

## CURRICULUM VITA

J. DAVID CRESWELL, PhD

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Assistant Professor  
Department of Psychology  
Carnegie Mellon University  
5000 Forbes Ave  
Pittsburgh, PA  
15213

Office: 342-D Baker Hall  
Office phone: (412) 268-9182  
Cell phone: (412) 535-3338  
Fax: (412) 268-2798  
creswell@cmu.edu

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### *Education*

NIMH Post-Doctoral Fellow	Cousins Center for Psychoneuroimmunology, School of Medicine, 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 (with distinction)	The Colorado College, 2000 ( <i>cum laude</i> )

### *Employment*

Assistant Professor, Department of Psychology, Carnegie Mellon University, (2008-current)

Faculty Affiliate, Pittsburgh Mind-Body Center, Carnegie Mellon University and University of Pittsburgh, (2008-current)

Faculty Affiliate, Center for the Neural Basis of Cognition, Carnegie Mellon University & University of Pittsburgh, (2009-current).

Faculty Affiliate, University of Pittsburgh Cancer Institute, Behavioral Medicine Division, (2009-current)

### *Honors, Awards, and Grants*

Association for Psychological Science ‘Rising Star’, profiled in the *APS Observer* as an early career scientist who’s making significant contributions to psychological science, 2011

National Science Foundation grant ‘Understanding the Effects of Self-Affirmation’ (\$400,000), Co-PI, 2009-2013

Varela Grant Award from the Mind and Life Institute ‘Mindfulness and Response Inhibition’ (\$15,000), 2010-2012, Faculty Sponsor

Oppenheimer CAIM Grant Award, ‘mindfulness meditation in psoriasis’ (\$30,000), Co-Investigator, 2009-2010

Pittsburgh Foundation Grant Award, ‘Mindfulness meditation and neural mechanisms of smoking cessation’ (\$200,000), Co-Investigator, 2009-2010

American Psychosomatic Society Scholar Award (\$500), 2008

Oppenheimer CAIM Grant Award on the neural correlates of mindfulness meditation and pain (\$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- Scientific Articles*

Kilpatrick, L.A., Suyenobu, B.Y., Smith, S.R., Bueller, J.A., Goodman, T., Creswell, J.D., Mayer, E.A., & Naliboff, B.D. (2011). Impact of Mindfulness-Based Stress Reduction training on resting state networks. *NeuroImage*, 56, 290-298.

- Way, B., Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2010). Dispositional mindfulness and depressive symptomatology: Correlations with limbic and self-referential neural activity at rest. *Emotion, 10*, 12-24.
- O'Connor, M.F., Bower, J.E., Cho, H.J., Creswell, J.D., Dimitrov, S., Hamby, M.E., Hoyt, M.A., Martin, J.L., Robles, T.F., Sloan, E.K., Thomas, K., & Irwin, M.R. (2009). To assess, to control, to exclude: Effects of biobehavioral factors on circulating inflammatory markers. *Brain, Behavior, & Immunity, 23*, 887-897.
- Sherman, D.K., Bunyan, D.P., Creswell, J.D., & Jaremka, L. (2009). Psychological vulnerability and stress: the effects of self-affirmation on sympathetic nervous system responses to naturalistic stressors. *Health Psychology, 28*, 563-568.
- Denson, T.F., Fabiansson, E.C., Creswell, J.D., & Pedersen, W.C. (2009). Experimental effects of rumination styles on salivary cortisol responses. *Motivation and Emotion, 33*, 42-48.
- Creswell, J.D., Myers, H.F., Cole, S.W., & Irwin, M.R. (2009). Mindfulness meditation training effects on CD4+ T lymphocytes in HIV-1 infected adults: A small randomized controlled trial. *Brain, Behavior, and Immunity, 23*, 184-188.
- Ward, A., Mann, T., Westling, E.H., Creswell, J.D., Ebert, J.P., & Wallaert, M. (2008). Stepping up the pressure: arousal can be associated with a reduction in male aggression. *Aggressive Behavior, 34*, 584-592.
- 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.

*Publications- Book Chapters*

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.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 or In Preparation*

Creswell, J.D., Bursley, J., Satpute, A.B. (revision under review, *Science*). Neural Reactivation Links Unconscious Thought to Improved Decision Making.

Westbrook, C., Creswell, J.D., Tabibnia, G., Julson, E., Kober, H., & Tindle, H. (under review, *Social, Cognitive, and Affective Neuroscience*). Mindful attention reduces neural and self-reported cue-induced craving in smokers.

Denson, T.F., Creswell, J.D., & Granville-Smith, I. (under review). Both social threat and self-focus elicit increased cortisol and cardiovascular responses to acute stress.

Creswell, J.D. & Lindsay, E.K. (in prep). Helping the self help others: Self-affirmation increases feelings of self-compassion and pro-social behavior.

Creswell, J.D., Westbrook, C., Miller, G.E., Cohen, S. (in prep). Psychological interventions and immunity: A meta-analysis.

Creswell, J.D., Dutcher, J., Klein, W., Harris, P. (in prep). Pathways linking self-affirmation with improved academic performance.

Lam, S., Dickerson, S.S., & Creswell, J.D. (in prep). Effects of social evaluation on implicit emotion and cardiovascular responses to acute stress.

Brown, K.W., Weinstein, N., Creswell, J. D., & Holt, M. (in prep). The role of trait

mindfulness in ameliorating responses to social evaluative threat.

Burklund, L.J., Creswell, J.D., Irwin, M., & Lieberman, M.D. (in prep). Neural mechanisms of affect labeling in older adults.

Creswell, J.D., Burklund, L.J., Irwin, M., & Lieberman, M.D. (in prep). Mindfulness meditation training increases activity in regulatory areas of prefrontal cortex during affect labeling.

### *Presentations and Award Lectures*

Creswell, J.D. (2011). Neural mechanisms of unconscious thought in decision making. Presentation at the Center for Behavioral Decision Research at Carnegie Mellon University, March 24, 2011.

Creswell, J.D. (2011). Pathways linking mindfulness and health. Departmental colloquium presentation at the University of British Columbia-Okanagan, March, 18, 2011.

Creswell, J.D. (2011). Neuro-behavioral pathways linking mindfulness and health outcomes. Plenary address at the American Psychosomatic Society annual meeting, San Antonio, TX, March 9-12, 2011.

Creswell, J.D. (2011). Pathways linking mindfulness and health. Departmental colloquium presentation at Kent State University, February, 24, 2011.

Bursley, J., Satpute, A.B., & Creswell, J.D. (2011). Neural mechanisms of unconscious thought in decision making. Poster presented at the Society for Personality and Social Psychology annual meeting, San Antonio, TX, January 27-29, 2011.

Creswell, J.D. (January, 2011). Self-affirmation and adaptive behavior: Understanding mechanisms and advancing theory. Symposium chair at the Society for Personality and Social Psychology annual meeting, San Antonio, TX, January 27-29, 2011.

Klein, W. M. P., Harris, P. R., & Creswell, J. D. (October, 2010). Tuning self-affirmation theory with health-messaging research. Invited talk at the Society for Experimental Social Psychology annual meeting, Minneapolis, MN, October 8, 2010.

Creswell, J.D. (2010). Subtle interventions, big effects. Invited talk at the Pittsburgh Mind-Body Center Summer Institute, Pittsburgh, PA, June 17, 2010.

Creswell, J.D. (2010). Mindfulness, stress reduction, and health. Invited talk at the Health Preconference for the Society of Personality and Social Psychology annual conference in Las Vegas, NV, January 28, 2010.

- Creswell, J.D. (2009). Mindfulness meditation and stress pathways. Invited talk at the UCLA Semel Institute sponsored by the Mindful Awareness Research Center in Los Angeles, CA, July 13, 2009.
- Creswell, J.D. (2009). Mindfulness meditation and stress reduction. Plenary lecture at the Mind & Life Summer Research Institute annual meeting in Garrison, NY, June 12, 2009.
- Creswell, J.D. (2009). Mindfulness meditation, stress reduction, and health outcomes in HIV. NCCAM sponsored plenary lecture at the Psychoneuroimmunology Research Society annual conference in Breckenridge, CO, June 6, 2009.
- Creswell, J.D. (2009). Self-affirmation, stress, and health outcomes. Colorado College Sabine Distinguished Alumnus Award Lecture, April 1, 2009. Colorado Springs, CO.
- Kilpatrick, L., Suyenobu, B., Creswell, J.D., Smith, S., Bueller, J., Mayer, E., & Naliboff, B. (2009). Impact of mindfulness meditation training on the default network. Poster presented at the American Psychosomatic Society annual conference in Chicago, IL.
- Creswell, J.D. (2009). Self-affirmation, stress, and health. Invited talk at the University of Pittsburgh, Psychology Department Colloquium. Pittsburgh, PA.
- Creswell, J.D. (2008). Mindfulness, stress pathways, and health. Invited symposium presentation presented at Integrating Clinical and Neuroscience Perspectives on Mindfulness Training and Emotion Regulation small conference meeting, Toronto, Canada.
- 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*

Research Methods in Social Psychology  
Stress, Coping, and Well-Being

### *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  
Psychoneuroimmunology Research Society

### *Service*

'PsychoLogical Bulletin' Newsletter Editor, Department of Psychology, Carnegie Mellon University, 2009-present

Carnegie Mellon Faculty Senator, 2010-present

Psychology Department Website Design and Oversight Committee, Carnegie Mellon University, 2009-present

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

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

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).