

CURRICULUM VITAE
JULIANNE HOLT-LUNSTAD

June, 2008

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Brigham Young University
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CURRENT POSITION

2001-present **Assistant Professor**, Department of Psychology,
Brigham Young University
Area: Social Psychology
Specialization: Health and Behavioral Medicine

2007-present **Women's Research Institute Faculty Affiliate**,
Brigham Young University

EDUCATION:

2001 **Ph.D.** Doctor of Philosophy, Psychology Department, University of Utah
Area: Social Psychology
Specialization: Health Psychology
Dissertation Chair and Primary Research Advisor: Bert N. Uchino, Ph.D.

1998 **M.S.** Master of Science, Psychology Department, Brigham Young University
Division: General Psychology
Thesis Chair and Major Advisor: Claudia J. Clayton, Ph.D.

1994 **B. S.** Bachelor of Science, Psychology Department, Brigham Young University
Major: Psychology
Minor: Art

ADDITIONAL TRAINING

National Institute of Health (NIH) Mind-Body Training Institute; Summer, 2002
University of Pittsburgh ~ Carnegie Mellon University

Mindware Training Institute; Impedance Cardiography and Heart Rate Variability
training. Summer 2006. Ohio State University.

PROFESSIONAL AFFILIATIONS

American Psychological Association
 Division 8: Personality and Social Psychology
 Division 38: Health Psychology
Association for Psychological Science
American Psychosomatic Society
Society of Behavioral Medicine
Society for Personality and Social Psychology
Society for Psychophysiological Research

ACADEMIC HONORS

2008 Citation Award for excellence in research, Society of Behavioral Medicine
2006 Citation Award for excellence in research, Society of Behavioral Medicine
1998,1999,2000 Commendation for Research, University of Utah
1999,2000 Commendation for Service, University of Utah
2000 Rocky Mountain Psychological Association Student Paper Award
2000 Graduate Travel Award, University of Utah
1999 Professional Development Award
1995-1996 Recipient of Sant Graduate Fellowship
1995-1996 Recipient of BYU Psychology Dept. Scholarship
1995-1996 Graduate Assistantship
1994 Magna Cum Laude, BYU, undergraduate degree
1994 Phi Kappa Phi Honors, BYU, undergraduate degree
1994 Nominee for Valedictorian, Psychology Department, BYU
1993-1994 Kenneth and Norma Trietsch Scholarship
1992-1994 BYU Academic Scholarship
1991-1992 Social Science General Scholarship

EXTRAMURAL GRANTS:

2003 *Marchionne Foundation.* Understanding the Association Between Marital-Status & Health: An Examination of the Impact of Relationship Positivity & Negativity on Ambulatory Blood Pressure & Salivary Cortisol Among Single Adults. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$27,878 total costs).

Pending:

American Heart Association: National Innovative Research Grant. Marital Therapy as a Risk Factor Reduction Intervention for Heart Disease. Julianne Holt-Lunstad (P.I.), 2-year grant period (amount requested \$150,000).

John Templeton Foundation: Cognition, Religion and Theology Project. Walking with God: Psychophysiological correlates of stress, social relations and supernatural agents. Julianne Holt-Lunstad (co-investigator.), 1-year grant period (amount requested £25,000 ≈ \$50,000).

National Science Foundation. How Communities and Cultures Help Women Persist and Flourish in Science and Engineering. (Amount requested: \$249,874).

PI: Metz, A. M., Department of Cell Biology & Neuroscience, MSU

Co-PI: Smith, J. L. Department of Psychology, MSU

Co-PI Intemann, K. Department of History and Philosophy, MSU

Co-PI: Willoughby, S. D. Department of Physics, MSU

*External Advisory Board Member: **Holt-Lunstad, J.** Department of Psychology, BYU*

INTRAMURAL GRANTS:

- 2008 Family Studies Center Grant; Brigham Young University. The effects of marital distress and marital therapy on heart disease risk factors. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$21,100 total costs).
- 2008 Family Home and Social Science Research Funding; Brigham Young University. The effects of marital distress and marital therapy on heart disease risk factors. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$4000 total costs).
- 2007 Family Home and Social Science Research Funding; Brigham Young University. Perceptions of our friends and their impact on our stress and health: Is our history with them more important than what they do? Julianne Holt-Lunstad (P.I.), 12-month grant period (\$4200 total costs).
- 2007 Gerontology Program of Brigham Young University. Social Support and Mortality Project. T.B. Smith & J. Holt-Lunstad (Co-P.I.) \$4,700.
- 2007 Family Studies Center; Brigham Young University. Understanding the Association between Marital Status and Health: An Examination of Oxytocin as a mediator of the cardiovascular benefits of emotional support. Julianne Holt-Lunstad (P.I.), \$8782 total costs.
- 2006 Family Home and Social Science Research Funding; Brigham Young University. Understanding the Association between Marital Status and Health: An Examination of Oxytocin as a mediator of the cardiovascular benefits of emotional support. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$5,120 total costs).
- 2005 Family Studies Center Grant; Brigham Young University. Understanding the Association between Marital Status and Health: An Examination of Oxytocin as a mediator of the cardiovascular benefits of emotional support. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$8458 total costs).
- 2005 Family Home and Social Science Research Funding; Brigham Young University.

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- Understanding the Association between Marital Status and Health: An Examination of Oxytocin as a mediator of the cardiovascular benefits of emotional support. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$4279 total costs).
- 2004 Office of Research and Creative Activities (ORCA) Mentoring Grant; Brigham Young University. Alcoholism in Guatemala. Adam Howard (student P.I) Julianne Holt-Lunstad (Faculty Mentor), 12-month grant period (\$250).
- 2004 Office of Research and Creative Activities (ORCA) Mentoring Environment Grant; Brigham Young University. The impact of the quality of our Social Relationships on Health. Julianne Holt-Lunstad (P.I.), 24-month grant period (\$11,300 total costs).
- 2004 Family Home and Social Science Research Funding; Brigham Young University. Depression as a Risk Factor for Physical Health. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$5,778 total costs).
- 2003 Family Studies Center Grant; Brigham Young University. Understanding the Association between Marital Status and Health: An Examination of the Impact of Relationship Positivity and Negativity on Ambulatory Blood pressure and Salivary Cortisol. Julianne Holt-Lunstad (P.I.), 12-month grant period (\$10,700.00 total costs).
- 2002-3 ORCA. Acculturation and Health: The Relative impact of Language as a significant Stressor and it's Impact on Cardiovascular Reactivity. Bryan Heppworth (student), Julianne Holt-Lunstad (Faculty Mentor), 12 month grant period (\$1,500).
- 2002 Faculty Development Series Course Development Project Grant; Brigham Young University. (\$300)
- 2002 Family Home and Social Science Research Funding; Brigham Young University. Understanding the Association between Social Relationships and Health: Diary assessments of Relationships Quality, Support Seeking, and Stress. Julianne Holt-Lunstad (P.I.), 12-month grant period (1/1/02-12/31/02; \$5000 total costs).
- 2001-2002 Family Studies Center Grant; Brigham Young University. Understanding the Association between Marriage and Health: An Examination of the Impact of Relationship Positivity and Negativity on Ambulatory Blood pressure and Salivary Cortisol. Julianne Holt-Lunstad (P.I.), 24-month grant period (\$10,468.04 total costs).
- 2001-2 ORCA. The Association between Social Relationships and Scholastic Achievement Brandon Jones (P.I.), Julianne Holt-Lunstad (Faculty Mentor), 12 month grant period (\$1,000).

- 2001 Family Home and Social Science Research Funding; Brigham Young University. Understanding the Association between Social Relationships and Health: Diary assessments of Relationships Quality, Support Seeking, and Stress. Julianne Holt-Lunstad (P.I.), 6-month grant period (7/1/01-12/31/01; \$5000 total costs).

EDITED BOOK CHAPTERS

- Holt-Lunstad, J.** (invited chapter, in press). Social Relationships and Physical Health: Are we better or worse off because of our relationships? In (Eds.), *Psychology of Relationships*. New York: Nova Science Publishers.
- Uchino, B.N., Ruiz, J.M., & **Holt-Lunstad, J.** (in press). Stress. In D. Sanders & K.R. Scherer (Eds.), *Oxford Companion to Affective Sciences*. New York: Oxford University Press.
- Uchino, B. N., Smith, T.W., **Holt-Lunstad, J.**, Campo, R., & Reblin, M. (2007). Stress and Illness. Eds. R.J. Davidson, G.G. Berntson, E. Sternberg, J. T. Cacioppo, L. G. Tassinary, & H. Nusbaum. *Handbook of Psychophysiology* 3rd edition. Cambridge University Press.
- Uchino, B.N., **Holt-Lunstad, J.**, Uno, D., Campo, R., & Reblin, M. (2007). The social neuroscience of relationships: An examination of health relevant pathways. In E. Harmon-Jones & P. Winkielman (Eds.), *Fundamentals of Social Neuroscience*. New York: Guilford.
- Uchino, B. N., Berntson, G., **Holt-Lunstad, J.**, & Cacioppo, J. T. (2001). Stress induced autonomic and immunologic reactivity. Eds R. Ader, D. L. Elton, and N. Cohen. *Psychoneuroimmunology*. New York Academic Press.

PEER REVIEWED JOURNAL ARTICLES: (*indicates a student author)

- Campo, R., Uchino, B.N., **Holt-Lunstad, J.**, Vaughn, A., Reblin, M., & Smith, T.W. (in press). The Assessment of Positivity and Negativity in Social Support Networks: Reliability and Validity of the Social Relationships Index. *Journal of Community Psychology*.
- Holt-Lunstad, J.**, *Birmingham, W.A., & Light, K.L. (2008). The influence of a “warm touch” support enhancement intervention among married couples on ambulatory blood pressure, oxytocin, alpha amylase and cortisol. *Psychosomatic Medicine*. In Press
- Holt-Lunstad, J.**, Smith, T.W. & Uchino, B.N., (2008). Can hostility interfere with the health

benefits of social support? The impact of cynical hostility on cardiovascular reactivity during social support interactions among friends. *Annals of Behavioral Medicine*.

Holt-Lunstad, J., *Birmingham, W., & *Jones, B.Q. (2008). Is there something unique about marriage? The relative impact of marital status, relationship quality, and network support on ambulatory blood pressure and mental health. *Annals of Behavioral Medicine*, *35*, 239-244.

Holt-Lunstad, J., Uchino, B. N., Smith, T. W. & Hicks, A. (2007). On the importance of relationship quality: The impact of ambivalence in friendships on cardiovascular functioning. *Annals of Behavioral Medicine*, *33*, 1-12.

Holt-Lunstad, J., & Steffen, P. (2007). Diurnal variation in salivary cortisol is associated with ambulatory blood pressure dipping. *Psychosomatic Medicine* *69*, 339-43.

Smith, J.L., *Kausar, R., & **Holt-Lunstad, J.** (2007). Stigma consciousness in the class room: A comparison of Pakistani women's motivation and well-being in non-science fields of study. *Sex Roles*, *57*, 3-13.

Uchino, B. N., **Holt-Lunstad, J.**, Bloor, L. & Campo, R. (2005). Aging and Cardiovascular Reactivity to Stress: Longitudinal Evidence for Changes in Stress Reactivity. *Psychology and Aging*, *20*, 134-143.

Uchino, B. N., **Holt-Lunstad, J.**, & Smith, T. W. (2004). Heterogeneity in social networks: A comparison of different models linking relationships to psychological outcomes. *Journal of Social and Clinical Psychology*, *23*, 123-139.

Holt-Lunstad, J., Uchino, B. N., Smith, T. W., Cerny, C.B., & Nealey-Moore, J. B. (2003). Social relationships and ambulatory blood pressure: Structural and qualitative predictors of cardiovascular function during everyday social interactions. *Health Psychology*, *22*, 388-397.

Holt-Lunstad, J., Clayton, C. J., & Uchino, B.N. (2001). Gender differences in cardiovascular reactivity to competitive stress. *International Journal of Behavioral Medicine*, *8*, 91-102.

Uchino, B. N., **Holt-Lunstad, J.**, Uno, D., & Flinders, J. B. (2001). Heterogeneity in the social networks of young and older adults: Prediction of mental health and cardiovascular reactivity during acute stress. *Journal of Behavioral Medicine*, *24*, 361-382.

Uchino, B.N., **Holt-Lunstad, J.**, Uno, D., Betancourt, R., & Garvey, T. (1999). Social support and age-related differences in cardiovascular function: An examination of potential mediators. *Annals of Behavioral Medicine*, *21*, 135-142.

Uchino, B. N., Uno, D., & **Holt-Lunstad, J.** (1999). Social Support, Physiological Processes, and Health. *Current Directions in Psychological Sciences*, *8*, 145-148.

Uchino, B. N., Uno, D., **Holt-Lunstad, J.**, & Flinders, J. B. (1999). Age-related differences in cardiovascular reactivity during acute psychological stress in men and women. *Journal of Gerontology*, *54*, 339-346.

MANUSCRIPTS UNDER REVIEW: (*indicates a student author)

*Bushman, B.B. & **Holt-Lunstad, J.** (Manuscript under revision). Understanding social relationship maintenance among friends: Why we don't end those frustrating friendships. *Journal of Social and Clinical Psychology*.

Holt-Lunstad, J. *Birmingham, W., *Jones, B. (Manuscript under revision). The influence of close relationships on nocturnal blood pressure dipping. *International Journal of Psychophysiology*.

Clark, R., Uchino, B.N., **Holt-Lunstad, J.**, Hicks, A. (manuscript under review). Ambivalent and Supportive Relationships: What makes them Different? *Journal of Social and Personal Relationships*

MANUSCRIPTS IN PREPARATION: (*indicates a student author)

Holt-Lunstad, J., Smith, T.B., *Gochnour, K., *Thacker, E.J., *Layton, B., *Birmingham, W., Uchino, B.N. (Manuscript in preparation). Social Support and Mortality: A meta-analysis. *JAMA*

Holt-Lunstad, J., *Birmingham, W., *Howard, A. & Thoman, D. (Manuscript in preparation). Raising children lowers blood pressure: The influence of parental status and gender on ambulatory blood pressure in married couples. *Psychological Science*

Holt-Lunstad, J. (Manuscript in preparation). The impact of ambivalent social relationships on nocturnal blood pressure dipping. *Psychophysiology*.

Holt-Lunstad, J. (Manuscript in preparation). Understanding ambivalent social relationships: The relative importance of perceptions of relationship quality versus actual behaviors on cardiovascular reactivity during social interactions. *Personality and Social Psychology Bulletin*.

Holt-Lunstad, J., Smith, J.L., *Jones, B., & *Kausar, R. (manuscript in preparation). Understanding the impact of social support and SES on health: An examination of African and Muslim samples. *International Journal of Behavioral Medicine*.

*Bushman, B.B. & **Holt-Lunstad, J.** (Manuscript in preparation). The Relationship Between Belongingness, Hostility, and Exposure to Stress. *Personality and Social Psychology Bulletin*.

PUBLISHED ABSTRACTS: (*indicates a student author)

*Birmingham, W., **Holt-Lunstad, J.**, & *Howard, A. (2008). The Impact of Parental Status on Ambulatory Blood Pressure. Annals of Behavioral Medicine, 35, (Supplement) S106.

Holt-Lunstad, J., Steffen, P.R., & *Mead, B.G. (2006). Diurnal variation in cortisol predicts diurnal variation in blood pressure. Annals of Behavioral Medicine, 31, (Supplement) S031.

Holt-Lunstad, J., *Jones, B. Q., *Mead, B.G., *Cummings, L., *Birmingham, W., *Howard, A., *Ernhoffer, S. & *Thunnell, B. (2005). The impact of marital status and quality on 24-hour ambulatory blood pressure. Psychophysiology, 42 (supplement), S66.

Holt-Lunstad, J., Uchino, B. N., & Smith, T.W. (2005, September). Does hostility interfere with social support during stress. Psychophysiology, 42 (supplement), S66.

*Jones, B.Q., **Holt-Lunstad, J.**, Smith, J. L., & *Heppworth, B. (2003). The impact of support and poverty on health in Mozambique Africa. Annals of Behavioral Medicine, 25, (Supplement) S163.

Holt-Lunstad, J. (2001). The association between social relationships and health: The impact of relationship quality when seeking support during positive and negative events on cardiovascular reactivity. Dissertation Abstracts International, 62(4-B), 2112.

Holt-Lunstad, J., Uchino, B. N., & Smith, T.W. (2000, October). Relationship quality predicts ambulatory blood pressure during social interactions. Psychophysiology, 37(supplement), S49.

Holt-Lunstad, J., Uchino, B. N., & Smith, T.W. (2000, October). The association between social relationships and health: The impact of relationship quality when seeking support during positive and negative events on cardiovascular reactivity. Psychophysiology, 37(supplement), S49.

Holt-Lunstad, J., Uno, D., & Uchino, B. N. (1999). Understanding the health effects of social relationships: An examination of positivity and negativity (ambivalence) in the social networks of young and older adults. Annals of Behavioral Medicine, 21, (Supplement) 86F.

Uno, D., **Holt-Lunstad, J.**, & Uchino, B. N. (1999). Cardiovascular reactivity during acute psychological stress: age-related differences. Annals of Behavioral Medicine, 21, (Supplement)289T.

Holt-Lunstad, J., Uno, D., Flinders, J. B., & Uchino, B. N. (1998). Ambivalence in social relationships predicts cardiovascular reactivity to acute stress. Psychophysiology, *35*(supplement), S40.

Uno, D., **Holt-Lunstad, J.**, Flinders, J. B., & Uchino, B. N. (1998). Age-related differences in cardiovascular reactivity to stress. Psychophysiology, *35*(supplement), S83.

Uchino, B., Garvey, T., **Holt-Lunstad, J.**, & Uno, D. (1997). Influence of social support on age-related differences in cardiovascular functioning. Psychophysiology, *34*(supplement), S91.

PRESENTATIONS (National or International professional meetings): (*indicates a student author)

*Birmingham, W., **Holt-Lunstad, J.**, & *Howard, A. (2008). The Impact of Parental Status on Ambulatory Blood Pressure. Oral Presentation at the 29th annual meetings of the Society of Behavioral Medicine (SBM), San Diego, CA. (*undergraduate student presented*)
Citation Award Winner

Holt-Lunstad, J., *Birmingham, W., *Salas, A., *Gale, J., *Layton, B., Smith, T. B., & *Thacker, E. (2008, May). *Social support and mortality: A meta-analytic review*. Poster presented at Association for Psychological Science (APS), Chicago, IL. (*presenter*).

Holt-Lunstad, J. *Birmingham, W. *Jones, B.Q., & *Layton, B. (2007). The impact of network relationship quality on psychological and cardiovascular functioning. Poster presented at the 19th annual meetings of the Association for Psychological Science (APS), Washington D.C. (*Presenter*).

Holt-Lunstad, J. *Birmingham, W. *Howard, A., & *Herbst, C. (2006). The Relative Importance of Marital Status and Quality on Ambulatory Blood Pressure,” Poster presented at the 18th annual meetings of the Association for Psychological Science (APS), New York, NY. (*Presenter*).

Holt-Lunstad, J., Steffen, P.R., & *Mead, B.G. (2006). Diurnal variation in cortisol predicts diurnal variation in blood pressure. Oral presentation at the 27th annual meetings of the Society of Behavioral Medicine, San Francisco, CA. (*Presenter*). **Citation Award Winner**.

Holt-Lunstad, J., Uchino, B.N., & Smith, T.W. (2005). Does hostility interfere with social support during stress? Poster presented at the 45th annual meetings of the Society for Psychophysiological Research, Lisbon, Portugal. (*Presenter*).

Holt-Lunstad, J., *Jones, B.Q., *Mead, B.G., *Cummings, L., *Ernhoffer, S., *Howard, A., *Birmingham, W., & *Thunell, B. (2005). The impact of marital status and quality on

24-hour ambulatory blood pressure. Poster presented at the 45th annual meetings of the Society for Psychophysiological Research, Lisbon, Portugal. (*Presenter*).

Smith, J.L., **Holt-Lunstad, J.**, *Kausar, R., & *Jones, B.Q. (2004). Motivation Regulation Strategies for Academic Tasks in Two Developing Countries. Poster presented at the annual meetings of the American Psychological Association, Honolulu, HI. (*Presenter*).

Holt-Lunstad, J., Uchino, B.N., & Smith, T.W. (2004). Can hostility interfere with the health benefits of social support? Poster presented at the annual meetings of the American Psychological Association, Honolulu, HI. (*Presenter*).

*Jones, B.Q., **Holt-Lunstad, J.**, Smith, J. L., & *Heppworth, B. (2003). The impact of support and poverty on health in Mozambique Africa. Poster presented at the annual meetings of the Society of Behavioral Medicine, Salt Lake City, UT. (*undergraduate student presented*).

Holt-Lunstad, J., Uchino, B. N., & Smith, T.W. (2002, January). Social Relationships and Health: The impact of relationship quality on cardiovascular reactivity when seeking support during positive and negative events. Poster presented at the annual meetings of the Society for Personality and Social Psychology, Savannah, GA. (*Presenter*).

Holt-Lunstad, J., Uchino, B. N., & Smith, T.W. (2000, October). Relationship quality predicts ambulatory blood pressure during social interactions. Poster presented at the annual meetings of the Society for Psychophysiological Research, San Diego, CA. (*Presenter*).

Holt-Lunstad, J., Uchino, B. N., & Smith, T.W. (2000, October). The association between social relationships and health: The impact of relationship quality when seeking support during positive and negative events on cardiovascular reactivity. Poster presented at the annual meetings of the Society for Psychophysiological Research, San Diego, CA. (*Presenter*).

Tragakis, M., Rhodawalt, F., Uchino, B. N., & **Holt-Lunstad, J.** (2000, April). Physiological Responses to goal attainment: The role of regulatory focus. Poster presented at the annual meetings of the Rocky Mountain Psychological Association, Tucson, AZ. (*Co-author presented*).

Holt-Lunstad, J., Uno, D., & Uchino, B. N. (1999, March). Understanding the health effects of social relationships: An examination of positivity and negativity (ambivalence) in the social networks of young and older adults. Poster presented at the annual meetings of the Society of Behavioral Medicine, San Diego, CA. (*Presenter*).

Uno, D., **Holt-Lunstad, J.**, & Uchino, B. N. (1999, March). Cardiovascular reactivity during acute psychological stress: age-related differences. Poster presented at the annual meetings of the Society of Behavioral Medicine, San Diego, CA. (*Co-author Presented*).

Holt-Lunstad, J., Uno, D., & Uchino, B. N. (1998, October). The influence of social support on age-related differences in cardiovascular function. Poster presented at the annual meetings of the Society for Psychophysiological Research, Denver, CO. (*Presenter*).

Uno, D., **Holt-Lunstad, J.**, & Uchino, B. N. (1998, October). The influence of social support on age-related differences in cardiovascular function. Poster presented at the annual meetings of the Society for Psychophysiological Research, Denver, CO. (*Co-author presented*).

Holt-Lunstad, J. Clayton, C. J., & Uchino, B. N. (1998, March). Gender differences in cardiovascular response to an interpersonal stressor: Effects of situational outcome and gender composition of dyad. Poster presented at the annual meetings of Society of Behavioral Medicine, New Orleans, LA. (*Presenter*).

Holt-Lunstad, J. Uno, D., Garvey, T. S., & Uchino, B. N. (1998). Social support and age-related differences in cardiovascular function: An examination of potential pathways. Poster presented at the annual meetings of Society of Behavioral Medicine, New Orleans, LA. (*Presenter*).

Uchino, B. N., Garvey, T. S., **Holt-Lunstad, J.**, & Uno, D. (1997, October). The influence of social support on age-related differences in cardiovascular function. Poster presented at the annual meetings of the Society for Psychophysiological Research, Cape Cod, MA. (*Co-author presented*)

Ballif-Spanvill, B., & **Holt-Lunstad, J.** (1996, April). Competition and conflict among women.
Poster presented at the annual meetings of the Western Psychological Association, San Jose, CA. (*Presenter*).

Holt-Lunstad, J., & Wells, M. G. (1995, March). Self-esteem in children: A father's impact. Poster presented at the annual meetings of the Western Psychological Association, Los Angeles, CA. (*Presenter*).

Wells, M. G. & **Holt-Lunstad, J.** (1994, April). Interdisciplinary treatment for children with cleft palate conditions: The role of pediatric psychology. Poster presented at the Gulf Coast Regional Pediatric Psychology Conference, New Orleans, LA.

PRESENTATIONS (Local Conferences): (**indicates a student author*)

*Salas, A., *Gale, J., *Thacker, E., *Fraire, S., **Holt-Lunstad, J.**, & Smith, T. B. (2008, March). *Social support and mortality: A meta-analytic review*. Poster presented at the BYU Gerontology Conference, Provo, UT. (*Undergraduate student presented*).

*Salas, A., *Gale, J., *Thacker, E., *Fraire, S., **Holt-Lunstad, J.**, & Smith, T. B. (2008, March). *Social support and mortality: A meta-analytic review*. Poster presented at the BYU Mary

Lou Fulton Mentored Learning Conference, Provo, UT. (*Undergraduate student presented*).

*Salas, A., *Gale, J., *Thacker, E., *Fraire, S., **Holt-Lunstad, J.**, & Smith, T. B. (2008, March). *Social support and mortality: A meta-analytic review*. Poster presented at AMCAP Conference, Provo, UT. (*Undergraduate student presented*).

*Birmingham, W. *Howard, A., & **Holt-Lunstad, J.** (2006). The relative importance of Parenthood on parental daytime ambulatory blood pressure and average daily ambulatory blood pressure. Oral presentation at the annual Mentoring Undergraduate Research Conference; Provo, UT. (*Undergraduate student presented*). **Award winner**.

*Jensen, C., *Cummings, L., *Howard, A., *Ernhofer, S., & **Holt-Lunstad, J.** (2004). The Association of Marital Status with Blood Pressure and Perceived Stress. Paper presented at the annual Undergraduate Research Conference; Provo, UT. (*Undergraduate student presented*).

*Piersanti, J., *Perry, T.C., & **Holt-Lunstad, J.** (2002). Differences in perceived stress: Gender differences among college students in the absence of alcohol, tobacco, and drug use. Poster presented at the annual Undergraduate Research Conference; Provo, UT. (*Undergraduate student presented*).

INVITED PRESENTATIONS

Holt-Lunstad, J. (January, 2001). Social relationships and cardiovascular health: Are we better or worse off because of our relationships? Presented at Brigham Young University, Department of Psychology; Provo, Utah.

Holt-Lunstad, J. (March, 2001). Social relationships and cardiovascular health: Are we better or worse off because of our relationships? Presented at the University of Canterbury, Department of Psychology; Christchurch, New Zealand.

Holt-Lunstad, J. (March, 2001). Social relationships, physiological processes, and health. Presented at the University of Canterbury, Department of Psychology; Christchurch, New Zealand.

EDITORIAL SERVICES:

Reviewer

Psychological Science
Psychophysiology
Personality and Social Psychology Bulletin
Social Science and Medicine
Annals of Behavioral Medicine

Journal of Behavioral Medicine
Developmental Psychology
Journal of Applied Social Psychology
Personal Relationships
International Journal of Psychology
Journal of Health Psychology
Psychology and Health
Psychological Reports
Journal of Applied Gerontology
Aging & Human Development

ADMINISTRATION AND SERVICE

Departmental Administration and Service:

BYU, *Intuition* Undergraduate Psychology Journal Faculty Advisor (2006-present)
Brigham Young University, Recruitment Committee (2004-2006)
Brigham Young University, Research Committee (2004-2005)
Brigham Young University, Department Social Chair (2002-2004)
University of Utah, Social-Health Search/Recruitment Committee (1999-2000)
University of Utah, Department of Psychology, Graduate Committee (1998-1999)
University of Utah, Department of Psychology, Social Area Research Group, (1998-1999)

University Administration and Service:

Grant Review Committee Member 2002-2005:
Family Studies Center; Brigham Young University
Grant Review Committee Member 2005-present:
Office of Research and Creative Activities (ORCA) student mentoring grants; Brigham Young University
Freshman Academy, new student orientation (2005, 2007).
Brigham Young University
Awards Judge; Mary Lou Fulton Mentored Learning Conference (2008)
College of Family Home and Social Sciences.

National Administration and Service:

Women and Health Committee: American Psychological Association Division 38
2008-present
Reviewer: Society of Behavioral Medicine Annual Meetings Conference submissions
2003-2004
Local Planning Committee: Society of Behavioral Medicine Annual Meetings Conference
2002-2003

THESIS COMMITTEE SERVICE

Livingstone, John (Steffen, 2005-present)
Bushman, Brianna (Chair, 2004-2007)
Wilkins, Michael (Steffen, 2004-present)
Mead, Brian (Chair, 2004-2006)
Chambers, Chelsea (Hopkins, 2005-2006)
Bowden, Mathew (Steffen, 2003-2006)
Kalpana Sundaram (Bigler, 2002-2002)
Bullock, Kathryn (Ridge, 2001-2002)
Anna Ghambaryan (Bloch, 2001-2003)

DISSERTATION COMMITTEE SERVICE

Bailey, Russ (2008-present)
Key, Colin (Ridge, 2007-2008)
Bushman, Brianna (Chair, 2007-present)
Shabana, Hani (Steffen, 2005-2007)
Sandberg, Monika (Spangler, 2006-2007)
Calapp, Justin (Spackman, 2006-2006)
Sanders, Danielle (2003-2007)
Ellsworth, Jennifer (Wells, 2003-present)
Adams, Jason (Carpenter, 2001-2003)

HONORS THESIS SUPERVISION

Jones, Brandon (2002-2004)

COURSES TAUGHT

Psych 301	Statistics
Psych 302	Research Methods
Psych 350	Social Psychology
Psych 356	Health Psychology
Psych 430	Capstone experience in Psychology
Psych 499R	Research Experience in Psychology
Psych 504	Research Design (Graduate level)
Psych 650R	Seminar in Social Psychology (rotating topics)
	Gender, Culture, & Health
	Social Support
	Social Neuroscience

STUDENT MENTORING AND SUPERVISION

Current Graduate Students (Program) /Thesis or Dissertation Title

Briahna Bushman (Applied Social Ph.D.)/ *The Relationship Between Belongingness, Hostility, and Exposure to Stress*

Jennifer Hahn (PhD. Candidate at Queens University: Institute of Cognition and Culture; Belfast)/ *Oxytocin Mediated Lactation (Defensive) Aggression in Humans.*

Current Undergraduate Students (project)

Angela Salas (Meta-Analysis; Marital Therapy; Intuition)

Jeffrey Gale (Meta-Analysis)

Walker Pederson (Marital Therapy)

Dylan Jackson (Marital Therapy)

Brandon King (Marital Therapy; Intuition)

McKay Young (Intuition)

Keira McLane (Intuition)

Paige Pickard (Intuition)

Rachel Hunter (Intuition)

Courtney Pittman (Intuition)

Robyn Brough (Intuition)

Former Students (Program, Graduation Date)/Current Position

Bradley Layton (Neuroscience, 2007)/Ph.D. in epidemiology at University of North Carolina

Wendy Birmingham (Psychology, 2006)/ Ph.D. in psychology at the University of Utah

Adam Howard (PDBio, 2006)/ medical school at the University of Utah

Laura Cummings (Psychology, 2006)

Chad Jenson (Psychology, 2005)/ Ph.D. in clinical Psychology

Jennifer Maier (Psychology, 2005)/ M.S. in Psychology at San Diego

Shayna Ernhofer (Psychology, 2005)

Erika Childs (Psychology, 2005)

Brandon Jones (Psychology, 2004)/ medical school at the George Washington University

Elisa Jeffrey (Psychology, 2004)

Bryan Heppworth (Psychology, 2003)/Pharmaceuticals

Scott Matoa (PDBio, 2003)/ medical school at the University of Utah

Sarah Paksima (Psychology, 2002)/Ph.D. in Psychology at Boston College