

Theresa Pauly

University of British Columbia
2136 West Mall
Vancouver, BC V6T 1Z4

Telephone: (604) 720-9615
E-Mail: tpauly@psych.ubc.ca

EDUCATION:

- 2016 – current Ph.D., **University of British Columbia – Health Psychology**
2010 – 2015 Dipl. (equiv. M.A.), **Philipps-Universität Marburg – Psychology**

ACADEMIC AWARDS:

- 2017 – current Doctoral Fellowship of the German National Academic Foundation
2016 – current University of British Columbia International Tuition Award
2018 Travel Stipend of the Behavioral and Social Sciences Section of the Gerontological Society of America for the 2018 Annual Meeting
2018 Travel Award of the Physical Activity for Precision Health Cluster at UBC for the 2019 Conference of the American Psychosomatic Society
2018 Poster Award of the European Health Psychology Society Conference 2018
2018 University of British Columbia Arts Graduate Research Award
2017 – 2018 University of British Columbia Faculty of Arts Graduate Award
2017 International Association of Gerontology and Geriatrics Travel Stipend
2016 Quinn Exchange Fellowship
2013 – 2015 Scholarship of the German National Academic Foundation
2012 PROMOS Scholarship of the German Academic Exchange Service
2012 Exchange Scholarship of the Hessen State Ministry of Higher Education, Research, and the Arts

RESEARCH EXPERIENCE:

- 2016 – current **Health and Adult Development Lab, University of British Columbia**
Supervisor: *Dr. Christiane Hoppmann*
Study Coordinator/Graduate Research Assistant. Coordinating a Heart and Stroke Foundation funded project on health behaviours in couples post stroke
- 2015 **Health and Adult Development Lab, University of British Columbia/ Clinical Biopsychology, Philipps-Universität Marburg**
Supervisors: *Dr. Christiane Hoppmann & Dr. Urs Nater*
Visiting Researcher. Conducted a project on moderators of biological and affective correlates of everyday solitude
- 2013 – 2014 **Clinical Psychology and Psychotherapy, Philipps-Universität Marburg.**
Supervisor: *Dr. Winfried Rief*
Study Coordinator. Coordinated a project on biofeedback therapy for migraine and tension headaches
- 2012 **Clinical Psychology and Psychotherapy, Philipps-Universität Marburg.**
Supervisor: *Dr. Matthias Berking*
Directed Studies. Conducted a time-sampling study investigating emotion regulation in depression

TEACHING/MENTORING EXPERIENCE:

- 2018 **University of British Columbia, Department of Psychology**
Statistics Tutor. PSYC 218 – Analysis of Behavioural Data
Guest lecturer. PSYC 314 – Oct 22nd on ‘Health compromising behavior’
- 2016 – current **University of British Columbia, Department of Psychology**
Supervisor (2017-2018). Supervised a directed studies student, a PSYC 366 student, and two students conducting summer research projects
Teaching Assistant (2018). PSYC 314 – Health Psychology
Mentor (2016-2017). Mentored an Honors Thesis Project on allostatic load and wellbeing in older couples
Teaching Assistant (2016). PSYC 314 – Health Psychology
- 2014 – 2015 **Phlink e.V.**
Mentor (2014-2015). Mentored new club members, supervised training projects
Workshop Facilitator (2014). Conducted workshops on stress management and assessment center training

SERVICE EXPERIENCE:

- 2016 – current **University of British Columbia, Department of Psychology**
Member of the Graduate Student Society Elections Committee (2018-2019).
Member of the Graduate Student Society Harassment and Discrimination Ad Hoc Committee (2016-2018). Conducted a survey on graduate student experiences, advocating for graduate student well-being
Departmental Representative Psychology (2016-2019). Representing Psychology graduate students on the Graduate Student Society Council.
Judge – PURC (2017). Adjudicating undergraduate research posters at the UBC PURC
- 2013 – 2016 **Philipps-Universität Marburg**
Student Consulting Club Co-Chair. Spearheaded the department of Knowledge Management and Networking, conducted interviews, implemented E-Learning concept

PROFESSIONAL DEVELOPMENT:

- 2018 – 2019 Certificate for Advanced Teaching and Learning
- 2017 CTLT Instructional Skills Workshop
- 2016 UBC Introduction to R programming course (STAT 545A, STAT 547M)
- 2016 UBC Department of Psychology Teaching Assistant Development Training
- 2014 Phlink e.V. Survey Design Workshop
- 2013 Phlink e.V. Workshop Facilitation Workshop
- 2013 Phlink e.V. Project Management Workshop
- 2013 Phlink e.V. Effective Communication Workshop

MANUSCRIPTS:

Pauly, T., Michalowski, V. I., Nater, U. M., Gerstorf, D., Ashe, M. C., Madden, K. P., & Hoppmann, C. A. (under review). Physical activity moderates everyday-life within-person couplings between negative affect and salivary cortisol.

Pauly, T.*, Keller, J.*, Michalowski, V. I., Gerstorf, D., Ashe, M. C., Knoll, N., Madden, K. P., & Hoppmann, C. A. (under review). Moving in sync: Hourly physical activity and sedentary behaviour are synchronized in couples.

*shared first-authorship

Pauly, T.*, Lay, J. C.*, Kozik, P., Graf, P., Mahmood, A., & Hoppmann, C. A. (under review). I can do it: Tablet use is associated with increased physical activity and decreased loneliness in older adults.

*shared first-authorship

Hoppmann, C. A., **Pauly, T.**, Michalowski, V. I., & Nater, U. M. (2018). Everyday salivary cortisol as a biomarker method in lifespan developmental methodology. In *Oxford Research Encyclopedia of Psychology*. Oxford University Press.

doi:10.1093/acrefore/9780190236557.013.353

Lay, J. C., **Pauly, T.**, Graf, P., Mahmood, A., & Hoppmann, C. A. (2018). Choosing solitude: Age differences in situational and affective correlates of solitude-seeking in midlife and older adulthood. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. Advance online publication doi:10.1093/geronb/gby04

Pauly, T., Lay, J. C., Scott, S. B., & Hoppmann, C. A. (2018). Social relationship quality buffers negative affective correlates of everyday solitude in an adult lifespan and an older adult sample. *Psychology and Aging*. Advance online publication. doi:10.1037/pag0000278

Lay, J. C., **Pauly, T.**, Graf, P., & Hoppmann, C. A. (2018). By myself and liking it? Predictors of distinct types of solitude experiences in daily life. *Journal of Personality*. Advance online publication. doi:10.1111/jopy.12421

Pauly, T., Lay, J. C., Nater, U. M., Scott, S. B., & Hoppmann, C. A. (2017). How we experience being alone: Age differences in affective and biological correlates of everyday solitude. *Gerontology*, 63(1), 55-66. doi: 10.1159/000450608

Lay, J. C., Gerstorf, D., Scott, S. B., **Pauly, T.**, & Hoppmann, C. A. (2017). Neuroticism and extraversion magnify discrepancies between retrospective and concurrent affect reports. *Journal of Personality*, 85(6), 817-829. doi: 10.1111/jopy.12290

PRESENTATIONS:

Pauly, T., Michalowski, V. I., Gerstorf, D., Ashe, M. C., Madden, K. P., & Hoppmann, C. A. (November, 2018). *Everyday Moderators and Health Correlates of Physiological Synchrony in Older Couples*. Paper presented at the Gerontological Society of America Annual Meeting in Boston, United States.

Pauly, T., Lay, J. C., Kozik, P., Graf, P., Mahmood A., & Hoppmann, C. A. (August, 2018). *Tablet Use is Associated with Physical Activity and Loneliness in Older Adults*. Poster presented at the European Health Psychology Society Conference in Galway, Ireland.

Pauly, T., Keller, J., Michalowski, V. I., Gerstorf, D., Ashe, M. C., Knoll, N., Madden, K. P., & Hoppmann, C. A. (April, 2018). *Moving in Sync: Hourly Physical Activity Levels and Sedentary Behaviour are Correlated between Partners*. Poster presented at the Annual Convention of the Western Psychological Association in Portland, United States.

Pauly, T., Michalowski, V. I., Gerstorf, D., & Hoppmann, C. A. (September, 2017). *Physiological Synchrony in Older Couples*. Paper presented at the Conference for Pedagogical and Developmental Psychology in Muenster, Germany.

Pauly, T., Lay, J. C., Nater, U. M., Scott, S. B., & Hoppmann, C. A. (July, 2017). *Age Differences in Affective and Biological Correlates of Momentary Solitude*. Poster presented at the IAGG World Congress of Gerontology and Geriatrics in San Francisco, California.

Pauly, T., Lay, J. C., Kozik, P., & Hoppmann, C. A. (June, 2017). *I can do it: Tablet usage is associated with increased physical activity and decreased loneliness in older adults*. Paper presented at the Society for Ambulatory Assessment Biennial Meeting in Esch-sur-Alzette, Luxembourg.

Pauly, T., Lay, J. C., Scott, S. B., & Hoppmann, C. A. (November, 2016). *Social Ties as a Safety Net? How Relationships Influence Affective Experience during Solitude*. Paper presented at the Gerontological Society of America Annual Meeting in New Orleans, United States.

OTHER PUBLICATIONS:

Pauly, T., & Hoppmann, C. A. (2017, June 1). Aging Well. *The Vancouver Courier*, p. B11.

Pauly, T., & Hoppmann, C. A. (2017, July 21). Aging Well: Sometimes it takes two to tango. *Kimberley Bulletin*, p. A16.

AD HOC REVIEWER:

APS Student Grant Competition 2018

Gerontological Society of America 2018 Annual Scientific Meeting

Co-Reviewer for Psychology and Aging, Journal of Social and Personal Relationships,

Psychosomatic Medicine, Psychological Science, Psychoneuroendocrinology, Health

Psychology, Gerontology, International Journal of Behavioral Development