
Heather L. Urry, Ph.D.
Curriculum Vitae
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CONTACT INFORMATION

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ACADEMIC POSITIONS

2019 – present Professor, Department of Psychology, Tufts University
2011 – 2019 Associate Professor with tenure, Department of Psychology, Tufts University
2005 – 2011 Assistant Professor, Department of Psychology, Tufts University
2004 – 2005 Assistant Scientist, Department of Psychology, University of Wisconsin—Madison
2001 – 2004 Postdoc, Department of Psychology, University of Wisconsin—Madison

EDUCATION

2001 Doctor of Philosophy, Psychology (Clinical), University of Arizona
 Dissertation: *Effortful inhibition of affective responses to pictures: Effects on central and peripheral physiology*, Committee Chair: John J. B. Allen, Ph.D.
1996 Master of Arts, Psychology (Clinical), University of Arizona
 Thesis: *Nonverbal synchrony and therapeutic alliance as predictors of outcome in the brief, behavioral treatment of insomnia*, Committee Chair: Varda Shoham, Ph.D.
1991 Bachelor of Science, Psychology, University of Arizona

HONORS AND AWARDS

- *Faculty Teaching and Mentoring Award*
Graduate School of Arts and Sciences, Tufts University, April, 2022
- *Outstanding Faculty Contribution to Graduate Education*
Graduate Student Council, Tufts University, April, 2019.
- Honorable Mention, *Tufts Teaching with Technology Awards*, April, 2021 and 2017.
- *Undergraduate Initiative in Teaching Award*
Tufts University, May, 2008.
- *Postdoctoral Fellowship*, Institutional NRSA Training Grant, NIMH T32-MH18931,
PI: Richard J. Davidson, Ph.D., 2001-2003.
- *Psi Chi Honorary*
Undergraduate member, inducted 1990.

GRANT APPLICATIONS (PAST 5 YEARS)

External

Current Funding

- National Institutes of Health (PI: Shin, Co-PIs: Allen, Sommers), “Effects of Racism on Brain and Physiological Pathways to Health Disparities” Role: Co-I
- National Science Foundation (PI: Cavanagh), Transforming Learning and Equity in UBE by Cultivating an Ecosystem of Feedback (TUnE-Bio). 09/2024- 08/2028. Role: Steering committee/consultant

Previous Funding

- United States Army (PI: Taylor, Co-PI: Miller), “Applied Brain and Cognitive Science Collaborative Effort”, \$50 million, 08/26/2019-08/25/2024. Role: Co-PI for first 5 years of 10-year contract.
- National Science Foundation (PI: Cavanagh), RCN-UBE Incubator: Transforming Grading and Feedback in Undergraduate Biology Education. 07/2021- 08/2023. Role: Steering committee/consultant
- National Institutes of Health (PI: Mueller), “Behavioral and physiological assessment of adolescent and therapy dog interactions,” R03. 07/2021- 06/2023. Role: Co-investigator

Unfunded

- Defense Advanced Research Projects Agency (DARPA; PI: Taylor), Integrating Multimodal Preconscious and Latent Indicators of Self-relevant Thought (IMPLISIT), Submitted 5/2022. Role: Co-investigator.
- National Science Foundation (PI: Thomas), RACIAL EQUITY: Structural and Systemic Racism as Drivers for Math Anxiety. Submitted 7/ 2021. Role: Senior person

Internal

Current Funding

- Faculty Research Awards Committee, Tufts University
 - Diversity, Equity, Inclusion, and Justice – Grant-in-Aid (PI: Allen, Co-PIs: Urry, Schildkraut), “Racism as a Zero-Sum Game: Interpersonal and Structural Bias Across Race and Political Ideology,” \$3,000, 2026.

Previous Funding

- Center for Applied Brain and Cognitive Sciences (PI: Urry), “Reliable predictors of performance under stress”, \$165,182.99, 9/01/2021-8/31/2022.
- Center for Applied Brain and Cognitive Sciences (PI: Urry), “Reliable predictors of performance under stress”, \$242,369.52, 9/01/2020-8/31/2021.

Unfunded

- Tufts Springboard (PI: Urry; Co-Is: Ossenfort, Giles), “Move it or lose it: Reappraising arousal to enhance performance under pressure,” \$99,819, May, 2022.

RESEARCH INTERESTS AND PERSONAL STATEMENT

- Selection, optimization, and compensation in the domain of emotion regulation.
- Contributions of emotion and emotion regulation to task performance under stress.
- Emotion regulation choice and success using laboratory tasks.
- Transparent, open science, and improving research practices in psychology

I am a clinical psychologist by training with specializations in affective neuroscience and psychophysiology. I direct the Emotion, Brain, & Behavior Laboratory at Tufts University in the Boston area. The aim of my research program is to delineate the neural and psychological mechanisms of emotion regulation. One current line of work focuses on identifying emotion and emotion-regulatory processes in relation to task performance under stress. For example, we have been developing a novel route planning task to study effects of time pressure, emotion regulation strategies (reappraisal, suppression), and attentional focus on processes theorized to be responsible for variation in performance in motivated situations (demand and resource evaluations, states of threat and challenge). In another line of work, we have studied forecasts about their future feelings (affective forecasting) with a particular interest in understanding the effects of emotion regulation instructions and measurement approaches on affective forecasting errors.

To address our research questions, we employ a range of measures. Our recent work has used primarily behavioral methods and online data collection, largely due to the COVID-19 pandemic. Our peripheral psychophysiology laboratory studies typically employ measures of subjective emotional experience, expressive behavior (e.g., corrugator muscle activity over the brow region), and autonomic physiology (e.g., electrodermal activity, electrocardiogram), many of which are measures that are sensitive to the dynamic nature of emotional responding. We also use pupillometry to measure changes in pupil size as a function of cognitive processes and eye tracking technology to monitor the ways in which people allocate their attention to information in the emotion-provoking stimuli we use. Our neuroimaging work uses functional magnetic resonance imaging to examine neural correlates of relevant processes.

Notes:

A single * in the sections below signifies that the co-author was a member (undergraduate, graduate student, or postdoc) of my Emotion, Brain, & Behavior Laboratory.

A Φ indicates research conducted with graduate and/or undergraduate students in one of my classes.

A  indicates a publication through the Psychological Science Accelerator; such papers reflect the combined efforts of a large team of researchers.

A  indicates a publication through the Collaborative Replications and Education Project; such papers reflect the combined efforts of a large team of undergraduate student and faculty researchers.

PUBLICATIONS

Peer Reviewed Journal Articles – In Progress

Plonski, P. E.*, & Urry, H. L. (revising to resubmit at a new journal). A Conceptual Framework for Emotion Regulation and Global Climate Change Mitigation

Peer Reviewed Journal Articles and Conference Proceedings - Published

Urry, H. L., Plonski, P. E.*, Patel, P.*, Cathern, M. D.*, Taylor, H. A., & Brunyé, T. T. (2026). Urgent, Hurry Up!!! Perceived Time Pressure Affects Fine Motor Performance via Subjective Distress in U. S. Adults. *Journal of Experimental Psychology: Human Perception and Performance*. Advance online publication. <https://doi.org/10.1037/xhp0001386> [Preprint available at <https://osf.io/preprints/psyarxiv/rb3g4>]

- Buchanan, E. M., Cavagnaro, D. R., Premachandra, B., Wu, D. J., Lewis, Jr., N. A., Taylor, V. J., **Urry, H. L.**, & Forscher, P. S. (2026). The Challenges and Payoffs of In-Person Big-Team Science. *Social and Personality Psychology Compass*, 20(1), e70121. <http://dx.doi.org/10.1111/spc3.70121> [Preprint available at https://doi.org/10.31219/osf.io/8gn9w_v1]
- Patel, P. *, & **Urry, H. L.** (2025). Everything is Going to be Okay: Emotion Regulation and Immune Neglect in Affective Forecasting. *Cognition and Emotion*, 1-11. <https://doi.org/10.1080/02699931.2025.2511974>
- Plonski, P. E. *, Patel, P. *, Ossenfort, K. L. *, Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (2025). How Much Time to Figure Out How to Get Where? Route Planning and Subjective Stress Under Time Pressure. *PLoS ONE* 20(1): e0316382. <https://doi.org/10.1371/journal.pone.0316382>
- Patel, P. *, & **Urry, H. L.**, (2024). Discrete and Dimensional Approaches to Affective Forecasting Errors. *Frontiers in Psychology-Emotion Science*, 15, 1–7. <https://doi.org/10.3389/fpsyg.2024.1412398>
- Wolfe, E. C. *, Thompson, A. G. *, Brunyé, T. T., Davis, F. C., Grover, D., Haga, Z., Doyle, T. *, Goyal, A. *, Shaich, H. *, & **Urry, H. L.** (2023). Ultra-brief training in cognitive reappraisal or mindfulness reduces anxiety and improves motor performance efficiency under stress. *Anxiety, Stress, & Coping*, 1–22. <https://doi.org/10.1080/10615806.2022.2162890>
- » Psychological Science Accelerator Self-Determination Theory Collaboration (2022). A global experiment on motivating social distancing during the COVID-19 pandemic. *Proceedings of the National Academy of Sciences*, 119 (22) e2111091119. <https://doi.org/10.31234/osf.io/n3dyf> [Preprint with full author list available at <https://psyarxiv.com/n3dyf/>]
- » Dorison, C. A., Lerner, J. S., Heller, B. H., Rothman, A. J., Kawachi, I. I., Wang, K., Rees, V. W., Gill, B. P., Gibbs, N., Ebersole, C. R., Vally, Z., Tajchman, Z., Zsido, A. N., Zrimsek, M., Chen, Z., Ziano, I., Gialitaki, Z., Ceary, C. D., Lin, Y., ... **Urry, H. L.** ... Coles, N.A. (2022). In COVID-19 Health Messaging, Loss Framing Increases Anxiety with Little-to-No Concomitant Benefits: Experimental Evidence from 84 Countries. *Affective Science*, 3(3), 577–602. <https://doi.org/10.1007/s42761-022-00128-3> [Preprint available at <https://psyarxiv.com/sevkf/>]
- Φ Rasmussen, R., Levari, D. E., Akhtar, M., Crittle, C. S., Gately, M., Pagan, J., Brennen, A., Cashman, D., Wulff, A. N., Norton, M. I., Sommers, S. R. & **Urry, H. L.** (2022). White (but not Black) Americans continue to see racism as a zero-Sum game; White conservatives (but not moderates or liberals) see themselves as losing. *Perspectives on Psychological Science*, 17(6), 1800-1810. <https://doi.org/10.1177/17456916221082111> [Preprint available at <https://psyarxiv.com/e6dar>]
- Grandjean da Costa, K., **Urry, H. L.**, Fontes, E. B., Elliott, G., Cantelon, J. A., & Giles, G. E. (2022). Cognitive reappraisal mitigates affective valence declines during endurance exercise at the ventilatory threshold. *International Journal of Sport and Exercise Psychology* , 20(5), 1471–1489. <https://doi.org/10.1080/1612197X.2021.1979080>
- » Wang, K., et al. (2021). A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic, *Nature Human Behaviour*, 5(8), 1089-1110.

<https://doi.org/10.1038/s41562-021-01173-x> [Preprint available at <https://psyarxiv.com/m4gpgj>]

- Cavanagh, S. R.*, Lang, J. M., Birk, J. L.*, Fulwiler, C. E., & **Urry, H. L.** (2021). A multi-course multi-semester investigation of the impact of cognitive reappraisal and mindfulness on short- and long-term learning in the college classroom. *Scholarship of Teaching and Learning in Psychology*, 7(1), 14–38. <https://doi.org/10.1037/stl0000174>
- Mueller, M. K., Anderson, E. C., King, E. K., & **Urry, H. L.** (2021). Null effects of therapy dog interaction on adolescent anxiety during a laboratory-based social evaluative stressor. *Anxiety, Stress, & Coping*. <https://doi.org/10.1080/10615806.2021.1892084> [Preprint available at <https://doi.org/10.31234/osf.io/etf46j>]
- Alzheimer, G.*, Giles, G. E., Remedios, J. D., Kanarek, R. B., & **Urry, H. L.** (2021). Do emotions predict eating? The role of previous experiences in emotional eating in the lab and in daily life. *Appetite*, 158, 105016. <https://doi.org/10.1016/j.appet.2020.105016>
- Φ**Urry, H. L.**, Crittle, C. S., Floerke, V. A., Leonard, M. Z., Perry, C. S., Akdilek, N., Albert, E. R., Block, A. J., Bollinger, C. A., Bowers, E. M., Brody, R. S., Burk, K. C., Burnstein, A., Chan, A. K., Chan, P. C., Chang, L. J., Chen, E., Chiarawongse, C. P., Chin, G., ... Zarrow, J. E. (2021). Don't ditch the laptop just yet: A direct replication of Mueller and Oppenheimer's (2014) Study 1 plus mini meta-analyses across similar studies. *Psychological Science*, 32, 326-339. <https://doi.org/10.1177/0956797620965541> [Preprint available at <https://doi.org/10.31234/osf.io/vqyvw6>]
- » Forscher, P. S., Taylor, V. J., Cavagnaro, D., Lewis, N. A., Jr., Buchanan, E., Moshontz, H., Mark, A. Y., Appleby, S. C., ... Levitan, C. A., ... **Urry, H. L.**, ..., & Chartier, C. R. (2020, October 12; Stage 1 Registered Report accepted in principle). Stereotype Threat in Black College Students Across Many Operationalizations. [Preprint] <https://doi.org/10.31234/osf.io/6hju9>
- » Jones, B. C., DeBruine, L. M., Flake, J. K., Liuzza, M. T., Antfolk, J., Arinze, N. C., ... **Urry, H. L.** ... Chartier, C. R., & Coles, N. A. (2021, Stage 2 Registered Report). To which world regions does the valence-dominance model of social perception apply? *Nature Human Behaviour*, 5, 159-169. [Preprint] <https://doi.org/10.31234/osf.io/n26dy>
- ⊙ Ghelfi, E. A., Christopherson, C. D., **Urry, H. L.**, Lenne, R. L., Legate, N., ..., & Sullivan, D. (2020). Reexamining the effect of gustatory disgust on moral judgment: A multi-lab direct replication of Eskine, Kacinić, and Prinz (2011). *Advances in Methods and Practices in Psychological Science*, 3(1), 3-23. <https://doi.org/10.1177/2515245919881152> [Preprint available at <https://doi.org/10.31234/osf.io/349pk>]
- Alzheimer, G.*, & **Urry, H. L.** (2019). Do emotions cause eating? The role of previous experiences and social context in emotional eating. *Current Directions in Psychological Science*, 28(3), 234-240. <https://doi.org/10.1177/0963721419837685>
- Strait, M.*, **Urry, H. L.**, & Muentener, P. (2019, March). Children's responding to humanlike agents reflects an uncanny valley. In *Proceedings of the 2019 ACM/IEEE International Conference on Human-Robot Interaction* (pp. 506-515). IEEE.

- Giles, G. E., Eddy, M. D., Brunyé, T. T., **Urry, H. L.**, Graber, H. L., Barbour, R. L., Mahoney, C. R.; Taylor, H. A., Kanarek, R. B. (2018). Endurance exercise enhances emotional valence and emotion regulation. *Frontiers in Human Neuroscience*, 12, 398.
- » Moshontz, H., Campbell, L., Ebersole, C. R., IJzerman, H., **Urry, H. L.**, Forscher, P. S., ... & Chartier, C. R. (2018). The Psychological Science Accelerator: Advancing psychology through a distributed collaborative network. *Advances in Methods and Practices in Psychological Science*, 1(4), 501-515. <https://doi.org/10.1177/2515245918797607>
- Giles, G. E., Cantelon, J. A., Eddy, M. D., Brunye, T. T., **Urry, H. L.**, Taylor, H. A., ... & Kanarek, R. B. (2018). Cognitive reappraisal reduces perceived exertion during endurance exercise. *Motivation and Emotion*, 42(4), 482-496.
- Vujović, L. * & **Urry, H. L.** (2018). Emotion regulation compensation following situation selection failure. *Scientific Reports*, 8, 5411. doi:10.1038/s41598-018-23654-2
- Birk, J. L. *, Rogers, A. H. *, Shahane, A. D. *, & **Urry, H. L.** (2018). The heart of control: Proactive cognitive control training limits anxious cardiac arousal under stress. *Motivation and Emotion*, 42, 64-78.
- Giles, G., Spring, A., **Urry, H. L.**, Moran, J., Mahoney, C., Kanarek, R. (2018). Caffeine alters emotion and emotional responses in low habitual caffeine consumers. *Canadian Journal of Physiology and Pharmacology*, 96, 191-199.
- Giles, G. E., Cantelon, J. A., Eddy, M. D., Brunye, T. T., **Urry, H. L.**, Mahoney, C. R., Kanarek, R. (2017). Habitual exercise is associated with cognitive control and cognitive reappraisal success. *Experimental Brain Research*, 235, 3785-3797.
- Reid, A. G., Rakhilin, M. *, Patel, A. D., **Urry, H. L.**, & Thomas, A. K. (2017). New technology for studying the impact of regular singing and song learning on cognitive function in older adults: A feasibility study. *Psychomusicology: Music, Mind, and Brain*, 27(2), 132.
- Strait, M. K. *, Floerke, V. A. *, Ju, W., Maddox, K., Remedios, J., Jung, M. F., **Urry, H. L.** (2017). Understanding the uncanny: Both atypical features and category ambiguity provoke aversion towards humanlike robots. *Frontiers in Psychology*, 8, 1366.
- Gee, L., Lyu, X., & **Urry, H. L.** (2017). Anger Management: Aggression and Punishment in the Provision of Public Goods. *Games*, 8, 5. doi:10.3390/g8010005
- Birk, J. L. *, Opitz, P. C. *, & **Urry, H. L.** (2017). Distractibility as a precursor to anxiety: Preexisting attentional control deficits predict subsequent autonomic arousal during anxiety. *Biological Psychology*, 22, 59-68. doi 10.1016/j.biopsycho.2015.12.002
- Tauber, S. K., Dunlosky, J., Opitz, P. C. *, & **Urry, H. L.** (2016). The effects of emotion on younger and older adults' monitoring of learning. *Aging, Neuropsychology, & Cognition*. doi 10.1080/13825585.2016.1227423
- Schultz, J. R. *, Gaither, S. E., **Urry, H. L.**, & Maddox, K. B. (2015). Reframing anxiety to encourage interracial interactions. *Translational Issues in Psychological Science*, 1, 392-400. doi 10.1037/tps0000048

- Opitz, P. C.*, Cavanagh, S. R.*, & Urry, H. L. (2015). Uninstructed emotion regulation choice in four studies of instructed cognitive reappraisal. *Personality and Individual Differences*, 86, 455-464. doi 10.1016/j.paid.2015.06.048
- Strait, M.*, Vujović, L.*, Floerke, V.*, Scheutz, M., & **Urry, H. L.** (2015) Too much humanness for human-robot interaction: Exposure to highly humanlike robots elicits aversive responding in observers. *Proceedings of the 33rd ACM Conference on Human Factors in Computing*.
- Giles, G. E., Mahoney, C. R., **Urry, H. L.**, Brunyé, T. T., Taylor, H. A., Kanarek, R. B. (2015). Omega-3 fatty acids and stress-induced changes to mood and cognition in healthy individuals. *Pharmacology, Biochemistry and Behavior*, 132, 10-19. doi 10.1016/j.pbb.2015.02.018
- Opitz, P. C.*, Lee, I. A., Gross, J. J., & **Urry, H. L.** (2014). Fluid cognitive ability is a resource for successful emotion regulation in older and younger adults. *Frontiers in Psychology: Emotion Science*, 5(609), 1-13. doi 10.3389/fpsyg.2014.00609
- Cavanagh, S. R.*, Fitzgerald, E. J., & **Urry, H. L.** (2014). Emotion reactivity and regulation are associated with psychological functioning following the 2011 earthquake, tsunami, and nuclear crisis in Japan. *Emotion*, 14, 235-240. doi 10.1037/a0035422
- Vujović, L.*, Opitz, P. C.*, Birk, J. L.*, & **Urry, H. L.** (2014). Cut! That's a wrap: Regulating negative emotion by ending emotion-eliciting situations. *Frontiers in Psychology: Emotion Science*, 5(165), 1-14. doi 10.3389/fpsyg.2014.00165
- Jazaieri, H., **Urry, H. L.**, & Gross, J.J. (2013). Affective disturbance and psychopathology: An emotion regulation perspective. *Journal of Experimental Psychopathology*, 4, 584-599.
- Opitz, P. C.*, Gross, J. J., & **Urry, H. L.** (2012). Selection, optimization, and compensation in the domain of emotion regulation: Applications to adolescence, older age, and major depressive disorder. *Social and Personality Psychology Compass*, 6, 142-155.
- Opitz, P. C.*, Rauch, L. C.*, Terry, D. P.*, & **Urry, H. L.** (2012). Prefrontal mediation of age differences in cognitive reappraisal. *Neurobiology of Aging*, 33, 645-655.
- Birk, J. L.*, Dennis, T. A., Shin, L. M., & **Urry, H. L.** (2011). Threat facilitates subsequent executive control during anxious mood. *Emotion*, 11, 1291-1304.
- Gross, J. J., Sheppes, G., & **Urry, H. L.** (2011). Emotion generation and emotion regulation: A distinction that matters. *Cognition & Emotion*, 25, 765-781. (This is a target piece that was published with two commentaries, one by Kappas, A. and one by Mesquita B. & Frijda, N.)
- Gross, J. J., Sheppes, G., & **Urry, H. L.** (2011). Taking one's lumps while doing the splits: A big tent perspective on emotion generation and emotion regulation. *Cognition & Emotion*, 25, 789-793. (This is a reponse to two commentaries on the article above.)
- Cavanagh, S. R.*, **Urry, H. L.**, & Shin, L. M. (2011). Mood-induced shifts in attentional bias to emotional information predict ill- and well-being. *Emotion*, 11, 241-248.
- Urry, H. L.** & Gross, J. J. (2010). Emotion regulation in older age, *Current Directions in Psychological Science*, 19, 352-357.

- Urry, H. L.** (2010). Seeing, thinking, and feeling: Emotion-regulating effects of gaze-directed cognitive reappraisal. *Emotion*, *10*, 125-135.
- Urry, H. L.** (2009). Using reappraisal to regulate unpleasant emotional episodes: Goals and timing matter. *Emotion*, *9*, 782-797.
- Urry, H. L.**, van Reekum, C. M., Johnstone, T., & Davidson, R. J. (2009). Individual differences in some (but not all) medial prefrontal regions reflect cognitive demand while regulating unpleasant emotion. *NeuroImage*, *47*, 852-863.
- Friedman, E. M., Love, G. D., Rosenkranz, M. A., **Urry, H. L.**, Davidson, R. J., Singer, B. H., & Ryff, C. D. (2007). Socioeconomic status predicts objective and subjective sleep quality in aging women. *Psychosomatic Medicine*, *69*, 682-691.
- Johnstone, T., van Reekum, C. M., **Urry, H. L.**, Kalin, N. H., & Davidson, R. J. (2007). Failure to regulate: Counterproductive recruitment of top-down prefrontal-subcortical circuitry in major depression. *Journal of Neuroscience*, *27*, 8877-8884.
- van Reekum, C. M., Johnstone, T., **Urry, H. L.**, Thurow, M. E., Schaefer, H. S., Alexander, A. L., & Davidson, R. J. (2007). Gaze fixations predict brain activation during the voluntary regulation of picture-induced negative affect. *NeuroImage*, *36*, 1041-1055.
- van Reekum, C. M., **Urry, H. L.**, Johnstone, T., Thurow, M. E., Frye, C. J., Jackson, C. A., Schaefer, H. S., Alexander, A. L., & Davidson, R. J. (2007). Individual differences in amygdala and ventromedial prefrontal cortex activity are associated with evaluation speed and psychological well-being. *Journal of Cognitive Neuroscience*, *19*, 237-248.
- Urry, H. L.**, van Reekum, C. M., Johnstone, T., Kalin, N. H., Thurow, M. E., Schaefer, H. S., Jackson, C. A., Frye, C. J., Greischar, L. L., Alexander, A. L., & Davidson, R. J. (2006). Amygdala and ventromedial prefrontal cortex are inversely coupled during regulation of negative affect and predict the diurnal pattern of cortisol secretion among older adults. *Journal of Neuroscience*, *26*, 4415-4425.
- Ryff, C. D., Love, G. D., **Urry, H. L.**, Muller, D. H., Rosenkranz, M. A., Friedman, E., Davidson, R. J., & Singer, B. (2006). Psychological Well-Being and Ill-Being: Do They Have Distinct or Mirrored Biological Correlates? *Psychotherapy and Psychosomatics*, *75*, 85-95.
- Friedman, E. M., Hayney, M. S., Love, G. D., **Urry, H. L.**, Rosenkranz, M. A., Davidson, R. J., Singer, B. H., and Ryff, C. D. (2005). Social relationships, sleep quality, and interleukin-6 in aging women. *Proceedings of the National Academy of Sciences*, *102*, 18757-18762.
- Urry, H. L.**, Nitschke, J. B., Dolski, I., Jackson, D. C., Dalton, K. M., Mueller, C. J., Rosenkranz, M. A., Ryff, C. D., Singer, B. H., & Davidson, R. J. (2004). Making a life worth living: Neural correlates of well-being. *Psychological Science*, *15*, 367-372.
- Allen, J. J. B., **Urry, H. L.**, Hitt, S. K., Coan, J. A. (2004). The stability of resting frontal electroencephalographic asymmetry in depression. *Psychophysiology*, *41*, 269-280.

- Jackson, D. C., Mueller, C., Dolski, I., Dalton, K., Nitschke, J. B., **Urry, H. L.**, Rosenkranz, M. A., Ryff, C., Singer, B., & Davidson, R. J. (2003). Now you feel it, now you don't: Frontal EEG asymmetry and individual differences in emotion regulation. *Psychological Science* 14, 612-617.
- Shapiro, D. E., Boggs, S. R., Rodrigue, J. R., **Urry, H. L.**, Algina, J. J., Hellman, R., and Ewen, F. (1997). Stage II breast cancer: Differences between four coping patterns in side effects during adjuvant chemotherapy. *Journal of Psychosomatic Research*, 43, 143-157.

Peer Reviewed Journal Articles – On Hold/Back Burner

- Alzheimer, G. *, & **Urry, H. L.** (on hold after revise-and-resubmit decision). Post-event processing following social and nonsocial evaluative feedback: The roles of social anxiety and emotion regulation.
- Floerke, V. A. *, Sands, M., Isaacowitz, D. M., Thomas, A. K., & **Urry, H. L.** (on hold after revise-and-resubmit decision). Cloudy with a chance of feelings: Affective forecasting as a resource for situation selection across the lifespan. [Preprint] <https://doi.org/10.31234/osf.io/mwtrp>
- **Lewis, Jr., N. A., **Sakaluk, J. K., Flake, J. K., Onyeador, I. N., De Santis, C., McCarthy, R., Wilson, J. P., Chartier, C. R., Srivastava, S., **Urry, H. L.**, & Shoda, Y. (on hold). Increasing representation to make psychological science more rigorous. **shared first authorship
- Patel, P. *, Floerke, V. A. *, Race, E., & **Urry, H. L.** (under revision after reject decision). Affective forecasting: Where are we now and where should we go next?
- Patel, P. *, Plonski, P. E. *, Ossenfort, K. L. *, Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (under revision after reject decision). Individual Differences in Affective Forecasting under Stress.
- Urry, H. L.** (in preparation). Quantifying the external storage benefit of laptop versus longhand note-taking. Stage 1 Registered Report.

Book Chapters

- Urry, H. L.** (2024). Autonomic and somatic aspects of emotion regulation. In J. J. Gross & B. Q. Ford (Eds.), *Handbook of emotion regulation* (3rd ed).
- Urry, H. L.** (2016). Resources for emotion regulation in older age: Linking cognitive resources with cognitive reappraisal. In A. Ong & C. A. Loeckenhoff (Eds.). *New developments in emotional aging*. Washington, DC: American Psychological Association, pp. 51-69.
- Urry, H. L.**, Roeser, R. W., Lazar, S. W., & Poey, A. P. * (2011). Prefrontal cortical activation during emotion regulation: Linking religious/spiritual practices with well-being. To appear in A. E. A. Warren, R. M. Lerner, & E. Phelps (Eds.). *Thriving and spirituality among youth: Research perspectives and future possibilities*. Hoboken, NJ: Wiley.
- Urry, H. L.** & Poey, A. P. * (2008). How religious/spiritual practices contribute to well-being: The role of emotion regulation. In R. M. Lerner, R. Roeser, & E. Phelps. (Eds.), *Positive youth development and spirituality: From theory to research*. West Conshohocken, PA: Templeton Foundation Press.

PRESENTATIONS

Colloquium and Conference Talks

- Urry, H. L.** (October, 2025). Urgent, Hurry Up!!! Perceived Time Pressure Affects Fine Motor Performance via Subjective Distress in U. S. Adults. Ethics and Well-Being Hub, University of Melbourne, Melbourne, Victoria, AUS.
- Urry, H. L.** (November, 2025). Urgent, Hurry Up!!! Perceived Time Pressure Affects Fine Motor Performance via Subjective Distress in U. S. Adults. University of New South Wales, Sydney, New South Wales, AUS.
-  **Urry, H. L.**, Ghelfi, E., Christopherson, C. D., Lenne, R. L., Legate, N., Fischer, M. A., Wagemans, F. M. A., & Wiggins, B. (July, 2019). Effect of disgust on judgments of moral wrongness: A multi-lab direct replication, International Society for Research on Emotion, Amsterdam, NL.
- ΦUrry, H. L.** (June, 2019). Laptop versus longhand note-taking: Large effect on notes content, negligible effect on academic achievement, Society for Applied Research on Memory and Cognition, Cape Cod, MA, USA.
- Urry, H. L.** (September, 2017). Choose Your Own Adventure: Selecting Situations to Optimize Emotional Experiences. Current Work in Social Psychology Series, Department of Psychology, Yale University, New Haven, CT, USA.
- Urry, H. L.** (June, 2016). Resources for emotion regulation: Theme and variations. Center for Depression, Anxiety, and Stress, McLean Hospital, Belmont, MA, USA.
- Alzheimer, G.*, & **Urry, H. L.** (March, 2016). Putting the “social” in social evaluation: Post-event processing following social-evaluative events. Society for Affective Science, Chicago, IL, USA.
- Urry, H. L.** (December, 2015). Emotion regulation: Theme and variations. VA Boston Neuroimaging & Neuropsychology Lecture Series, Boston, MA, USA.
- Reid, A. G., Patel, A. D., **Urry, H. L.**, Thomas, A. K. (August, 2015). Singing training as an intervention for age-related cognitive decline, Society for Music Perception & Cognition, Nashville, TN.
- Urry, H. L.** (May, 2015). Resources for emotion regulation. Association for Psychological Science, New York, NY, USA.
- Vujović, L.* & **Urry, H. L.** (September, 2014). Cut! That's a wrap: Regulating negative emotion by ending emotion-eliciting situations. Society for Psychophysiological Research, Atlanta, GA, USA.
- Opitz, P. C.*, Cavanagh, S. R.*, & **Urry, H. L.** (September, 2014). The impact of context and choice on emotion regulation success. Society for Psychophysiological Research, Atlanta, GA, USA.
- Urry, H. L.** (March, 2014). Emotion regulation in the context of depression. Eastern Psychological Association, Boston, MA, USA.

- Urry, H. L.** (February 8, 2014). Selecting, optimizing, and compensating with emotion regulation. Social Brain Sciences Symposium, Boston College.
- Urry, H. L., Floerke, V.*, & Vujović, L.*** (December 10, 2013). Emotion and learning/teaching, 27th Annual University-Wide Teaching Conference, Tufts University.
- Urry, H. L.** (October 3, 2013). Resources for emotion regulation in older age. *New Developments in Aging, Emotion, and Health*, Bronfenbrenner Conference, Cornell University.
- Urry, H. L.** (May 22, 2013). Using Qualtrics for midterm evaluations, Lightning Round, Teaching with Technology Conference, Tufts University.
- Urry, H. L.** (September, 2012). Resources for emotion regulation. Department of Psychology, University of Arizona, Tucson, AZ, USA.
- Urry, H. L.** (May 26, 2012). Resources for emotion regulation. Association for Psychological Science, Chicago, IL, USA.
- Urry, H. L.** (May 21, 2012). Varieties of emotion-regulatory experience: Neural and peripheral correlates. McLean Hospital Neuroimaging Center, Belmont, MA, USA.
- Urry, H. L.** (January 5, 2012). Selection, optimization, and compensation: The secret of my (emotion-regulatory) success. Department of Psychology, Northwestern University, Evanston, IL, USA.
- Urry, H. L., Opitz, P. C., & Gross, J. J.** (September, 2011). Resources for emotion regulation in older age. Society for Psychophysiological Research, Boston, MA, USA.
- Urry, H. L.** (May 9, 2011). Varieties of emotion-regulatory experience. Clinical Research Training Program, Judge Baker Children's Center.
- Urry, H. L.** (April 21, 2011). Varieties of emotion-regulatory experience. Social and Brain Sciences brownbag, Department of Psychological and Brain Sciences, Dartmouth College.
- Urry, H. L.** (April 19, 2011). Varieties of emotion-regulatory experience. Martinos Brain & Cognition Talks series, Martinos Center, Massachusetts General Hospital.
- Urry, H. L.** (October, 2010). Varieties of emotion-regulatory experience. Society for Psychophysiological Research, Portland, OR, USA.
- Birk, J. L.*, Dennis, T. A., Shin, L. M., & Urry, H. L.** (May, 2010). Threat-related modulation of the executive control of attention during anxiety. Association for Psychological Science, Boston, MA, USA.
- Urry, H. L.** (March 2, 2010). Varieties of emotion-regulatory experience. Social Psychology Brown Bag Series, Department of Psychology, Harvard University.
- Urry, H. L.** (October, 2009). The Allen Effect: From Frontal Asymmetry to Emotion Regulation. Society for Psychophysiological Research, Berlin, Germany.
- Cavanagh, S. R.* & Urry, H. L.** (October, 2009). Mood-related shifts in attention predict ill- and well-being. Society for Psychophysiological Research, Berlin, Germany. The symposium, entitled

Once More, with Feeling: Automaticity in Emotion Regulation, was chaired by S. R. Cavanagh and H. L. Urry.

Opitz, P. C.* Cavanagh, S. R.* & **Urry, H. L.** (October, 2009). Effects of uninstructed attentional deployment on emotional responding. Society for Psychophysiological Research, Berlin, Germany. The symposium, entitled *Once More, with Feeling: Automaticity in Emotion Regulation*, was chaired by S. R. Cavanagh and H. L. Urry.

Urry, H. L. (June, 2009). Neural correlates of emotion regulation in older age. *Neuroscience of Emotion: From Reaction to Regulation* conference, Tufts University, Medford, MA, USA.

Urry, H. L. (May, 2009). Neural mechanisms of emotion regulation in older age. Association for Psychological Science, San Francisco, CA, USA.

DiCorcia, J. A.* & **Urry, H. L.** (October, 2008). And they all lived happily ever after? The undoing effect of positive emotion in young children. Society for Psychophysiological Research, Austin, TX, USA. The symposium, entitled *Emotion Regulation and Individual Differences in the Developing Child*, was chaired by H. L. Urry.

Urry, H. L. (August, 2008). The neural correlates of emotion regulation as we age. American Psychological Association, Boston, MA, USA.

Urry, H. L. (June, 2008). The neural correlates of emotion regulation: Implications for well-being. Social + Affective Neuroscience meeting, Boston, MA, USA.

Urry, H. L. (May, 2008). The neural correlates of emotion regulation: Implications for well-being. Association for Psychological Science, Chicago, IL, USA.

Urry, H. L. (January 24, 2008). The neural correlates of emotion regulation: Implications for well-being. Affective Science Initiative Speaker Series, Department of Psychology, Boston College.

Urry, H. L. (June, 2007). Neural correlates of emotion regulation: Pathways to resilience? Society for Behavioral Neuroendocrinology, Pacific Grove, CA, USA.

Urry, H. L. (May, 2007). Brain and body correlates of emotion regulation in older adults. Association for Psychological Science, Washington, DC, USA.

Urry, H. L. (November, 2006). Neuroimaging studies of emotion regulation in normal humans: Relationship to resilience. International Society for Traumatic Stress Studies, Hollywood, CA, USA.

Johnstone, T., van Reekum, C.M., **Urry, H. L.**, Kalin, N.H., & Davidson, R.J. (October, 2006). Autonomic, behavioral, and brain measures of emotion regulation. *Psychophysiology*, 43, S12. Society for Psychophysiological Research, Vancouver, B.C., Canada.

Urry, H. L., van Reekum, C.M., Johnstone, T., Kalin, N.H., Thurow, M.E., & Davidson, R.J. (October, 2006). The not-so-slippery slope: Brain responses during emotion regulation predict diurnal changes in cortisol secretion. *Psychophysiology*, 43, S10. Society for Psychophysiological Research, Vancouver, B.C., Canada.

- van Reekum, C.M., **Urry, H. L.**, Johnstone, T., Thurow, M.E., Schaefer, H.S., Alexander, A.L., & Davidson, R.J. (September, 2005). Neural correlates of emotion regulation: Examining top-down effects of PFC on emotional responding. *Psychophysiology*, 42, S3. Society for Psychophysiological Research, Lisbon, Portugal.
- Urry, H. L.** (February 28, 2005). Understanding the neural and adaptive correlates of regulating negative affect, Department of Psychology, Tufts University.
- Urry, H. L.** (February 22, 2005). Understanding the neural and adaptive correlates of regulating negative affect. Department of Psychology, University of Pittsburgh.
- Urry, H. L.**, van Reekum, C. M., Greischar, L. L., Thurow, M. E., & Davidson, R. J. (October, 2004). Working hard when feeling bad: Pupil dilation indexes resource allocation during effortful regulation of negative affect. *Psychophysiology*, 41, S9. Society for Psychophysiological Research, Santa Fe, NM, USA.
- Nitschke, J. B., **Urry, H. L.**, Nelson, E. E., & Davidson, R. J. (October, 2002). Neural circuitry in positive emotion: Maternal love and well-being. *Psychophysiology*, 39, S4. Society for Psychophysiological Research, Washington, DC, USA.
- Urry, H. L.**, Shoham, V., Bootzin, R. R., & Rohrbaugh, M. (December, 1997). *Nonverbal synchrony and therapeutic alliance as predictors of outcome in the brief, behavioral treatment of insomnia*. North American chapter of the Society for Psychotherapy Research, Tucson, AZ, USA.
- Racioppo, M. W., **Urry, H. L.**, Shoham, V., & Rohrbaugh, M. (April, 1995). *Inferring power structure from the Marital Interaction Coding System*. Western Psychological Association, Los Angeles, CA, USA.

Poster Presentations

- Cathern, M.*, & **Urry, H. L.** (May, 2025). Why is Time Pressure Stressful? The Roles of Attention, Demand, and Resources. Trends in Psychology Summit, Cambridge, MA.
- Patel, P. *, & **Urry, H. L.** (March, 2025). Discrete and Dimensional Approaches to Affective Forecasting. Society for Affective Science, Portland, OR.
- Patel, P. *, & **Urry, H. L.** (March, 2024). Discrete and Dimensional Approaches to Affective Forecasting. Society for Affective Science, New Orleans, LA.
- Plonski, P. E. *, & **Urry, H. L.** (March, 2024). Spontaneous Emotion Regulation in Response to Climate Change Information in US Adults. Society for Affective Science, New Orleans, LA.
- Plonski, P. E. *, & **Urry, H. L.** (March, 2023). Emotion Regulation and Global Climate Change Mitigation. Society for Affective Science, Long Beach, CA.
- Patel, P. *, & **Urry, H. L.** (March, 2023). Everything Is Going To Be Okay: Examining The Relationship Between Emotion Regulation and Immune Neglect In Affective Forecasting. Society for Affective Science, Long Beach, CA.

- Plonski, P. E. *, Bazemore, J. *, Froneberger, E. *, Kaufman, K. *, Velazquez, S. *, Patel, P. *, Ossenfort, K. * L., Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (March, 2023). Associations Between Wayfinding Task Performance and Individual Differences in Trait Anxiety and Emotion Regulation. Annual Meeting of the Eastern Psychological Association, Boston, MA.
- Plonski, P. E. *, Patel, P. *, Ossenfort, K. L. *, Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (November, 2022). Subjective Stress in a Full-Information 2D Wayfinding Task Under Time Pressure. Annual Meeting of the Psychonomic Society, Boston, MA.
- Ossenfort, K. L. *, Plonski, P. E. *, Vujovic, L. *, & **Urry, H. L.** (April, 2022). The Moderating Role of Trait Mindfulness in Situation Selection after a Brief Mindfulness Intervention. Society for Affective Science, Online.
- Patel, P. *, Plonski, P. E. *, Ossenfort, K. L. *, Taylor, H. A., Brunye, T. T., & **Urry, H. L.** (April, 2022). Individual Differences in Affective Forecasting under Stress. Society for Affective Science, Online.
- Patel, P. *, & **Urry, H. L.** (April, 2022). Everything Is Going To Be Okay: Examining The Association Between Emotion Regulation and Immune Neglect In Affective Forecasting. Society for Affective Science, Online.
- Plonski, P. E. *, Patel, P. *, Ossenfort, K. L. *, Taylor, H. A., Brunye, T. T., & **Urry, H. L.** (April, 2022). How Much Time to Get Where? Time Pressure, Subjective Stress, and Wayfinding Task Performance. Society for Affective Science, Online.
- Ossenfort, K. L. *, Patel, P. *, Plonski, P. E. *, Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (April, 2021). Perceptions of Emotion Regulation Under Stress. Society for Affective Science, Online.
- Patel, P. *, Plonski, P. E. *, Ossenfort, K. L. *, Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (April, 2021). Individual Differences in Affective Forecasting under Stress. Society for Affective Science, Online.
- Plonski, P. E. *, Patel, P. *, Ossenfort, K. L. *, Taylor, H. A., Brunyé, T. T., & **Urry, H. L.** (April, 2021). Subjective Stress and Wayfinding Under Time Pressure. Society for Affective Science, Online.
-  Ghelfi, E. A., Christopherson, C. D., **Urry, H. L.**, Lenne, R. L., Legate, N., Fischer, M. A., Wagemans, F. M. A., & Wiggins, B. (May 2018). Replication of "A bad taste in the mouth: Gustatory disgust influences moral judgment". Association for Psychological Science, San Francisco, CA, USA.
- Cavanagh, S. R. *, Lang, J. M., Birk, J. L. *, Fulwiler, C. E., & **Urry, H. L.** (May 2018). A multi-course multi-semester investigation of the impact of cognitive reappraisal and mindfulness on short- and long-term learning in the college classroom. Association for Psychological Science, San Francisco, CA, USA.
- Alzheimer, G. *, & **Urry, H. L.** (May 2017). "Post-Event Processing Following an Evaluative Situation: The Roles of Social Feedback and Emotion Regulation," Association for Psychological Science, Boston, MA, USA.

- Floerke, V. A.*, Sands, M., Isaacowitz, D. M., Thomas, A. K., & **Urry, H. L.** (April 2017). Affective forecasting as a resource for situation selection across the life span, Society for Affective Science, Boston, MA, USA.
- Vujovic, L.*, & **Urry, H. L.** (April, 2017). Use of alternative emotion regulation strategies in light of situation selection failure, Society for Affective Science, Boston, MA, USA.
- Vujovic, L.*, & **Urry, H. L.** (March, 2017). Individual differences in hedonic preferences for situation selection, International Convention of Psychological Science, Vienna, Austria.
- Floerke, V.*, Sands, M., Thomas, A. K., Isaacowitz, D. M., & **Urry, H. L.** (January, 2017). Affective forecasting as a resource for situation selection across the lifespan, Society for Personality and Social Psychology, San Antonio, TX, USA.
- DeCaro, R., Thomas, A. K., **Urry, H. L.**, & Taylor, H. A. (April, 2016). Effect of social network on older adults' cognitive function after relocation. Cognitive Aging Conference, Atlanta, GA, USA.
- Birk, J. L.*, Opitz, P.C.*, Cavanagh, S. R.*, Raskin, M.*, & **Urry, H. L.** (March, 2016). Lingering on joy: Slowness to disengage attention from happy faces predicts lower depressive symptoms a year later. Society for Affective Science, Chicago, IL, USA.
- Cavanagh, S. R.*, & **Urry, H. L.**, Opitz, P.C.*, Birk, J. L.*, & Fulwiler, C. E. (March, 2016). Assessing mindfulness ability: A novel paradigm reflects changes in emotional arousal following both brief and longer-term training. Society for Affective Science, Chicago, IL, USA.
- Floerke, V. F.*, Raskin, M.*, Cochran, K. A.*, Vujović, L.*, & **Urry, H. L.** (March, 2016). De-stress and don't depress: Cognitive reappraisal use in expressive writing is protective. Society for Affective Science, Chicago, IL, USA.
- Perry, J. M.*, Maddox, K. B., & **Urry, H. L.** (January, 2016). Bridging the gap: The role of emotion regulation in intergroup empathy. Society for Personality and Social Psychology, San Diego, CA, USA.
- Vujović, L.*, & **Urry, H. L.** (September, 2015). Distraction in light of emotion regulation failure. Society for Psychophysiological Research, Seattle, WA, USA.
- Opitz, P. C.*, Barber, S. J., **Urry, H. L.**, & Mather, M. (April, 2015). Influences of arousal, cognitive demand, and working memory load on emotion regulation strategy choice. Society for Affective Science, Oakland, CA, USA.
- Cavanagh, S. R.*, Opitz, P. C.*, Birk, J. L.*, Raskin, M.* & **Urry, H. L.** (April, 2015). Appraisal in action: Habitual use, task-based implementation, and associations with psychological functioning. Society for Affective Science, Oakland, CA, USA.
- Floerke, V. F.*, Vujović, L.*, & **Urry, H. L.** (April, 2015). Cloudy with a chance of feelings: Affective forecasting as a resource for situation selection. Society for Affective Science, Oakland, CA, USA.
- Floerke, V. F.*, Raskin, M.*, Vujović, L.*, & **Urry, H. L.** (February, 2015). Encouraging cognitive reappraisal in expressive writing has immediate and longer-term psychological benefits in daily life. Emotion Pre-conference, Long Beach, CA, USA.

- Vujović, L. *, & **Urry, H. L.** (April, 2014). Compensating for emotion regulation failure. Society for Affective Science, Bethesda, MD, USA.
- Tauber, S. K., Dunlosky, J., **Urry, H. L.**, & Opitz, P. C.* (November, 2013). Is the effect of positive emotion on judgments of learning due to valence or arousal? Annual Meeting of the Psychonomic Society. Toronto, Ontario, Canada.
- Birk, J. L. *, & **Urry, H. L.** (May, 2013). Distractibility Is Associated with Negative Mood States in High, But Not Low, Trait Anxiety. Association for Psychological Science Convention, Washington, DC, USA.
- Opitz, P. C. *, Birk, J. L. *, Cavanagh, S. R. *, & **Urry, H. L.** (May, 2013). Contextual Differences Affect the Relationship between Resources and Emotion Regulation: History and Current Symptoms of Psychopathology Matter. Association for Psychological Science Convention, Washington, DC, USA.
- Birk, J. L. *, Opitz, P. C. *, Cavanagh, S. R. *, Saidel-Goley, I. N. *, & **Urry, H. L.** (September, 2012). Differing associations between spontaneous expressive suppression and depressive symptoms in people with and without a history of depression. Society for Psychophysiological Research, New Orleans, LA, USA.
- Opitz, P. C. *, Birk, J. L., Cavanagh, S. R. *, & **Urry, H. L.** (September, 2012). Positive relations with others is a resource for successful emotion regulation. Society for Psychophysiological Research, New Orleans, LA, USA.
- Birk, J. L. *, Opitz, P. C. *, Cavanagh, S. R. *, Saidel-Goley, I. N. *, & **Urry, H. L.** (May, 2012). Spontaneous Suppression of Sadness Predicts Lower Current Depressive Symptoms in People With a History of Depression but Higher Symptoms in Healthy Controls. Association for Psychological Science, Chicago, IL, USA.
- Cavanagh, S. R. *, Opitz, P. C., Birk, J. L. *, & **Urry, H. L.** (May, 2012). Variation in Strategies During Instructed Cognitive Reappraisal: Autonomic Changes Depend on Regulatory Choice and Emotional Intensity of Stimuli. Association for Psychological Science, Chicago, IL, USA.
- Fitzgerald, E. J. *, Cavanagh, S. R. *, & **Urry, H. L.** (May, 2012). Emotion Regulation in the Context of Crisis: an Examination of Cognitive Reappraisal and Expressive Suppression in the Aftermath of the 2011 Earthquake, Tsunami, and Nuclear Crisis in Japan. Association for Psychological Science, Chicago, IL, USA.
- Yih, J. *, Gross, J. J., Sheppes, G., & **Urry, H. L.** (May, 2012). Valence and Arousal Predict Strategy Choice Between Distraction and Reappraisal. Association for Psychological Science, Chicago, IL, USA.
- Cavanagh, S. R. *, Birk, J. L. *, Opitz, P. C. *, & **Urry, H. L.** (September, 2011). Physiological and phenomenological responses during amusement are correlated with ill- and well-being. Society for Psychophysiological Research, Boston, MA, USA.
- Opitz, P. C. *, **Urry, H. L.**, & Gross, J. J. (September, 2011). Cognitive resources predict emotion regulation success in younger and older adults. Society for Psychophysiological Research, Boston, MA, USA.

- Birk, J. L. *, Dennis, T. A., Shin, L. M., & **Urry, H. L.** (October, 2010). Unique and opposing contributions of trait and state anxiety to the executive control of attention. Society for Psychophysiological Research, Portland, OR, USA.
- Cavanagh, S. R. *, Opitz, P. *, Birk, J. L. *, & **Urry, H. L.** (October, 2010). Cardiac response during cognitive reappraisal linked to eudaimonic well-being. Society for Psychophysiological Research, Portland, OR, USA.
- Opitz, P. *, Gross, J. J., & **Urry, H. L.** (October, 2010). Attentional deployment and cognitive reappraisal in older and younger adults. Society for Psychophysiological Research, Portland, OR, USA.
- Birk, J. L. *, Dennis, T. A., & **Urry, H. L.** (October, 2009). Modulation of the executive control of attention by vigilance to threat during anxious mood. Society for Psychophysiological Research, Berlin, Germany.
- DiCorcia, J. A. * & **Urry, H. L.** (October, 2009). ...And they all lived happily ever after: Factors influencing recovery from negative emotion in young children. Society for Psychophysiological Research, Berlin, Germany.
- Opitz, P. *, Rauch, L. C. *, & **Urry, H. L.** (October, 2008). Neural correlates of gaze-directed reappraisal in younger and older adults. Society for Psychophysiological Research, Austin, TX, USA.
- Urry, H. L.**, Cavanagh, S. R. *, & Rauch, L. C. * (October, 2008). Gaze-directed reappraisal: Implications for emotion regulation. Society for Psychophysiological Research, Austin, TX, USA.
- Urry, H. L.**, Roeser, R. W., Lazar, S. W., Poey, A. P., Phelps, E., & Lerner, R. M. (July, 2008). Neural Circuits for Regulating Pleasant and Unpleasant Emotion: Beyond Reappraisal. Organization for Human Brain Mapping, Melbourne, Australia.
- Urry, H. L.** (October, 2007). Testing for differential effects of experimentally-manipulated antecedent- and response-focused emotion regulation. *Psychophysiology*, 44, S33. Society for Psychophysiological Research, Savannah, GA, USA.
- DiCorcia, J. A. *, Ballou, S. K. *, & **Urry, H. L.** (October, 2007). Emotion discrimination: Untangling the extent of emotion understanding of 6-month-old infants. *Psychophysiology*, 44, S33. Society for Psychophysiological Research, Savannah, GA, USA.
- van Reekum, C.M., Johnstone, T., **Urry, H. L.**, Thurow, M.E., & Davidson, R.J. (October, 2006). Gaze fixation patterns explain substantial variance in brain activation during the voluntary regulation of negative affect. *Psychophysiology*, 43, S100. Society for Psychophysiological Research, Vancouver, B.C., Canada.
- Light, S.N., Davidson, R.J., Kalin, N.H., **Urry, H. L.**, van Reekum, C.M., & Johnstone, T. (October, 2006). Reduced activity in ventromedial prefrontal cortex during the regulation of positive affect is a neural marker of anhedonia. *Psychophysiology*, 43, S59. Society for Psychophysiological Research, Vancouver, B.C., Canada.
- van Reekum, C.M., **Urry, H. L.**, Johnstone, T., Thurow, M.E., Frye, C.J., Jackson, C.A., Schaefer, H.S., Alexander, A.L., & Davidson, R.J. (2005). Individual differences in amygdala activation during

processing of negative information are associated with speed of affective processing. *Neuroimage*, 26. Organization for Human Brain Mapping, Toronto, Canada.

Urry, H. L., van Reekum, C.M., Greischar, L.L., Johnstone, T., Frye, C.J., Thurow, M.E., & Davidson, R.J. (September, 2005). The role of effort in regulating negative feelings. *Psychophysiology*, 42, S123. Society for Psychophysiological Research, Lisbon, Portugal.

van Reekum, C.M., **Urry, H. L.**, Greischar, L.L., Thurow, M.E., Sullivan, J.M., Hampel, J.A., & Davidson, R.J. (October, 2004). The processing of affectively ambiguous faces modulates early visual ERP components. *Psychophysiology*, 41, S58. Society for Psychophysiological Research, Santa Fe, NM, USA.

van Reekum, C.M., **Urry, H. L.**, Johnstone, T., Thurow, M.E., Mueller, C.J., Burghy, C.A., Schaefer, H.S., Alexander, A.L., & Davidson, R.J. (June, 2004). Effects of voluntary regulation of negative affect on emotion circuitry. *Neuroimage*, 22. Organization for Human Brain Mapping, Budapest, Hungary.

van Reekum, C.M., **Urry, H. L.**, Johnstone, T., Thurow, M.E., Mueller, C.J., Burghy, C.A., Schaefer, H.S., Alexander, A.L., & Davidson, R.J. (July, 2004). Effects of voluntary regulation of negative affect on emotion circuitry. International Society for Research on Emotion, New York, NY, USA.

Urry, H. L., van Reekum, C.M., Johnstone, T., Thurow, M.E., Burghy, C.A., Mueller, C.J., & Davidson, R.J. (November, 2003). Neural correlates of voluntarily regulating negative affect. Program No. 725.18. *2003 Abstract Viewer/Itinerary Planner*. Washington, DC, USA: Society for Neuroscience. Online.

Urry, H. L., Rosenkranz, M.A., Thurow, M.E., Ryff, C., Singer, B., & Davidson, R.J. (October, 2002). Prefrontal asymmetry predicts startle eyeblink reactivity in an older sample. *Psychophysiology*, 39, S82. Society for Psychophysiological Research, Washington, DC, USA.

Jackson, D.C., Mueller, C., Dolski, I., Dalton, K., Ryff, C., Singer, B., Nitschke, J., **Urry, H.**, & Davidson, R.J. (October, 2001). Baseline frontal EEG asymmetry predicts post-stimulus, but not stimulus-associated startle magnitude in response to unpleasant pictures. Society for Psychophysiological Research, Montreal, Quebec, CA.

Urry, H. L., Rosenkranz, M.A., Thurow, M.E., Kalin, N.H., Muller, D., Love, G.D., Ryff, C. Singer, B., & Davidson, R.J. (April, 2002). Lateralized brain electrical activity predicts diurnal salivary cortisol rhythm and reported affect. *Brain, Behavior, and Immunity*, 16. Psychoneuroimmunology Research Society, Madison, WI, USA.

Urry, H. L., & Allen, J.J.B. (October, 2001). Individual differences in effortful inhibition of affective responses to pictures. *Psychophysiology*, 38, S96. Society for Psychophysiological Research, Montreal, Quebec, CA.

MacDhomhail, S., Allen, J.J.B., & **Urry, H.** (October, 2000). Repetition priming using emotionally valenced pictures. *Psychophysiology*, 37, S65. Society for Psychophysiological Research, San Diego, CA, USA.

Urry, H. L., Hitt, S.K., & Allen, J.J.B. (October, 1999). Internal consistency and test-retest stability of resting EEG alpha asymmetry in major depression. *Psychophysiology*, 36, S116. Society for Psychophysiological Research, Granada, Spain.

Shoham, V., Bootzin, R.R., Rohrbaugh, M.J., & **Urry, H.** (September, 1995). Paradoxical versus relaxation treatment for insomnia: The moderating role of reactance. *Sleep Research*, 24a. International Congress of the World Federation of Sleep Research Societies, Nassau, Bahamas.

Urry, H. L., Racioppo, M.W., Stickle, T.R., & Rohrbaugh, M. (April, 1995). *Measuring demand-withdraw couple interaction: Reliability and validity*. Western Psychological Association, Los Angeles, CA, USA.

TEACHING AND MENTORING

Courses Taught at Tufts

Undergraduate

- *Introduction to Psychology (team-taught)*
 - S06, F07, S10, F12, S14, F14, S16, F17, S26, F26
- *Emotion*
 - F13, F15, F16, S23, S24, S26
- *Experimental Psychology with Laboratory (current enrollment cap: 120, teaching assistants: 5)*
 - F06, S07, S08, S10, S11, S12, S13, S14, S15, S16, S17, S18, F18, F19, S20, F20, S21
- *Emotion Laboratory*
 - F10, F12, S17

Graduate Seminars

- *Core Course in Emotion & Psychopathology (team-taught)*
 - F22
- *Proseminar in Psychology*
 - AY23-24, F24
- *Rigorous and Reproducible Research Practices*
 - S18, S22, S27

Undergraduate/Graduate Seminars

- *Coding for Psychology*
 - F26 (new preparation)
- *Seminar in Affective Neuroscience*
 - F05, S06, S07, F07, F09, S11 (grad only), S13, F14, F18
- *Seminar in Emotion, Stress, & Health*
 - S08, F10, S15 (grad only), F17 (grad only)

Undergraduate Academic Advising

Approximately 70 psychology majors and pre-major advisees

Current Lab Members

Graduate Students

- Monique Cathern, Experimental Psychology (September, 2021 –)

Lab Alumni

Postdoctoral Researchers

- Sarah R. Cavanagh, Ph.D. (October, 2007 – June, 2009)
- Katie Ossenfort, Ph.D. (August, 2020 – August, 2022)
- Andrew Thompson, Ph.D. (2016 – 2019), Center for Applied Brain and Cognitive Sciences.

Graduate Students

- Gizem Altheimer, Ph.D (September, 2014 – July, 2019)
- Jeffrey L. Birk, Ph.D. (September, 2008 – February, 2014)
- Kate Dahlgren, Ph.D. (2015 – 2018) (co-advised)
- Jennifer A. DiCorcia, Ph.D. (September, 2006 – April, 2009)
- Victoria A. Floerke, Ph.D. (September, 2013 – April, 2020)
- Philipp C. Opitz, Ph.D. (September, 2007 – August, 2013)
- Prsni Patel, Ph.D., Experimental Psychology (September, 2020 – May, 2025)
- Jennifer Perry, Ph.D. (September, 2014 – April, 2019) (co-advised)
- Paul Plonski, Ph.D., Cognitive Science (September, 2020 – May, 2025)
- Megan K. Strait, Ph.D. (September, 2013 – May, 2016)
- Lara Vujović, Ph.D. (September, 2012 – August, 2018)

Undergraduate Senior Honors Thesis Students

- 2026-27, Dorlie Registre
- 2024-25, Hannah Olson
- 2019-20, Emma Wolfe
- 2017-18, Marina Rakhilin (Summer Scholar)
- 2015-16, Jacob Merrin, Annabelle Roberts (Summer Scholar), and Danielle Sorcher
- 2014-15, Kara Cochran and Anoushka Shahane
- 2013-14, Nishi Mehta (Summer Scholar, co-mentored with Ayanna Thomas) and Andrew Rogers
- 2012-13, Michael Chu and Mervett Hefyan
- 2010-11, Jennifer Yih
- 2008-09, Kristin Brethel (Summer Scholar)
- 2007-08, Lindsay Rauch (Summer Scholar) and Douglas Terry
- 2006-07, Sarah Ballou (Summer Scholar)

Courses Taught as a Graduate Student at the University of Arizona

<i>Introduction to Psychology</i>	Spring 1998
<i>Laboratory in Research Methods</i>	Fall 1997
<i>Topics in Psychology Discussion Section</i>	Fall 1993

Teaching Assistantships as a Graduate Student at the University of Arizona

<i>Psychology of Consciousness</i>	Spring 1999
<i>Statistics for the Behavioral Sciences</i>	Summer I & II, 1998
<i>Research Methods</i>	Fall 1997
<i>Abnormal Psychology</i>	Summer 1995, Spring 1995, Spring 1994
<i>Introductory Psychology</i>	Fall 1993

PROFESSIONAL ACTIVITIES

Society Affiliations

- Association for Psychological Science (APS)
- International Society for Research on Emotion (ISRE)
- Society for Affective Science (SAS)
- Society for the Improvement of Psychological Science (SIPS)
- Society for Psychophysiological Research (SPR)

Service to the Field

- Associate Editor, *Psychological Science* (January 2024 – present)
- Open Science Advisor, *Clinical Psychological Science* (January 2023 – present)
- Participant, [Application Statement Feedback Program](#) (Editor in 2022, 2023, 2024)
- President, [Society for the Improvement of Psychological Science](#) (December 2020 – October, 2021)
- Associate Director, [Psychological Science Accelerator](#) (September 2017 – April 2021)
- Associate Editor, *Emotion* (April 2018 – December, 2019)
- Associate Editor, *Emotion* (January 2010 – December 2014)
- Member, Editorial Board, *Biology of Mood and Anxiety Disorders* (November 2010 – July 2015)
- Ad Hoc Grant Reviewer
National Institutes of Health, various study sections: May, 2012; July, 2012; March, 2013; November 2016; January 2017; June, 2017; June 2018; November 2018
- Ad Hoc Journal Reviewer
Abnormal Psychology, American Psychologist, Bipolar Disorders, Biological Psychiatry, Biological Psychology, Cerebral Cortex, Clinical Psychological Science, Cognition & Emotion, Cognitive, Affective, and Behavioral Neuroscience, Cognitive Therapy and Research, Current Directions in Psychological Science, Developmental Psychology, Emotion, Emotion Review, Frontiers in Human Neuroscience, Frontiers in Psychology: Emotion Science, International Journal of Psychophysiology, Journal of Clinical Psychiatry, Journal of Cognitive Neuroscience, Journal of Consulting and Clinical Psychology, Journal of Experimental Psychology: General, Journal of Personality and Social Psychology, Neurobiology of Aging, NeuroImage, Personality and Social Psychology Review, Perspectives on Psychological Science, PLOS ONE, Psychological Science, Psychological Bulletin, Psychology and Aging, Psychoneuroendocrinology, Psychophysiology, Royal Society Open Science, Scientific Reports, Social Cognitive & Affective Neuroscience
- Conference Organization
 - Co-organizer with Sam Parsons, [Opening Affective Science at #2021SAS](#), Preconference at the annual conference of the Society for Affective Science, April 13, 2021.
 - Chair (twice), Program Committee, Society for Affective Science Conference in 2017 (Boston, MA) and 2016 (Chicago, IL). <https://society-for-affective-science.org/conferences/past-conferences/>
 - Member (twice), Program Committee, Society for Affective Science Conference in 2014 (Bethesda, MD) and 2015 (Oakland, CA). <https://society-for-affective-science.org/conferences/past-conferences/>
 - Co-organizer, *Emotion Preconference* (twice), Preconference at the annual conference of the Society for Personality and Social Psychology, January 27, 2011 (with Michelle N. Shiota and Jose Soto) and January 28, 2010 (with Nicole A. Roberts and Michelle N. Shiota).
 - Key organizer, *The Neuroscience of Emotion: From Reaction to Regulation*, A conference sponsored by Tufts University and the Science Directorate of the American Psychological Association, June 4 – 6, 2009.

- Society for Psychophysiological Research
 - Member, SPR Public Relations Committee (2013 – 2016)
 - Member and Chair, SPR Education and Training Committee (Member 2006 – 2012; Chair 2010 – 2012)
 - Member, SPR Program Committee for Annual Meeting in Portland, OR, USA, 2010.
 - Member, SPR Program Committee for Annual Meeting in Berlin, Germany, 2009.

Service to Tufts University

- Member, Policy & Programs, Graduate School of Arts and Sciences (2021 – 2025)
- Member & Chair, Social, Behavioral & Educational Research Institutional Review Board (Member 2012 – 2021; Chair 2013 – 2021)
- Member, Health Professions Recommendation Committee (2014 – 2015)
- Member, Search Committee for the Dean of Undergraduate and Graduate Students (2011)
- Member, Subcommittee European Center at Talloires (Fall, 2006 – 2011)

Service to the Department of Psychology at Tufts University

- Member, Undergraduate Education Committee (2019, 2026)
- Member, Workload Committee (2016 – 2018, 2026)
- Director of Graduate Studies (July, 2021 – June, 2025)
- Member, Equity, Diversity, and Inclusion Committee (2020 – 2025)
- Member, Search Committee for Neuroscience Position (2022-23)
- Member, Search Committee for Clinical Neuroscience Position (2020-21)
- Member, Graduate Education Committee (2017 – 2025)
- Member, Visibility, Web, & Colloquium Committee (2018 – 2020)
- Member, Search Committee for Computational/Quantitative Psychology Position (2019)
- Member, Search Committee for Computational Clinical Neuroscience Position (2018)
- Chair, Assessment Committee (2010; 2012 – 2018)
- Chair, Prospective Graduate Student Visit Committee (2009 – 2016)
- Member, Search Committee for Cognitive Neuroscience Position (2014)
- Member, Search Committee for Cognitive Developmental Psychology Position (2012, 2013)
- Member, Search Committee for Social Psychology Position (2010, 2011)
- Departmental Liaison, Faculty Information Technology Liaison Program (Spring, 2009 – end of program)
- Member, Degree Sheets and Honors (Fall, 2006 – Spring, 2008)
- Member, Commencement Committee (Spring, 2006)
- Member, Building Committee (2005/6)
- Established departmental email listservs and colloquium and resource scheduling calendars.

CLINICAL EXPERIENCE

2001 – 2003	<i>Individual and Group Therapist</i> Department of Psychiatry, University of Wisconsin-Madison Supervisors: Gregory G. Kolden, Ph.D. and Sarah Chisholm-Stockard, Ph.D. Individual therapy in a Depression Clinic, and DBT group therapy for individuals diagnosed with Borderline Personality Disorder.
1999 – 2000	<i>Clinical Psychology Intern—Health Psychology track</i> Health Psychology Service University of Wisconsin Hospital and Clinics, Madison, WI Supervisors: Denise Connelly, Ph.D., Joel Wish, Ph.D., and Jack Sherman, Ph.D.

- A full-time APA-accredited clinical internship working with adult and pediatric medical patients. Psychotherapy, assessment, and consultation.
- 1998 - 1999 *Neuropsychology Practicum Student*
Department of Psychiatry, University of Arizona
Supervisors: Anne M. Herring, Ph.D. and Alfred W. Kaszniak, Ph.D.
Bi-monthly neuropsychology assessments in a memory disorders clinic.
- 1995 - 1996 *Family Therapy Extern*
Arizona's Children Association
Supervisor: Karl Sachs, Psy.D.
Intensive training in strategic/systemic family therapy typically focused on child behavioral difficulties.
- 1994 - 1995 *Psychotherapy Practicum Student*
Department of Psychology, University of Arizona
Supervisors: Marjorie Holiman, Ph.D., Randall Garland, Ph.D., and Michael Rohrbaugh, Ph.D.
Basic psychotherapy skills as well as specialized training in cognitive-behavioral and family therapies. Problems treated include panic disorder with agoraphobia, depression with suicidal features, and social phobia.
- 1993 - 1994 *Assessment Practicum Student*
(1) Arizona Center for Clinical Management, Fall, 1993
Supervisor: Michael Berren, Ph.D.
Tests administered on individuals with serious mental illness: WAIS-R, SCID, SCID-II, MCMI-2, MMPI, MMPI-II, and the Rorschach (Exner System).
(2) Department of Psychology, University of Arizona, Spring, 1994
Supervisor: John J. B. Allen, Ph.D.
Tests administered on college students: WAIS-R, SCID, and MMPI.
- 1991 - 1993 *Inpatient Milieu Therapist I*
Western Psychiatric Institute and Clinic
Attention and Conduct Evaluation Services (Supervisor: Kay Rahuba, N.C.M.): Behavior modification with children diagnosed with acute attention and conduct disorders. Geriatric Unit (Supervisor: Marcia Kollar, N.C.M.): Direct physical and mental care of geriatric patients with serious mental illness.

UNDERGRADUATE AND GRADUATE RESEARCH

Research Funding

- *Final Project Fund Award*, Graduate College, University of Arizona, April, 1998, support for dissertation project.
- *Grant*, Social and Behavioral Sciences Research Institute, University of Arizona, November, 1997, support for dissertation project.
- *Student Scholarship*, Western Psychological Association, Los Angeles, CA, April, 1995.
- *Graduate Student Research Fund Award*, Graduate College, University of Arizona, December, 1994, support for Master's thesis project.

Graduate Research Assistant Positions

- 1998 – 1999 Department of Psychology, University of Arizona
Supervisor: John J. B. Allen, Ph.D.

- 1996 - 1997 Projects investigating the role of asymmetrical activation in the frontal lobes in predicting depressive relapse following tryptophan depletion. Supervision and training of undergraduate research assistants in EEG data collection procedures. Community Partnership of Southern Arizona (CPSA)
Supervisor: Michael Berren, Ph.D.
CPSA is the regional behavioral health authority which serves Arizona's indigent population. Involved in projects investigating the impact of managed care cost containment on patient quality of life and the effect of serious mental illness on medical utilization. Extensive data analysis and manuscript preparation.
- 1995 - 1996 Department of Psychiatry, University of Arizona
Supervisor: Daniel E. Shapiro, Ph.D.
Projects investigating parenting behaviors that may negatively affect the behavior and self-esteem of children with cancer. Assisted in preparation of grant proposals and a manuscript, and conducted parent interviews.
- 1993 - 1995 Department of Psychology, University of Arizona
Supervisor: Varda Shoham, Ph.D.
Projects investigating the role of couple behavior patterns in the maintenance of drinking behavior in alcoholics. Extensive data analysis and coordination of ratings of couple interactions.

Undergraduate and Postbacc Research Assistant Positions

- Summer, 1991 Attention Deficit Disorder Program, Western Psychiatric Institute and Clinic
Supervisor: William E. Pelham, Ph.D.
Behavioral treatment program for children with attention deficit disorder. Projects investigating effects of medication condition expectancy on social and academic persistence. Classroom and playground behavioral coding.
- 1990 - 1991 Department of Psychology, University of Arizona
Supervisor: Varda Shoham, Ph.D.
Projects investigating the effects of client reactance on therapeutic outcomes and the treatment of alcoholism within a systemic framework.
- 1990 Department of Psychology, University of Arizona
Supervisor: Denise Cummins, Ph.D.
Projects investigating analogical reasoning and algebra word problem-solving ability. Primary responsibilities included collecting data and participating in weekly discussions of relevant journal articles.