation and posttraumatic stress disorder. In V.Vine (Chair), *Getting clear about emotional clarity: Construct, measurement, and implications for emotion regulation and psychopathology*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
91. †Klein, S., **Kashdan, T.B.**, †Yarbro, J., †Savostyanova, A.A., †Vitalis, J., †Pahira, J., †Dodge, A., †Vaughn, M., †McGraw, D., †L'Etoile, C., & †Julian, A. (November, 2011). Sharing in or missing out on the amusement of romantic partners. In C.L. Gordon (Chair), *Positive factors that promote relationship well-being*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
90. †Savostyanova, A.A., & **Kashdan, T.B.**, (November, 2011). Sharing in or missing out on the amusement of romantic partners. In K.C. Fernandez (Chair), *Embracing the digital age: Methodological innovations in the study of social anxiety*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Toronto, Canada.
89. **Kashdan, T.B.** (October, 2011). How the science of curiosity can lead to greater productivity, creativity, relationships, and leadership. Keynote for Hormel Annual Meeting, New York, NY.
88. **Kashdan, T.B.** (October, 2011). Nuanced emotions: Adding some flexibility to ACT. Keynote at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
87. **Kashdan, T.B.** (October, 2011). Cutting edge research. Panel member at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
86. **Kashdan, T.B.** (October, 2011). ACT, Positive Psychology, and Coaching: Creating a Unified Framework. Panel member at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.
85. **Kashdan, T.B.** (September, 2011). Breeding and Nurturing Flexible Minds. Workshop for Forsyth Medical Center, Winston-Salem, VA.
84. **Kashdan, T.B.** (September, 2011). Moving away from a context-free positive psychology. Keynote for New Zealand Association of Positive Psychology (via Skype)
83. **Kashdan, T.B.** (August, 2011). Flexible Mind, Flexible Living: Who Thrives, Who Fails, and Why. Workshop for Student Affairs, College of William and Mary, Williamsburg, VA.
82. **Kashdan, T.B.** (August, 2011). Bringing publishing dreams to fruition: Tips for productive writing and public speaking that makes a real impact. Keynote for Book Breakthrough Conference, New York, NY.

81. **Kashdan, T.B.** (July, 2011). Designing the future of positive psychology. Presented at the International Positive Psychology Association, Philadelphia, PA.
80. **Kashdan, T.B.** (July, 2011). Scientific infusions to positive psychology interventions. Presented at the International Positive Psychology Association, Philadelphia, PA.
79. **Kashdan, T.B.** (July, 2011). Can we @#\$% away the pain? Presented at the International Positive Psychology Summit, Philadelphia, PA.
78. **Kashdan, T.B.** (April, 2011). Vital living and the capacity to experience pain. Workshop at the Leading to Well-Being Conference, George Mason University, Fairfax, VA.
77. **Kashdan, T.B.** (January, 2011). Flexible Mind, Flexible Living: Who Thrives, Who Fails, and Why. Workshop at General Mills, Minnesota.
76. **Kashdan, T.B.** (November, 2010). Curious People Don't Kill Their Cats: The Science Behind Winning Friends, Influencing People, and Living a Life Most Worth Living. Workshop at Design for Conversion Conference, New York, NY.
75. **Kashdan, T.B.** (November, 2010). Positive Psychology 3.0: Flexible, Dynamic Perspectives. Workshop sponsored by the Australian Psychological Association, Blairgowrie, Australia
74. **Kashdan, T.B.**, †Klein, S., †Terhar, D., & †Chesky, J. (November, 2010). When emotion regulation becomes problematic: Everyday strivings in people with social anxiety disorder. In J.W. Weeks (Chair), *Self-regulation processes in social anxiety disorder*. Symposium at the Annual Conference of the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA.
73. **Kashdan, T.B.**, †Ferssizidis, P., †Savostyanova, A., †Birnbeck, M., †Plummer, C., †Jones, K., †Drvoshanov, M., †Counihan, C., †Marquart, R.A., †Nguyen, T., †Harlow, M.C., †Rock, A.C., & †Afram, A. (November, 2010). How do people with social anxiety problems respond when romantic partners share good news? In K. Peterson & D.A. Smith (Chairs), *Contemporary conceptualizations of criticism in psychopathology and close relationships*. Symposium at the Annual Conference of the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA.
72. †Ferssizidis, P. Z., & **Kashdan, T.B.** (November, 2010). Contribution of hope and experiential avoidance to psychopathology and quality of life in trauma survivors. In E.C. Marshall & A.A.Vujanovic (Chairs), *Trauma exposure: Transdiagnostic risk and resilience factors*. Symposium at the Annual Conference of the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA.
71. **Kashdan, T.B.** (October, 2010). Psychologically Flexible Living and Leadership. Workshop for Informational Technology Unit. George Mason University, Fairfax, VA.
70. **Kashdan, T.B.**, & Ciarrochi, J. (October, 2010). Positive psychology interventions: Focusing on sustainability and ACT consistency. Workshop at the Association for Contextual Behavioral Science World Congress, Adelaide, Australia.
69. **Kashdan, T.B.** (October, 2010). Three lessons on personality and well-being. Keynote address at the Association for Contextual Behavioral Science World Congress, Adelaide, Australia.
68. **Kashdan, T.B.** (October, 2010). Aspirational treatments for anxiety. Invited talk at the Association for Contextual Behavioral Science World Congress, Adelaide, Australia.
67. **Kashdan, T.B.** (2010, September). The Science of Happiness and Meaning in Life. Vision Series Speaker, George Mason University, Fairfax, VA.
66. **Kashdan, T.B.** (2010, June). Curiosity, Courage, and Creativity: How to Thrive in an Uncertain, Unpredictable World. Keynote for the Extraordinary Lives Colloquium. Fort Worth, TX.

65. **Kashdan, T.B.** (2010, April). Curiosity, Courage, and Creativity: The Science of Superior Performance. Keynote for the Career and Professional Development Conference for Fairfax County Government. Fairfax, VA.
64. **Kashdan, T.B.** (2010, April). Staying Curious. Keynote at the Spring LearningFest. University of Minnesota.
63. **Kashdan, T.B.** (2010, April). Emotion differentiation as risk and resilience for alcohol abuse. Colloquia at the University of Kentucky, Lexington, KY.
62. **Kashdan, T.B.** (2010, April). Three Lessons on Personality and Well-Being. Colloquia at the University of Kentucky, Lexington, KY.
61. **Kashdan, T.B.** (2010, March). Psychological Flexibility as a Fundamental Aspect of Health (in people and organizations). Keynote at the Leadership and Positive Psychology Conference, George Mason University, Fairfax, VA.
60. **Kashdan, T.B.** (2010, March). How to thrive in an uncertain, unpredictable world using modern psychology. Keynote at the Wealthy Thought Leader Conference. Vancouver, Canada.
59. **Kashdan, T.B.** (2010, March). Harnessing Strengths for Innovation, Well-Being, and Resilience. Webinar for the Comfort Café for Women Executives.
58. **Kashdan, T.B.** (2010, February). How to pursue the good life using modern psychology. Keynote at the Treasury Executive Institute. Washington, DC.
57. **Kashdan, T.B.** (2010, August). Three ideas on the meaningful life. Keynote at the Meaning Conference 2010, Vancouver, Canada.
56. **Kashdan, T.B.** (2010, August). Dynamic, flexible approaches in positive psychology. In Wong, P. (Chair), *The future of positive psychology*. Panel at the Meaning Conference 2010, Vancouver, Canada.
55. **Kashdan, T.B.** (2010, July). Aspirational treatments for anxiety. In Twohig, M. (Chair), *Where is the field going in the treatment of anxiety disorders?* Panel at the Association for Contextual Behavioral Science World Congress VIII, Reno, NV.
54. **Kashdan, T.B.** (2010, July). Scientific infusions. In Hayes, S. (Chair), *Building a firm foundation: Intervention development from the bottom up?* Invited panelist at the Association for Contextual Behavioral Science World Congress VIII, Reno, NV.
53. **Kashdan, T.B.** (2010, July). Three lessons on personality and well-being. Invited address at the Association for Contextual Behavioral Science World Congress VIII, Reno, NV.
52. †Adams, L., †Ferssidis, P., †Plummer, C., †Birbeck, M., †Mishra, A., Ciarrochi, J., & **Kashdan, T.B.** (2010, March). The role of motivation and commitment to relationship values on well-being: Age and gender considerations. Presented at the annual meeting of the Virginia Social Science Association, Richmond, VA.
- ** - 2010 Best Student Presentation Award
51. **Kashdan, T.B.** (2010, January). How the Science of Curiosity, Strengths, and Happiness Can Enhance Your Life and Business. Keynote at the Liquid Capital Group Annual Meeting. Washington, DC.
50. **Kashdan, T.B.** (2010, January). Harnessing Strengths for Innovation, Well-Being, and Resilience. Webinar for the Marketing Executives Networking Group (MENG).
49. **Kashdan, T.B.** (2009). New Perspectives on Social Anxiety. Colloquia at Moscow State University, Moscow, Russia.
48. **Kashdan, T.B.** (2009). The Greatest, Overlooked Personal Resource for Well-Being: Curiosity.

Keynote for PSYCHOLOGIES Magazine, Moscow, Russia.

47. **Kashdan, T.B.** (2009). The Science of Happiness. Workshop for the Center for Consciousness and Transformation. Fairfax, VA.

46. **Kashdan, T.B.**, †Breen, W.E., †Terhar, D., & †Adams, L. (2009, November). Delving into the sex lives of people with elevated social anxiety: Sexual history and experience-sampling approaches. In L. Alden (Chair), *Social anxiety disorder and the approach system: Exploring the positive*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.

45. **Kashdan, T.B.**, †Zorbas, P., Collins, R.L., & Muraven, M. (2009, November). Being better at describing and differentiating emotions as resilience to alcohol use and abuse: An ecological momentary assessment in underage social drinkers. In D.M. Fresco (Chair), *Reactivity: Toward a greater understanding of this universal process in relation to vulnerability and treatment durability*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.

44. Weeks, J.W., **Kashdan, T.B.**, Gordon, E.A., Heimberg, R.G., & Rodebaugh, T.L. (2009, November). A longitudinal exploration of positive and negative aspects of social anxiety. In L. Alden (Chair), *Social anxiety disorder and the approach system: Exploring the positive*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.

43. Hofmann, S.G., **Kashdan, T.B.**, Sawyer, A.T., & Asnaani, A. (2009, November). The Affective Style Questionnaire: Development and psychometric properties. In A.G. Harvey (Chair), *Advances in the understanding of mechanisms and regulation of anxiety*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, New York, NY.

42. Ciarrochi, J., **Kashdan, T.B.**, Heaven, P.C.L., & Leeson, P. (2009, July). On being present and feeling good: The link between present-moment awareness and emotional well-being amongst adolescence. Presented at the *Third World Conference on ACT, RFT, and Contextual Behavioral Science*, Enschede, The Netherlands.

41. †Zorbas, P., **Kashdan, T.B.**, & Elhai, J.D. (2009, March). *Hope agency and pathways: Influence on psychological distress and mental health service use*. Presented at the annual meeting of the Virginia Social Science Association, Richmond, VA.

40. **Kashdan, T.B.** (2009). Chiseling at the nature of psychological health: The value of meta-emotion processes. Colloquia at Stony Brook University, Department of Psychology, Stony Brook, NY.

39. **Kashdan, T.B.** (2009). Supercharging Assessment and Treatment: Broadening the Scope to Positive Experiences, Strengths, and Healthy Relationships. Colloquia at Stony Brook University, Department of Preventative Medicine, Stony Brook, NY.

38. **Kashdan, T.B.** (2009). Chiseling at the nature of psychological health: The value of meta-emotion processes. Colloquia at Hofstra University, Hempstead, NY.

37. **Kashdan, T.B.** (2009). Supercharging our understanding of risk and resilience: Insights from affective science. Colloquia at Ohio University, Athens, OH.

36. **Kashdan, T.B.** (2008). Mindfulness. Colloquia at Reykjavík University, Reykjavík, Iceland.

35. **Kashdan, T.B.** (2008). Curiosity: The Neglected, Poorly Understood Ingredient to a Fulfilling Life. Colloquia at Reykjavík University, Reykjavík, Iceland.

34. **Kashdan, T.B.** (2008). Supercharging therapy with values and meaning work. Workshop at the University of Iceland, Reykjavík, Iceland.

33. **Kashdan, T.B.** (2008). Curiosity: The Neglected, Poorly Understood Ingredient to a Fulfilling Life. Colloquia at the University of Maryland, College Park, MD.

32. **Kashdan, T.B.** (2008). Atypical social anxiety: Evidence for a distinct risk-prone, impulsive subgroup. Colloquia at the University of Virginia, Charlottesville, VA.
31. **Kashdan, T.B.**, & McKnight, P.E. (2008, July). *Purpose in life as a system that creates and sustains health and well-being*. Presented at the European Conference on Positive Psychology, Opatija, Croatia.
30. †Breen, W.E., & **Kashdan, T.B.** (2008, November). Anger experience and expression in socially anxious individuals after imagined social rejection: Testing the moderating role of experiential avoidance. In E.B. Moses & D.T. Acheson (Co-Chairs), *Unearthing the role of emotional regulatory processes in anxiety disorders: Contributions from experimental psychopathology*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.
29. **Kashdan, T.B.** (2008, July). Discussant. In A. Parks (Chair), *Implementing positive interventions via the world wide web*. Symposium presented at the European Conference on Positive Psychology, Opatija, Croatia.
28. **Kashdan, T.B.** (2008, July). Discussant. In K. Sheldon (Chair), *SDT and positive psychology: The role of Self-Determination Theory in understanding people's optimal functioning*. Symposium presented at the European Conference on Positive Psychology, Opatija, Croatia.
27. **Kashdan, T.B.** (2008, July). *The future of positive psychology*. Round table presented at the European Conference on Positive Psychology, Opatija, Croatia.
26. **Kashdan, T.B.**, †Terhar, D., Uswatte, G., & Julian, T. (2007, November). Everyday strivings in combat veterans with posttraumatic stress disorder: Suffering from a hyper-focus on avoidance and emotion regulation. In **T.B. Kashdan** & D. Mennin (Co-Chairs), *Delineating emotion regulation processes in anxiety conditions*. Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
25. **Kashdan, T.B.** (2007, November). Evidence for a risk-prone, novelty seeking, impulsive subgroup of individuals with excessive social anxiety. In M. Wedig and M.K. Nock (Co-Chairs), *Functional aspects of psychopathology: Why do individuals engage in risky, dangerous, and potentially harmful behaviors?* Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
24. **Kashdan, T.B.** (2007, October). When socially anxious individuals go wild: Evidence for an impulsive, disinhibited subgroup. In S.C. Segerstrom (Chair), *New insights from the science of self-regulation: Physiological, behavioral, and emotional consequences*. Presented at the Society of Southeastern Social Psychologists, Durham, NC.
23. Bagwell, C.L., Waxmonsky, J., Molina, B., Pelham, W., **Kashdan, T.B.**, & Gnagy, E. (2007, November). Is ADHD in childhood associated with internalizing disorders in adolescence and adulthood? In M.A. Jarrett & T.H. Ollendick (Chair), *Current research on ADHD and internalizing disorders: Implications for assessment and treatment*. Presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
22. **Kashdan, T.B.** (2007). Defining, Measuring, and Cultivating Meaning and Purpose in Life. Invited speaker at Jewish Theological Society for symposium on purpose and meaning in life. New York, NY.
21. **Kashdan, T.B.** (2007). The Psychology of Curiosity. Keynote as part of the Smithsonian Institute Distinguished lecture series on "the pursuit of a well-lived life." Washington, DC.
20. **Kashdan, T.B.** (2007). Mindfulness. Presented at Osher Lifelong Institute, George Mason University, Fairfax, VA.
19. **Kashdan, T.B.**, & McKnight, P.E. (2007, October). *Purpose in life as a system that creates and sustains health and well-being*. Presented at the International Positive Psychology Summit, Washington, DC.
18. Biswas-Diener, R., & **Kashdan, T.B.**, & King, L. (2007, October). *The good enough life: The costs of eudaimonia*. Presented at the International Positive Psychology Summit, Washington, DC.

17. **Kashdan, T.B.** (2006, November). Social anxiety and self-regulation: A systematic examination of when and why positive experiences and events (fail to) occur. In **T.B. Kashdan** (Chair), *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
16. **Kashdan, T.B.**, & †Breen, W.E. (2006, November). Social anxiety and regulatory struggles: Impediments to pleasant events and approach-related behaviors. In **T.B. Kashdan** & E. Forman (Co-Chairs), *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional Disturbances*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
15. Steger, M.F. & **Kashdan, T.B.** (2006, October). *The pursuit of meaning in life*. Presented at the International Positive Psychology Summit, Washington, DC.
14. Gessner, T., & **Kashdan, T.B.** (2006, October). *Sense of humor as vice and virtue*. Presented at the International Positive Psychology Summit, Washington, DC.
13. **Kashdan, T.B.** (2006). *Expanding the frontiers of social anxiety: Self-regulation, psychological flexibility, and positive experiences*. Colloquia at the University of North Carolina at Greensboro, Greensboro, NC.
12. **Kashdan, T.B.** (2006). The Psychology of Gratitude. Presented at Osher Lifelong Institute, George Mason University, Fairfax, VA.
11. **Kashdan, T.B.** (2006). Assessment and Cultivation of Positive Psychological Health. Keynote at Manassas Group and Roanoke Mental Health Association, Roanoke, VA.
10. **Kashdan, T.B.** (2006, May). *Expanding the frontiers of social anxiety: Self-regulation, psychological flexibility, and positive experiences*. Invited talk at the Midwestern Psychological Association, Chicago, IL.
9. **Kashdan, T.B.** (2006, March). Furthering understanding of the social anxiety spectrum: Infusing positive experiences and emotion regulation. In R.L. Leahy (Chair), *Cognitive factors and emotional regulation in anxiety disorders*. Presented at the Anxiety Disorder Association of America, Miami, FL.
8. **Kashdan, T.B.** (2005, May). *Expanding the Phenomenology of Social Anxiety: Positive Experiences and Emotion Regulation*. Keynote at Psi Chi Induction Ceremony, George Mason University, Fairfax, VA.
7. **Kashdan, T.B.** (2005, October). *Curiosity and pathways to wellness*. Presented at the International Positive Psychology Summit, Washington, DC.
6. Roberts, J.E., Ciesla, J.A., **Kashdan, T.B.**, & Carlos, E.L. (2005, September). *Interpersonal and situational moderators of rumination*. Presented at the European Association of Behavioural and Cognitive Therapies, Thessaloniki, Greece.
5. **Kashdan, T.B.** (2005, August). Examining gratitude in veterans: Basic research and clinical implications. In R.A. Emmons (Chair), *Gratitude and hope: Emotional pillars of positive psychology*. Presented at the American Psychological Association, Washington, DC.
4. Roberts, J.E., Carlos, E.L., & **Kashdan, T.B.** (2005, January). Trajectories of autobiographical memory specificity over repeated trials. Presented at the Autobiographical Memory Meeting, Oxford, England.
3. Muraven, M., Collins, R.L., & **Kashdan, T.B.** (2003, May). Drinking restraint, affect, and alcohol use: A daily diary study of young adult drinkers. In M.L. Cooper (Chair), *Studying clinically relevant behaviors via daily experience methods: Getting at what we really want to know!* Presented at the Annual Meeting of the American Psychological Society, Atlanta, GA.
2. Thrash, T., **Kashdan, T.B.**, & Haidt, J. (2002, August). *Measurement of positive traits by self-report questionnaire*. Workshop conducted at the Positive Psychology Summer Institute, Wilmington, DE.

1. Loney J., Carlson, G., Salisbury, M., Volpe, R., & **Kashdan, T.** (1997, June). *Young referred boys with DICA-P manic symptoms vs. two control groups: Comparisons on parent and teacher ratings, self reports, and observed behavior.* Presented at the National Institute of Mental Health meeting on Prepubertal Bipolar Disorder, Washington DC.

CONFERENCE SYMPOSIA CHAIRED or PANEL MODERATED

5. **T.B. Kashdan** (2012, March). Positive Health. Moderator of panel at Australian Positive Psychology and Wellbeing Conference, Wollongong, Australia.

4. **T.B. Kashdan** (2011, October). ACT, Positive Psychology, and Coaching: Creating a Unified Framework. Moderator of panel at Australia and New Zealand Conference of Acceptance and Commitment Therapy, Brisbane, Australia.

3. **T.B. Kashdan** & D. Mennin (2007, November). *Delineating emotion regulation processes in anxiety conditions.* Symposium to be presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

2. **T.B. Kashdan** (2006, November). *Expanding the frontiers of anxiety and depression: Self-regulation, psychological flexibility, and positive experiences.* Symposium presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

1. **T.B. Kashdan** & E. Forman (2006, November). *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances.* Symposium presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

CONFERENCE POSTER PRESENTATIONS

91. †Kleiman, E.M., †Adams, L.M., **Kashdan, T.B.**, Riskind, J.H., Alwine, A., & Cisler, D. (2012). Gritty Individuals are not Suicidal Individuals: Grit as a Protective Factor in Suicide. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL, June, 2012.

90. †Young, K., †Yarbro, J., †Guram, J., & **Kashdan, T.B.** (2012). Rumination in the daily lives of combat veterans. Presented at the annual meeting of the Anxiety Disorder Association of America. Arlington, VA.

89. †Yarbro, J., †Young, K., †Guram, J., & **Kashdan, T.B.** (2012). Social interactions and pleasant events in the daily lives of combat veterans. Presented at the annual meeting of the Anxiety Disorder Association of America. Arlington, VA.

88. †Blevins, C.L., **Kashdan, T.B.**, †Klein, S., †Savostyanova, A., †Martin, K., †Listman, E., †Davidson, C., & †Soranzo, D. (2012). Self-compassion and observed expressions of affiliative and aggressive humor. Presented at the Eastern Psychological Association, Pittsburgh, PA.

87. †Unkefer, M., **Kashdan, T.B.**, & †Ferssizidis, P. (2012). Do romantic partners' curiosity scores contribute to relationship satisfaction, investment, and commitment? Presented at the Eastern Psychological Association, Pittsburgh, PA.

86. †Wymard, K.A., **Kashdan, T.B.**, †Savostyanova, A., & †Ferssizidis, P. (2012). Take me as I am: Self-compassion, acceptance, and romantic relationships. Presented at the Eastern Psychological Association, Pittsburgh, PA.

85. †Adams, L.M., Stuewig, J.B., Tangney, J.P., & **Kashdan, T.B.** (2012). BPD features moderate jail inmates' perceived susceptibility to HIV and post-release HIV risk. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL.

84. †Savostyanova, A.A., Esposito-Smythers, C., **Kashdan, T.B.**, †Wymard, K., & Johnson, M. (2011). Adolescents with SAD and serious aggression problems: A person-centered approach to psychopathology. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

83. McKnight, P.E., **Kashdan, T.B.**, & †Erchov, S. (2011). Diagnostic status as a moderator of the symptom-functioning relationship in depression. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

82. †Ferssizidis, P., †Savostyanova, A., †Gurum, J., †Rock, A. K., †Drvoshanov, M., & **Kashdan, T. B.** (November, 2010). How social anxiety and affective states influence the ability to detect genuine smiles. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

** - First Place for Student SIG

81. †Nguyen, T., **Kashdan, T.B.**, †Marquart, R.A., & †Adams, L. (November, 2010). What makes people angry? Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

80. **Kashdan, T. B.**, †Mullins, P., & Nezelek, J.B. (November, 2010). How important is a daily fix of spirituality for well-being? An experience-sampling approach. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

** - 2010 Honorable Mention for Spirituality SIG

79. †Savostyanova, A., †Ferssizidis, P., †Rock, A. K., & **Kashdan, T. B.** (November, 2010). *Exploring health-related behavior in people with elevated social anxiety*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

78. †Savostyanova, A., †Ferssizidis, P., †Jones, K. M., †Rock, A. K., & **Kashdan, T. B.** (November, 2010). *Indecisiveness in social anxiety: Contributions of intolerance of uncertainty and perfectionist tendencies*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

77. †Harlow, M.C. & **Kashdan, T.B.** (March, 2010). Understanding and clarifying distinct emotional states as a gateway to adaptive self-regulation. Presented at the annual meeting of the Virginia Social Science Association, Richmond, VA.

76. †Savostyanova, A.A. & **Kashdan, T.B.** (November, 2009). Capturing the biases of socially anxious people by addressing partner effects and situational parameters. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

75. †Afram, A., **Kashdan, T.B.**, †Birnbeck, M., †Drovoshanov, M., & †Passyousofi, M. (November, 2009). Curiosity and mindful awareness operate together in predicting reactivity to social threats. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

74. †Zorbas, P., **Kashdan, T.B.**, & Elhai, J. (November, 2009). The protective role of hope on psychological functioning following trauma exposure. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

73. †Zorbas, P., †Plummer, C.B., †Birnbeck, M., & **Kashdan, T.B.** (2008, October). Time perspective, curiosity, and psychological distress. Presented at the Annual Conference of the Society of Southeastern Social Psychologists, Greenville, SC.

72. †Zorbas, P., & **Kashdan, T.B.** (2008, November). Self-expansion in couples: The roles of curiosity, capitalization, and social anxiety. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.

71. †Breen, W.E., & **Kashdan, T.B.** (2008, November). *Prospective relations between depressive symptoms and trait anger with evidence for cognitive reappraisal as a moderator*. Presented at the Annual

Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.

70. †Weismantel, J.T., †Breen, W.E., †Lenser, M.L., †Lamm, C.E., & **Kashdan, T.B.** (2008, November). *Social anxiety and positive psychological processes: Predicting deficits in forgiveness, acceptance, and self compassion*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Orlando, FL.

69. White, C.M., Caputo, K., Ubertini, M., Froh, J.J., Yurkewicz, C., & **Kashdan, T.B.** (2007). Psychometric properties of the Tripartite Happiness Scale-Adolescent. Paper presented at the Greater New York Conference on Behavioral Research, Hempstead, NY.

68. **Kashdan, T.B.**, †Guardiano, L., & †Serpati, L.A. (2007, November). *Feelings of satisfaction and the perception of power in the romantic relationships of socially anxious individuals*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

67. **Kashdan, T.B.**, †Guardiano, L., & †Serpati, L.A. (2007, November). *Sex and perceived power in relationships: Influences on satisfaction and investment in romantic relationships*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

66. Haigh, E.A.P., Moore, M.T., **Kashdan, T.B.**, & Fresco, D.M. (2007, November). *Examination of the factor structure of the Langer Mindfulness/Mindlessness Scale*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

65. †Breen, W.E., & **Kashdan, T.B.** (2007, November). *Theoretical mechanisms predicting anger and aggression after interpersonal rejection*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

64. †Breen, W.E., & **Kashdan, T.B.** (2007, November). *Elaborating the nomological network of gratitude and forgiveness*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

63. †Breen, W.E., **Kashdan, T.B.**, †Demory, K.N., †Lenser, M.L., & †Serpati, L.A. (2007, November). *Anger and forgiveness among socially anxious individuals after imagined interpersonal rejection*. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

62. †Kane, J.Q., Kecmanovic, J., & **Kashdan, T.B.** (2007, November). Experiential avoidance as a moderator of the relationship between PTSD Symptoms and benefit finding after trauma. To be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

61. †Kane, J.Q., Kecmanovic, J., & **Kashdan, T.B.** (2007, November). Experiential avoidance as a moderator of the relationship between PTSD Symptoms and benefit finding after trauma. To be presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

60. Naifeh, J.A., Elhai, J.D., **Kashdan, T.B.**, & Grubaugh, A.L. (2007, November). Confirmatory factor analysis of the PTSD Symptom Scale using a primary care sample. To be presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

59. †Breen, W.E., **Kashdan, T.B.**, †Terhar, D., & †Afram, A. (2007, May). *Experiential avoidance in autobiographical narratives: Predicting changes in social anxiety over time*. Presented at the Association for Psychological Science, Washington, DC.

58. **Kashdan, T.B.**, & †Breen, W.E. (2006, November). *Materialism and diminished well-being: Experiential avoidance as a mediating mechanism*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

57. †Breen, W.E., **Kashdan, T.B.**, †Terhar, D., & †Afram, A. (2006, November). *Emotion regulation and psychopathological dimensions: Investigating experiential avoidance in autobiographical narratives*. Presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

56. †Doherty, K.R., **Kashdan, T.B.**, & †Terhar, D. (2006, August). *Exploration of specific curiosity stimuli: What are we curious about?* Presented at the International Society for Research on Emotion, Atlanta, GA.
55. †Mishra, A., **Kashdan, T.B.**, & †Breen, W.E. (2006, May). *Gratitude and age*. Presented at the Stanford Undergraduate Psychology Conference, Stanford, CA.
54. †Mishra, A., **Kashdan, T.B.**, & †Breen, W.E. (2006, March). *Gratitude experiences across the life span*. Presented at the Colonial Academic Alliance Undergraduate Research Conference, Harrisonburg, VA.
53. **Kashdan, T.B.**, & Steger, M.F. (2006, January). *A self-regulatory approach to social anxiety and positive psychological experiences and events*. Presented at the Society for Personality and Social Psychology, Palm Springs, CA.
52. Steger, M.F., Hicks, B.M., **Kashdan, T.B.**, Krueger, R.F., & Bouchard, T.B. (2006, January). *Heritability of character strengths and existential traits*. Presented at the Society for Personality and Social Psychology, Palm Springs, CA.
51. **Kashdan, T.B.**, & Steger, M.F. (2005, November). *Experiential avoidance as a generalized psychological vulnerability*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
50. **Kashdan, T.B.**, †Volkman, J.R., & †Breen, W.E., (2005, November). *Applying self-determination theory to understanding the distinctiveness of emotional disturbances*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
49. †Breen, W.E., †Volkman, J.R., & **Kashdan, T.B.** (2005, November). *Emotion regulation strategies and psychopathological dimensions: Relationships among suppression, cognitive reappraisal, anger, depressive symptoms, and social anxiety*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
48. †Volkman, J.R., †Breen, W.E., †Terhar, D., †Fishman, E., & **Kashdan, T.B.** (2005, November). *Characteristics and concomitants of romantic relationships in individuals differing in social anxiety*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
47. †Breen, W.E., †Volkman, J.R., †Doherty, K., & **Kashdan, T.B.** (2005, November). *Understanding relations between social anxiety and positive experiences: Emotion expressiveness as potential moderator*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
46. Doherty, A.R., Elhai, J.D., Gray, M.J., **Kashdan, T.B.**, & Kose, S. (2005, November). *Structural validity of the PTSD Checklist*. Presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
45. Elhai, J.D., Gray, M. J., **Kashdan, T.B.**, & Franklin, C.L. (2005, November). *Most commonly used instruments to assess trauma and PTSD: ISTSS surveys*. Presented at the International Society for Traumatic Stress Studies, Toronto, Canada.
44. Snyder, J.J., Elhai, J.D., **Kashdan, T.B.**, North, T.C., Heaney, C.J., & Frueh, C.B. (2005, November). *Structural equation model of health service use in military PTSD*. Presented at the International Society for Traumatic Stress Studies, Toronto, Canada.
43. Carlos, E., Roberts, J.E., **Kashdan, T.B.** (2005, March). The effects of low versus high analysis rumination on autobiographical memory in depression. Presented at the Eastern Psychological Association, Boston, MA.
42. **Kashdan, T.B.**, Uswatte, G., †Merritt, K., & Julian, T. (2005, January). *Gratitude and hedonic and eudaimonic well-being in Vietnam War veterans*. Presented at the Society for Personality and Social

Psychology, New Orleans, LA.

41. Steger, M., **Kashdan, T.B.**, & Oishi, S. (2005, January). *Constructing well-being from hedonic building blocks: Evidence that depression distorts the impact of daily pleasure and pain*. Presented at the Society for Personality and Social Psychology, New Orleans, LA.

40. **Kashdan, T.B.**, Collins, R.L., & Elhai, J.D. (2004, November). *Social interaction anxiety and positive outcome expectancies on risk-taking behaviors*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

39. **Kashdan, T.B.**, Julian, T., †Merritt, K., & Uswatte, G. (2004, November). *Social anxiety and posttraumatic stress in combat veterans: Relations to well-being and human strengths*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

38. **Kashdan, T.B.**, & Wenzel, A. (2004, November). *A transactional approach to social anxiety and the genesis of interpersonal closeness*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

37. **Kashdan, T.B.**, Elhai, J.D., & Frueh, B.C. (2004, November). *Anhedonia and emotional numbing in combat veterans with PTSD*. Presented at the International Society for Traumatic Stress Studies, New Orleans, LA.

36. **Kashdan, T.B.**, & Yuen, M. (2004, October). *Investigating curiosity, school academic quality, and academic achievement in Hong Kong high school students: Embedding the study of human strengths in important social contexts*. Presented at the International Positive Psychology Summit, Washington, DC.

35. **Kashdan, T.B.**, Frueh, B.C., Knapp, R., Hebert, R., & Magruder, K. (2004, April). *Social anxiety disorder in veterans with and without posttraumatic stress disorder in veterans affairs primary care clinics*. Presented at the South Carolina Psychological Association Spring Conference, Myrtle Beach, SC.

34. **Kashdan, T.B.**, Collins, R.L., & Muraven, M. (2003, November). *An ecological momentary assessment of the emotional topography of social anxiety*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.

33. **Kashdan, T.B.**, Julian, T., & Uswatte, G. (2003, November). *Gratitude in Vietnam War veterans: A between-and-within person approach*. Presented at the International Positive Psychology Summit, Washington, DC.

32. Uswatte, G., **Kashdan, T.B.**, Merritt, K., & Julian, T. (2003, October). *Positive affect in the daily functioning of Vietnam War veterans*. Presented at the International Positive Psychology Summit, Washington, DC.

31. **Kashdan, T.B.**, Julian, T., & Uswatte, G. (2003, November). *Gratitude in Vietnam War veterans with PTSD: How a human strength can serve as resilience in daily functioning*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.

30. Roberts, J.E., Carlos, E.L., & **Kashdan, T.B.** (2003, November). *The effects of high versus low analysis rumination on depression-prone individuals*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.

29. Kelly, M.A.R., Roberts, J.E., **Kashdan, T.B.**, Gamble, S.A., Ciesla, J.A., Calmes, C.A., & Bottonari, K.A., (2003, November). *Sudden gains occurring immediately prior to formal treatment for depression*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.

28. Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., & **Kashdan, T.B.** (2003, November). *Depressive rumination and response to group behavioral treatment*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.

27. Bottonari, K.A., Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., **Kashdan, T.B.**, Calmes, C.A., & Carlos, E.L. (2003, November). *Degree of accuracy and systematic bias in clinically depressed individuals' self-report of life events*. Presented at the Association for Advancement of Behavior Therapy, Boston, MA.
26. Collins, R.L., **Kashdan, T.B.**, Koutsky, J., Morsheimer, E.T., Vetter, C.J., & Wilson, S.D. (2003, August). *A self-administered timeline follow-back measure*. Presented at the Annual Convention of the American Psychological Association, Toronto, ON.
25. **Kashdan, T.B.**, & Roberts, J.E. (2003, March). *The affective and cognitive processes of socially anxious individuals in small-talk and intimate interactions*. Presented at the Annual Convention of the Anxiety Disorder Association of America, Toronto, ON.
24. **Kashdan, T.B.**, Vetter, C., & Collins, R.L. (2002, November). *The use of licit and illicit drugs: Temperamental and gender considerations in underage college students*. Presented at the Association for Advancement of Behavior Therapy, Reno, NV.
23. **Kashdan, T.B.**, Roberts, J.E., & Kelly, M.A.R. (2002, November). *Exploring the relative impact of social anxiety on hedonic deficits in depressed individuals*. Presented at the Association for Advancement of Behavior Therapy, Reno, NV.
22. Bottonari, K.A., Roberts, J.E., Ciesla, J.A., Kelly, M.A.R., & **Kashdan, T.B.** (2002, November). *Exploring the role of interpersonal style in stress generation among clinically depressed individuals*. Presented at the Association for Advancement of Behavior Therapy, Reno, NV.
21. **Kashdan, T.B.** (2002, August). *Curiosity in the interpersonal sphere: Facilitating personal growth opportunities*. Presented at the Positive Psychology Summer Institute, Wilmington, DE.
20. **Kashdan, T.B.**, & Fals-Stewart, W. (2002, June). *Married drug-abusing men: An examination of HIV high risk behaviors and factors associated with unprotected sex with their wives*. Presented at the College of Problems on Drug Dependence, Quebec, CA.
19. **Kashdan, T.B.**, & Roberts, J.E. (2002, March). *Curiosity and boredom proneness in the interpersonal sphere*. Presented at the Eastern Psychological Association, Boston, MA.
18. Kelly, M.A.R., & Roberts, J.E., Ciesla, J.A., Gamble, S.A., **Kashdan, T.B.**, Shapiro, A., & Drenfeld, D. (2001, November). *Comorbid symptoms of anxiety and their relationship to treatment outcome and clinical features in depressed outpatients*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
17. **Kashdan, T.B.** (2001, November). *Social anxiety and positive psychological functioning: An initial investigation of relations with positive subjective experiences and human strengths*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
16. **Kashdan, T.B.**, & Roberts, J.E. (2001, November). *Predicting affect during an experimental closeness-generating task: Social anxiety, boredom proneness, and the behavioral activation and inhibition systems*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
15. **Kashdan, T.B.**, Collins, R.L., & Gollnisch, G. (2001, November). *Using cellular phones for self-monitoring: A feasibility pilot study*. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
14. **Kashdan, T.B.**, Collins, R.L., & Gollnisch, G. (2001, November). *The role of drinking restraint in predicting drinking behaviors and affective consequences*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
13. Roberts, J.E., Jedlikowski, K., Ciesla, J.A., **Kashdan, T.B.**, Kelly, M.A.R., Gamble, S.A., Stappenbeck, C., Drenfeld, D., & Shapiro, A. (2001, November). *Individual differences in stress perception among depressed outpatients: The role of attachment security and cognitive style*. Presented at the Association

for Advancement of Behavior Therapy, Philadelphia, PA.

12. **Kashdan, T.B.**, Rose, P., & Fincham, F.D. (October, 2001). *Beyond killing cats: The empirical study of curiosity*. Presented at the Annual Positive Psychology Summit, Washington, DC.

11. **Kashdan, T.B.**, Collins, R.L., Fals-Stewart, W., & Morsheimer, E.T. (2001, July). *Positive and negative mood trends during the course of a behavioral drinking moderation program: An analysis of ecological momentary data*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

10. Collins, R.L., **Kashdan, T.B.**, & Morsheimer, E.T. (2001, July). *The role of cognitive factors in binge drinking and drinking-related affect*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

9. **Kashdan, T.B.**, Pelham, W.E., Lang, A.R., Jacob, R.G., Jennings, J.R., Gnagy, E.M., & Blumenthal, J. D. (2000, November). *The role of hope as a resiliency factor in mothers and fathers of children with externalizing disorders: Stress is in the eye of the beholder*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

8. **Kashdan, T.B.**, & Roberts, J.E. (2000, November). *Social anxiety and the direction of attentional focus: Effects on positive affect, curiosity, and interpersonal attraction during an experimental closeness-generating task*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, New Orleans, LA.

7. Kelly, M., Roberts, J.E., Ciesla, J., Gamble, S., **Kashdan, T.B.**, & Dorenfeld, D. (2000, November). *Treatment compliance and comorbid diagnoses in the recovery from depression during psychoeducational group therapy*. Presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

6. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Jennings, J.R., Gnagy, E.M., & Blumenthal, J. D. (2000, August). *Parental social anxiety during an experimental parent-child learned helplessness procedure*. Presented at the American Psychological Association, Washington, DC.

5. Russ, M.J., Lachman, H.M., **Kashdan, T.**, Saito, T., & Bajmakovic-Kacila, S. (2000, May). *Analysis of catechol-O-methyltransferase and 5-hydroxytryptamine transporter polymorphisms in patients at risk for suicide*. Presented at the American Psychiatric Association, Chicago, IL.

4. **Kashdan, T.B.**, Jacob, R.G., Pelham, W.E., Lang, A.R., Jennings, J.R., Blumenthal, J. D., & Gnagy, E.M. (2000, March). *The relationship between social anxiety and psychological functioning in parents of children with externalizing disorders: Alcohol problems, social adjustment, stress and coping, personality, and psychopathology*. Presented at the Anxiety Disorder Association of America, Washington, DC.

3. **Kashdan, T.**, Shiperd, J.C., Beck, J.G. (1999, November). *The effects of extraversion on the bodily sensations and panic-fear cognitions induced by a 35% CO₂ biological challenge*. Presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Toronto, ON.

2. **Kashdan, T.**, Aron, A., & Steele, J. (1998, June). *Similarity, expected liking, sensation seeking, and gender, in initial attraction*. Presented at the International Society for the Study of Personal Relationships, Saratoga Springs, NY.

1. Russ, M.J., **Kashdan, T.**, Pollack, S., & Bajmakovic-Kacila, S. (1998, June). *Transient versus sustained suicide risk following hospital admission*. Presented at the North Shore-LIJ Health System Fifth Annual Poster Session Program, New Hyde Park, NY.

RESEARCH ADVISING

Graduated Students:

William Breen (primary advisor for Clinical Psychology Ph.D.)

Current Graduate Students:

Patty Ferssizidis (previously Zorbas) (5th year Clinical Psychology Ph.D. student)

Alexander Afram (5th year Clinical Psychology Ph.D. student)

Antonina Savostyanova (3rd year Clinical Psychology Ph.D. student)

Leah Adams (3rd year Clinical Psychology Ph.D. student)

Kevin Young (1st year Clinical Psychology Ph.D. student)

Jessica Yarbro (1st year Clinical Psychology Ph.D. student)

Current Graduate Students- Secondary Mentor

Dan Blalock (1st year Clinical Psychology Ph.D. student)

Undergraduate Students Mentored (Research Assistants):

Kate Doherty

Anjali Mishra

Lucy Guardiano

Jesika Berman

Lauren Serpati

Daniel Terhar

Caitlin Lamm

Stefanie McLeod

Christine Plummer

Kiley Coleman

Meghan Odom

Anita Daswani

Katie Jones

Maria Drvoshanov

Caitlin Counihan

Lizzy Nguyen

Ian Masson

Danielle Mc Graw

Julie Vitalis

Erin Listman

Maggie Unkefer

Rachel Trump

Daniel Soranzo

Richard Olgoe

Sarah Hijjeh

Rebecca Hixson

Emily Fishman

Alex Afram

Matt Whiting

Monica Lenser

Brooke Owen

Kelly Demory

Jennifer Chesky

Makees Passyou

Melissa Birnbeck

Rebecca Berlin

Samantha Powers

Andrew Rock

Grant Socha

Meredith Harlow

Rachel A Marquart

Kimberly Martin

Lindsay Yowell

Tamara Ackley

Casey Gilchrist

Carolyn Davidson

Jennifer Conrad

Undergraduate Honors Theses Mentored:

Setareh Deljo-Zargarani

Kate Doherty

Lizzy Nguyen

Ian Masson

Casey Gilchrist

Lucy Guardiano

Anjali Mishra

Meredith Harlow

Kristin Wymard

Clinical Comprehensives Committees:

Rebecca Duckworth

Anne Strauss

Courtney Heffernan

Kerstin Youman

Caron Heigel

Regina Chopp

Dissertation Committees:

William Breen (clinical psychology)

Karen Dunn (educational psychology)
Gabrielle Wood (I/O psychology)

TEACHING EXPERIENCE

Graduate

2006 - 2009	Structured Clinical Interviewing
Spring 2006	Science of Well-Being (Ph.D. elective course)
2004 - present	Psychopathology I and II (Clinical Ph.D. core course)
Spring 2005	Guest Lecturer for Assessment on "Positive Psychological Functioning"

Undergraduate

2005 - present	Science of Well-Being
2005 - present	Abnormal Psychology
Fall 2001	Guest Lecturer for Abnormal Child Psychology on "Social Anxiety Disorder"
Spring 2001	Positive Psychology
Fall 2000	Guest Lecturer for Clinical Psychology on "Science of Well-Being"
Fall 2000	Graduate Teaching Assistant: Psychological Statistics
Summer 2000	Psychology of Personality
Spring 2000	Teaching Assistant: Introduction to Psychology
Spring 1998	Guest Lecturer for Social Psychology on "Self-Expansion Theory of Relationships"

CLINICAL EXPERIENCE

2003 - 2004	Clinical Psychology Intern Medical University of South Carolina [Tracks: National Crime Victims Center, Charleston VA Hospital (Traumatic Stress Program, Neuropsychology Clinic), and Center for Drug and Alcohol Problems]
2002 - 2003	Clinical Research Coordinator Depression Research and Treatment Program, University at Buffalo
2002 - 2003	Graduate Student Clinician Psychological Services Center, University at Buffalo
2000 - 2001	Graduate Student Clinician Couple and Family Therapy Practicum, University at Buffalo
1999 - 2004	Graduate Student Clinician Depression Research and Treatment Program, University at Buffalo
1999 - 2000	Graduate Student Clinician Anxiety Disorders Clinic, University at Buffalo
1998 - 1999	Research Therapist Clinic for Anxiety Disorders, University at Buffalo

PROFESSIONAL SERVICE AT GEORGE MASON UNIVERSITY

2011 - 2013	Intellectual Life Committee, University Wide
2010	Teaching Load Committee, Department of Psychology
2009	Mason Fall Premiere Speaker
2008 - 2010	Advisory Committee, Center for Consciousness, Transformation, & Human

	Potential
2008 - 2011	Faculty Evaluation Committee, Department of Psychology
2007	Closing speaker at the Mason Leadership Institute
2006-2007	Reviewer of summer research funding proposals for tenure-track and tenured faculty, George Mason University
2005 - Present	Human Subjects Committee, Department of Psychology, George Mason University
2004 - 2007	Resource Committee, Department of Psychology, George Mason University

Presentations on obtaining predoctoral research grants (2008-2009)

Presentation on scientific writing (2010)

Contract renewal committees:

Dr. Timothy Curby (2010)

Dr. Seth Kaplan (2008)

Dr. Patrick McKnight (2007)

Promotion and tenure committees:

Dr. Jim Thompson (2011)

Dr. Timothy Curby (2011)

Dr. Patrick McKnight (2010)

Dr. Reeshad Dalal (2010)

Dr. Lauren Cattaneo (2008)

SERVICE FOR PROFESSIONAL ORGANIZATIONS

2012	Dissertation committee for the Hebrew University of Jerusalem
2011	External reviewer for Katholieke Universiteit Leuven
2010	APA Summer Science Fellowship Program
2009-2011	Advisory board for the Templeton Flourishing Children Project
2008-2009	External reviewer for Social Sciences and Humanities Research Council of Canada
2007	External reviewer for APA Dissertation Research Awards
2007	External reviewer for Grants to Enhance Advanced Research Program at the University of Houston's Research Council
2007	Chair, speaker selection committee for Positive Psychology Summit
2006	Chair, speaker selection committee for Positive Psychology Summit
2006- Present	International Advisory Board for Centre for Applied Positive Psychology (CAPP) in the United Kingdom
2005-2006	Society for the Science of Clinical Psychology dissertation grant award committee
2005	Poster award committee at the Positive Psychology Summit
2003	Poster award committee at the Positive Psychology Summit
2001 - 2003	Listmaster of several American Psychological Association sponsored listservs: POSITIVE-PSYCHOLOGY, FRIENDS-OF-PP, and PP-FORUM
2000 - 2002	Campus representative, American Psychological Association of Graduate Students (APAGS)
1999 - 2000	Vice president, Graduate Psychology Association, University at Buffalo

CURRENT MEMBERSHIPS IN PROFESSIONAL ASSOCIATIONS

Association for Contextual Behavioral Science
Association for Psychological Science
Association for Behavioral and Cognitive Therapies
Society for Personality and Social Psychology
Anxiety Disorder Association of America
ABCT Anxiety Disorders Special Interest Group

ADDITIONAL PROFESSIONAL ACTIVITIES

Blogger for Psychology Today (2009 to present)- <http://www.psychologytoday.com/blog/curious>

Blogger for Huffington Post (2009 to present)- <http://www.huffingtonpost.com/todd-kashdan>

Expert Court Consultation- Law Offices of Rafael E. Morell, PLLC, Washington, DC. (June-July 2011)

Eight-Week Distance Mentoring Course on "Positive Psychology 3.0: Dynamic, Flexible, and Broadened Approaches to Living Well" (September – December 2009)

Scientific consultant for Greater Good Magazine (June 2007 – Present)

Consulting Psychological Examiner, United States District Court (District of South Dakota), Sioux Falls, South Dakota, 2006

Consultant for RyanTrue Health Services to develop assessment tools to predict medication persistence in patients with HIV/AIDS, 2007

SELECTED CITATIONS IN POPULAR MEDIA

Connection Newspapers (all of Northern Virginia) (January, 2012)- on sustainable new year resolutions

USA Today (December, 2011)- on media's tendency to focus on negatives during holiday season

Connection Newspapers (all of Northern Virginia) (November, 2011)- on teaching children gratitude

New York Times (November, 2011) on gratitude and aggression

The Atlanta Journal-Constitution (November, 2011) on the benefits of gratitude

Prevention Magazine (November, 2011)- "Thank-you therapy" on how gratitude buffers against aggression

Spa Australasia (October, 2011)- "The evidence for spa"

NPR- The Diane Rehm Show (August 9, 2011)- on shyness and social anxiety

Huffington Post (August, 2011)- on the therapeutic benefits of sex on social anxiety symptoms

USA Today (March 30, 2011) on beauty and happiness

Women's World (February, 2011) "Kiss stress goodbye"

Guest post for Daniel Pink's blog (January, 2011) "3 ways to boost your curiosity & refresh your outlook"

Journal of the American Enterprise Institute (January, 2011) "Curiosity thrilled the cat"

Washington Family Magazine (January, 2011) "Living your life's dream"

Lifescipt.com (January, 2011) "11 ways to be happier this year"

9NEWSNOW television appearance (November, 2010) "The honesty test"

The Guardian (October, 2010) "How to be creative"

Psychologies (September, 2010) on curiosity

Huffington Post (August, 2010) on why some people are more inclined to self-medicate

Scholastic (August, 2010) on curiosity and teaching

Psychologie Heute (August, 2010) on mindfulness and mortality

First for Women (August, 2010) on boredom

New York Times (July, 2010) on flexible emotion regulation

AARP (June, 2010) on curiosity and healthy aging

Oprah Magazine (June, 2010) on curiosity and adventurous living

Fairfax County Library Podcast (July, 2010) on curiosity

Psychologies Magazine (June, 2010) on creativity

Allure magazine (June, 2010) on extraversion and changing one's personality

New York Times (May, 2010) on social anxiety and bullying

Psychology Today (May, 2010) on serendipity

Miller McCune Magazine (May 7, 2010) "Some bullies just want to be loved"

Experience Life magazine (May, 2010) on "The power of curiosity"

Montreal Gazette (April 25, 2010) on "Boredom begins at school"

Mind Magazine (April, 2010) on curiosity

Sallie Felton Radio Show "Fresh Start" (April 9, 2010)

Discovery News, UPI, and Science Daily (March, 2010) on social anxiety leading to loneliness and bullies
Parents magazine (January, 2010) on "Understanding Your Toddler's Personality Traits"
Volunteer Leadership (January, 2010) on stress solutions
CNN (December, 2009) - "Training Yourself to be Happier"
Miller McCune Magazine (November/December 2009) "Curiosity: The Killer Catalyst"
First for Women Magazine (December, 2009) on curiosity and Kathryn Morris from "Cold Case"
Working Mother Magazine (December, 2009) "Cultivating curiosity: Awakening your child's interest"
PsycCritiques (APA) (December, 2009) "No flotation tank? Read this book" (book review)
The Washington Post (November 1, 2009) cover story, "People driving fascinating research"
First for Women magazine (November, 2009) on mindfulness and quilting
Greater Good Magazine (October 28, 2009) book review
Diane magazine (for Curves gym) (October, 2009) on the science of happiness
Barry Moltz-The Future of Small Business Radio Show (October 9, 2009)
Scholastic Magazine (August, 2009) "Why emotional intelligence matters"
The Guardian (June, 2009) "A curious mind is an active mind"
NPR-Talk of the Nation on "What makes us happy?" (June 1, 2009)
American Happiness Association (May 26, 2009) radio interview
Positive Psychology News Daily (May 14, 2009) book review
WOCA-AM/Health Matters (May 13, 2009)
WBZ/The Jordan Rich Show (May 12, 2009)
WFIN/Good Mornings interview (May 13, 2009)
Psychology Today (May 5, 2009) – book review
U.S. News and World Report (May, 2009) "Happiness in the Recession"
The Huffington Post (May, 2009) "Can Being Curious Make You Happier?"
Self Magazine (May 1, 2009) book review
NPR-Kojo Nnamdi Show interview on "Curiosity and Well-Being" (April 30, 2009)
Montel Williams Radio Show (April 13, 2009)
Slate (April, 2009) - interview with Gretchen Rubin
Body + Soul (April, 2009) book review
CanWest News Service (March 15, 2009) on curiosity
Science Daily (March, 2009) on gender differences in gratitude
The Gary Doyle Radio Show (March, 2009)
USA Today (August, 2009) on gratitude
Women's Health (2009) on techniques to cope with social anxiety
PBS Documentary "Happy for No Reason" (September, 2008)
Yoga Journal (November, 2008) on gratitude
New Zealand Herald (November 2, 2008) on positive psychology
"Make Me Happy," radio and internet discussion show on the science of happiness (September, 2008)
Channel 2 News Station, Reykjavik, Iceland (September, 2008) on science of curiosity
Psychology Today (April, 2008)
Allure (March, 2008) on optimism
Reader's Digest (February, 2008)
US News and World Report (December, 2007) on positive emotions and death
The Washington Post (November 20, 2007) on gratitude
O, The Oprah Magazine (October, 2007) on happiness interventions
Better Homes and Gardens (September, 2007) on happiness interventions
Reader's Digest (2007) on the science of well-being
Financial Advisor Magazine (2007) on money and happiness
The Chronicle of Higher Education (May 18, 2007) on the science of well-being
Ladies Home Journal (2007) on the nature of curiosity
Milwaukee Journal Sentinel, (February 6, 2007) on happiness
La Tercera, a Chilean national newspaper, (January 28, 2007) on positive psychology
Tavis Smiley Show (January 25, 2007) on the science of well-being
Talking with America-KIST-AM (January 14, 2007) on the science of well-being
National Public Radio (January 8, 2007) on the science of well-being
The New York Times (January 7, 2007) on teaching the science of well-being
Good Housekeeping (June, 2007) on curiosity and happiness
First for Women (2007) on cultivating curiosity and well-being
An-Nahar Newspaper, an Arabic national newspaper, (December, 2006) on cultivating well-being

Psychology Today (September/October, 2006) on cultivating curiosity and well-being
Smithsonian Associate (August, 2006) on curiosity
Prevention Magazine (February, 2006) on curiosity and well-being
The Washington Post (December 15, 2002) on curiosity and intimacy
Cosmopolitan (May, 2003) on curiosity
Prevention Magazine (June, 2003) on curiosity
Fitness Magazine (May, 2003) on curiosity
Self (February, 2004) on curiosity
Parenting Magazine (April, 2004) on socially anxious children
Shape Magazine (September, 2004) on curiosity
Nakedrelationships.com (February 14, 2003) on curiosity and intimacy
Value Options (2004) on curiosity