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## **JAMES J. GROSS**

Curriculum Vitae  
May, 2026

Department of Psychology  
450 Jane Stanford Way  
Stanford University  
Stanford, CA 94305-2130

Telephone: (650) 723-1281  
Email: [gross@stanford.edu](mailto:gross@stanford.edu)  
Website: <http://spl.stanford.edu>

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### **Current Position**

Assistant to Full Professor of Psychology, Stanford University, 1994-2008.

Professor of Psychology, Stanford University, 2008-present.

Ernest R. Hilgard Professor of Psychology, Stanford University, 2021-present.

Professor of Philosophy (by courtesy), Stanford University, 2023-present.

### **Education**

B.A. in Philosophy, Yale University, summa cum laude, 1987.

Graduate Visiting Student, Linacre College, Oxford University, 1987-1988.

Predocorial Fellow, NIMH Training Program in Emotion Research, 1989-1992.

Ph.D. in Clinical Psychology, University of California, Berkeley, 1993.

Postdoctoral Fellow, University of California, San Francisco, 1993-1994.

### **Honors and Awards**

Alpheus Henry Snow Prize, Yale University, 1987.

Vicki Jackson Prize, Yale University, 1987.

Berkeley Graduate Fellowship, University of California, Berkeley, 1988-1991.

Tursky Award, Society for Psychophysiological Research, 1991.

Robert E. Harris Award, University of California, San Francisco, 1994.

Dean's Award for Distinguished Teaching, Stanford University, 1996-1997.

Charter Member and Fellow, Association for Psychological Science, 1997.

Banks Faculty Fellow in the Social Sciences, Stanford University, 1997-1998.

Early Career Award, Society for Psychophysiological Research, 2000.

Early Career Award, American Psychological Association, 2001.

Gordon and Dailey Pattee Faculty Fellowship, Stanford University, 2001-2002.

Outstanding Young Researcher Award, Western Psychological Association, 2003.

Bass University Fellow in Undergraduate Education, Stanford University, 2004.

Walter J. Gores Award for Excellence in Teaching, Stanford University, 2007.

Postdoctoral Mentoring Award, Stanford University, 2008.

Phi Beta Kappa Teaching Prize, 2009.

Fellow, American Psychological Association, 2010.

Postdoctoral Mentoring Award, Stanford University, 2012.

Charles A. Lewis Prize, American Horticultural Therapy Association, 2015.

Distinguished Scholar Award, Social and Affective Neuroscience Society, 2015.

Brotherton Fellow, University of Melbourne, Australia, 2019.

Ranked in Top .01% of Scientists in Terms of Impact, 2019-present.

Honorary Doctoral Degree, Universite Catholique de Louvain, Belgium, 2019.

Named inaugural Ernest R. Hilgard Professor of Psychology, Stanford University, 2021.

Fellow, American Association for the Advancement of Science, 2021.

Inaugural Mentoring Award, Society for Affective Science, 2022.

Fellow, American Academy of Arts and Sciences, 2022.

Honorary Doctoral Degree, Tilburg University, Netherlands, 2022.

Visiting Professor, Yale University, 2023.

Fellow, Society of Experimental Psychologists, 2024.

APS Mentor Award, Association for Psychological Science, 2024.

Honorary Doctoral Degree, Education University of Hong Kong, 2025.

Grawemeyer Award in Psychology, University of Louisville, 2025.

## Grants

Individual National Research Service Award, National Institute of Mental Health, "Emotional suppression: A multi-method study," MH10034. 1991-1992. PI: J. Gross.

B/START Award, National Institute of Mental Health, "The psychophysiology of emotion regulation," MH53859. 1994-1995 (Direct costs: \$25,000). PI: J. Gross.

Research Incentive Fund Award, Stanford University, "Two forms of emotion regulation." 1995-1997. PI: James J. Gross.

Method Development Grant, National Consortium on Violence Research, National Science Foundation, "Impulse regulation and violence: Method development for analyzing a critical developmental period." 1998-1999. PI: K. Dodge.

Research Grant, National Science Foundation, "Social consequences of emotion regulation," SBR-9728989. 1998-1999 (Direct costs: \$27,290). PI: J. Gross.

FIRST Award, National Institute of Mental Health, "Emotion regulation and its consequences," MH58147. 1998-2003 (Direct costs: \$352,444). PI: J. Gross.

T32, National Institute of Mental Health, "Predoctoral training consortium in affective science." MH020006, 1999-2013 (Direct costs: \$2,360,495). PI: R. Levenson.

R01 (Supplement), National Institute of Mental Health, "Information-processing biases in depression," MH59259. 2001-2002 (Direct costs: \$435,881). PI: I. Gotlib.

Research Grant, National Science Foundation, "The physiology of emotion regulation," BCS-93679. 2001-2003 (Direct costs: \$68,847). PI: J. Gross.

Research Grant, National Science Foundation, "fMRI analysis of emotion regulation and its developmental trajectory," BCS-0224342. 2002-2005 (Direct costs: \$788,210). PI: J. Gabrieli.

R01, National Institute of Mental Health, "Emotion regulation and its consequences," MH58147. 2003-2008 (Direct costs: \$1,579,213). PI: J. Gross.

R01, National Institute of Mental Health, "fMRI analysis of emotion regulation," MH66957. 2004-2007 (Direct costs: \$522,373). PI: J. Gross.

R01, National Institute of Mental Health, "fMRI of emotional reactivity, cognitive regulation, and CBT for social phobia," MH76074. 2006-2011 (Direct costs: \$1,405,256). PI: J. Gross.

R21, National Center for Complementary and Alternative Medicine, "Neural mechanisms underlying MBSR in healthy and socially phobic individuals." AT3644, 2007-2010 (Direct costs: \$400,000). PI: J. Gross.

R21, National Institute of Drug Abuse, "Learned control of frontal and limbic systems via real-time fMRI," DA023609, 2009-2011 (Direct costs: \$300,000). PI: S. Mackey.

Fetzer Institute Grant, “Investigating the differential psychological mechanisms of compassion versus emotional intelligence training.” 2010-2011 (Direct costs: \$45,000). PI: J. Gross.

CDMRP Grant, Department of Defense, “Enhancing emotion regulation during driving in OEF/OIF veterans,” CDMRP PT090786, 2010-2012 (Direct costs: \$150,000). PI: S. Woodward.

R01, National Institute of Mental Health, “The neurobiology of psychotherapy: Emotional reactivity and regulation in PTSD,” MH091860. 2010-2015 (Direct costs: \$1,625,000). PI: A. Etkin.

R01, National Institute of Mental Health, “fMRI of emotion regulation during RCT of CBT vs. MBSR for social anxiety disorder,” MH092416. 2011-2016 (Direct costs: \$1,329,791). PI: J. Gross.

P01, National Center for Complementary and Alternative Medicine, “Stanford CAM Center for Chronic Back Pain,” AT00665101S1. 2011-2016 (Direct costs: \$9,969,560). PI: S. Mackey.

R21, National Institute of Mental Health, “Temporal dynamics and neural bases of emotion regulation under emotional load,” MH094545. 2012-2014 (Direct costs: \$431,600). PI: J. Gross.

IES Grant, Institute of Education Sciences, “Improving academic achievement by teaching growth mindsets of emotion,” R305A120671. 2012-2015 (Direct costs: \$533,536). PI: J. Gross.

NSF Grant, National Science Foundation, “Reducing intergroup conflict using a belief manipulation,” BCS-1251645. 2013-2016 (Direct costs: \$371,241). PI: J. Gross.

T32, National Institute of Mental Health, “Predoctoral training consortium in affective science,” T32 MH020006. 2014-2019 (Direct costs: \$2,253,010). PI: J. Gross & S. Johnson.

U01, National Cancer Institute, “Impact of affect reactivity and regulation on breast cancer treatment decisions,” CA197282. 2015-2020 (Direct costs: \$3,885,977). MPI: J. Gross, A. Etkin, D. Spiegel.

Teaching Grant, Association for Psychological Science, “An anxiety reappraisal intervention to enhance exam experience and performance for psychology students,” 2016-2017 (Direct costs: \$15,000). PI: J. Gross

R56, National Institute of Dental and Craniofacial Research, “Emotion dysregulation and sleep-time masticatory muscle activity in sleep bruxism,” DE025321. 2016-2017 (Direct costs: \$142,000). PI: J. Gross.

Templeton Foundation Grant, “Situational strategies for self-control,” 2016-2019 (Direct costs: \$197,834). PI: A. Duckworth.

R61/R33, National Institute of Mental Health, “A novel cognitive reappraisal intervention for suicide prevention,” MH110542. 2016-2021 (Direct costs: \$3,009,876). PI: D. Kiosses.

Character Laboratory Grant, “Self-control strategies,” 2017-2018 (Direct costs: \$75,297). PI: J. Gross.

R01, National Institute of Dental and Craniofacial Research, “Emotion dysregulation and sleep-time masticatory muscle activity in sleep bruxism,” DE026771. 2017-2022 (Direct costs: \$2,495,463). PI: J. Gross.

NSF Grant, National Science Foundation, “Emotion regulation in the wild,” BCS-1814132. 2018-2020 (Direct costs: \$27,306). PI: J. Gross.

NSF Grant, National Science Foundation, “Influencing conflict-related emotional dynamics,” BCS-1823410. 2018-2021 (Direct costs: \$448,689). PI: J. Gross.

NSF Grant, National Science Foundation, “Intracranial EEG and direct cortical stimulation study of stimulus-driving and cognitively-modulated emotional processing in the human brain,” BCS-1850938. 2019-2022 (Direct costs: \$519,438). PI: J. Parvizi.

R61/R33, National Institute of Mental Health, “A novel use of a sleep intervention to target the emotion regulation brain network and treat depression and anxiety,” MH1202450. 2020-2022 (Total costs: \$1,881,355). PI: A. Goldstein-Pickarski.

R01, National Institutes of Health, “Characterization of central pain mechanisms using simultaneous spinal cord-brain functional imaging,” NS10945004. 2018-2023. PI: S. Mackey.

**Publications (Google citation count > 280,000; Google h-index > 200)**

**1989-1996**

1. Gross, J. (1989). Emotional expression in cancer onset and progression. *Social Science and Medicine*, 28, 1239-1248. [https://doi.org/10.1016/0277-9536\(89\)90342-0](https://doi.org/10.1016/0277-9536(89)90342-0)
2. Gross, J.J., & Levenson, R.W. (1993). Emotional suppression: Physiology, self-report, and expressive behavior. *Journal of Personality and Social Psychology*, 64, 970-986. <https://doi.org/10.1037/0022-3514.64.6.970>
3. Gross, J.J., Fredrickson, B.F., & Levenson, R.W. (1994). The psychophysiology of crying. *Psychophysiology*, 31, 460-468. <https://doi.org/10.1111/j.1469-8986.1994.tb01049.x>
4. Gross, J.J., & John, O.P. (1995). Facets of emotional expressivity: Three self-report factors and their correlates. *Personality and Individual Differences*, 19, 555-568. [https://doi.org/10.1016/0191-8869\(95\)00055-b](https://doi.org/10.1016/0191-8869(95)00055-b)
5. Gross, J.J., & Levenson, R.W. (1995). Emotion elicitation using films. *Cognition and Emotion*, 9, 87-108. <https://doi.org/10.1080/02699939508408966>
6. Gross, J.J., & Munoz, R.F. (1995). Emotion regulation and mental health. *Clinical Psychology: Science and Practice*, 2, 151-164. <https://doi.org/10.1111/j.1468-2850.1995.tb00036.x>
7. Persons, J.B., Gross, J.J., Etkin, M.S., & Madan, S.K. (1996). Psychodynamic therapists' reservations about cognitive-behavioral therapy: Implications for training and practice. *Journal of Psychotherapy Practice and Research*, 5, 202-212.

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8. Gross, J.J., Carstensen, L.C., Pasupathi, M., Tsai, J., Gottestam, K., & Hsu, A.Y.C. (1997). Emotion and aging: Experience, expression, and control. Psychology and Aging, 12, 590-599. <https://doi.org/10.1037/0882-7974.12.4.590>
9. Gross, J.J., & John, O.P. (1997). Revealing feelings: Facets of emotional expressivity in self-reports, peer ratings, and behavior. Journal of Personality and Social Psychology, 72, 435-448. <https://doi.org/10.1037/0022-3514.72.2.435>
10. Gross, J.J., & Levenson, R.W. (1997). Hiding feelings: The acute effects of inhibiting negative and positive emotion. Journal of Abnormal Psychology, 106, 95-103. <https://doi.org/10.1037/0021-843X.106.1.95>
11. Miranda, J., & Gross, J.J. (1997). Cognitive vulnerability, depression, and the mood-state dependent hypothesis: Is out of sight out of mind? Cognition and Emotion, 11, 585-605. <https://doi.org/10.1080/026999397379863a>

**1998**

12. Carstensen, L.L., Gross, J.J., & Fung, H. (1998). The social context of emotional experience. In K.W. Schaie & M.P. Lawton (Eds.), Annual Review of Gerontology and Geriatrics (Vol. 17, pp. 325-352). New York, NY: Springer.
13. Gross, J.J. (1998). Antecedent- and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. Journal of Personality and Social Psychology, 74, 224-237. <https://doi.org/10.1037/0022-3514.74.1.224>
14. Gross, J.J. (1998). The emerging field of emotion regulation: An integrative review. Review of General Psychology, 2, 271-299. <https://doi.org/10.1037/1089-2680.2.3.271>
15. Gross, J.J. (1998). Sharpening the focus: Emotion regulation, arousal, and social competence. Psychological Inquiry, 9, 287-290. [https://doi.org/10.1207/s15327965pli0904\\_8](https://doi.org/10.1207/s15327965pli0904_8)
16. Gross, J.J., & John, O.P. (1998). Mapping the domain of expressivity: Multi-method evidence for a hierarchical model. Journal of Personality and Social Psychology, 74, 170-191.
17. Gross, J.J., Sutton, S.K., & Ketelaar, T.V. (1998). Relations between affect and personality: Support for the affect-level and affective-reactivity views. Personality and Social Psychology Bulletin, 24, 279-288. <https://doi.org/10.1177/0146167298243005>
18. Miranda, J., Gross, J.J., Persons, J.B., & Hahn, J. (1998). Mood matters: Negative mood induction activates dysfunctional attitudes in women vulnerable to depression. Cognitive Therapy and Research, 22, 363-376. <https://doi.org/10.1023/a:1018709212986>

**1999**

19. Gross, J.J. (1999). Emotion and emotion regulation. In L.A. Pervin & O.P. John (Eds.), Handbook of personality: Theory and research (2<sup>nd</sup> ed.) (pp. 525-552). New York, NY: Guilford.
20. Gross, J.J. (1999). Emotion regulation: Past, present, future. Cognition and Emotion, 13, 551-

573. <https://doi.org/10.1080/026999399379186>

21. Keltner, D., & Gross, J.J. (1999). Functional accounts of emotions. *Cognition and Emotion*, *13*, 467-480. <https://doi.org/10.1080/026999399379140>
22. Miles, H.J., & Gross, J.J. (1999). Emotion suppression. In D. Levinson, J.J. Ponzetti, & P.F. Jorgensen (Eds.), *Encyclopedia of human emotions* (pp. 237-241). New York, NY: Macmillan.
23. Richards, J.M., & Gross, J.J. (1999). Composure at any cost? The cognitive consequences of emotion suppression. *Personality and Social Psychology Bulletin*, *25*, 1033-1044. <https://doi.org/10.1177/01461672992511010>

## 2000

24. Gross, J.J. (2000). The Berkeley Expressivity Questionnaire. In J. Maltby, C.A. Lewis, & A.P.Hill (Eds.), *Commissioned reviews on 300 psychological tests* (pp. 465-467). Lampeter, Wales: Edwin Mellen Press.
25. Gross, J.J., John, O.P., & Richards, J.M. (2000). The dissociation of emotion expression from emotion experience: A personality perspective. *Personality and Social Psychology Bulletin*, *26*, 712-726. <https://doi.org/10.1177/0146167200268006>
26. Richards, J.M., & Gross, J.J. (2000). Emotion regulation and memory: The cognitive costs of keeping one's cool. *Journal of Personality and Social Psychology*, *79*, 410-424. <https://doi.org/10.1037/0022-3514.79.3.410>

## 2001

27. Barrett, L.F., & Gross, J.J. (2001). Emotional intelligence: A process model of emotion representation and regulation. In T.J. Mayne & G.A. Bonanno (Eds.), *Emotions: Current issues and future directions* (pp. 286-310) New York, NY: Guilford.
28. Barrett, L.F., Gross, J.J., Conner, T., & Benvenuto, M. (2001). Knowing what you're feeling and knowing what to do about it: Mapping the relation between emotion differentiation and emotion regulation. *Cognition and Emotion*, *15*, 713-724. <https://doi.org/10.1080/02699930143000239>
29. Canli, T., Zhao, Z., Desmond, J.E., Kang, E., Gross, J.J., & Gabrieli, J.D.E. (2001). An fMRI study of personality influences on brain reactivity to emotional stimuli. *Behavioral Neuroscience*, *115*, 33-42. <https://doi.org/10.1037/0735-7044.115.1.33>
30. Gross, J.J. (2001). Award for distinguished early career contributions to psychology. *American Psychologist*, *56*, 911-913. <https://doi.org/10.1037/0003-066x.56.11.911>
31. Gross, J.J. (2001). Emotion regulation in adulthood: Timing is everything. *Current Directions in Psychological Science*, *10*, 214-219. <https://doi.org/10.1111/1467-8721.00152>
32. Wilhelm, F.H., Kochar, A.S., Roth, W.T., & Gross, J.J. (2001). Social anxiety and response to touch: Incongruence between self-evaluative and physiological reactions. *Biological Psychology*, *58*, 181-202. [https://doi.org/10.1016/s0301-0511\(01\)00113-2](https://doi.org/10.1016/s0301-0511(01)00113-2)

## 2002

33. Egloff, B., Wilhelm, F.H., Neubauer, D.H., Mauss, I.B., & Gross, J.J. (2002). Implicit anxiety measure predicts cardiovascular reactivity to an evaluated speaking task. *Emotion*, *2*, 3-11. <https://doi.org/10.1037/1528-3542.2.1.3>
34. Gross, J.J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, *39*, 281-291. <https://doi.org/10.1017/s0048577201393198>
35. Gross, J.J., & John, O.P. (2002). Wise emotion regulation. In L. Feldman Barrett & P. Salovey (Eds.), *The wisdom in feeling: Psychological processes in emotional intelligence* (pp. 297-318). New York, NY: Guilford.
36. Ochsner, K.N., Bunge, S.A., Gross, J.J., & Gabrieli, J.D.E. (2002). Rethinking feelings: An fMRI study of the cognitive regulation of emotion. *Journal of Cognitive Neuroscience*, *14*, 1215-1229. <https://doi.org/10.1162/089892902760807212>
37. Rottenberg, J., Gross, J.J., Wilhelm, F.H., Najmi, S., & Gotlib, I.H. (2002). Crying threshold and intensity in Major Depressive Disorder. *Journal of Abnormal Psychology*, *111*, 302-312. <https://doi.org/10.1037/0021-843x.111.2.302>
38. Rottenberg, J., Kasch, K.L., Gross, J.J., & Gotlib, I.H. (2002). Sadness and amusement reactivity differentially predict concurrent and prospective functioning in major depressive disorder. *Emotion*, *2*, 135-146. <https://doi.org/10.1037/1528-3542.2.2.135>
39. Rottenberg, J., Wilhelm, F.H., Gross, J.J., & Gotlib, I.H. (2002). Respiratory sinus arrhythmia as a predictor of outcome in Major Depressive Disorder. *Journal of Affective Disorders*, *71*, 265-272. [https://doi.org/10.1016/s0165-0327\(01\)00406-2](https://doi.org/10.1016/s0165-0327(01)00406-2)

## 2003

40. Bensafi, M., Brown, W.M., Tsutsui, T., Mainland, J.D., Johnson, B.N., Bremner, E.A., Young, N., Mauss, I., Ray, B., Gross, J.J., Richards, J., Stappen, I., Levenson, R.W., & Sobel, N. (2003). Sex-steroid derived compounds induce sex-specific effects on autonomic nervous system function in humans. *Behavioral Neuroscience*, *117*, 1125-1134. <https://doi.org/10.1037/0735-7044.117.6.1125>
41. Butler, E.A., Egloff, B., Wilhelm, F.W., Smith, N.C., Erickson, E.A., & Gross, J.J. (2003). The social consequences of expressive suppression. *Emotion*, *3*, 48-67. <https://doi.org/10.1037/1528-3542.3.1.48>
42. Gottman, J.M., Levenson, R.W., Gross, J.J., Fredrickson, B.L., McCoy, K., Rosenthal, L., Ruef, A., & Yoshimoto, D. (2003). Correlates of gay and lesbian couples' relationship satisfaction and relationship dissolution. *Journal of Homosexuality*, *45*, 23-43. [https://doi.org/10.1300/j082v45n01\\_02](https://doi.org/10.1300/j082v45n01_02)
43. Gross, J.J., & John, O.P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, *85*, 348-362. <https://doi.org/10.1037/0022-3514.85.2.348>

44. Mauss, I.B., Wilhelm, F.H., & Gross, J.J. (2003). Autonomic recovery and habituation in social anxiety. *Psychophysiology*, *40*, 648-653. <https://doi.org/10.1111/1469-8986.00066>
45. Richards, J.M., Butler, E., & Gross, J.J. (2003). Emotion regulation in romantic relationships: The cognitive consequences of concealing feelings. *Journal of Personal and Social Relationships*, *20*, 599-620. <https://doi.org/10.1177/02654075030205002>
46. Rottenberg, J., & Gross, J.J. (2003). When emotion goes wrong: Realizing the promise of affective science. *Clinical Psychology: Science and Practice*, *10*, 227-232. <https://doi.org/10.1093/clipsy.bpg012>
47. Rottenberg, J., Wilhelm, F.H., Gross, J.J., & Gotlib, I.H. (2003). Vagal rebound during resolution of tearful crying in depression. *Psychophysiology*, *40*, 1-6. <https://doi.org/10.1111/1469-8986.00001>

#### 2004

48. Butler, E.A., & Gross, J.J. (2004). Hiding feelings in social contexts: Out of sight is not out of mind. In P. Philippot & R.S. Feldman, (Eds.), *The regulation of emotion* (pp. 101-126). Mahwah, New Jersey: Erlbaum.
49. John, O.P., & Gross, J.J. (2004). Healthy and unhealthy emotion regulation: Personality processes, individual differences, and lifespan development. *Journal of Personality*, *72*, 1301-1334. <https://doi.org/10.1111/j.1467-6494.2004.00298.x>
50. Mauss, I.B., & Gross, J.J. (2004). Emotion suppression and cardiovascular disease: Is hiding feelings bad for your heart? In I. Nyklicek, L. Temoshok, & A.Vingerhoets (Eds). *Emotional expression and health: Advances in theory, assessment, and clinical applications* (pp. 62-81). New York, NY: Brunner-Routledge.
51. Mauss, I.B., Wilhelm, F.W., & Gross, J.J. (2004). Is there less to social anxiety than meets the eye? Emotion experience, expression, and bodily responding. *Cognition and Emotion*, *18*, 631-662. <https://doi.org/10.1080/02699930341000112>
52. Ochsner, K.N. & Gross, J.J. (2004). Thinking makes it so: A social cognitive neuroscience approach to emotion regulation. In R.F. Baumeister & K.D. Vohs (Eds), *Handbook of self regulation: Research, theory, and applications* (pp. 229-255). New York, NY: Guilford Press.
53. Ochsner, K.N., Ray, R.R., Cooper, J.C., Robertson, E.R., Chopra, S., Gabrieli, J.D.E., & Gross, J.J. (2004). For better or for worse: Neural systems supporting the cognitive down- and up-regulation of negative emotion. *Neuroimage*, *23*, 483-499. <https://doi.org/10.1016/j.neuroimage.2004.06.030>

#### 2005

54. Goldin, P.R., Hutcherson, C.A.C., Ochsner, K.N., Glover, G.H., Gabrieli, J.D.E., & Gross, J.J. (2005). The neural bases of amusement and sadness: A comparison of block contrast and dynamic emotion intensity idiographic regressor approaches. *Neuroimage*, *27*, 26-36. <https://doi.org/10.1016/j.neuroimage.2005.03.018>

55. Hutcherson, C.A., Goldin, P.R., Ochsner, K.N., Gabrieli, J.D.E., & Gross, J.J. (2005). Attention and emotion: Does rating emotion alter neural responses to amusing and sad films? *Neuroimage*, *27*, 656-668. <https://doi.org/10.1016/j.neuroimage.2005.04.028>
56. Mauss, I.B., Levenson, R.W., McCarter, L., Wilhelm, F.H., & Gross, J.J. (2005). The tie that binds? Coherence among emotion experience, behavior, and physiology. *Emotion*, *5*, 175-190. <https://doi.org/10.1037/1528-3542.5.2.175>
57. Ochsner, K.N. & Gross, J.J. (2005). The cognitive control of emotion. *Trends in Cognitive Sciences*, *9*, 242-249. <https://doi.org/10.1016/j.tics.2005.03.010>
58. Ochsner, K.N. & Gross, J.J. (2005). Putting the “I” and the ‘Me’ in emotion regulation: Reply to Northoff. *Trends in Cognitive Sciences*, *9*, 409-410. <https://doi.org/10.1016/j.tics.2005.06.004>
59. Ray, R.D., Ochsner, K.N., Cooper, J.C., Robertson, E.R., Gabrieli, J.D.E., & Gross, J.J. (2005). Individual differences in trait rumination and the neural systems supporting cognitive reappraisal. *Cognitive, Affective, and Behavioral Neuroscience*, *5*, 156-168. <https://doi.org/10.3758/cabn.5.2.156>
60. Rottenberg, J., Gross, J.J., & Gotlib, I.H. (2005). Emotion context insensitivity in Major Depressive Disorder. *Journal of Abnormal Psychology*, *114*, 627-639. <https://doi.org/10.1037/0021-843x.114.4.627>
61. Rottenberg, J., Salomon, K., Gross, J.J., & Gotlib, I.H. (2005). Vagal withdrawal to a sad film predicts subsequent recovery from depression. *Psychophysiology*, *42*, 277-281. <https://doi.org/10.1111/j.1469-8986.2005.00289.x>
62. Wilhelm, F.H., Pfaltz, M.C., Gross, J.J., Mauss, I.B., Kim, S.I., & Wiederhold, B.K. (2005). Mechanisms of virtual reality exposure therapy: The role of the behavioral activation and behavioral inhibition systems. *Applied Psychophysiology and Biofeedback*, *30*, 271-284. <https://doi.org/10.1007/s10484-005-6383-1>

## 2006

63. Butler, E.A., Wilhelm, F.H., & Gross, J.J. (2006). Respiratory sinus arrhythmia, emotion, and emotion regulation during social interaction. *Psychophysiology*, *43*, 612-622. <https://doi.org/10.1111/j.1469-8986.2006.00467.x>
64. Gross, J.J., Richards, J.M., & John, O.P. (2006). Emotion regulation in everyday life. In D.K. Snyder, J.A. Simpson, & J.N. Hughes (Eds.), *Emotion regulation in couples and families: Pathways to dysfunction and health* (pp. 13-35). Washington DC: American Psychological Association.
65. Hagemann, T., Levenson, R.W., & Gross, J.J. (2006). Expressive suppression during an acoustic startle. *Psychophysiology*, *43*, 104-112. <https://doi.org/10.1111/j.1469-8986.2006.00382.x>

66. Mauss, I.B., Evers, C., Wilhelm, F.H., & Gross, J.J. (2006). How to bite your tongue without blowing your top: Implicit evaluation of emotion regulation predicts affective responding to anger provocation. Personality and Social Psychology Bulletin, *32*, 589-602. <https://doi.org/10.1177/0146167205283841>
67. Richards, J.M., & Gross, J.J. (2006). Personality and emotional memory: How regulating emotion impairs memory for emotional events. Journal of Research in Personality, *40*, 631-651. <https://doi.org/10.1016/j.jrp.2005.07.002>
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#### **In Press**

684. Braet, J., Debra, G., Rein, M.T., Gross, J.J., Werner, K.W., & Giletta, M. (in press). Handling the ups and downs of adolescence: The role of emotion regulation repertoires. Affective Science.
685. Bratman, G.N., & Gross, J.J. (in press). Why nature contact is good for us. Trends in Cognitive Sciences.
686. Brett, J.D., Jarvers, I., Uljarevic, M., Whitehouse, A., Gross, J.J., Samson, A.C., & Preece, D.A. (in press). Characterizing the nature of alexithymia in autistic adults: Validation of the Perth Alexithymia Questionnaire. Autism in Adulthood.
687. Erbe, R.G., Dykhuis, E., Gross, J.J., & Preece, D.A. (in press). Psychological well-being among

- West Point cadets: The role of emotion beliefs and emotional integration. Journal of Positive Psychology.
688. Erbe, R.G., Konheim-Kalkstein, Y.L., Bowen, S., Tilman, T.S., Gross, J.J., & Preece, D.A. (in press). Predictors of empathy and markers of performance among United States military academy cadets: The role of emotional integration and father warmth. Military Psychology.
689. Ferguson, E.F., Nuske, H.J., Hardan, A.Y., & Gross, J.J. (in press). Emotion regulation in individuals with intellectual disability: An integrative review. Journal of Child Psychology and Psychiatry.
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693. Mehta, A., & Gross, J.J. (in press). Personalizing reappraisal: Leveraging prior beliefs to enhance emotion regulation outcomes. Emotion.
694. Preece, D.A., & Gross, J.J. (in press). Cognitive behavior therapy: An emotion regulation perspective. Clinical Psychology: Science and Practice.
695. Preece, D.A., & Gross, J.J. (in press). Emotion regulation and mental disorders: Bridging affective and clinical science. Clinical Psychology: Science and Practice.
696. Preece, D.A., Mehta, A., Wurgaft, D., Levy, C., Spink, K.M., Teo, Q.K., Jiang, Y., Ong, D.C., Chen, P., Bratman, G.N., & Gross, J.J. (in press). Alexithymia and ill-being and well-being: The role of emotion regulation. Emotion.
697. Stiller, M.C., Gross, J.J., Forster, K., Heckerens, J.B., Sikka, P., & Preece, D.A. (in press). Understanding alexithymia: The role of experiential avoidance. Cognition and Emotion.
698. Torres, T., Lane, R.D., Preece, D.A., Gross, J.J., Killgore, W.D.S., & Smith, R. (in press). Emotional awareness moderates the relationship between emotion recognition and emotion regulation: Exploratory and confirmatory evidence. Emotion.
699. Turnbull, A., Gross, J.J., & Lin, F.V. (in press). The emergence of neuropsychiatric symptoms in preclinical Alzheimer's Disease: An emotion regulation perspective. Neuron.
700. Wallace, L.K., Petrova, K., & Gross, J.J. (in press). "My brain doesn't speak that language:" An

Interpretive Phenomenological Analysis of alexithymia in autistic women. Journal of Emotion and Psychopathology.

701. Williams, A.J., Rhodes, C.A., Cleare, S., Borschmann, R., Gross, J.J., Petrova, K., Posada, L., Tench, C.R., Chapman-Nisar, A., Martin, L., Hollis, C., Townsend, E., & Slovak, P. (in press). A socially-assistive robot to support mental wellbeing in LGBTQ+ young people at risk of self harm: A randomised controlled trial. Nature Medicine.

## Teaching

Psychophysiology (Psychology 124/236): Fall, 1994; Winter, 1996; Spring, 1997; Winter, 1999; Winter, 2001.

Introduction to Personality Psychology (Psychology 80): Spring, 1995; Spring, 1996; Winter, 1997.

Seminar on Emotion (Psychology 161/261): Fall, 1995; Fall, 1996; Fall, 1997; Fall, 1998; Fall, 1999; Fall, 2000; Fall, 2002; Fall, 2003; Fall, 2004; Winter, 2007; Winter, 2008; Winter, 2010.

Peters Sophomore Tutorial on Emotion (Psychology 12Q): Fall, 1996; Fall, 1997; Fall, 1998; Fall, 1999; Fall, 2000; Fall, 2001; Fall, 2002; Fall, 2003; Fall, 2004; Winter, 2007.

Introduction to Psychology (Psychology 1): Spring, 1999; Spring, 2000; Fall, 2000; Fall, 2001; Fall, 2002; Fall, 2003; Fall, 2004; Fall, 2005; Spring, 2006; Fall, 2006; Fall, 2007; Fall, 2008; Fall, 2009; Fall, 2010; Fall, 2011; Fall, 2012; Fall, 2013; Fall, 2014; Fall, 2015; Fall, 2016; Fall, 2017; Fall, 2018; Fall, 2019; Fall, 2020; Winter, 2021; Summer, 2021; Fall, 2021.

Peters Sophomore Tutorial on Emotion Regulation (Psychology 13Q): Winter, 2004.

Seminar on Emotion Regulation (Psychology 168/268): Winter, 2004; Winter, 2005; Spring, 2007; Spring, 2008; Spring, 2010; Spring, 2011; Spring, 2012; Spring, 2017; Winter, 2023; Winter, 2026.

Seminar on Affective Science (Psychology 213): Winter, 2011; Winter, 2012; Winter, 2013; Winter, 2014.

Freshman Seminar on Emotion Regulation (Psychology 13N): Spring, 2013; Spring 2016.

Human Motivation (Psychology 235, with Carol Dweck): Spring, 2014; Spring, 2016; Spring, 2019; Spring, 2023; Spring, 2025; Spring, 2026.

Seminar on Self-Fashioning (Philosophy 186A / Psychology 172, with Lanier Anderson): Spring, 2017.

Seminar on Motivation (Psychology 255): Fall, 2017.

Seminar on Emotion (Philosophy 375G / Psychology 160/260, with Chris Bobonich): Winter, 2019.

Thinking Matters: Emotion (TM 69): Spring, 2020; Summer, 2021; Spring, 2022.

Why College? (College 101, with Roy Lee): Fall, 2022.

Advanced Topics in Emotion Regulation (Psychology 292): Winter, 2024.

What Makes You Tick? An Introduction to Affective Science (Psychology 124, with Kate Petrova): Winter, 2025; Fall, 2025.

## **Memberships and Service**

### *Memberships*

American Academy of Arts and Sciences  
American Association for the Advancement of Science  
American Psychological Association  
Association for Psychological Science  
International Society for Research on Emotion  
Society for Affective Science

### *Grant Reviewing*

Israel Science Foundation (ISF); National Institute on Drug Abuse (NIDA); National Institute of Aging (NIA); National Institute of Mental Health (NIMH); National Science Foundation (NSF); National Sciences and Engineering Research Council of Canada (NSERC); Swiss National Science Foundation (FNS).

### *Journal Reviewing*

*Founding Editor-in-Chief:* Affective Science, 2019-2022.

*Associate Editor:* Emotion, 2006-2010.

*Editorial Board:* Behavior Therapy; Biology of Mood and Anxiety Disorders; Borderline Personality Disorder and Emotion Regulation; Clinical Psychological Science; Cognitive, Affective, and Behavioral Neuroscience; Current Directions in Psychological Science; Emotion; Frontiers in Emotion Science; Journal of Personality and Social Psychology: Personality Processes and Individual Differences; Personality and Social Psychology Bulletin; Psychological Science; Social and Personality Psychology Compass; Social, Cognitive, and Affective Neuroscience.

*Ad Hoc Reviewer:* American Journal of Psychiatry, American Psychologist, Annals of Behavioral Medicine, Annals of the New York Academy of Sciences, Archives of General Psychiatry, Australian Journal of Psychology, Behavior Therapy, Behaviour Research and Therapy, Biological Psychiatry, Brain Research, Brain Research Protocols, Cerebral Cortex, Cognition and Emotion, Cognitive, Affective, and Behavioral Neuroscience, Cognitive Therapy and Research, Current Directions in Psychological Science, Developmental Psychology, Emotion, Emotion Review, European Journal of Neuroscience, European Journal of Personality, Frontiers in Emotion Science, Health Psychology, Humor: International Journal of Humor Research, Journal of Abnormal Child Psychology, Journal of Abnormal Psychology, Journal of Behavioral Decision Making, Journal of Cognitive Neuroscience, Journal of Experimental Social Psychology, Journal of Neuroscience, Journal of Personality, Journal of Personality and Social Psychology, Journal of Psychiatric Research, Journal of Research on Adolescence, Journal of Social and Personal Relationships, Journal of the American Academy of Child and Adolescent Psychiatry, Motivation and Emotion, Neurobiology of Aging, Neuroscience, Personality and Individual Differences, Personality and Social Psychology Bulletin, Perspectives on Psychological Science, Psychological Bulletin, Psychological Review, Psychological Science, Psychology and Aging, Psychology and

Health, Psychoneuroendocrinology, Psychonomic Bulletin and Review, Psychophysiology, Review of General Psychology, Science, Social Development, Trends in Cognitive Sciences.

*Committees and Offices*

Founder and Member, Emotion Research Group, 1993-2000.

Member, Faculty Search Committee in Personality, Psychology Department, Stanford University, 1995-1996.

Treasurer, International Society for Research on Emotion, 1996-2000.

Member, National Consortium on Violence Research, Working Group on Cognitive and Biological Processes in Violent Decision Making, 1997-1999.

Co-Chair, Committee on Education and Training, Society for Psychophysiological Research, 1997-2001.

Stanford Director, Co-PI, and Member of the Executive Board for the Bay Area Predoctoral Training Program in Affective Science, National Institute of Mental Health, 1998-2019.

Member, Faculty Search Committee in Cognitive Psychology, Psychology Department, Stanford University, 1998-1999; 2009-2010; 2016-2017.

Member, Faculty Search Committee in Developmental Psychology, Psychology Department, Stanford University, 1998-1999; 1999-2000.

Member, Judicial Panel, Stanford University, 1999-2001; 2021-2022.

Chair and Member, Graduate Admissions Committee, Psychology Department, Stanford University, 2000-2001; 2002-2003; 2007-2008; 2009-2010.

Member, Positive Experience Network, Positive Psychology Initiative, 2000-2002.

Member, Program Committee, Society for Psychophysiological Research, 2000; 2003.

Member, Stanford University Panel on Human Subjects in Nonmedical Research, 2001.

Director, Psychology One Program, Stanford University, 2002-2022.

Director, Psychology Summer Session, Stanford University, 2003-present.

Medical Scholars Review Committee, Stanford University, 2004-2010.

Member, APA Search Committee for editor of the journal *Emotion*, 2004-2005.

Director and Member, Undergraduate Education Committee, Psychology Department, Stanford University, 2004-2010; 2014-present.

Member, Graduate Education Committee, Psychology Department, Stanford University, 2006-2007.

Member, Faculty Search Committee in Psychiatry, Psychiatry Department, Stanford University,

2008-2009.

Chair, Health and Safety Committee, Psychology Department, Stanford University, 2009-2011.

Member, Humanities and Sciences Curriculum Committee, Stanford University, 2009-2014.

Member, Subcommittee on the Freshman Year, Study of Undergraduate Education at Stanford, 2010-2011.

Member, Subcommittee on University Honors, Stanford University, 2010-2011.

Member, Faculty Search Committee in Affective Science, Psychology Department, Stanford University, 2010-2011.

Member, Vice Provost for Undergraduate Education's Undergraduate Advisory Council, Stanford University, 2011-2013.

Member, Human Subjects Committee, Psychology Department, Stanford University, 2011-2015.

Founding President, Society for Affective Science, 2012-2014.

Member of the Executive Board, Society for Affective Science, 2012-2018.

Member, Faculty Advisory Board, Vice Provost for Teaching and Learning, Stanford University, 2018-2020.

Member, Open Science Committee, Psychology Department, Stanford University, 2018-2020.

Member, Workgroup on Transdiagnostic/Change Process Clinical Practice Guidelines, American Psychological Association, 2019-2020.

Faculty Panelist, Title IX Student Hearing Process, Stanford University, 2019-2020.

Member, Thinking Matters Governance Board, Stanford University, 2019-2021.

Member, First Year Requirements Governance Board, Stanford University, 2020-present.

Director of Undergraduate Studies, Psychology Department, Stanford University, 2021-2022.

Founding Director, Stanford Center for Affective Science, 2024-present.

Director of Graduate Studies, Psychology Department, Stanford University, 2024-2025.

Member, Search Committee for the Vice Provost of Graduate Education, Stanford University, 2024-2025.

Chair, Faculty Search Committee in Affective Science, Psychology Department, Stanford University, 2024-2025.

Member, Faculty Search Committee in Affective Science, Psychology Department, Stanford University, 2025-2026.

