

This column will change your life

A curious mind is an active mind, realises Oliver Burkeman

Oliver Burkeman

The Guardian, Saturday 30 May 2009

One central argument of *Curious?*, a new book by the psychologist Todd Kashdan, is that it's possible, in principle, to develop a sense of curiosity about anything at all - and that doing so may be the only viable path to fulfilment. This isn't always going to be easy. But it's not particularly hard when talking to Kashdan himself: his curiosity-piquing job title is director of the Laboratory for the Study of Social Anxiety, Character Strengths, and Related Phenomena at George Mason University, Virginia. Apart from anything else, I was curious about the width of his business cards.

Curiosity, Kashdan writes, isn't about "whether we pay attention, but how we pay attention to what is happening" - an orientation that seeks what's novel in a situation, rather than what's pleasant, and embraces uncertainty, rather than struggling for closure and control. (He cites numerous benefits, including tentative evidence that exercises to inculcate curiosity may stave off Alzheimer's.) The book is full of studies such as one in which an 18-year-old bodybuilder, among others, is induced to try crocheting. The researchers' conclusion: when asked to focus on the novel aspects of an experience they believe they'll dislike, people are more likely to return to it, voluntarily, later on.

We all pay lip service to the value of curiosity, but it is usually only lip service, especially in the world of self-help. Because if curiosity means being open to the unfamiliar, and to whatever emotions may result, then arguably any strategy for achieving happiness - for guaranteeing happy feelings, rather than sad ones - is intrinsically incurious. And such strategies don't work, Kashdan says, because we're socially and genetically hard-wired to adapt to experiences, whether good or bad. Create a life that thrills you, and the thrill will fade as it becomes familiar. Work on developing curiosity, by contrast, and you'll stand a better chance of resisting adaptation - because to become curious is, precisely, to train yourself to seek what's unfamiliar.

Crucially, though, this needn't mean pursuing the most bizarre experiences possible: you can avoid becoming the kind of person who boasts of travelling to ostentatiously obscure locations, or whose hobbies take 15 minutes to explain. Curiosity is a quality of attention, not a property of specific objects. "We don't realise that curiosity doesn't have to be about, say, waiting until we meet some really interesting person who's wearing a T-shirt of a band I love," Kashdan told me. "Instead, I can actually wield this curiosity, and seek what's intriguing about my world ... about people I think I know everything about, or someone I've been married to for 20 years."

That's not to say exciting experiences don't have a role. One of the most striking findings in *Curious?* is how much more lasting marital satisfaction couples report after undertaking novel, exciting activities together - from meeting new people to jetskiing - than after pleasant and

relaxing, but familiar activities. The point, it seems, is that there's novelty in every situation if we look for it, but there's no harm in making the task easier by remembering to do plenty of new things. "As long as something is novel," Kashdan says, "we are still in the process of finding and creating meaning." And "finding and creating meaning" may be as good a definition of fulfilment as I've yet encountered.

oliver.burkeman@guardian.co.uk

September 2013

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

2013	American Psychological Association (APA) Distinguished Scientific Award for Early Career Contribution to Psychology (in the area of individual differences)
2012	Distinguished Research Fellow Award- International Society for Quality of Life Studies (ISQOLS)
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:

Journal of Personality (2011 - Present)
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>Current Directions in Psychological Science</i>
<i>Emotion</i>	<i>Clinical Psychological Science</i>
<i>Journal of Abnormal Psychology</i>	<i>Journal of Consulting and Clinical Psychology</i>
<i>American Psychologist</i>	<i>Clinical Psychology Review</i>
<i>Behaviour Research and Therapy</i>	<i>Behavior Therapy</i>
<i>Psychological Assessment</i>	<i>Personality and Social Psychology Bulletin</i>
<i>Social Psychological and Personality Science</i>	<i>Health Psychology</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>Personality and Individual Differences</i>	<i>Journal of Traumatic Stress</i>
<i>Motivation and Emotion</i>	<i>Journal of Personality Assessment</i>
<i>Psychological Medicine</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>

IMPACT (assessed using *Google Scholar* and *Harzing's Publish or Perish*)

Summary Indices

h-index:	41	Total citations on 8/25/2013:	4984
i10-index:	93	Total citations since 2008:	4257

† - indicates student author

BOOKS

1. **Kashdan, T.B.** & Biswas-Diener, R. (under contract). *TBD*. Hudson/Penguin: New York, NY.
2. **Kashdan, T.B.** & Ciarrochi, J. (2013). *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being*. New Harbinger Publications: Oakland, CA.
3. Sheldon, K., **Kashdan, T.B.**, & Steger, M.F. (2011). *Designing positive psychology: Taking stock and moving forward*. Oxford University Press.
4. **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

125. †Farmer, A., & **Kashdan, T.B.** (in press). Affective and self-esteem instability in the daily lives of people with generalized social anxiety disorder. *Clinical Psychological Science*
124. **Kashdan, T.B.**, & McKnight, P.E. (in press). Commitment to a purpose in life: An antidote to the suffering by individuals with social anxiety disorder. *Emotion*
123. **Kashdan, T.B.**, †Adams, L., †Farmer, A., †Ferssizidis, P., McKnight, P.E., & Nezlek, J.B. (in press). Sexual healing: Daily diary investigation of the benefits of intimate and pleasurable sexual activity in socially anxious adults. *Archives of Sexual Behavior*
122. **Kashdan, T.B.**, †Yarbro, J., McKnight, P.E., & Nezlek, J.B. (in press). Laughter with someone else leads to future social rewards: Temporal change using experience sampling methodology. *Personality and Individual Differences*
121. Huffman, J.C., DuBois, C.M., Healy, B.C., Boehm, J.K., **Kashdan, T.B.**, Celano, C.M., Denninger, J.W., & Lyubomirsky, S. (in press). Feasibility and impact of positive psychology exercises for suicidal inpatients. *General Hospital Psychiatry*
120. †Kleiman, E.M., †Adams, L.M., **Kashdan, T.B.**, & Riskind, J.H. (in press). Grateful individuals are not suicidal: Buffering the risk of hopelessness and depressive symptoms. *Personality and Individual Differences*

119. †Adams, L.M., Stuewig, J.B., Tangney, J.P., & **Kashdan, T.B.** (in press). Perceived susceptibility to AIDS predicts subsequent HIV risk: A longitudinal evaluation of jail inmates. *Journal of Behavioral Medicine*

2013

118. **Kashdan, T.B.**, †Farmer, A.S., †Adams, L., †Ferssizidis, P., McKnight, P. E., & Nezlek, J.B. (2013). Distinguishing healthy adults from people with social anxiety disorder: Evidence for the value of experiential avoidance and positive emotions in everyday social interactions. *Journal of Abnormal Psychology, 122*, 645-655.

117. **Kashdan, T.B.**, †Ferssizidis, P., †Farmer, A., †Adams, L., & McKnight, P.E. (2013). Failure to capitalize on sharing good news with romantic partners: Exploring positivity deficits of socially anxious people with self-reports, partner-reports, and behavioral observations. *Behaviour Research and Therapy, 51*, 656-668.

116. **Kashdan, T.B.**, †Adams, L., †Kleiman, E., Pelham, W.E., & Lang, A.R. (2013). Stress-induced drinking in parents of boys with attention-deficit-hyperactivity disorder: Heterogeneous groups in an experimental study of adult-child interactions. *Journal of Abnormal Child Psychology, 41*, 919-927.

115. **Kashdan, T.B.**, Sherman, R.A., †Yarbro, J., & Funder, D.C. (2013). How are curious people viewed and how do they behave in social situations? From the perspectives of self, friends, parents, and unacquainted observers. *Journal of Personality, 81*, 142-154.

114. **Kashdan, T.B.**, Dewall, C.N., Pond, R.S., Silvia, P.J., Lambert, N.M., Fincham, F.D., †Savostyanova, A.A., & Keller, P.S. (2013). Curiosity protects against interpersonal aggression: Cross-sectional, daily process, and behavioral evidence. *Journal of Personality, 81*, 87-102.

113. †Kleiman, E.M., †Adams, L.M., **Kashdan, T.B.**, & Riskind, J.H. (2013). Grit and gratitude indirectly reduce risk of suicidal ideations by enhancing meaning in life: Evidence for a mediated moderation model. *Journal of Research in Personality, 47*, 539-546.

112. Steger, M.F., & **Kashdan, T.B.** (2013). The unbearable lightness of meaning: Well-being and unstable meaning in life. *Journal of Positive Psychology, 8*, 103-115.

111. *Kaczmarek, L.D.,* **Kashdan, T.B.**, †Kleiman, E.M., Mickiewicz, A., Baczkowski, B., Enko, J., Sievers, A., Szaefer, A., Krol, M., & Baran, B. (2013). Who self-initiates gratitude interventions in daily life? An examination of intentions, curiosity, and unhappiness. *Personality and Individual Differences, 55*, 805-810.

*- equal contribution

110. †Yarbro, J., Mahaffey, B., Abramowitz, J., & **Kashdan, T.B.** (2013). Recollections of parent-child relationships, attachment insecurity, and obsessive-compulsive beliefs. *Personality and Individual Differences, 54*, 355-360.

2012

109. **Kashdan, T.B.**, & Nezlek, J.B. (2012). Whether, when, and how is spirituality related to well-being? Moving beyond single occasion questionnaires to understanding daily process. *Personality and Social Psychology Bulletin, 38*, 1526-1538.

108. Pond, R.S., **Kashdan, T.B.**, Dewall, C.N., †Savostyanova, A. A., Lambert, N.M., & Fincham, F.D. (2012). Emotion differentiation buffers aggressive behavior in angered people: A daily diary analysis. *Emotion, 12*, 326-337.

107. **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, 26*, 762-768.
106. 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.
105. 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.
104. †Farmer, A. S., & **Kashdan, T.B.** (2012). Social anxiety and emotion regulation in daily life: Spillover effects on positive and negative social events. *Cognitive Behaviour Therapy, 41*, 152-162 [Special Issue on Positivity Deficits in Social Anxiety Disorder]
103. **Kashdan, T.B.**, †Adams, L., Read, J., & Hawk, L.W., Jr. (2012). Can a one-hour session of exposure treatment modulate startle response and reduce spider fears? *Psychiatry Research, 196*, 79-82.
102. **Kashdan, T.B.** (2012). Reconsidering the neuroevolutionary framework of the SEEKING System: Emphasizing context instead of positivity. *Neuropsychanalysis, 14*, 46-50.
101. Dubois, C.M., Nyer, M.B., **Kashdan, T.B.**, Beach, S.R., Park, E.R., Celano, C.M., & Huffman, J.C. (2012). Positive psychological attributes and cardiac outcomes: Associations, mechanisms, and interventions. *Psychosomatics, 53*, 303-318.

2011

100. **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.
99. **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.
98. **Kashdan, T.B.**, & McKnight, P.E. (2011). Dynamic, contextual approaches to studying personality in the social world. *Journal of Personality, 79*, 1177-1190.
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

Afram, A., & **Kashdan, T.B.** (2012). Coping with rejection concerns in romantic relationships: An experimental investigation of social anxiety and risk regulation rigidity.

†Beaver, J., †Kleiman, E.M., Riskind, J.H., Chrosniak, L.D., & **Kashdan, T.B.** (2013). *Meaning In life and suicidal ideation*.

Ciarrochi, J., Heaven, P.C.L., & **Kashdan, T.B.** (2012). Hope and emotional well-being: A six-year study to distinguish antecedents, correlates, and consequences.

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.

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.

Elhai, J.D. & **Kashdan, T.B.** (2013), The diagnostic validity of the Rorschach is contingent on the quality of assessments used.

Grouden, M.E., Jose, P.E., **Kashdan, T.B.**, & Steger, M.F. (2013). Do the presence of and search for meaning change across the lifespan?

Kaczmarek, L.D., **Kashdan, T.B.**, Drażkowski, D., Bujacz, A., & †Goodman, F.R. (2013). Why do greater curiosity and fewer depressive symptoms predict gratitude intervention use? Desirability, social norm beliefs, and perceived self-control.

Kashdan, T.B., & †Farmer, A.S. (2013). Differentiating emotions across contexts: Comparing adults with and without social anxiety disorder using random, social interaction, and daily experience sampling.

Kashdan, T.B., †Goodman, F.R., †Machell, K.A., †Kleiman, E.M., †Monfort, S.S., & Ciarrochi, J. (2013). A contextual approach to experiential avoidance and social anxiety: Evidence from an experimental interaction and daily interactions of people with social anxiety disorder.

†Kleiman, E.M., †Adams, L.M., **Kashdan, T.B.**, & Riskind, J.H. (revise-resubmit). Grateful

individuals are not suicidal: Buffering the risk of hopelessness and depressive symptoms.

†Kleiman, E.M., **Kashdan, T.B.**, †Monfort, S.S., Machell, K., & Goodman, F.R. (2013). Capitalization support during an initial social interaction with a stranger predicts a positive memory bias one week later.

McKnight, P.E., †Blalock, D., **Kashdan, T.B.**, Kastle, S., & Zautra, A.J. (2012). Personality in context: Predicting treatment response using a promotion and prevention framework.

McKnight, P.E., **Kashdan, T.B.**, & †Erchov, S. (2012). Diagnostic status as a moderator between depressive symptoms and functioning.

†Young, K.C., **Kashdan, T.B.**, & Macatee, R. (2013). Strength balance and implicit strength measurement: New considerations for research on strengths of character.

BOOK CHAPTERS

21. †Farmer, A.S., **Kashdan, T.B.**, & Weeks, J.W. (in press). Social anxiety, positive experiences, and positive events. In S. G. Hofmann & P. M. Dibartolo (Eds.), *Social anxiety: Clinical, developmental, and social perspectives*. Needham Heights, MA: Allyn & Bacon.

20. Ciarrochi, J., **Kashdan, T. B.**, & Harris, R. (2013). The foundations of flourishing. In T.B. Kashdan, & J. Ciarrochi (Ed.), *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being* (pp. 1-29). New Harbinger Publications, Inc.: Oakland, CA.

19. Steger, M. F., Sheline, K., Merriman, L., & **Kashdan, T. B.** (2013). Using the science of meaning to invigorate values-congruent, purpose driven action. In T.B. Kashdan, & J. Ciarrochi (Ed.), *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being* (pp. 240-266). New Harbinger Publications, Inc.: Oakland, CA.

18. †Ferssizidis, P., **Kashdan, T.B.**, †Marquat, R.A., & Steger, M.F. (2013). Positive psychological experiences and psychopathology: A self-regulatory perspective. In S. David, I. Boniwell, & Ayers, A.C. (Ed.), *Oxford Handbook of Happiness* (pp. 101-118). Oxford, UK: Oxford University Press.

17. Steger, M.F., Beeby, A., Garrett, S., & **Kashdan, T.B.** (2013). Creating a stable architectural framework of existence: Proposing a model of lifelong meaning. In S. David, I. Boniwell, & Ayers, A.C. (Ed.), *Oxford Handbook of Happiness* (pp. 941-954). Oxford, UK: Oxford University Press.

16. **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.

15. **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.

14. **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.

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.** (2009). Happiness and relationships. In H. Reis & S.K. Sprecher (Ed.), *Encyclopedia of Human Relationships*. Thousand Oaks, CA: Sage.
*- equal contribution

10. **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.

9. **Kashdan, T.B.**, & Silvia, P. (2009). Curiosity. In S.J. Lopez, (Ed.), *Encyclopedia of positive psychology*. Oxford, UK: Blackwell Publishing.

8. 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 (Ed.), *Handbook of relationship initiation* (pp. 425-450). Mahwah, NJ: Lawrence Erlbaum.

7. †Breen, W.E., & **Kashdan, T.B.** (2008). Social anxiety. In W.A. Darity (Eds.). *International Encyclopedia of the Social Sciences*. Farmington Hills, MI: Macmillan.

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

4. *Biswas-Diener, R., ***Kashdan, T.B.** (July, 2013). What do happy people do differently? *Psychology Today* (cover article and story)
*- equal contribution
3. **Kashdan, T.B.** (2012). The parent's balance sheet. *Psychology Today*
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]

CURRENT GRANTS

Title: The development of positive character in emerging adulthood: a three year follow up of the Australian Character Study
Funding Source: Australian Research Council
Amount: \$492,946
Dates: 2014-2016
Role: Co-Investigator

Title: Building the foundation for a joyful life: An investigation of how children can learn to think positively.
Funding Source: Templeton Foundation
Amount: \$419,241
Dates: 2013-2015
Role: Consultant

Title: Gratitude as a suicide resiliency factor: exploration of moderators and behavioral, social, and psychological mechanisms
Funding Source: The Greater Good Science Center at the University of California
Amount: \$9,299
Dates: 2013-2014
Role: Primary Mentor (†Kleiman, E.)

GRANTS UNDER REVIEW

Title: A Mobile Psychophysiological App to Manage Symptoms of Anxiety.
Funding Source: National Institute of Health SBIR
Amount: over \$225,000
Dates: 2014-2016
Role: Consultant

Title: Optimizing a positive psychological treatment for major depression
Funding Source: National Institute of Health R01
Amount: over \$1,000,000
Dates: 2013-2017
Role: Consultant

RECENT, UNFUNDED GRANTS

Title: International Gratitude Initiative
Funding Source: Expanding the Science and Practice of Gratitude (sponsored by the Templeton Foundation and Greater Good Science Center)
Amount: \$492,894

Dates: 2012-2014
Role: Principal Investigator

Title: Harnessing Character Strengths in Relationships
Funding Source: Templeton Foundation
Amount: \$419,241
Dates: 2012-2015
Role: Principal Investigator

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: Values in Action 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 Serpanti)

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

127. **Kashdan, T.B.** (2013, June). Keynote on “Describing, labeling, and curiously exploring emotions” for Happiness and Its Causes, Melbourne, Australia.

126. **Kashdan, T.B.** (2013, June). “Wielding your strengths” workshop for Happiness and Its Causes, Melbourne, Australia.

125. **Kashdan, T.B.** (2013, June). Keynote on “The curiosity advantage: For success, purpose, creativity, wisdom, and happiness” for Young Minds, Melbourne, Australia.

124. **Kashdan, T.B.** (2013, June). Keynote on “Mindfulness and wellbeing” for Be Learning, Sydney, Australia.

123. **Kashdan, T.B.** (2013, June). Keynote on “Science of success in an uncertain, unpredictable world” for Women in Banking and Finance lunch, Sydney, Australia.

122. **Kashdan, T.B.**, †Farmer, A., & †Ferssizidis, P. (2013, November). Social anxiety and physical contact with romantic partners: Phenomenology and consequences. In J.A. Richey (Chair), *New developments in the role of positive emotions in social anxiety disorder: Using multimodel and multisensory assessment to guide treatment*. Symposia to be presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, Nashville, TN.

121. **Kashdan, T.B.** (2013, May). High performance leadership workshop for Gap, Inc, San Francisco, California.

120. **Kashdan, T.B.** (2013, April). Keynote on “Optimizing social relationships” at Crestone’s Finding Meaning in Money Conference, Denver, Colorado.

119. **Kashdan, T.B.** (2013, April). Workshop on “Developing our strengths and tolerating pain” at Georgia Psychological Association, Atlanta, GA.
118. **Kashdan, T.B.** (2013, April). Keynote on “Unpacking mindfulness: Describing, labeling, and curiously exploring emotions” at Georgia Psychological Association, Atlanta, GA.
117. **Kashdan, T.B.** (2013, April). Workshop on “idiosyncrasies” at Leading to Well-Being Conference, Fairfax, VA.
116. **Kashdan, T.B.** (2013, January). Keynote on “Challenging assumptions: How people with social anxiety disorder actually socialize” at Social Anxiety Conference at Hebrew University, Jerusalem, Israel.
115. **Kashdan, T.B.** (2012, November). How to be a mad scientist with your life. TEDxUtrecht, The Netherlands.
114. **Kashdan, T.B.**, †Adams, L., †Farmer, A., †Ferssizidis, P., McKnight, P.E., & Nezelek, J.B. (2012, November). Sex, particularly pleasurable and intimate sex, reduces the daily symptoms of socially anxious adults: An experience sampling investigation. In J.A. Richey (Chair), *The role of positive emotions in social anxiety disorder: Behavioral and neurobiological evidence for a new treatment approach*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
113. **Kashdan, T.B.**, †Farmer, A.S., †Adams, L., †Ferssizidis, P., & McKnight, P. E. (2012, November). Distinguishing healthy adults from people with social anxiety disorder via daily social interactions. In A.R. Menatti (Chair), *Heterogeneity in social anxiety disorder: Expanding conceptualizations*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
112. †Afram, A., & **Kashdan, T.B.** (2012, November). Social anxiety predicts increased hypervigilance and unstable partner evaluations in romantic relationships. In A. Howell (Chair), *Biased outlooks on past, present, and future events: Time-oriented cognitions as risk and maintenance factors for SAD*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
111. †Kleiman, E.M., **Kashdan, T.B.**, †Adams, L.M., & Riskind, J.H. (2012, November). Grit and gratitude as interactive resilience factors in suicide. In C.K. Danielson (Chair), *Informing transdiagnostic models of psychopathology: Implications for behavior change*. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
110. Huffman, J.C., DuBois, T.M., Celano, C.M., Mastromauro, C.A., Boehm, J.K., **Kashdan T.B.**, & Lyubomirsky, S. (2012). Positive psychological interventions in medical psychiatry patients. Presented at the Academy of Psychosomatic Medicine Annual Meeting, Atlanta, GA.
109. **Kashdan, T.B.** (2012, October). Workshop on resilience to Air Force personnel at George Mason University, Fairfax, VA.
108. **Kashdan, T.B.** (2012, September). Keynote on curiosity at Gensler Annual Retreat, Dallas, TX.
107. Hayes, S., Barnes-Holmes, D., **Kashdan, T.B.**, & Ciarrochi, J. (2012, July). Strategies and tactics of contextual behavioral science research: What is it, how to do it, and how to fund it. Two day workshop at World Conference for the Association of Contextual Behavioral Science, Bethesda, MD.
106. **Kashdan, T.B.** (2012, July). Whether, when, and how is spirituality related to well-being? Keynote at World Conference for the Association of Contextual Behavioral Science, Bethesda, MD.
105. **Kashdan, T.B.** (2012, July). The science of spirituality: essential and impossible. Keynote at International Network on Personal Meaning, Toronto, Canada.
104. **Kashdan, T.B.** (2012, May). Happiness and beyond: The science of optimal living. Talk at Osher Lifelong Institute, Fairfax, VA.

103. **Kashdan, T.B.** (2012, April). Happiness and beyond: The science of optimal living. Keynote at *Spring Festival-Exploratorium on Positive Psychology*, Northern Virginia Community College, Loudoun, Virginia.
102. **Kashdan, T.B.** (2012, April). Cultivating well-being toward greater resilience. Closing keynote at GMU Resilience Conference, Fairfax, VA.
101. †Farmer, A. S., & **Kashdan, T. B.** (2012, April). *Social anxiety and emotion regulation in daily life: Spillover effects on positive and negative social events*. Individual oral presentation at the annual Anxiety Disorders Association of America Conference. Arlington, VA.
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., †Drvoschanov, 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., †Ferssizidis, P., †Plummer, C., †Birnbeck, 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

6. **T.B. Kashdan** (2012, July). Happiness vs. meaning. Panel moderated at International Network on Personal Meaning, Toronto, Canada.

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

105. †Goodman, F.R., †Mallard, T.T., †Farmer, A.S., & **Kashdan, T.B.** (2013, November). *Congruency of perceived power in romantic relationships and implications for relationship quality*. Poster to be presented

at the Association for Behavior and Cognitive Therapies, Nashville, TN.

104. †Beaver, J., †Kleiman, E.M., Riskind, J.H., Chrosniak, L.D., & **Kashdan, T.B.** (2013, November) *Meaning in life as a protective factor in the relationship between suicidal ideation and impulsivity*. Poster to be presented at the Association for Behavior and Cognitive Therapies, Nashville, TN.

103. †Ferssizidis, P. & **Kashdan, T.B.** (2013, November). *"Your partner is just not that into you": Social anxiety moderates the emotion processing impact of perceived rejection by romantic partners*. Poster to be presented at the Association for Behavior and Cognitive Therapies, Nashville, TN.

102. Bullock, J., Biswas-Diener, R., Goodman, F. R., Diener, E., & **Kashdan, T. B.** (2013, June). *The hospitality research project*. Poster presented at the Third World Congress on Positive Psychology, Los Angeles, CA.

101. Brockman, R, Ciarrochi, J., **Kashdan, T.B.**, & Pinkus, R. (2012, November). The impact of cognitive reappraisal on well-being is sensitive to context: The role of satisfying relationships. Presented at the Annual Conference of the Association for Contextual Behavioral Science, Sydney, Australia.

100. †Ferssizidis, P. & **Kashdan, T.B.** (2012, November). How interpretative biases linked to social anxiety and depression impact perceptions of partner support. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

99. †Yarbro, J., †Blevins, C., †Martin, K., †Mallard, T., †Soranzo, S., & **Kashdan, T.B.** (2012, November). Romantic partners and humor styles: Is matching important? Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

98. †Klein, S.R. & **Kashdan, T.B.** (2012, November). Social anxiety disorder and everyday emotions and kindness: An experience sampling study. Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

97. †Martin, K., †Yarbro, J., †Afram, A. & **Kashdan, T.B.** (2012, November). Social anxiety and romantic Relationships: Is similarity important? Presented at the Annual Conference of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

96. Kaczmarek, L.D., Mickiewicz, A., **Kashdan, T.B.**, †Kleiman, E.M., Baczkowski, B., Enko, J., Sievers, A., Szaefer, A., Krol, M., & Baran, B. (2012, July). Who self-initiates gratitude interventions in daily life? An examination of intentions, curiosity, and unhappiness. European Conference of Positive Psychology, Moscow, Russia.

95. †Klein, S. & **Kashdan, T.B.** (2012, November). Social anxiety disorder and everyday emotions and kindness: An experience sampling study. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

94. †Yarbro, J.L., Blevins, C., Martin, K., & **Kashdan, T.B.** (2012, November). *Romantic Partners and Humor Styles: Is Matching Important?* Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

93. †Ferssizidis, P., & **Kashdan, T.B.** (2012, November). *How Interpretative Biases Linked to Social Anxiety and Depression Impact Perceptions of Partner Support*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

92. †Kleiman, E.M., **Kashdan, T.B.**, †Adams, L.M, & Riskind, J.H. (2012). Gritty Individuals are not suicidal individuals. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL.

91. †Kleiman, E.M., †Adams, L.M, Riskind, J.H., & **Kashdan, T.B.** (2012). Dispositional and explanatory optimism as synergistic protective factors in suicide. Presented at the annual meeting of the Association for Psychological Science. Chicago, IL.

90. †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.
89. †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.
88. †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.
87. †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.
86. †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.
85. †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.
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., †Guram, 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. Docherty, 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., & Direnfeld, 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., Dorenfeld, 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.)

Alexander Afram (primary advisor for Clinical Psychology Ph.D.)

Patty Ferssizidis (previously Zorbias) (primary advisor for Clinical Psychology Ph.D. student)

Current Graduate Students:

Antonina Farmer (previously Savostyanova) (5th year Clinical Psychology Ph.D. student)

Leah Adams (5th year Clinical Psychology Ph.D. student)

Kevin Young (3rd year Clinical Psychology Ph.D. student)

Jessica Yarbro (3rd year Clinical Psychology Ph.D. student)

Fallon Goodman (2nd year Clinical Psychology Ph.D. student)

Sam Monfort (2nd year Clinical Psychology Ph.D. student)

Current Graduate Students- Secondary Mentor

Evan Kleiman (5th year Clinical Psychology Ph.D. student)

Kyla Machell (3rd year Clinical Psychology Ph.D. student)

Dan Blalock (3rd 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 McGraw

Julie Vitalis

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

Erin Listman
Maggie Unkefer
Rachel Trump
Daniel Soranzo
Richard Olgoe
Silva Cami
Josh Bonner
Roberto Rivera

Tamara Ackley
Casey Gilchrist
Carolyn Davidson
Jennifer Conrad
Casey Sutton
Travis Mallard
Verda Dar
Brandice Rogers

Undergraduate Honors Theses Mentored:

Lucy Guardiano
Anjali Mishra
Meredith Harlow
Kristin Wymard
Roberto Rivera

Kate Doherty
Lizzy Nguyen
Ian Masson
Casey Gilchrist

Honors Thesis Committee:
Setareh Deljo-Zargarani

Jenna Beaver

Clinical Comprehensives Committees:

Rebecca Duckworth
Anne Strauss
Courtney Heffernan
Adam Miller
Diane Wagner

Kerstin Youman
Caron Heigel
Regina Chopp
Hillary Weingarden

Dissertation Committees:

Evan Kleiman (clinical psychology)
Leah Adams (clinical psychology)
Antonina Farmer (clinical psychology)
Patty Ferssizidis (clinical psychology)
Alex Afram (clinical psychology)
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

2013 - Present Quantitative Committee, Department of Psychology, George Mason University
 2013- Present CHSS Governance and Nominations
 2013 Presentation on well-being and mindfulness to GMU athletic coaches
 2012- Present Well-Being University Learning Community, University Wide
 2012 – 2013 Judge at 2012 and 2013 CHSS Undergraduate Research Symposium
 2012- 2013 Promotion and Tenure Committee, University Wide
 2011 - 2013 Intellectual Life Committee, CHSS
 2010 General Education Portfolio Review
 2010 Teaching Load Committee, Department of Psychology
 2009 – Present Guest lecturer for Undergraduate Honors Program
 2009 Mason Fall Premiere Speaker
 2008 - 2010 Advisory Committee, Center for Consciousness and Transformation
 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

Contract renewal committees:

Dr. Timothy Curby (2010)

Dr. Seth Kaplan (2008)

Dr. Patrick McKnight (2007)

Promotion and tenure committees:

Dr. Craig McDonald (2013)
 Dr. Jim Thompson (2011)
 Dr. Timothy Curby (2011)
 Dr. Patrick McKnight (2010)
 Dr. Reeshad Dalal (2010)
 Dr. Lauren Cattaneo (2008)

Center for Consciousness and Transformation:

1. 2009- Present senior advisor for all activities, includes multiple meetings, retreats, and white documents
2. 2012- Present Well-Being University Learning Community (involved in all aspects)
3. 2009- Present Workshops for the university, for particular areas such as the GMU athletic coaches, and the general public
4. 2010- Present Served on the search committee for a director and research director
5. 2009- Present Leading program evaluation efforts for multiple interventions
6. 2009- Present Research advisor for affiliated faculty and students
7. 2009- Present assist in organization of annual well-being conference at the Mason Inn, as well as participation in meetings and delivery of keynotes and workshops

Clinical Program:

1. Assisted in changes to clinical program curriculum, including multiple alterations to the clinical program mission statement and curriculum.
2. Clinical program search committee member (the whole clinical faculty assists in this endeavor) every year
3. Annual student admissions committee member
4. Annual student evaluations committee member
5. 2010 – Present Brown Bag Committee
6. 2011 – Present Alumni Survey Committee
7. 2011 – Present Student Research Committee, including an overhaul of guidelines for the second year research project and dissertation
8. 2011 – Present Clinical Science Committee, including the development of application to move from a scientist-practitioner model to a clinical science model. This ended with a center grant from the Society for the Science of Clinical Psychology and as of 2012, an approved application to the Academy of Psychological Science.
9. 2011 – Present Clinical Research Database Committee, including the development and sustainability of a system to collect data at the Psychological Services Center
10. Presented my research, workshop on scientific writing, how to produce high impact research, and how to obtain predoctoral fellowships at program brownbags

SERVICE FOR PROFESSIONAL ORGANIZATIONS

2013	Dissertation committee for the University of Haifa, Israel
2013-Present	Board Member of International Society for Quality of Life Studies
2013	Dissertation committee for the University of Sydney
2009-2012	Advisory board for the Templeton Flourishing Children Project
2011-2012	External grant reviewer for Templeton Foundation
2012	Dissertation committee for the Hebrew University of Jerusalem
2011	External reviewer for Katholieke Universiteit Leuven
2010	APA Summer Science Fellowship Program
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

Co-creator (with Robert Biswas-Diener) of Social Success program for MentalWorkout-
<http://www.mentalworkout.com/store/programs/social-success/>

Board of the Global Review of Well-Being (GROW) Corporation- <http://growhq.com/>

Consultant for UK's Feel Good Campaign (2013)

Writer for American Express and their Passion Project (2013)- example:
<http://americanexpress.tumblr.com/post/54343688972/its-okay-to-be-anxious-as-long-as-youre>

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

Oprah Magazine (July, 2013)- curiosity
Sydney Morning Herald (June 17, 2013)- "curiosity is not a dirty word"
<http://www.smh.com.au/lifestyle/life/curiosity-is-not-a-dirty-word-20130614-2o7o5.html>
All in the Mind ABC Radio interview on curiosity (May 12, 2013)-
<http://www.abc.net.au/radionational/programs/allinthemind/curiosity/4675208>
MentorCoach (May 17, 2013)- interview on mindfulness, acceptance, and positive psychology-

http://www.mentorcoach.com/kashdan_ciarrochi/

The Dream Share Project- featured in documentary: <http://thedreamshareproject.com/>

BBC The Forum (December 22, 2012)- "What makes us happy?"

APS Observer (November, 2012) on "New research in emotion regulation focuses on resilience"

Chicago Tribune (October 22, 2012) on "Why too much positivity can be a drag on the workplace"

Yahoo News (September 28, 2012) on Feeling Down? Spirituality Can Boost Your Mood

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

Each week in This Column Will Change Your Life he writes about social psychology, self-help culture, productivity and the science of happiness. Broadcast. Mon 19 Mar 2018 16:30.