

**Lisa Jaremka**

Ljaremka@psych.udel.edu  
http://www.lisajaremka.com

---

**PROFESSIONAL INFORMATION**

---

**EMPLOYMENT AND EDUCATION**

**The University of Delaware**

Department of Psychological and Brain Sciences  
Assistant Professor, August 2014 – present

**The Ohio State University College of Medicine**

Institute for Behavioral Medicine Research  
Postdoctoral training in psychoneuroimmunology, August 2011 – July 2014  
Primary mentor: Janice Kiecolt-Glaser, Ph.D.

**University of California Santa Barbara**

Department of Psychological and Brain Sciences  
Ph.D. in Social Psychology, September 2011  
Quantitative Methods in the Social Sciences emphasis  
Certificate in College and University Teaching  
Primary mentor: Nancy Collins, Ph.D.

**SUNY University at Buffalo**

Psychology Department  
B.A. in Psychology, May 2004

**FELLOWSHIPS, AWARDS, AND HONORS**

UD Undergraduate Mentoring and Advising Award recipient, April 2017  
UD Undergraduate Mentoring and Advising Award nominee; April 2016  
UD Excellence in Teaching Award nominee; 2015-2016  
Association for Psychological Science, Rising Star award recipient; Dec 2015  
OSU IBMR Oral Presentation Competition, honorable mention; May 2013 and April 2014  
American Psychosomatic Society young investigator colloquium scholar; March 2013  
Charles G. McClintock Graduate Fellowship in Social Psychology; June 2011  
Broida-Hirschfelder Women in Sciences and Engineering Fellow; Fall 2010  
McNair Graduate Research Fellow; 2008-2009 and 2010-2011  
SPSP travel award and diversity travel award; November 2010  
Society for Psychophysiological Research travel award; August 2010  
APA/APF Ungerleider/Zimbardo travel award; May 2010  
National Science Foundation Graduate Research Fellow; 2005-2008  
UCSB graduate division travel award; January 2007 and March 2008  
APA Advanced Training Institute in Web-based Research travel award; July 2007  
SPSP graduate poster award competition, runner-up; January 2007

---

**RESEARCH**


---

**RESEARCH INTERESTS**

I utilize a social psychological approach to understand the effects that threats to belonging have on peripheral physiology and health, both among cancer survivors and healthy adults. My expertise lies at the interface between physiology and psychology with a specialization in psychoneuroimmunology and psychoneuroendocrinology.

**GRANTS (AMOUNTS LISTED ARE DIRECT COSTS)**

INBRE Pilot Project Grant through NIH P20 GM103446; 2017-2019; \$180,000  
 Psi Chi undergraduate research grant (awarded to thesis student); 2017; \$1500  
 Psi Chi undergraduate research grant mentor stipend (awarded to me); 2017; \$1500  
 UD ADVANCE Mini-grant for women in the sciences; 2016; \$2,000  
 American Psychological Foundation David H. and Beverly A. Barlow grant; 2015-2016; \$8,958  
 UD Research Foundation grant; 2015-2017; \$35,000  
 UD General University Research grant; 2015-2017; \$9,000  
 NIH Loan Repayment Program (LRP) grant; 2015-2017; \$27,330  
 American Cancer Society postdoctoral fellowship grant PF-12-040-01-CPPB; 2012-2014; \$150,000  
 Pelotonia postdoctoral fellowship grant; 2011-2013; \$80,000  
 Association for Psychological Science Student Council grant; 2010; \$500  
 Psi Chi graduate research grant; 2010; \$1,500  
 UCSB Sciences and Engineering research grant; 2010; \$2,000  
 APA Basic Psychological Science research grant; 2009; \$1,000

**PUBLICATIONS (STUDENT MENTEE'S ARE UNDERLINED)**

Sunami, N., Nadzan, M.A., & **Jaremka, L.M.** (in press). Does the prospect of fulfilling belonging affect responses to rejection? An attempted conceptual replication. *Social and Personality Psychological Science*.

**Jaremka, L.M.**, & Nadzan, M.A. (in press). Threats to belonging among breast cancer survivors: Consequences for mental and physical health. *Current Breast Cancer Reports*.

**Jaremka, L.M.**, & Sunami, N. (in press). Threats to belonging threaten health: Policy implications for improving physical well-being. *Policy Insights from the Behavioral and Brain Sciences*.

Wilson, S.J., **Jaremka, L.M.**, Fagundes, C.P., Andridge, R.R., Peng, J., Malarkey, W.B., Habash, D., Belury, M.A., & Kiecolt-Glaser, J.K. (2017). Shortened sleep fuels inflammatory responses to marital conflict: Regulatory strategies mitigate inflammatory risk. *Psychoneuroendocrinology*, 79, 74–83. doi: 10.1016/j.psyneuen.2017.02.015

**Jaremka, L.M.**, Sunami, N., & Nadzan, M.A. (2017). Eating moderates the link between body mass index and perceived social connection. *Appetite*, 112, 124–132. doi: 10.1016/j.appet.2017.01.016

**Jaremka, L.M.,** & Collins, N.L. (2017). Cortisol increases in response to brief social exchanges with opposite sex partners. *Biological Psychology*, 124, 39–46. doi: 10.1016/j.biopsycho.2017.01.001

LeRoy A.S., Murdock, K.W., **Jaremka L.M.,** Loyal, A., & Fagundes, C.P. (2017). Loneliness predicts self-reported cold symptoms after a viral challenge. *Health Psychology*. 36, 512-520. doi: 10.1037/hea0000467

**Jaremka, L.M.** (2017). Close relationships, immune function, and health: Understanding the clinical importance of distressed relationships. Invited chapter for J. Fitzgerald (Ed.), *Foundations for Couples' Therapy: Research for the Real World*. Routledge.

**Jaremka, L.M.,** Belury, M.A., Andridge, R.R., Lindgren, M.E., Habash, D., Malarkey, W.B., Kiecolt-Glaser, J.K. (2016). Novel links between troubled marriages and appetite regulation: Marital distress, ghrelin, and diet quality. *Clinical Psychological Science*, 4, 363-375.

**Jaremka, L.M.,** Fagundes, C.P., Peng, J., Belury, M.A., Andridge, R.R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2015). Loneliness predicts postprandial ghrelin and hunger in women, *Hormones and Behavior*, 70, 57-63. doi: 10.1016/j.yhbeh.2015.01.011

Derry, H.M., **Jaremka, L.M.,** Bennett, J.M., Peng, J., Andridge, R., Shapiro, C., Malarkey, W.B., Emery, C.F., Layman, R., Mrozek, E., Glaser, R., & Kiecolt-Glaser, J.K. (2015). Yoga and self-reported cognitive problems in breast cancer survivors: A randomized controlled trial, *Psycho-Oncology*, 24, 958–966. doi: 10.1002/pon.3707.

Kiecolt-Glaser, J.K., **Jaremka, L.M.,** Andridge, R.R., Peng, J., Habash, D., Fagundes, C.P., Glaser, R., Malarkey, W.B., & Belury, M.A. (2015). Marital discord, past depression, and metabolic responses to high-fat meals: Interpersonal pathways to obesity, *Psychoneuroendocrinology*, 52, 239-250. doi: 10.1016/j.psyneuen.2014.11.018

**Jaremka, L.M.,** Peng, J., Bornstein, R., Alfano, C.M., Andridge, R.R., Povoski, S.P., Lipari, A.M., Agnese, D.M., Farrar, W.B., Yee, L.D., Carson III, W.E., & Kiecolt-Glaser, J.K. (2014). Cognitive problems among breast cancer survivors: Loneliness enhances risk. *Psycho-oncology*, 23(12), 1356-1364. doi: 10.1002/pon.3544

**Jaremka, L.M.,** Derry, H.M., Bornstein, R., Peng, J., Belury, M.A., Andridge, R.R., Malarkey, W.B. & Kiecolt-Glaser, J.K. (2014). Omega-3 supplementation and loneliness-related cognitive problems: Secondary analyses of a randomized controlled trial. *Psychosomatic Medicine*, 76, 650-658. doi: 10.1097/PSY.0000000000000104

Fagundes, C.P., **Jaremka, L.M.,** Malarkey, W.B., & Kiecolt-Glaser, J.K. (2014). Attachment style and respiratory sinus arrhythmia predict post-treatment quality of life in breast cancer survivors. *Psycho-oncology*, 23, 820-826. doi: 10.1002/pon.3492

Fagundes, C.P., **Jaremka, L.M.,** Glaser, R., Alfano, C.M., Povoski, S.P., Lipari, A.M., Agnese, D.M., Yee, L.D., Carson III, W.E., Farrar, W.B., Malarkey, W.B., Chen, M., & Kiecolt-Glaser, J.K. (2014). Attachment anxiety is related to Epstein-Barr virus latency. *Brain, Behavior, and Immunity*, 41, 232-238. doi: 10.1016/j.bbi.2014.04.002

**Jaremka, L.M.,** Belury, M.A, Malarkey, W.B., Glaser, R., Christian, L., Emery, C.F., & Kiecolt-Glaser, J.K. (2014). Interpersonal stressors predict ghrelin and leptin levels in women. *Psychoneuroendocrinology*, 48, 178-188. doi: 10.1016/j.psyneuen.2014.06.018

**Jaremka, L.M.,** Andridge, R.R., Fagundes, C.P., Alfano, C.M., Povoski, S.P., Lipari, A.M., Agnese, D.M., Arnold, M.W., Farrar, W.B., Yee, L.D. Carson III, W.E., Bekaii-Saab, T., Martin Jr, E.W., Schmidt, C.R., & Kiecolt-Glaser, J.K. (2014). Pain, depression, and fatigue: Loneliness as a longitudinal risk factor. *Health Psychology*, 33(9), 948-957. doi: 10.1037/a0034012

Kiecolt-Glaser, J.K., **Jaremka, L.M.,** & Hughes, S. (2014). Psychiatry and social nutritional neuroscience. *World Psychiatry*, 13(2), 151-152. doi: 0.1002/wps.20127.

**Jaremka, L.M.,** Derry, H., & Kiecolt-Glaser, J.K. (2014). Psychoneuroimmunology of interpersonal relationships: Both the presence/absence of social ties and relationship quality matter. Invited chapter for D. I. Mostofsky (Ed.), *Handbook of Behavioral Medicine* (Vol 2). John Wiley & Sons, Inc.: Hoboken, NJ

Hughes, S., **Jaremka, L.M.,** Alfano, C.M., Glaser, R., Povoski, S.P., Lipari, A.M., Agnese, D.M., Farrar, W.B., Yee, L.D., Carson III, W.E., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2014). Social support predicts inflammation, pain, and depression: Longitudinal relationships among breast cancer survivors. *Psychoneuroendocrinology*, 42, 38-44. doi: 10.1016/j.psyneuen.2013.12.016

Kiecolt-Glaser, J.K., **Jaremka, L.M.,** Derry, H. & Glaser, R. (2013). Telomere length: A marker of disease susceptibility? *Brain, Behavior, and Immunity*, 34, 29-30. doi: 10.1016/j.bbi.2013.08.004

**Jaremka, L.M.,** Glaser, R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2013). Marital distress prospectively predicts poorer cellular immune function. *Psychoneuroendocrinology*, 38(11), 2713-2719. doi: 10.1016/j.psyneuen.2013.06.031

**Jaremka, L.M.,** Fagundes, C.P., Peng, J., Bennett J.M., Glaser, R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2013). Loneliness promotes inflammation during acute stress. *Psychological Science*, 24(7), 1089-1097. doi: 10.1177/0956797612464059

**Jaremka, L.M.,** Lindgren, M.E., & Kiecolt-Glaser, J.K. (2013). Synergistic relationships among stress, depression, and troubled relationships: Insights from Psychoneuroimmunology. *Depression and Anxiety*, 30(4), 288-296. doi: 10.1002/da.22078

**Jaremka, L.M.,** Fagundes, C.P., Glaser, R., Bennett J.M., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2013). Loneliness predicts pain, depression, and fatigue: Understanding the role of immune dysregulation. *Psychoneuroendocrinology*, 38, 1310-1317. doi:10.1016/j.psyneuen.2012.11.016

**Jaremka, L.M.,** Glaser, R., Loving, T.J., Malarkey, W.B., Stowell, J.R., & Kiecolt-Glaser, J.K. (2013). Attachment anxiety is linked to alterations in cortisol production and cellular immunity. *Psychological Science*, 24(3), 272-279. doi: 10.1177/0956797612452571

**Jaremka, L.M.,** Bunyan, D.P., Collins, N.L., & Sherman, D.K. (2011). Reducing defensive distancing: Self-affirmation and risk regulation in response to relationship threats. *Journal of Experimental Social Psychology*. 47, 264-268. doi: 10.1016/j.jesp.2010.08.015

**Jaremka, L.M.**, Gabriel, S., & Carvallo, M. (2011). What makes us feel the best also makes us feel the worst: The emotional impact of independent and interdependent experiences. *Self and Identity*, *10*, 44-63. doi: 10.1080/15298860903513881

Sherman, D.K., Bunyan, D.P., Creswell, D.J., & **Jaremka, L.M.** (2009). Psychological vulnerability and stress: The long-term effects of self-affirmation on sympathetic nervous system responses to naturalistic stressors. *Health Psychology*, *28*, 554-562. doi: 10.1037/a0014663

Gabriel, S., Carvallo, M., **Jaremka, L.M.**, & Tippin, B. (2008). A friend is a present you give to your “self”: Comfort with intimacy moderates the effects of friends on self-liking. *Journal of Experimental and Social Psychology*, *44*, 330-343. doi: 10.1016/j.jesp.2007.07.008

Kane, H.S., **Jaremka, L.M.**, Guichard, A., Ford, M., Collins, N.L., & Feeney, B.C. (2007). Feeling supported and feeling satisfied: How one partner’s attachment style predicts the other partner’s perceived support, felt security, and relationship satisfaction. *Journal of Social and Personal Relationships*, *24*, 535-556. doi: 10.1177/0265407507079245

#### ENCYCLOPEDIA ENTRIES

**Jaremka, L.M.**, & Beveridge, R.M. (in press). Family social support. In *Encyclopedia of Behavioral Medicine*, 2<sup>nd</sup> edition. New York, NY: Springer.

Beveridge, R.M., & **Jaremka, L.M.** (in press). Family Relationships. In *Encyclopedia of Behavioral Medicine*, 2<sup>nd</sup> edition. New York, NY: Springer.

Collins, N.L., & **Jaremka, L.M.** (2009). Helping behaviors. In Harry T. Reis & Susan Sprecher (Eds.), *Encyclopedia of Human Relationships*. Sage: Thousand Oaks, CA

#### MANUSCRIPTS UNDER REVIEW (STUDENT MENTEE’S UNDERLINED)

**Jaremka, L.M.**, Sunami, N., Nadzan, M.A. (under review). Social hunger theory: A novel theoretical perspective about the need to belong and the need to eat.

**Jaremka, L.M.**, Sunami, N., Nadzan, M.A. (under review). Chronic loneliness amplifies age-related differences in diurnal cortisol production.

Sunami, N., Nadzan, M.A., & **Jaremka, L.M.** (under review). The bi-dimensional rejection taxonomy: Organizing responses to social rejection along antisocial–prosocial and direct–indirect dimensions.

Wilson, S.J., Kiecolt-Glaser, J.K., Malarkey, W., Bailey, B., Fagundes, C.P., **Jaremka, L.M.**, Andridge, R.R., & Gates, K. (revise and resubmit). When couples’ hearts beat together: Synchrony in heart rate variability during conflict predicts heightened inflammation throughout the day.

Kiecolt-Glaser, J.K., Wilson, S.J., Bailey, M., Andridge, R.R., Peng, J., **Jaremka, L.M.**, Fagundes, C.P., Malarkey, W.B., Laskowski, B., & Belury, M.A. (under review). Marital distress, depression, and a leaky gut: Translocation of bacterial endotoxin as a pathway to inflammation.

**CHAired SYMPOSIA**

**Jaremka, L.M. (co-chair)**, Sunami, N. (co-chair, speaker), Nuijten, M.B. (speaker), Srivastava, S. (speaker), Tullett, A. (speaker). (March 2018). *Novel Techniques to Improve Social Psychological Research*. Professional developmental symposium at the Society for Personality and Social Psychology's 19<sup>th</sup> annual conference, Atlanta, GA.

**Jaremka, L.M.** (chair, speaker), Collins, N.L. (co-chair), Finkel, E.J. (speaker), Bartz, J.A. (speaker), & DeWall, C.N. (speaker). (September 2013). *The psychophysiology of social connection and exclusion: Social psychology at the cutting edge*. Symposium presented at the Society for Experimental Social Psychology's annual conference, Berkeley, CA.

**Jaremka, L.M.** (chair, speaker), Kemeny, M.E. (speaker), Way, B. (speaker), & Eisenberger, N.I. (speaker). (January 2013). *Biological underpinnings of social interaction: Interdisciplinary approaches*. Symposium presented at the Society for Personality and Social Psychology's 14<sup>th</sup> annual conference, New Orleans, LA.

**Jaremka, L.M.** (chair, speaker), Ayduk, A. (speaker), MacDonald, G. (speaker), & Pickett, C. (Speaker), (January 2011). *Connect or protect? New insights into motivated responses to social exclusion*. Society for Personality and Social Psychology 12<sup>th</sup> annual conference, San Antonio, TX.

**Jaremka, L.M.** (chair, speaker), Dickerson, S. (speaker), Scheepers, D. (speaker), & Zayas, V. (Speaker), (January 2010). *A biopsychosocial model of threats to social belonging: Perspectives from across the spectrum of social psychology*. Society for Personality and Social Psychology 11<sup>th</sup> annual conference, Las Vegas, NV.

**Jaremka, L.M.** (chair, speaker), Chen, J. (speaker), Coan, J. (speaker), & Poulin, M (speaker), (November 2009). *The kaleidoscope of social support: Interdisciplinary perspectives on social support processes in close relationships*. International Association of Relationship Research conference, Lawrence, KS.

**INVITED TALKS**

**Jaremka, L.M.** (December 2017). *Understanding how threats to belonging affect health*. Invited talk at Penn State Abington, Abington, PA.

**Jaremka, L.M.** (November 2017). *Understanding threats to belonging and health*. Invited talk at Rutgers University, New Brunswick, NJ.

**Jaremka, L.M.** (April 2017). *Physiological mechanisms linking social disconnection to poor health*. Invited talk at the SUNY University at Buffalo social brown bag, Buffalo, NY.

**Jaremka, L.M.** (May 2016). *Novel mechanisms linking distressed relationships to longer-term health problems*. Invited talk at the annual Midwestern Psychological Association conference, Chicago, IL.

**Jaremka, L.M.** (September 2015). *Loneliness, appetite dysregulation, and food intake among breast cancer survivors*. Invited talk at the Helen F. Graham Cancer Center & Research Institute, Newark, DE.

**Jaremka, L.M.**, Fagundes, C.P., Peng, J., Belury, M.A., Andridge, R.R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (March 2015). *Loneliness predicts postprandial ghrelin and hunger in women*. Invited for oral presentation based on conference submissions at the 73<sup>rd</sup> annual American Psychosomatic Society conference, Savannah, GA.

**Jaremka, L.M.** (September 2014). *Loneliness and the pain, depression, and fatigue symptom cluster: Immune dysregulation as a potential mechanism*. Invited talk at the Society for Research in Psychopathology conference; Evanston, IL.

**Jaremka, L.M.** (October 2013). *Threats to belonging: Consequences for immune and endocrine function*. Invited talk at the Ohio State University; Group on Attitudes and Persuasion.

**Jaremka, L.M.** (March 2013). *Loneliness: A Psychoneuroimmunological approach*. Invited talk at the University of Illinois at Urbana-Champaign; Center on Health, Aging, and Disability.

#### CONFERENCE TALKS

**Jaremka, L.M.** (March 2018). *Integrating psychoneuroimmunology into social psychological research*. Oral presentation to be presented at the 19<sup>th</sup> annual Society for Personality and Social Psychology conference, Atlanta, GA.

**Jaremka, L.M.** (June 2017). *Food well-being research and public policy: What have we accomplished, and what still needs to be done?* Invited panel member for special session during the 2017 American Marketing Association's Marketing and Public Policy Conference, Washington, D.C.

**Jaremka, L.M.** (March 2016) *Novel evidence linking social disconnection to appetite regulation and diet*. Oral presentation at the 73<sup>rd</sup> annual American Psychosomatic Society conference, Denver, CO.

**Jaremka, L.M.**, Belury, M.A., Andridge, R.R., Malarkey, W.B., Lindgren, M.E., Habash, D., & Kiecolt-Glaser, J.K. (January 2016). *Novel links between troubled marriages and appetite regulation*. Oral presentation at the 17<sup>th</sup> annual Society for Personality and Social Psychology conference, San Diego, CA.

**Jaremka, L.M.**, Belury, M.A., Malarkey, W.B., Glaser, R., Christian, L., Emery, C.F., & Kiecolt-Glaser, J.K. (April 2014). *Interpersonal stressors predict ghrelin and leptin levels in women*. Oral presentation at the annual OSUMC IBMR Research day, Columbus, OH.

**Jaremka, L.M.**, Glaser, R., & Kiecolt-Glaser, J.K. (February 2014). *The immunological consequences of threats to belonging*. Oral presentation at the 15<sup>th</sup> annual Society for Personality and Social Psychology conference, Austin, TX.

**Jaremka, L.M.** & Collins, N.L. (September 2013). *Threats to belonging: Social and neuroendocrine responses*. Oral presentation at the annual Society for Experimental Social Psychology conference, Berkeley, CA.

**Jaremka, L.M.,** Fagundes, C.P., Peng, J., Bennett J.M., Glaser, R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (May 2013). *Loneliness promotes inflammation during acute stress*. Oral presentation at the annual OSUMC IBMR Research day, Columbus, OH.

**Jaremka, L.M.,** Fagundes, C.P., Peng, J., Bennett, J.M., Glaser, R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (January 2013). *Loneliness and immune dysregulation: A Psychoneuroimmunological approach*. Oral presentation at the 14<sup>th</sup> annual Society for Personality and Social Psychology conference, New Orleans, LA.

**Jaremka, L.M.,** Major, B.N., & Collins, N.L. (January 2011). *An intergroup perspective on the need to belong*. Oral presentation at the 12<sup>th</sup> annual Society for Personality and Social Psychology conference, San Antonio, TX.

**Jaremka, L.M.,** & Collins, N.L. (January 2010). *The effects of inhibiting attention to rejection information on responses to negative feedback from a romantic partner*. Oral datablitz presentation at the Close Relationships Preconference for the 11<sup>th</sup> annual Society for Personality and Social Psychology conference, Las Vegas, NV.

**Jaremka, L.M.,** Collins, N.L., & Kane, H.S. (January 2010). *Social support as a moderator of the physiological response to a threat to social belonging*. Oral presentation at the 11<sup>th</sup> annual Society for Personality and Social Psychology conference, Las Vegas, NV.

**Jaremka, L.M.,** Collins, N.L., & Kane, H.S. (November 2009). *The effects of social support on stress hormones and relationship outcomes*. Oral presentation at the annual International Association for Relationships Research conference, Lawrence, KS.

**Jaremka, L.M.,** Collins, N.L., & Kane, H.S. (May 2009). *A safe haven: Social support and caregiving processes in couples*. Oral presentation at the 21<sup>st</sup> annual American Psychological Society conference, San Francisco, CA.

**Jaremka, L.M.,** Collins, N.L., Bunyan, D.P., & Sherman, D.S. (February 2009). *Through the looking glass darkly – always? How self-affirmation may stop self-doubts from becoming relationship insecurities*. Oral presentation at the 10<sup>th</sup> annual Society for Personality and Social Psychology conference, Tampa, FL.

**Jaremka, L.M.,** Collins, N.L., Kane, H.S., Guichard, A., & Ford, M. (April 2008). *How do I know you love me? Let me count the ways: How perceived responsiveness predicts felt security in romantic relationships*. Oral presentation at the 88<sup>th</sup> annual Western Psychological Association conference, Irvine, CA.

**Jaremka, L.M.,** Collins, N.L., Kane, H.S., Guichard, A., & Ford, M. (June 2007). *How do I know you love me? Let me count the ways: How perceived responsiveness predicts felt security in romantic relationships*. Oral presentation at the annual University of California Santa Barbara Psychology Department Mini-convention, Santa Barbara, CA.

**Jaremka, L.M.,** Gabriel, S., & Carvallo, M. (May 2005). *Are we as independent as we think? Evidence for the primacy of our interdependent needs among college students*. Oral presentation at



the 77<sup>th</sup> annual Midwestern Psychological Association conference, Chicago, IL.

**MENTEE'S TALKS AND POSTERS (STUDENT MENTEE'S UNDERLINED)**

Sunami, N., **Jaremka, L.M.** (March 2018). *Novel techniques to improve social psychological research*. Talk to be presented at the 19<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Sunami, N., Nadzan, M. A., & **Jaremka, L.M.** (March 2018). *Conceptually replicating the prospect of fulfilling belonging hypothesis*. Poster to be presented at the Society for Personality and Social Psychology Annual Convention, Atlanta, GA.

Nadzan, M.A., **Jaremka, L.M.**, & Collins, N.L. (March 2018). *He loves me... He loves me not: Understanding relationship security*. Poster to be presented at the 19<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Bencivenga, S., **Jaremka, L.M.** (August 2017). *Analysis of interpersonal relationships and disordered eating behaviors in married couples*. Poster presented at the 2017 Summer Scholars conference, Newark, DE.

McCann, J., & **Jaremka, L.M.** (August 2017). *The interaction of rejection and depressive symptoms predicting salivary cortisol*. Poster presented at the 2017 Summer Scholars conference, Newark, DE.

McCann, J., Nadzan, M.A., Sunami, N., **Jaremka, L.M.** (March 2017). *Does eating moderate the link between body mass index and perceived social connection?* Poster presented at the Undergraduate Poster Day at UD, Newark, DE.

McCann, J., Wiener, C., Nadzan, M.A., Sunami, N., **Jaremka, L.M.** (March 2017). *Eating moderates the link between body mass index and perceived social connection*. Poster presented at the Mid-Atlantic Undergraduate Psychology Conference, Bel Air, MD.

Nadzan, M.A., **Jaremka, L.M.**, & Sunami, N. (January 2017). *Eating moderates the link between body mass index and perceived social connection*. Poster presented at the 17<sup>th</sup> annual Society for Personality and Social Psychology Annual Convention, San Antonio, TX.

Sunami, N., Nadzan, M.A., & **Jaremka, L.M.** (January 2017). *Social acceptance satisfies belonging when it's from a desired person*. Poster to be presented at the 17<sup>th</sup> annual Society for Personality and Social Psychology Annual Convention, San Antonio, TX.

Hyde, E., & **Jaremka, L.M.** (November 2016). *Social support and inflammation*. Poster presented at the UD Research Foundation's Summer Experience for Undergraduates Conference, Newark, DE.

Harvey, M., & **Jaremka, L.M.** (May 2016). *The effects of body mass index (BMI) and eating on relationship perceptions*. Senior thesis presented for thesis committee, Newark, DE.

Nadzan, M.A., Bernstein, M.J., & **Jaremka, L.M.** (May 2016). *Social rejection predicts improved cognitive performance*. Poster presented at the 88<sup>th</sup> annual meeting of the Midwestern Psychological Association, Chicago, IL.

Sunami, N., & **Jaremka, L.M.** (March 2016). *Relationship well-being predicts dietary intake among men*. Poster to be presented at the 74<sup>th</sup> annual American Psychosomatic Association conference, Denver, CO.

Harvey, M., & **Jaremka, L.M.** (August 2015). *Ice cream after a breakup: rejection, hormones, and eating habits*. Poster presented at the 2015 Summer Scholars conference, Newark, DE.

#### **OTHER PROFESSIONAL PRESENTATIONS (POSTER OR CO-AUTHOR ON TALK)**

**Jaremka, L.M.** (April 2017). *Appetite regulation and food intake: Novel mechanisms linking marital distress to cardiovascular risk*. Poster presented at the Delaware IDeA Network of Biomedical Research Excellence executive advisory council meeting. Newark, DE.

Lynch, B.P., vanDellen, M.R., **Jaremka, L.**, & Fitzsimons, G. (January 2017). *The downshifting hypothesis: How self-efficacy influences social-handicapping*. Poster presented at the 17<sup>th</sup> annual Society for Personality and Social Psychology Annual Convention, San Antonio, TX.

Miller, T.J., Otten, M.P., Rutchick, Pleskus, L., **Jaremka, L.**, & Rutchick, A.M. (February 2015). *Grit predicts lower stress and healthier behavior*. Poster presented at the 16<sup>th</sup> annual Society for Personality and Social Psychology conference, Long Beach, CA.

Kiecolt-Glaser, J.K., **Jaremka, L.M.**, Andridge, R., Peng, J., Habash, D., Malarkey, W.B., & Belury, M.A. (October 2014). *Marital discord, depression, and metabolic responses to high-fat meals: How troubled marriages promote obesity*. Oral presentation at the annual Society for Experimental Social Psychology conference, Columbus, OH.

**Jaremka, L.M.**, Belury, M.A, Malarkey, W.B., Glaser, R., Christian, L., Emery, C.F., & Kiecolt-Glaser, J.K. (April 2014). *Interpersonal tension predicts appetite hormone levels*. Poster presented at the annual OSUMC IBMR Research day, Columbus, OH.

Derry, H.M., Bennett, J.M., **Jaremka, L.M.**, Peng, J., Andridge, R., Shapiro, C., Malarkey, W.B., Emery, C.F., Layman, R., Mrozek, E., & Kiecolt-Glaser, J.K. (April 2014). *Yoga and self-reported cognitive problems: A randomized controlled trial for breast cancer survivors*. Poster presented at the annual OSUMC IBMR Research day, Columbus, OH.

**Jaremka, L.M.**, Belury, M.A, Malarkey, W.B., Glaser, R., Christian, L., Emery, C.F., & Kiecolt-Glaser, J.K. (March 2014). *Relationship distress predicts hunger-related hormone levels*. Poster presented at the 72<sup>nd</sup> annual American Psychosomatic Society conference, San Francisco, CA.

Fagundes, C.P., **Jaremka, L.M.**, Glaser, R., Pivoski, S.P., Lipari, A.M., Agnese, D.M., Yee, L.D., Carson III, W.E., Farrar, W.B., Malarkey, W.B., Chen, M., & Kiecolt-Glaser, J.K. (March 2014). *Attachment anxiety is related to Epstein-Barr virus latency while undergoing testing for breast or colon cancer, as well as one year later*. Poster presented at the 72<sup>nd</sup> annual American Psychosomatic Society conference, San Francisco, CA.

Hussain, M.A., **Jaremka, L.M.**, Bennett, J.M., Fagundes, C.P., Malarkey, W.B., Emery, C.F., & Kiecolt-Glaser, J.K. (March 2014). *Syndromal depression, intrusive thoughts, and heart rate*

*variability among cancer survivors*. Poster presented at the 72<sup>nd</sup> annual American Psychosomatic Society conference, San Francisco, CA.

Derry, H.M., Bennett, J.M., **Jaremka, L.M.**, Peng, J., Andridge, R., Shapiro, C., Malarkey, W.B., Emery, C.F., Layman, R., Mrozek, E., & Kiecolt-Glaser, J.K. (March 2014). *Yoga and self-reported cognitive problems: A randomized controlled trial for breast cancer survivors*. Poster presented at the 72<sup>nd</sup> annual American Psychosomatic Society conference, San Francisco, CA.

**Jaremka, L.M.**, Fagundes, C.P., Peng, J., Bennett J.M., Glaser, R., Malarkey, W.B., & Kiecolt-Glaser, J.K. (May 2013). *Loneliness promotes inflammation during acute stress*. Poster presented at the annual OSUMC IBMR Research day, Columbus, OH.

Hughes, S., **Jaremka, L.M.**, & Kiecolt-Glaser, J.K. (May 2013). *Social support predicts pretreatment to posttreatment changes in depression, pain, and IL-6 among breast cancer patients*. Poster presented at the annual OSUMC IBMR Research day, Columbus, OH.

Hussain, M., Kiecolt-Glaser, J.K., **Jaremka, L.M.**, Fagundes, C.P. (May 2013). *An investigation into the link between heart rate variability and intrusive thoughts: Implications for breast cancer survivors*. Poster presented at the 25<sup>th</sup> annual Midwestern Psychological Association conference, Washington, DC.

**Jaremka, L.M.**, Fagundes, C.P., Glaser, R., Bennett, J.M., Malarkey, W.B., & Kiecolt-Glaser, J.K. (March 2013). *Loneliness predicts pain, depression, and fatigue: Understanding the role of immune dysregulation*. Poster presented at the 71<sup>st</sup> annual American Psychosomatic Society conference, Miami, FL.

Fagundes, C.P., **Jaremka, L.M.**, Peng, J., Glaser, R., Malarkey, W.B., Kiecolt-Glaser, J.K. (March 2013). *Socioeconomic status is associated with leptin and adiponectin in breast cancer survivors: Implications for health disparities*. Poster presented at the 71<sup>st</sup> annual American Psychosomatic Society conference, Miami, FL.

Derry, H., **Jaremka, L.M.**, & Kiecolt-Glaser, J.K. (March 2013). *Marital quality: Cancer-related intrusive thoughts as a longitudinal risk factor*. Poster presented at the 34<sup>th</sup> annual Society for Behavioral Medicine conference, San Francisco, CA.

**Jaremka, L.M.**, Glaser, R., Loving, T.J., Malarkey, W.B., Stowell, J.R., & Kiecolt-Glaser, J.K. (June 2012). *Anxiety about relationships is linked to alterations in cortisol production and cellular immunity*. Poster presented at the 19<sup>th</sup> annual Psychoneuroimmunology Research Society conference, San Diego, CA.

**Jaremka, L.M.**, Glaser, R., Loving, T.J., Malarkey, W.B., Stowell, J.R., & Kiecolt-Glaser, J.K. (March 2012). *Anxiety about relationships is linked to alterations in cortisol production and cellular immunity*. Poster presented at the annual Ohio State University Institute for Behavioral Medicine Research conference, Columbus, OH.

**Jaremka, L.J.**, & Kiecolt-Glaser, J K. (March 2012). *Loneliness is a risk factor for the pain, depression, and fatigue symptom cluster*. Poster presented at the 14<sup>th</sup> annual Ohio State University Comprehensive Cancer Center conference, Columbus, OH.

**Jaremka, L.J.,** & Collins, N.L. (January 2012). *Connect or protect: Neuroendocrine and social responses to interpersonal rejection*. Poster presented at the 13<sup>th</sup> annual Society for Personality and Social Psychology conference, San Diego, CA.

**Jaremka, L.M.,** Kane, H.S., & Collins, N.L. (September 2010). *Social support as a moderator of cortisol reactivity in response to social-evaluative threat*. Poster presented at the 50<sup>th</sup> annual Society for Psychophysiological Research conference, Portland, OR.

**Jaremka, L.M.,** Bunyan, D.P., Collins, N.L., & Sherman, D.K. (August 2010). *Self-affirmation as a buffer against relationship-based threats*. Poster presented at the 118<sup>th</sup> annual American Psychological Association conference, San Diego, CA.

Kane, H.S, **Jaremka, L.M.,** & Collins, N.L. (March 2010). *A safe haven: Responsive social support buffers cortisol reactivity and improves psychosocial responses to stress*. Poster presented at the annual American Psychosomatic Society conference, Portland, OR.

Collins, N. L., Kane, H.S., & **Jaremka, L.M.** (January 2010). *A safe haven: Responsive support promotes well-being and facilitates secure attachment processes in couples*. Oral presentation at the Close Relationships Preconference of the 11<sup>th</sup> annual Society for Personality and Social Psychology conference, Las Vegas, NV.

**Jaremka, L.M.,** Kane, H.S., & Collins, N.L. (May 2009). *Social support as a moderator of the physiological stress response*. Poster presented at the 21<sup>st</sup> annual American Psychological Society conference, San Francisco, CA.

Collins, N.L, **Jaremka, L.M.,** & Kane, H. (October 2008). *Feeling supported and feeling secure: Responsive caregiving promotes feelings of security in intimate relationships*. Oral presentation at the annual Society for Experimental and Social Psychology conference, Sacramento, CA.

Collins, N.L., Kane, H., **Jaremka, L.M.,** Guichard, A., & Ford, M. (July 2008). *Will you be there when I need you? Perceived partner responsiveness regulates support-seeking motivations, perceptions, and behavior*. Oral presentation at the annual International Association of Relationship Research conference, Providence, RI.

**Jaremka, L.M.,** Collins, N.L., Kane, H.S., Guichard, A., & Ford, M. (2008, February). *How do I know you love me? Let me count the ways: How perceived responsiveness predicts felt security in romantic relationships*. Poster presented at the 9<sup>th</sup> annual Society for Personality and Social Psychology conference, Albuquerque, NM.

Bunyan, D.P., Sherman, D.K., **Jaremka, L.M.,** & Creswell, J.D. (February 2008). *Reducing the effects of exam stress via self-affirmation*. Poster presented at the 9<sup>th</sup> annual Society for Personality and Social Psychology conference, Albuquerque, NM.

**Jaremka, L.M.,** Kane, H.S., Guichard, A., Collins, N.L, Ford, M., & Feeney, B. (January 2007). *Feeling supported and feeling satisfied: How one partner's attachment style predicts the other partner's relationship experiences*. Poster presented at the 8<sup>th</sup> annual Society for Personality and Social Psychology conference, Memphis, TN.

Collins, N.L., Kane, H., Guichard, A., Ford, M., & **Jaremka, L.M.** (January 2007). *Will you be there when I need you? Perceived partner responsiveness regulates support-seeking behavior and perceptions in couples.* Poster presented at the 8<sup>th</sup> annual Society for Personality and Social Psychology conference, Memphis, TN.

**Jaremka, L.M.**, Kane, H.S., Guichard, A., Collins, N.L., Ford, M., & Feeney, B. (October 2006). *Feeling supported and feeling satisfied: How one partner's attachment style predicts the other partner's relationship experiences.* Poster presented at the New Methods for the Analysis of Family and Dyadic Processes conference, Amherst, MA.

**Jaremka, L.M.**, Carvallo, M., & Gabriel, S. (January 2006). *Why do we care about the independent self? Evidence that traits and attributes have social utility.* Poster presented at the 7<sup>th</sup> annual Society for Personality and Social Psychology conference, Palm Springs, CA.

**Jaremka, L.M.**, Gabriel, S., & Carvallo, M. (March 2005). *Are we as independent as we think? Evidence for the primacy of our interdependent needs among college students.* Poster presented at the 76<sup>th</sup> annual Eastern Psychological Association conference, Boston, MA.

**Jaremka, L.M.**, Gabriel, S., & Carvallo, M. (April 2004). *How important is the need to belong? The primacy of the need to belong in emotional experiences.* Poster presented at the annual Sigma Xi conference, Buffalo, NY.

---

## SERVICE AND OUTREACH

---

### SERVICE AND OUTREACH AWARDS

UD Faculty Senate CAPE funding to sponsor the Social Justice Coffee Hour, Spring 2018

### PROFESSIONAL SERVICE

SPSP Program Convention Committee; 3-year member; Jan 2017 - present  
 Relationships Research Interest Group; preconference organization committee; 2016 - present  
 Social Personality and Health Network Virtual Brown Bag organizer; 2016 - present  
 NIH SPIP Scientific Review Group Early Investigator member; Oct 2016 meeting  
 SPSP Symposium Review Committee; 2016  
 SPSP Poster Review Committee; 2015  
 American Psychosomatic Society (APS) Poster Review Committee; 2015  
 Ohio State University, IBMR Research Day Poster Award Committee; 2011  
 SPSP Student Poster Award Committee; 2010  
 International Association for Relationships Research (IARR) Poster Review Committee; 2009  
 APA Early Graduate Student Researcher Award Committee; 2009  
 APA Science Student Council (APASSC) – national representative for Social; 2007-2009  
 Psychological Science Agenda author; APA Science Directorate newsletter; 2008  
 Invited participant at the APA Science Leadership Conference; Oct. 2008  
 Invited participant at the APA governance groups consolidated meetings; Sept. 2008  
 Eastern Psychological Association Steering Committee member; Oct. 2004-Oct. 2005

**UNIVERSITY SERVICE**

UD Diversity Committee; Dec 2016 - present  
 UD Quantitative Committee; Aug. 2014 - present  
 UD Graduate Committee; January 2016 – Aug 2016  
 UD Selection/Interview Committee for McNair Scholars Program; February 2016  
 UCSB Affirmative Action Committee student representative; July 2010-Aug. 2011  
 UCSB Social Psychology Area Shared Facilities Lab Manager; 2009-Aug. 2011  
 UCSB Graduate Affairs Committee student representative; June 2009-July 2010  
 UCSB Mini-convention Graduate Research Conference organizer; May 2008  
 UCSB Graduate Executive Committee representative; Sept. 2005-Sept. 2007  
 SUNY University at Buffalo Graduation Committee member; Sept. 2003-May 2004  
 SUNY University at Buffalo Faculty/Senate Committee member; Sept. 2002-May 2004  
 SUNY University at Buffalo Leadership Peer Educator; Jan. 2004-May 2004

**EDITORIAL BOARD OR CONSULTING EDITORIAL BOARD MEMBER**

Personality and Social Psychology Bulletin (Jan. 2017 – present)  
 Self and Identity (Jan. 2016 – present)  
 Journal of Personality and Social Psychology (Oct. 2015 – present)  
 Social Psychological and Personality Science (Jan. 2013 – Nov. 2015; Jan 2018 – July 2019)

**AD-HOC REVIEWING - JOURNALS**

Psychological Science	Brain, Behavior, and Immunity
Personality and Social Psychology Bulletin	Hormones and Behavior
Perspectives on Psychological Science	Psychophysiology
Journal of Experimental Social Psychology	Appetite
Journal of Social and Personal Relationships	Journal of Psychosomatic Research
Journal of Research in Personality	Psychology and Health
Journal of Personality	International Journal of Behavioral Medicine
Personal Relationships	Journal of Gerontology: Social Sciences
PLOS ONE	Journal of Pain and Symptom Management
Psycho-oncology	Aging and Mental Health
Health Psychology	Journal of Family Theory and Review
Psychoneuroendocrinology	Psychology of Popular Media Culture
Psychosomatic Medicine	Emotion
Journal of Gerontology: Psychological Sciences	

**COMMUNITY AND OUTREACH**

Organized “Social Justice Coffee Hour: Talking to Kids about Racism”; January 2018  
 Organized “Social Justice Coffee Hour: Mass Incarceration”; November 2017  
 Organized “Social Justice Coffee Hour: Intersectional Identities”; September 2017  
 Invited speaker at “The Diversity Summit” sponsored by the Office of Equity & Inclusion; June 2017  
 Invited panel member for the Delaware INBRE retreat for summer undergraduate scholars; June 2017  
 Organized “Dinner with Friends: Discussions of Race, Gender, and Class”; May 2017 and April 2017

Organized a bus trip for UD faculty & students; March for Science in Washington DC; April 2017  
 Organized “We Stand With You” demonstration of solidarity on the UD campus; Nov. 2016

---

### **TEACHING/MENTORING**

---

#### **TEACHING/MENTORING AWARDS AND GRANTS**

UD Undergraduate Mentoring and Advising Award recipient, April 2017  
 UD Undergraduate Mentoring and Advising Award nominee, April 2016  
 UD Integrative Curriculum Development grant; 2016  
 UD Excellence in Teaching Award nominee; 2015-2016

#### **TEACHER/INSTRUCTOR OF RECORD**

Hierarchical Linear Modeling  
 Introductory Research Methods  
 Advanced Research Methods  
 Teaching Assistant Advisory Panel; Sept. 2006-May 2011

#### **SELECT ADVANCED TEACHER TRAINING**

Certificate in College and University Teaching; Summer 2011

Summer Teaching Institute for Associates participant; advanced training in preparation for teaching a course; Sponsored by UCSB Instructional Developmental; Spring-Summer 2010

Lead Teaching Assistant Institute participant: training on effective teaching methods and skills; Sponsored by UCSB Instructional Development; Sept. 4-6, 2008

Video consultant for student based teaching videos. Sponsored by UCSB Instructional Development; 2008-2009

Teaching Assistant Advisory Panel; year-long class about effective teaching methods; attended 1-year and co-taught 4-years; Sponsored by the UCSB Psychology Department; Fall 2005-Spring 2006

#### **STUDENT MENTORING AND ACCOMPLISHMENTS**

Naoyuki Sunami, PhD candidate  
 Awarded “Love of Learning” grant from Phi Kappa Phi  
 Organized a symposium that was accepted at SPSP; 2018  
 Received a travel award from SPSP; 2018  
 Presented a poster each year at SPSP since starting graduate school

Megan Nadzan, PhD candidate  
 Presented a poster each year at SPSP since starting graduate school

Jesse McCann, undergraduate student

UD summer scholar's program awardee  
 Psi Chi undergraduate research grant recipient  
 Presented poster at 3 local and regional conferences

Sarah Bencivenga, undergraduate student  
 UD summer scholar's program awardee  
 Presented poster at local conference

Emily Hyde, undergraduate;  
 UD Summer Research Experience for Undergraduates (SREU) grant recipient  
 Presented poster at local conference

Mike Harvey, undergraduate student  
 UD summer scholar's program awardee  
 Presented poster at local conference  
 Currently a PhD student in a social-health psychology lab

---

**PROFESSIONAL REFERENCES**

---

Janice Kiecolt-Glaser	Distinguished University Professor Psychiatry and Psychology S. Robert Davis Chair of Medicine janice.kiecolt-glaser@osumc.edu (614) 293-3499	Institute for Behavioral Medicine Research College of Medicine The Ohio State University 460 Medical Center Drive Columbus, OH 43210
Nancy Collins	Professor, Psychology ncollins@psych.ucsb.edu (805) 893-2804	Dept of Psychological and Brain Sciences University of California Santa Barbara Santa Barbara, CA 93106
Chris Fagundes	Assistant Professor Christopher.fagundes@rice.edu (713) 348-2184	Dept of Psychology Rice University Houston, TX 77251