

## CURRICULUM VITA

J. DAVID CRESWELL, PhD

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### *Education*

NIMH Post-Doctoral Fellow Cousins Center for Psychoneuroimmunology, University of California, Los Angeles, 2007-2008.

Ph.D., Social Psychology University of California, Los Angeles, 2007

Minors: Health Psychology, Quantitative Measurement and Psychometrics

M.A., Social Psychology University of California, Los Angeles, 2003

B.A, Psychology The Colorado College, 2000  
(with distinction) (*cum laude*)

Focus : Sport Psychology, Physiological Science

### *Honors, Awards, and Grants*

American Psychosomatic Society Scholar Award (\$500), 2008  
Oppenheimer CAIM Grant Award (\$30,000) Co-Investigator, 2007-2008  
Individual NIMH National Research Service Award (NRSA), 2005-2007

UCLA Excellence in Research Award (\$750), 2006  
 UCLA Cousins Center for Psychoneuroimmunology Seed Grant (with Dr. Hector Myers) (\$20,000), 2005-2007  
 Harold H. Kelley Award for Best Basic Research Paper in Social Psychology, 2005  
 UCLA Department of Psychology Distinguished Teaching Award, 2005  
 UCLA Health Psychology Trainee (NIMH Training Grant), 2003-2004  
 UCLA Graduate Division Summer Research Mentor Award, 2004  
 Positive Psychology Microgrant (\$2000), 2003  
 Predoctoral Fellow at Claremont Graduate University (under Mihalyi Csikszentmihalyi), 2000-2001  
 Cornelia Manley Sabine Award in Psychology at Colorado College (awarded to the psychology department's most outstanding graduating senior), 2000  
 Faculty-Student Grant Recipient at Colorado College, 1998  
 Colorado College President's distinguished student (selected based on leadership and academic excellence in the classroom), 1997

### *Publications*

- Denson, T.F., Fabiansson, E.C., Creswell, J.D., & Pedersen, W.C. (in press). Experimental effects of rumination styles on salivary cortisol responses. *Motivation and Emotion*.
- Sherman, D.K., Bunyan, D.P., Creswell, J.D., & Jaremka, L. (in press). Psychological vulnerability and stress: the effects of self-affirmation on sympathetic nervous system responses to naturalistic stressors. *Health Psychology*.
- Creswell, J.D., Myers, H.F., Cole, S.W., & Irwin, M.R. (in press). Mindfulness meditation training effects on CD4+ T lymphocytes in HIV-1 infected adults: A small randomized controlled trial. *Brain, Behavior, and Immunity*.
- Ward, A., Mann, T., Westling, E.H., Creswell, J.D., Ebert, J.P., & Wallaert, M. (in press). Stepping up the pressure: arousal can be associated with a reduction in male aggression. *Aggressive Behavior*.
- Brown, K.W., Ryan, R.M., Creswell, J.D., & Niemiec, C.P. (2008). Beyond me: mindful responses to social threat. In H.A. Wayment & J.J. Bauer (Eds.), *Transcending Self-Interest: Psychological Explorations of the Quiet Ego*. Washington, DC: American Psychological Association.
- Creswell, J.D., Way, B.M., Eisenberger, N.I., & Lieberman, M.D. (2007). Neural correlates of dispositional mindfulness during affect labeling. *Psychosomatic Medicine*, 69, 560-565.
- Brown, K.W., Ryan, R.M., Creswell, J.D. (2007). Mindfulness: Theoretical Foundations and Evidence for its Salutary Effects. *Psychological Inquiry*, 18, 211-237.
- Brown, K.W., Ryan, R.M., & Creswell, J.D. (2007). Addressing fundamental questions about mindfulness. *Psychological Inquiry*, 18, 272-281.

- Ryan, R.M., Brown, K.W., & Creswell, J.D. (2007). How integrative is attachment theory? Unpacking the meaning and significance of felt security. *Psychological Inquiry*, 18, 177-182.
- Creswell, J.D., Lam, S., Stanton, A.S., Taylor, S.E., Bower, J.E., & Sherman, D.K. (2007). Does self-affirmation, cognitive processing, or discovery of meaning explain the cancer-related health benefits of expressive writing? *Personality and Social Psychology Bulletin*, 33, 238-250.
- Creswell, J.D., Welch, W.T., Taylor, S.E., Sherman, D.K., Greunewald, T.L., & Mann, T. (2005). Affirmation of personal values buffers neuroendocrine and psychological stress responses. *Psychological Science*, 16, 846-851.
- Hanson, W.E., Creswell, J.W., Plano Clark, V.L., Petska, K.S., & Creswell, J.D. (2005). Mixed methods research designs in counseling psychology. *Journal of Counseling Psychology*, 52, 224-235.
- Creswell, J.W. & Creswell, J.D. (2005). Mixed methods research: developments, debates, and dilemmas. In R.A. Swanson & E.F. Holton (Eds.), *Research in Organizations: Foundations and Methods of Inquiry*. San Francisco, CA: Berrett-Koehler Publishers.
- Myers, H., Woolery, A., & Creswell, J.D. (2004). Stress, hypertension & high blood pressure. In N. Anderson (Ed.), *Encyclopedia of Health & Behavior*. Thousand Oaks, CA: Sage Publications.

#### *Manuscripts Under Review*

#### *Manuscripts in Preparation*

- Irwin et al. (2008). Biobehavioral factors contributing to circulating levels of inflammation: A guide for biobehavioral researchers. Unpublished manuscript, University of California, Los Angeles.
- Creswell, J.D., Brown, K.W., & Myers, H.F. (2008). (*invited review at Health Psychology*). Comparative meta-analysis of Mindfulness-Based Stress Reduction and Transcendental Meditation on physical health outcomes. Unpublished manuscript, University of California, Los Angeles.
- Creswell, J.D., Eisenberger, N., & Lieberman, M. (2008). Neural correlates of mindfulness during social exclusion. Unpublished manuscript, University of California, Los Angeles.
- Way, B., Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2008). Individual differences in neural activity at rest: modulatory effects of mindfulness and depression. Unpublished manuscript, University of California, Los Angeles.

*Conference Presentations*

- Way, B.M., Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2008). Depression and dispositional mindfulness: inverse relationships with amygdala activity. Poster presented at the Mind and Life Summer Research Institute in Garrison, NY.
- Creswell, J.D., Eisenberger, N.I., Taylor, S.E., & Seeman, T. (2008). Neural and Behavioral Correlates of Dispositional Mindfulness during Stress. Chair and Presenter of Symposium "Pathways Linking Mindfulness and Health Outcomes" at the American Psychosomatic Society annual conference, Baltimore, MD.
- Creswell, J.D. (2007). Self-affirmation in Stress and Health. Invited symposium presentation presented at the American Psychological Association annual conference, San Francisco, CA.
- Creswell, J.D., Way, B., Eisenberger, N.I., & Lieberman, M.D. (2006). An fMRI investigation of mindfulness and affect regulation. Poster presented at the 64<sup>th</sup> annual American Psychosomatic Society conference in Denver, CO.
- Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2005). Neural correlates of mindfulness during social exclusion. Presentation at the 3<sup>rd</sup> Annual Conference on Integrating Mindfulness-Based Stress Reduction Interventions into Medicine, Health Care, and Society, in Worcester, MA.
- Creswell, J.D., Eisenberger, N.I., Lieberman, M.D. (2005). Mindfulness enhances the self-regulation of negative affect: an fMRI study. Poster presented at the 3<sup>rd</sup> Annual Conference on Integrating Mindfulness-Based Stress Reduction Interventions into Medicine, Health Care, and Society, in Worcester, MA.
- Creswell, J.D., Taylor, S.E., Sherman, D.K., Welch, W.T., Gruenewald, T.L., & Mann, T. (2005). Self-affirmation reduces stress responses. Poster presented at the American Psychosomatic Society in Vancouver, British Columbia.
- Creswell, J.D., Taylor, S.E., Sherman, D.K., Welch, W.T., Gruenewald, T.L., & Mann, T. (2005). Self-affirmation buffers neuroendocrine and psychological stress responses. Poster presented at the Society for Personality and Social Psychology conference in New Orleans, LA.
- Westling, E., Creswell, J.D., & Mann, T. (2004). Arousal and aggression: a test of the attentional myopia model. Poster presented at the American Psychological Society conference in Chicago, IL.
- Creswell, J.D. (2003). Self-Affirmation and Sport Performance. Poster presented at the International Positive Psychology Summit in Washington D.C.

Creswell, J.D. & Esau, M. (2002). Presentation at the Southwest Sport and Exercise Psychology Symposium, “The Role of Social Support in Elite Athlete Commitment: An Examination of the Sport Commitment Model”

### *Teaching*

UCLA Department of Psychology Distinguished Teaching Award, 2005

Teaching Assistant in the UCLA Department of Psychology: Sport Psychology, Social Psychology, Research Methods in Social Psychology, Human Motivation.

### *Professional Memberships*

American Psychological Association  
Association for the Advancement of Applied Sport Psychology  
American Psychological Association Division 38 (Health Psychology)  
American Psychosomatic Society  
Society for Personality and Social Psychology  
Association for Psychological Science

### *Service*

Ad hoc grant reviewer for the Cognitive Neuroscience Program at the *National Science Foundation*

Ad hoc reviewer for *Psychoneuroendocrinology; Psychosomatic Medicine; Health Psychology; Journal of Personality and Social Psychology; Social, Cognitive, and Affective Neuroscience; Brain, Behavior, and Immunity; Pain; Journal of Pain;*

UCLA Graduate Student Association: Biological Sciences Council President, 2005-2006

UCLA Graduate Affairs Committee Graduate Student Representative, 2005-2006

UCLA Psychology Graduate Student Association President, 2004-2005

Program director and coach for a Tennis and Life Skills program for Los Angeles Inner City Youth, at the Boys and Girls Club of Santa Monica. Project supported by the Joy of Sports Foundation, 2001-2003

Athlete Supervisor and Assistant to the US Shorttrack Speedskating National Team—worked with team members at practices and competitions as an assistant coach and provided mental skills coaching, 1998-2000

### *Specialized Training and Quantitative Skills*

NIH trainee in the Advanced fMRI Summer Program at the University of California, Los Angeles, 2007.

NIH Predoctoral fellow in Summer fMRI Institute at the University of Michigan, 2006

Completed *Basic Immunology* Summer Course at the University of Pennsylvania, 2005

Trained technician in stimulated pro-inflammatory cytokine assays at the UCLA Cousins Center for Psychoneuroimmunology. Additional advanced training in heart rate variability assessment, 2004-2006

Training and coursework in advanced quantitative measurement models (general linear models, multi-level modeling, structural equation modeling) and software/hardware applications (SPSS, SPM5, HLM, Biopac, QSR N6).

### *References*

Dr. Hector Myers  
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