

Meaghan A. Barlow, PhD

CURRICULUM VITAE

Self-Regulation, Emotion, and Aging Lab
 Department of Psychology, Wilfrid Laurier University
mbarlow@wlu.ca

ACADEMIC POSITIONS

2022-present	Assistant Professor, <i>Department of Psychology, Wilfrid Laurier University</i>
2020-2022	Postdoctoral Researcher, <i>Department of Psychology, UC Berkeley</i>
2018 – 2021	Lecturer, <i>Department of Psychology, Concordia University</i>
2014 – 2019	Teaching Assistant, <i>Department of Psychology, Concordia University</i>
2013-2019	Graduate Researcher, <i>Department of Psychology, Concordia University</i>
2010-2013	Lab Coordinator and Research Assistant, <i>Bishop's University</i>

EDUCATION

2015-2019	Ph.D. Psychology, Concordia University Thesis title: Emotions and Well-Being in Older Adulthood: Exploring the Roles of Age, Stress, and Motivational Processes Supervisor: Dr. Carsten Wrosch
2013-2015	M.A. Psychology, Concordia University Thesis title: Buffering effects of health-related self-protection on older adults' loneliness: An 8-year longitudinal analysis Supervisor: Dr. Carsten Wrosch
2009-2013	B.Sc. Honours Psychology, Neuroscience Concentration, Bishop's University Thesis Title: The Effects of Massage Therapy on the Attentional Deficits of Individuals with Fibromyalgia: A Pilot Study Supervisor: Dr. Fuschia Sirois

AWARDS AND SCHOLARSHIPS

External awards:

2020-2022	Postdoctoral Fellowship <i>Social Sciences and Humanities Research Council of Canada (SSHRC)</i> 45,000 per year (total: \$90,000)
2020	Certificate of Academic Excellence <i>Canadian Psychological Association</i> PhD Dissertation Award
2016-2019	Doctoral Award <i>Social Sciences and Humanities Research Council of Canada (SSHRC)</i> 35,000 per year (total: \$105,000)
2015-2018	Doctoral Award <i>Fonds de Recherche Santé Québec (FRSQ)</i> 20,000 per year (total: \$60,000)

2014	CGS Master's Award <i>Canadian Institutes of Health Research (CIHR)</i> \$17,500
2014 - 2015	Master's Award <i>Fonds de Recherche Santé Québec (FRSQ)</i> \$15,000 per year (total: \$30,000)
2012	The Eileen Healy Prize for Leadership <i>Lampe Foundation</i> \$1000
2011	Summer Introductory Program to Health Research Scholarship <i>Fonds de Recherche Santé Québec (FRSQ)</i> \$5000

Internal awards:

2014 - 2019	Concordia University Conference and Exposition Award <i>Concordia University</i> \$1,000 per conference (total: \$10,000)
2013	Harriet and Abe Gold Graduate Fellowship <i>Concordia University</i> \$5000
2013	The Chair of the Board of Governor's Prize <i>Bishop's University</i>
2009-2013	Dr. Sidney Medicine Scholarship/Bishop's University Foundation Scholarships <i>Bishop's University</i> \$3,000 per year (total: \$12,000)

PUBLICATIONS (*indicates student)

Published:

- Barlow, M. A.**, Wrosch, C., Hamm, J., *Sacher, T., Miller, G. E., & Kunzmann, U. (in press). Discrete Negative Emotions and Goal Disengagement in Older Adulthood: Context Effects and Associations with Emotional Well-Being. *Emotion*.
- Wrosch, C., *Borenstein-Laurie, J., **Barlow, M. A.**, & Renaud, J. (in press). The importance of optimism for adaptive self-regulation: Associations with subjective well-being and physical health. In F. M. Sirois (Ed.), *Palgrave Handbook of Positive Psychology and Health*. Springer Nature.
- Scheier, M. F., Wrosch, C., **Barlow, M. A.**, Swanson, J. D., & Tindle, H. A. (2021). It Remains Meaningful to Distinguish Optimism from Pessimism: A Reply to VanderWeele and Kubzansky (2021). *American Psychologist*, 76, 1194–1195. <https://doi.org/10.1037/amp0000920>
- Martiniello, N., **Barlow, M. A.**, & Wittich, W. (2021). Exploring correlates of braille reading performance in adults and older adults with visual impairment: A retrospective study. *Scientific Studies on Reading*. Advance online publication. doi: 10.1080/10888438.2021.1969402
- Hamm, J. M., Wrosch, C., **Barlow, M. A.**, & Kunzmann, U. (2021). A tale of two emotions: The diverging salience and health consequences of calmness and excitement in old age. *Psychology and Aging*, 36, 626-641. doi: 10.1037/pag0000512.
- Scheier, M. F., Swanson, J. D., **Barlow, M. A.**, Greenhouse, J. B., Wrosch, C., & Tindle, H. A. (2021).

- Optimism versus pessimism as predictors of physical well-being: A meta-analytic study of dispositional optimism. *American Psychologist*, *76*, 529–548. doi: 10.1037/amp0000666
- Holding, A., **Barlow, M. A.**, Koestner, R., & Wrosch, C. (2020). Why are we together? A dyadic longitudinal investigation of relationship motivation, goal progress and adjustment. *Journal of Personality*, *88*, 464-477. doi: 10.1111/jopy.12503
- Barlow, M. A.**, Wrosch, C., & McGrath, J. (2020). Goal adjustment capacities and quality of life: A meta-analysis. *Journal of Personality*, *88*, 307-323. doi: 10.1111/jopy.12492
- Barlow, M. A.**, Wrosch, C., Gouin, J. P. & Kunzmann, U. (2019). Is anger, but not sadness, associated with chronic inflammation in older adulthood? *Psychology and Aging*, *34*, 330-340. doi: 10.1037/pag0000348
- Wrosch, C., **Barlow, M. A.**, & Kunzmann, U. (2018). Age-related changes in older adults' anger and sadness: The role of perceived control. *Psychology and Aging*, *33*, 350-360. doi: 10.1037/pag0000229
- Barlow, M. A.**, Wrosch, C., Heckhausen, J., & Schulz, R. (2017). Control strategies for managing physical health problems in old age: Evidence for the motivational theory of life-span development. In J. W. Reich & F. J. Infurna (Eds), *Perceived control: Theory, research, and practice in the first 50 years*. Oxford University Press.
- Pila, E., **Barlow, M. A.**, Wrosch, C., & Sabiston, C. (2016). Comparing the body to superior others: Associations with daily exercise and body evaluation in men and women. *Psychology of Sport and Exercise*, *27*, 120-127. doi: 10.1016/j.psychsport.2016.08.001
- Barlow, M. A.**, Liu, S., & Wrosch, C. (2015). Chronic illness and loneliness in older adulthood: The role of self-protective control strategies. *Health Psychology*, *34*, 870-879. doi: 10.1037/hea0000182

Submitted:

- *Borenstein-Laurie, J., **Barlow, M. A.**, Scheier, M. F. & Wrosch, C. (2022). Examining Intra- and Inter-Personal Health Effects of Optimism and Pessimism: The Role of Subjective Well-Being in Romantic Couples. Submitted to *Journal of Personality*.
- Hamm, J. M., Tan, J., **Barlow, M. A.**, Delaney, R., & Duggan, K. (2021). Goal Adjustment Capacities in Uncontrollable Life Circumstances: Benefits for Psychological Well-Being During COVID-1. Submitted to *Motivation and Emotion*.

In Preparation:

- Barlow, M. A.**, Willroth, E. C., John, O., Wrosch, C. & Mauss, I. B. (in prep). Emotion globalizing across the lifespan.
- Barlow, M. A.**, Wrosch, C., & Hoppmann, C. (in prep). The Interpersonal Benefits of Goal Adjustment Capacities: The Sample Case of Coping with Poor Sleep in Couples.
- Hamm, J. M., Wrosch, C., **Barlow, M. A.**, & Kunzmann, U. (in prep). Discrete Emotion Profiles in Old Age: Stability and Change for Better or Worse.
- Liu, S., **Barlow, M. A.**, & Wrosch, C. (in prep). Intra-individual changes in regret intensity among older adults: The roles of perceived stress and self-esteem.

CONFERENCE PRESENTATIONS (*indicates student)

- Barlow, M. A.**, & Wrosch, C. (2022, February). *Goal disengagement, relationship conflict, and cold symptoms in romantic couples: The moderating role of dyadic coping*. Paper presented at the 23rd Society for Personality and Social Psychology Annual Convention in San Francisco, USA.

- Delaney, R. L., Hamm, J. M., Tan, J. X. Y., Duggan, K. A., & **Barlow, M. A.** (2022, February). Goal disengagement and reengagement during COVID-19: Implications for wellbeing. Paper presented at the 23rd Society for Personality and Social Psychology Annual Convention in San Francisco, USA.
- Barlow, M. A.** (2021, November). *Age differences in emotion globalizing across the adult lifespan*. Paper presented at the Gerontological Society of America's 74th Annual Scientific Meeting in Phoenix, Arizona.
- Hamm, J. M., Wrosch, C., **Barlow, M. A.**, & Kunzmann, U. (2021, November). *Discrete emotion profiles in old age: Stability and change for better or worse*. Paper presented at the Gerontological Society of America's 74th Annual Scientific Meeting in Phoenix, Arizona.
- Barlow, M. A.**, John, O., & Mauss, I. (2021, April). Exploring *discrete emotion networks across the lifespan*. Paper presented at the 8th Annual Society for Affective Science Conference Online.
- *Borenstein-Laurie, J., **Barlow, M. A.**, Scheier, M. F. & Wrosch, C. (2021, March). Is pessimism a better predictor of subjective well-being and health? A dyadic approach. Paper presented at the Annual Centre for Research in Human Development Conference in Montreal, Canada.
- *Borenstein-Laurie, J., **Barlow, M. A.**, Scheier, M. F. & Wrosch, C. (2021, March). Is pessimism a better predictor of subjective well-being and health? A dyadic approach. Poster presented at the Society for Personality and Social Psychology Virtual Convention.
- Barlow, M. A.**, & Mauss, I. (2020, November). *Discrete emotion networks across the lifespan: Implications for well-being*. Paper presented at the Gerontological Society of America's 73rd Annual Scientific Meeting Online.
- Barlow, M. A.**, & Wrosch, C. (2019, May). *Goal disengagement and emotional well-being in older adulthood: The roles of sadness, anger and stress*. Paper presented at the 31st Association for Psychological Science Annual Convention in Washington, DC.
- Barlow, M. A.**, & Wrosch, C. (2019, February). *Goal disengagement and emotional well-being in older adulthood: The roles of sadness, anger and stress*. Paper presented at the Annual Centre for Research in Human Development Conference in Montreal, Canada.
- *Sacher, T., **Barlow, M. A.**, & Wrosch, C. (2018, November). *Age effects of anger and sadness on chronic inflammation in older adulthood*. Poster presented at the Gerontological Society of America's 71st Annual Scientific Meeting in Chicago, USA.
- Barlow, M. A.**, & Wrosch, C. (2018, March). *Differential effects of anger and sadness on systemic inflammation across older adulthood*. Poster presented at the 30th Association for Psychological Science Annual Convention in San Francisco, USA.
- Barlow, M. A.**, & Wrosch, C. (2018, March). *Goal disengagement, relationship conflict, and cold symptoms in romantic couples: The moderating role of dyadic coping*. Paper presented at the 19th Society for Personality and Social Psychology Annual Convention in Atlanta, USA.
- Barlow, M. A.**, Wrosch, C., & McGrath, J. (2017, August). *Goal adjustment capacities and health: A meta-analysis*. Paper presented at the 31st annual conference of the European Health Psychology Society in Padova, Italy.
- Barlow, M. A.**, & Wrosch, C. (2016, November). *Stress experiences and depressive symptoms in old age: Benefits of optimism and goal adjustment*. Poster presented at the Gerontological Society of America's 69th Annual Scientific Meeting in New Orleans, USA.
- Barlow, M. A.**, & Wrosch, C. (2016, January). *Sleep problems, goal disengagement and emotional well-being in romantic relationships: The mediating role of coping*. Poster presented at the 17th Society for Personality and Social Psychology Annual Convention in San Diego, USA.
- Barlow, M. A.**, & Wrosch, C. (2015, November). *Chronic illness in romantic relationships: Benefits of*

goal disengagement. Paper presented at the Gerontological Society of America 's 68th Annual Scientific Meeting in Orlando, USA.

Barlow, M. A., Torok, S., & Wrosch, C. (2015, May). *When your spouse is sick: Benefits of goal disengagement among romantic couples*. Poster presented at the 27th Association for Psychological Science Annual Convention in New York, USA.

Barlow, M. A., & Wrosch, C. (2014, September). *Chronic illness and loneliness in older adulthood: The role of self-protective control strategies*. Paper presented at the Centre for Clinical Research in Health Master's Blitz in Montreal, Canada.

Barlow, M. A., Liu, S. Y., Wrosch, C., Segalowitz, N., & Johnson, A. P. (2014, August). *The role of goal adjustment capacities in cortisol response to task switching*. Poster presented at the International Society of Psychoneuroendocrinology 44th Annual Conference in Montreal, Canada.

Barlow, M. A., & Wrosch, C. (2014, July). *Buffering effects of positive reappraisals on older adults' loneliness: an 8-year longitudinal analysis*. Poster presented at the 2nd Canadian Conference on Positive Psychology in Ottawa, Canada.

Barlow, M. A., & Wrosch, C. (2014, May). *Buffering effects of health-related self-protection on older adults' loneliness: an 8-year longitudinal analysis*. Paper presented at the 26th Association for Psychological Science Annual Convention in San Francisco, USA.

Barlow, M. A., & Wrosch, C. (2014, February). *The mediating role of depressive symptoms in the relation between self-protective strategies and changes in older adults' functional disabilities*. Paper presented at the Annual Centre for Research in Human Development Conference in Montreal, Canada.

THESIS SUPERVISION AND STUDENT MENTORSHIP

Graduate Students:

Gerald Young (UC Berkeley)

Gold Okafor (UC Berkeley)

Jamie Borenstein-Laurie (Concordia University)

Georgina Faddoul (Concordia University)

Undergraduate Students:

Veronica Chiarella (Concordia University)

Tehila Sacher (Concordia University)

Anca Petre (Concordia University)

Camille Bourgault-Gervais (Concordia University)

REVIEWING AND EDITORIAL SERVICE

Ad Hoc Reviewer:

Emotion, Journal of Social and Personality Relationships, Health Psychology, Motivation and Emotion, Clinical Psychology Science, Social Development, Social Psychology, Social Cognition

Grant Proposal Reviewer:

National Science Foundation

Graduate Women in Science (GWIS) National Fellowship Program

Conference Abstract Reviewer:*Gerontological Society of America (2021)***WORKSHOPS**

Seminar in University Teaching for Graduate Students

Concordia University (2017)

Dyadic Analysis Using Multilevel Modeling

Data Analysis Training Institute of Connecticut (2015)

Introduction to Structural Equation Modeling

27th Association for Psychological Science Annual Convention Workshop (2014)

Statistical Issues Relevant to Relationship Research

*27th Association for Psychological Science Annual Convention Workshop (2014)***PUBLIC MEDIA COVERAGE**

New York Times (May 19, 2019: Let Go of Your Grudges. They're Doing You No Good.) Available at:
<https://nyti.ms/2Hq5ReV>

CBC (May 15, 2019: Chronic anger linked to chronic illness in older adults, suggests Montreal-based study). Available at: <https://www.cbc.ca/news/canada/montreal/chronic-anger-linked-to-chronic-illness-1.5137937?fbclid=IwAR2-MNpsEXNgkG3pk-VJ9pxd92avECHYouinkeH98pxETwcp123oz2ZSWhs>

TIME (May 14, 2019: Want to stay health as you age? Let go of anger). Available at:
<http://time.com/5584263/anger-sadness-aging-adults/>

CTV (May 14, 2019: Anger linked to more harmful health effects than sadness in older adults).
 Available at: <http://ctv.news/WX25qNd>

Concordia News Stories (May 9, 2019: Study shows that anger is more harmful to the health of older adults than sadness). Available at: <http://www.concordia.ca/news/stories/2019/05/09/study-shows-that-anger-is-more-harmful-to-the-health-of-older-adults-than-sadness.html>

Concordia News Stories (February 11, 2015: Does illness make people lonely?). Available at:
<http://www.concordia.ca/cunews/main/stories/2015/02/11/does-illness-make-people-lonely.html>