

**Phoebe Hok-Yee Lam**  
Curriculum Vitae

Foundations of Health Research Center  
Northwestern University  
1801 Maple Ave.,  
Evanston, IL 60208  
Email: PhoebeLam@U.Northwestern.edu

## EDUCATION

---

<p><b>Northwestern University</b> <i>Ph.D. Student</i> <i>Advisors: Edith Chen &amp; Greg Miller</i></p>	<b>2016 - Present</b>
<p><b>University of California, Berkeley</b> <i>B.A. in Psychology 2013</i> <i>Highest Honors in Psychology Department</i> <i>Highest Distinction in Berkeley General Scholarship</i></p>	<b>2011 - 2013</b>
<p><b>Ohlone College</b> <i>Completion of Intersegmental General Education Transfer Curriculum</i></p>	<b>2009 - 2011</b>

## AWARDS & ACHIEVEMENTS

---

<p><b>Departmental Citation Award</b></p> <ul style="list-style-type: none"> <li>• <i>Awarded by each department to one graduating senior in recognition of distinguished undergraduate work at UC Berkeley</i></li> </ul>	<b>2013</b>
<p><b>UC Berkeley Psychology Department Commencement Student Speaker</b></p>	<b>2013</b>
<p><b>Psychology Thesis Highest Honors</b></p> <ul style="list-style-type: none"> <li>• <i>Acknowledged distinguished undergraduate thesis at UC Berkeley</i></li> </ul>	<b>2013</b>
<p><b>Dean's Honors List</b></p> <ul style="list-style-type: none"> <li>• <i>Acknowledged the academic achievement of the top 4% of Letters and Science students at UC Berkeley</i></li> </ul>	<b>2011 - 2013</b>
<p><b>Berkeley Undergraduate Scholarship</b></p> <ul style="list-style-type: none"> <li>• <i>Awarded to UC Berkeley students on the basis of academic merit and financial need</i></li> </ul>	<b>2011 - 2012</b>

## RESEARCH EXPERIENCE

---

**Foundations of Health Research Center - Evanston, IL** **2016 - Present**  
Principal Investigators: Dr. Greg Miller & Dr. Edith Chen

**Emotion and Emotion Regulation Lab - Berkeley, CA** **2012 - 2016**  
Principal Investigator: Dr. Iris Mauss

Responsibilities include:

- Designing and implementing study protocols, administering extensive pilot tests, and analyzing study data
- Data collection with various methods that include self-reports, peer-reports, diary measures, behavioral measures (facial and behavioral coding), continuous measurement of emotion (affect rating dial), autonomic psychophysiological measures (electrocardiography, impedance cardiography, blood pressure, pulse plethysmography, respiration, skin conductance, and skin temperature), and biological measures (saliva sample and blood sample)
- Other responsibilities include drafting IRB protocols, training and supervising research assistants, recruiting participants diverse in age and ethnicity, administering phone screening interviews, creating and maintaining lab and study websites, and troubleshooting physiological equipment and programs

**Project Manager** **2014 - 2016**

- *Berkeley Friendship, Emotion, and Wellness Study*  
*Principal Investigators: Dr. Iris Mauss and Dr. Oliver John*  
A six-month longitudinal study that aims to identify the emotional, social, cognitive, and biological factors that contribute to the individual differences in psychological and physical health across adult life span. This study thoroughly examines these factors with surveys, daily diaries, and an 8-hour lab session.

**Research Assistant** **2013 - 2015**

- *Coherence Between Emotion Experience and Physiology*  
A study that examined the associations between experiential responses and autonomic physiological responses during emotion induction and

emotion recovery within an individual.

- *The Effects of Emotion Goal Pursuits*  
A study that manipulated happiness pursuit, sadness pursuit, and acceptance and measured their effects during film clip inductions of happiness, sadness, and compassion. This study also examined the social effects of pursuing emotion goals with a social interaction.
- *Beliefs about Self-Harm and Regulation Processes*  
A study that examined the association between non-suicidal self-injury (NSSI) and negative emotions. Specifically, this study explored whether people with a history of NSSI (versus controls) would experience heightened negative emotions in positive context, but not in negative context.

### Honors Thesis Student

2012 - 2013

- *Affective Correlates of Pursuing Happiness vs. Accepting one's Emotions*  
*Thesis advisors: Dr. Iris Mauss and Brett Ford*  
A study that examined the divergent links of happiness pursuit and acceptance with affect. This study also tested negative meta-emotion as a mediator that explained these divergent links.

### PUBLICATIONS

---

Lam, P.H., Ford, B.Q., Mauss, I.B. & John, O. (in prep). Using reappraisal to decrease negative emotions or increase positive emotions: divergent links with emotion and well-being.

Ford, B. Q.\*, Lam, P. H.\*, John, O., & Mauss, I. B. (in prep). The psychological health benefits of accepting one's emotions and thoughts: Laboratory, diary, and longitudinal evidence.

\*Authors contributed equally

### SYMPOSIA

---

Lam, P.H., Ford, B. Q., Anderson, C. L., & Mauss, I. B. (2014). Affective correlates of emotion goal pursuit: pursuing happiness vs. accepting one's emotions. Data blitz talk. *Society for Personality and Social Psychology Emotion Preconference*, Austin, TX.

### PROFESSIONAL SKILLS

---

- SPSS - data analysis software
- Qualtrics - online data collection software

- **E-Prime** - laboratory task data collection software
- **Mindware** - psychophysiological data collection software
- **Anslab** - psychophysiological data analysis software
- **HTML & CSS Coding** – basic web design languages