

GERALD R. YOUNG
Curriculum Vitae

Email:

geraldyoung@berkeley.edu

[Google Scholar Page](#)

Education

Ph.D., Social-Personality Psychology Advisors: Iris Mauss, Ph.D. & Oliver John, Ph.D. <i>University of California, Berkeley</i>	Will Complete Spring 2024
M.A., Social Psychology Advisor: David Matsumoto, Ph.D. <i>San Francisco State University</i>	2018
B.A., Psychology <i>California State University, East Bay</i>	2012
A.A., Liberal Arts & Science <i>Las Positas College</i>	2010

Fellowships & Grants

Ford Foundation Dissertation Fellowship – Alternate and Honorable Mention	2023
Ford Foundation Predoctoral Fellowship – Honorable Mention	2020
The Sheldon Zedeck Program for Culture, Behavior and Management Study Grant “ <i>Emotional Fit and Its Implications for Well-Being</i> ” PI: G. Young, Award Amount: \$3000	2019
Eugene Cota-Robles Fellowship for Graduate Study <i>University of California, Berkeley, Graduate Division</i>	2018 - 2020

Publications

Emotion-related Processes and Mental Health

Published and in Press

- Willroth, E.C., **Young, G.**, Tamir, M., & Mauss, I.B. (in press). Judging emotions as good or bad: Individual differences and associations with psychological health. *Emotion*.
<https://doi.org/10.1037/emo0001220>
- Smith, A. M., **Young, G.**, & Ford, B. Q. (2023). The interpersonal correlates of believing emotions are controllable. *Motivation and Emotion*, 47, 323-332.
<https://doi.org/10.1007/s11031-023-10016-3>

Young, G. R., Karnilowicz, H. R., Mauss, I. B., Hastings, P. D., Guyer, A. E., & Robins, R. W. (2022). Prospective associations between emotion regulation and depressive symptoms among Mexican-origin adolescents. *Emotion*, 22(1), 129-141. doi: <https://doi.org/10.1037/emo0001060>

Bratman, G. N., **Young, G.**, Mehta, A., Babineaux, I. L., Daily, G. C., & Gross, J. J. (2021). Affective benefits of nature contact: The role of rumination. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.643866>

White, M., Bratman, G., Pahl, S., **Young, G.**, & Cracknell, D. (2020). Affective reactions to losses and gains in biodiversity: Testing a prospect theory approach. *Journal of Environmental Psychology*, 72, 10152. <https://doi.org/10.1016/j.jenvp.2020.101502>

Young, G., & Suri, G. (2020). Emotion regulation choice: A broad examination of external factors. *Cognition and Emotion*, 34(2), 242-261. <https://doi.org/10.1080/02699931.2019.1611544>

Suri, G., Lavaysse, L. M., **Young, G.**, Moodie, C., Tersakyan, A., Gross, J. J., & Gard, D. E. (2018). An investigation into the drivers of avolition in schizophrenia. *Psychiatry Research*, 261, 225-231. <https://doi.org/10.1016/j.psychres.2018.01.001>

Suri, G., Sheppes, G., **Young, G.**, Abraham, D., McRae, K., & Gross, J. J. (2018). Emotion regulation choice: The role of environmental affordances. *Cognition and Emotion*, 32(5), 963-971. <https://doi.org/10.1080/02699931.2017.1371003>

Mehta, A., **Young, G.**, Wicker, A., Barber, S., & Suri, G. (2017). Emotion regulation choice: Differences in U.S. and Indian populations. *International Journal of Indian Psychology*, Volume 4, Issue 2, No. 94, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.160/20170402, ISBN:978-1-365-84229-0

Submitted and In Progress

Ibonie, S. G., **Young, G.**, Ploe, M. L., Mauss, I. B., Alloy, L. B., Borelli, J. L., Holley, S. R., Jopling, E., Kamble, S., LeMoult, J., Mason, L., Moriarity, D., Nusslock, R., Okuma, A., Rutledge, R.B., Strauss, G., Villanueva, C. M., & Gruber, J. (2023). Bipolar spectrum risk and social network dimensions in emerging adults: Two social sides? Under Review at *Journal of Social and Clinical Psychology*.

Jopling, E., Jameson, T., Gruber, J., Ibonie, S. G., **Young, G.**, Mauss, I. B., Alloy, L. B., Borelli, J. L., Bullock, B., Holley, S. R., Kamble, S., Mason, L., Moriarity, D. P., Nusslock, R., Okuma, A., Rutledge, R. B., Strauss, G. P., Van Bavel, J. J., Villanueva, C. M., & LeMoult, J. (2023). Understanding resilience in emerging adults: An international, multi-site study. Under Review at *Clinical Psychological Science*.

Young, G., Wilroth, E., & Mauss, I. B. (2023). A preregistered direct replication of Hanes et al. (2016); The wisdom to know the difference: Strategy-situation fit in emotion regulation in daily life is associated with well-being. Accepted in principle at *Psychological Science*. (*Gerald Young and Emily Wilroth are shared first-author*)

Young, G., Mauss, I. B., Jopling, E., LeMoult, J., Borelli, J. L., Nusslock, R., Ibonie, S. G., Villanueva, C. M., & Gruber, J. (In Preparation). *Changes in and Predictors of college students' mental health across multiple stages of the COVID-19 pandemic.*

Social Integration and Social Identity

Published and in Press

Estrada, M., **Young, G.**, Flores, L., Hernandez, P., Hosoda, K., & DeerInWater, K. (2022). Culture and quality matter in building effective mentorship relationships with Native STEM scholars. *BioScience*, 72(10), 999-1006. <https://doi.org/10.1093/biosci/biac064>

Estrada M., **Young, G. R.**, Flores, L., Yu, B., & Matsui, J. (2021). Content and quality of science training programs matter: Longitudinal study of the biology scholars program. *Cell Biology Education – Life Sciences Education*, 20(3):ar44. <https://doi.org/10.1187/cbe.21-01-0011>

Estrada, M., **Young, G. R.**, Nagy, J., Goldstein, E. J., Ben-Zeev, A., Márquez-Magaña, L., & Eroy-Reveles, A. (2019). The influence of micro affirmations on undergraduate persistence in science career pathways. *Cell Biology Education – Life Sciences Education*, 18(3):ar40. <https://doi.org/10.1187/cbe.19-01-0012>

Submitted and In Progress

Young, G. R., Estrada, M., Mauss, I. B., Flores, L., Yu, B., Matsui, J., Schultz, P. W., & Hernandez, P. R. (2023). Demographically diverse STEM students' well-being across time and social integration into the scientific community. Under Review at *Social Psychological and Personality Psychology*.

Miller, S., Aldana, C. C., Wenyi, D., Lee, H., Maldonado, N., Sandoval, P., Vong, J., **Young, G.**, Handelsman, J., Broderick, N. A., Hernandez, P., & Estrada, M. (2023). Tiny Earth CURE improves student persistence in science. Under Review at *Cell Biology Education – Life Sciences Education*.

Srivastava, A., **Young, G.**, Estrada, M., Schultz, P. W., & Hernandez, P.R. (In Preparation). Longitudinal predictors and outcomes of science and ethnic identity among Black and Latin/x STEM students. (*I have been supervising this project and mentoring Arushi Srivastava, who is a graduate student at Tata Institute of Social Sciences in Mumbai, India*)

Awards and Honors

Trainee Diversity Award – Society for Affective Science	2023
Outstanding Graduate Student Instructor	2020
2 nd Place: 32 nd Annual California State University Research Competition <i>Behavioral and Social Sciences – Graduate</i>	2018
1 st Place: SFSU level of the California State University Student Research Competition <i>Behavioral and Social Sciences – Graduate</i>	2018
1 st Place: SFSU College of Science of Engineering Student Project Showcase	2017

Behavioral Sciences – Graduate

Leadership/Mentorship Experiences

Lead Researcher on of a 15-person team of graduate and undergraduate students 2022 - 2023
NSF Funded Study (Award #1941868): Response system coherence in emotion

Advisor for undergraduate Honor's theses

2024: Title TBD; Student: Carina Samson

2021: "Judging emotions as good or bad: Implications for psychological health in the context of a global pandemic"; Student: Ariana Gabriela

2021: "Entity beliefs about emotions, emotion regulation, and psychological health: The unique roles of rumination and reappraisal"; Student: Tyler Gavigan

2020: "Adapting your emotions to the right lunch table: Reappraisal and emotional fit"; Student: Jamie Kim

Graduate programs my trainees were accepted into

Stanford University – Psychology Ph.D. (Trainee: Enna Chen)

Columbia University – Teachers College M.A. (Trainee: Jamie Kim)

Teaching Experiences

Graduate Student Instructor: General Psychology Fall 2021, Spring 2022, Fall 2023

Graduate Student Instructor: Research and Data Analysis in Psychology Fall 2020, Spring 2021

Research Experiences

Emotion and Emotion Regulation Lab August 2018 - Present
Director: Iris Mauss, Ph.D.
University of California, Berkeley

Readiness, Activation, and Decision-Making Lab November 2016 - May 2018
Director: Gaurav Suri, Ph.D.
San Francisco State University

Culture and Emotion Research Lab August 2015 - May 2018
Director: David Matsumoto, Ph.D.
San Francisco State University

Stanford Psychophysiology Lab February 2015 - August 2017
Director: James Gross, Ph.D.
Stanford University

Diversity Science Experiences

NIH Funded Tiny Earth Enrichment Study Research Grant June 2019 - November 2022
PI of my team: Mica Estrada, Ph.D.
Position: Graduate Student Researcher
<https://tinyearth.wisc.edu/home/about/tiny-earth-enrichment-study/>

NIH Funded HEART & SOUL Training Grant
PIs: Dr. Leticia Márquez-Magaña, Dr. Antwi Akom
Position: Graduate Student Researcher
<https://reporter.nih.gov/project-details/9386638>

October 2017 - August 2018

NIH Funded SF BUILD Research and Training Grant
PI of my team: Mica Estrada, Ph.D.
Position: Graduate Student Researcher
<https://sfbuild.sfsu.edu/>

March 2016 - June 2019

Conference Posters and Talks

- Young, G., John, O., & Mauss, I. B., (2023). *Can and should emotions be controlled? The role of emotional response channel, valence, and culture*. Flash talk given at the Bay Area Affective Science Conference, Davis, CA.
- Young, G., Estrada, M., Mauss, I. B., Flores, L., Yu, B., Matsui, J., Schultz, & P. Wesley, Hernandez, P. H. (2023). *STEM students' subjective well-being across time and as a function of social integration*. Flash talk given at the Society for Affective Science Conference, Long Beach, CA.
- Young, G., Karnilowicz, H. R., Mauss, I. B., Hastings, P. D., Guyer, A. E., & Robins, R. W. (2022). *Prospective associations between emotion regulation and depressive symptoms among Mexican-origin adolescents*. Poster presented at the Society for Personality and Social Psychology Conference, San Francisco, CA.
- Young, G., & Suri, G. (2019). *A broad examination of the factors underlying emotion regulation choice*. Poster presented at the Society for Affective Science Conference, Boston, MA.
- Young, G., & Matsumoto, D. (2018). *Abstract thinking during depressive rumination? It might depend on your ethnicity*. Talk given at the Cultural-Clinical Psychology Association for Psychological Science Pre-Conference, San Francisco, CA.
- Young, G., Akon, A., & Márquez-Magaña, L. (2018). *A preliminary examination of student familiarity with big data and their intent to pursue big data careers*. Poster presented at the Understanding Interventions that Broaden Participation in Science Careers Conference, Baltimore, MD.