Curriculum Vitae

Jin H. Wen, MA

Department of Psychology
The University of British Columbia
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EDUCATION

University of British Columbia, Vancouver, BC, 2020 – Current
Health Psychology, Ph.D.

University of British Columbia, Vancouver, BC, 2018 – 2020
Health Psychology, M.A.

Chapman University, Orange CA, 2011 – 2015
Psychology, B.A., Organizational Leadership Studies, Minor

ACADEMIC EMPLOYMENT & RESEARCH EXPERIENCES

2018 – Current	Graduate Research Student UPLIFT Health Lab, Department of Psychology (PI: Nancy Sin, PhD) University of British Columbia
2015 – 2018	Clinical Research Coordinator BAND Lab, Department of Psychiatry University of California, San Francisco (PI: Joshua D. Woolley, MD/PhD; Aoife O'Donovan, PhD)
2016 – 2017	Research Coordinator EHP Lab, Department of Psychiatry University of California, San Francisco (PI: Wendy B. Mendes, PhD)
2014 – 2015	Research Assistant Health and Well-being Lab, Department of Psychology Chapman University (PI: Julia K. Boehm, PhD)

HONORS AND AWARDS

Awards

- Certificate of Academic Excellence for Best Master's Thesis
  – Canadian Psychological Association, 2021
- Excellence in Health Psychology Research Award—Master's Level [$500]
  – Department of Psychology, University of British Columbia, 2021

- Behavioral and Social Sciences Student Research Award—Pre-Dissertation Level [$500] – Gerontological Society of America, 2020
- Poster Award (2nd Place), American Psychosomatic Society, 2020
- Best poster Award (1st) Canadian Institute of Health Research [$500] – Institute of Aging Master's Level Student Poster Competition, 2018

Honors

- Toastmasters International Member, 2015 - 2017
- Psi Chi, National Psychology Honors Society, 2013 – 2015
- Order of Omega, National Honor Society, 2014 – 2015

FELLOWSHIPS

- Sept 1, 2021 – August 31, 2023 Amount: CAD $32,000/year
  Killam Doctoral Scholarship, University of British Columbia

- Sept 1, 2020 – August 31, 2024 Amount: CAD $23,950/year
  4-Year Fellowship Award, University of British Columbia

- Sept. 1, 2019 – August 31, 2020 Amount: CAD $12,996
  University of British Columbia Faculty of Arts Graduate Award

- Sept. 1, 2019 – August 31, 2020 Amount: CAD $3,200
  University of British Columbia International Tuition Award

- Sept. 1, 2018 – August 31, 2019 Amount: CAD $3,200
  University of British Columbia International Tuition Award

RESEARCH INTERESTS

Stress, sleep, aging, stress buffering/ resilience factors, psychophysiology, emotion regulation, cognitive behavioral factors involved in stress.

PUBLICATIONS

*Undergraduate advisee

Wen, J. H., Klaiber, P., DeLongis, A., Slavish, D., & Sin, N.L., (in press) Day-to-day associations between nightly sleep and next-day well-being amid the COVID-19 pandemic in North America. *Sleep Health.* [preregistration]

Wen, J. H., & Sin, N. L. (in press). Perceived control and cortisol reactivity to acute stressors: Variations by age, race, and facets of control. *Stress and Health*.

Klaiber, P., **Wen, J. H.,** Ong, A. D., Almeida, D. M., & Sin, N. L. (in press) Personality differences in engagement and responsiveness to daily positive events. *Journal of Personality*. [Data | Code]

Ying, F*., **Wen, J.H.**, Klaiber, P., DeLongis, A., Slavish, D. C., & Sin, N.L., (in press). Associations between intraindividual variability in sleep and daily positive affect. *Affective Science*.

Sin, N. L., Klaiber, P., **Wen, J. H.**, & DeLongis, A. (2020). Helping amid the pandemic: Daily affective and social implications of COVID-19-related prosocial activities. *The Gerontologist*. https://doi.org/10.1093/geront/gnaa140.

Sin, N. L., **Wen, J. H.**, Klaiber, P., Buxton, O. M., & Almeida, D. M. (2020). Sleep duration and affective reactivity to stressors and positive events in daily life. *Health Psychology*. http://dx.doi.org/10.1037/hea0001033

Klaiber, P., **Wen, J.H.,** DeLongis, A., & Sin, N.L., (2020) The ups and downs of daily life during COVID-19: Age differences in affect, stress, and positive events. *Journal of Gerontology: Psychological Sciences*. https://doi.org/10.1093/geronb/gbaa096.

Morrison, T., De Coster, L., Stauffer, C., **Wen, J.H.,** Ahmadi, E., Delucchi, K., O'Donovan, A., & Woolley, J., (2020) Automatic imitation in comorbid PTSD & alcohol use disorder and controls: An RCT of intranasal oxytocin. *Psychoneuroendocrinology*. https://doi.org/10.1016/j.psyneuen.2020.104787

Wen, J. H., Lyubomirsky, S., & Sin, N. L. (2020). Positive activity interventions targeted to improve depressive symptoms. In Donaldson, S. I., Csikszentmihalyi, M., & Nakamura, J. (Eds.), *Applied positive psychology: Improving everyday life, schools, work, health, and society* (2nd ed.). New York: Routledge.

Stauffer, C., Meinzer, N., Morrison, T., **Wen, J. H.**, Radanovich, L., Leung, D., Niles, A., O'Donovan, A., Batki, S., & Woolley, J. (2019). Effects of oxytocin administration on cue-induced craving in co-occurring alcohol use disorder and PTSD: A within-participant randomized clinical trial. *Alcoholism: Clinical and Experimental Research.* https://doi.org/10.1111/acer.14217

MANUSCRIPTS SUBMITTED:

MANUSCRIPTS IN PREPARATION:

Wen, J. H., Klaiber, P., DeLongis, A., & Sin, N.L., *Daily stressors and sleep amid the COVID-19 Outbreak: Appraisals, rumination, and emotions as mediators.*

PRESENTATIONS

CONFERENCE TALKS:

Wen, J.H., Almeida, D.M., & Sin, N.L., (2020, November) *Daily positive events moderate the link between inflammation and depression across the lifespan*. Paper abstract submitted for the Meeting of the Gerontological Society of America, Philadelphia, PA.

Wen, J.H., & Sin, N.L., (2020, September) *Greater sleep efficiency is associated with higher likelihood of encountering positive events: An ecological pilot study*. In N.L. Sin (chair), *The contributions of psychosocial factors to health and well-being: Linking micro-level daily processes to long-term outcomes.* Symposium talk accepted for the Western Psychological Association 100 Years Anniversary Conference, San Francisco, CA.

Sin, N. L.**, Wen, J. H.**, Klaiber, P., Buxton, O. M., & Almeida, D. M. (2020, March). *Sleep duration and affective responsiveness to daily positive events*. In B. Jenkins (Chair), *Affect dynamics and health: How changes in affect predict and account for behavioral, physiological, and physical health outcomes.* Symposium talk accepted for the Meeting of the American Psychosomatic Society, Long Beach, CA. *[Abstract accepted but talk not given due to conference cancellation for COVID-19 outbreak]*

Wen, J. H., Almeida, D.M., & Sin, N. L., (2020, February) *Depressive Symptoms, Daily Positive Events, and Inflammation: Tests of Buffering Versus Blunting Hypotheses*. Paper talk accepted for the Meeting of the American Psychosomatic Society, Long Beach, CA. *[Abstract accepted but talk not given due to conference cancellation for COVID-19 outbreak]*

Klaiber, P., **Wen, J. H.**, Ong, A. D., Almeida, D. M., & Sin, N. L (2019, Oct). *Engagement and responsiveness to daily positive events: Zautra et al. (2005) reloaded with the Big Five personality traits.* In G. Luong (Chair), *The positive side of stressors and daily events: Implications for adult development.* Symposium abstract submitted to the Society for the Study of Human Development Conference, Portland, OR.

INVITED TALKS:

Wen, J.H., (2019, October). *Perceived control and cortisol reactivity to acute stressors: Variations by age, race and facets of control*. UBC Psychology Health Area Workshop, Vancouver, BC.

Sin, N. L., **Wen, J. H.,** DeLongis, A., & Almeida, D. M. (2019, May). *The co-occurrence of positive events and stressors in daily life: Implications for stress appraisals*. Midlife in the United States Study Meeting, Madison, WI.

Sin, N. L., **Wen, J. H.,** DeLongis, A., & Almeida, D. M. (2019, April). *The role of positive events in day-to-day stress and coping*. University of Victoria Institute on Aging and Lifelong Health, Victoria, BC.

Wen, J.H., (2019, March). *Sleep and affective reactivity to next-day stressors: Examining stress appraisals as mediators.* UBC Psychology Health Area Workshop, Vancouver, BC.

POSTER PRESENTATIONS:

Wen, J.H., Klaiber, P., DeLongis, A., & Sin, N.L., (2020, December) *Day-to-day associations of sleep with health and well-being during the COVID-19 Outbreak*. Poster presented at the Virtual Meeting of the American Psychosomatic Society.

— Winner of Poster Award (2nd Place) and selected for flash talk in the Citation Poster Session, a session for posters of the highest merit—

Ying, F., **Wen, J. H.,** DeLongis, A., & Sin, N. L. (2020, Dec). *Intra-individual variability in sleep: Associations with positive affect.* Poster abstract for the virtual meeting of the American Psychosomatic Society.

Ying, F., **Wen, J.H.,** DeLongis, A., & Sin, N.L., (2020, September) *Call it a night: Inconsistent bedtime predicts greater variability in positive affect*. Poster presented at the Western Psychological Association 100 Years Anniversary Conference, San Francisco, CA.

Wen, J. H., & Sin, N. L. (2019, November) *Perceived control and cortisol reactivity to acute stressors: Variations by age, race and facets of control.* Poster presented at the Meeting of the Gerontological Society of America, Austin, TX.

Wen, J. H., & Sin, N. L. (2019, March). *Self-control as a predictor of physiological reactivity to acute stressors.* Poster presentation at the Meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
—Selected for the Citation Poster Session, a session for posters of the highest merit—

Stauffer, C., Morrison, T., Leung, D., **Wen, J. H.**, Batki, S., Neylan, T., ... & Woolley, J. (2018). S16. The Effects of Oxytocin on Comorbid Symptoms of Posttraumatic Stress Disorder (PTSD) and Alcohol Use Disorder (AUD): An Examination of Alcohol Craving, Social Perception, and Fear Potentiated Startle. *Biological Psychiatry*, *83*(9), S352-S353.

Wen, J. H., Buxton, O., Almeida, D., Sin, N., (2018, Oct.). *Day-to-day associations between sleep duration and affective reactivity to daily stressors.* Poster presentation at the Meeting of the Canadian Association on Gerontology, Vancouver, BC, Canada.
*–**Winner of CIHR Institute of Aging Student Poster Competition (Master's Category)**–*

Sharma, S., **Wen, J. H.**, Almeida, D. M., & Sin, N. (2018, Oct.). *Depressive symptoms and inflammation in midlife and older adults: Moderating effect of daily positive events.* Poster presentation at the Meeting of the Canadian Association on Gerontology, Vancouver, BC, Canada.

Wen, J. H., & Mendes, W.B., (2017, October). The development and psychometric validation of the chronic stress implicit associations test, and its relation to health outcomes. Poster presented at American Psychosomatic Society 75th Annual Conference, Berkeley, CA.

Mangat, H., **Wen, J. H.,** Leung, D., Radanovich. L, Stauffer, S., & Woolley, J. (2017, April). Theory of mind deficits in patients with comorbid diagnoses of Post-Traumatic Stress Disorder and Alcohol Use Disorder. Poster presented at California Cognitive Science Conference, Berkeley, CA.

Huynh, T., **Wen, J. H.,** Yoshiura, R., Woolley, J. (2016, April). Oxytocin modulation of heart rate variability in patients with schizophrenia. Poster presented at University of San Francisco Psi Chi Human Behavior Research Conference, San Francisco, CA.

Wen, J. H., Mendoza, K. & Dana, E.R (2015, May). Dating vs. hooking up: The external factors related to the prevalence of non-committed romantic interactions. Poster presented at the Western Psychological Association Convention, Las Vegas, NV.

Wen, J. H., (2015, May). The effects of excessive use of social networking sites. Poster presented at Chapman University's Student Research Day, Orange, CA.

Macias, A., Nouri, R., Okabe-Miyamoto, K., Silke, O., Waln, B., **Wen, J. H.,** & Boehm, J. K. (2014, December). Do happy and optimistic people eat healthier? Poster presented at Chapman University's Student Research Day, Orange, CA.

TEACHING

2020-2021 **Teaching Assistant, University of British Columbia**

Health Psychology (PSYC 314, undergraduate), Winter Term 1 2020

2019-2020 **Undergraduate Research Mentor, University of British Columbia**

As part of the Undergraduate Research Organization (URO) – Research EXperience (REX) program

2019-2020 **Teaching Assistant, University of British Columbia**

Health Psychology (PSYC 314, undergraduate), Winter Term 1 2019

Guest Lectures, University of British Columbia

Health Psychology (PSYC 314, undergraduate), Winter Term 1 2019 on topics including sleep, affect, stress reactivity.

2018-2019 **Teaching Assistant, University of British Columbia**

Health Psychology (PSYC 314, undergraduate), Winter Term 2 2019

Psychology of Death and Dying (PSYC 208, undergraduate), Winter Term 1 2018

PROFESSIONAL ACTIVITIES

AD HOC REVIEWER:

Journal of Gerontology: Psychological Sciences

Psychosomatic Medicine

Gerontological Society of America (conference abstract reviewer)

UNIVERSITY AND DEPARTMENTAL SERVICE:

2020-Current Psychology Undergraduate Research Conference (Poster Judge), University of British Columbia

2019-Current Graduate Student Society (GSS) Governance & Accountability Committee Chair, University of British Columbia

2019-Current Graduate Student Society (GSS) Psychology Department Representative, University of British Columbia

2018-Current Graduate Recruitment Committee, Department of Psychology, University of British Columbia

2019-2020 Graduate Teaching Assistant Mentor, Department of Psychology, University of British Columbia

PROFESSIONAL MEMBERSHIPS:

- American Psychosomatic Society
- Gerontological Society of America
- Association for Psychological Science
- Psi Chi, National Psychology Honor Society
- Western Psychological Association
- Designing for People Research Network—University of British Columbia

KNOWLEDGE TRANSLATION ACTIVITIES:

2020-2021 **Designing For People Research Network, University of British Columbia**

Worked with an interdisciplinary team of computer scientists and programmers to develop and pilot test an app feature prototype intended to motivate Instagram users to report misinformation.

2020, November **Thrive Week Lectures, University of British Columbia**

Gave campus-wide lecture, entitled "*Sleep and well-being: Maintaining health-promoting habits amid the stress of COVID-19*", on the importance of practicing good sleep hygiene to buffer against the effects of stress during the COVID-19 pandemic.

2019, November **Thrive Week Lectures, University of British Columbia**

Presented lecture, entitled "*Sleep and stress in daily life*" to current graduate students on the protective effects of adequate sleep on feelings of stress in daily life.

2019, November **Thrive Week Lectures, University of British Columbia**

Presented lecture, entitled "*Coping with stress in daily life and its effect on wellbeing*" to a group of international graduate students on the effects of daily life stress on one's health and wellbeing, as well as research on how to cope with stress.