

# PATRICK KLAIBER

University of British Columbia  
Department of Psychology  
2136 West Mall, Vancouver, BC V6T 1Z4  
[klaiber@psych.ubc.ca](mailto:klaiber@psych.ubc.ca)

## EDUCATION

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- 2019 - present **University of British Columbia, Vancouver, Canada**  
Doctor of Philosophy: Health Psychology  
Supervisor: Dr. Nancy Sin  
*Expected Graduation:* Summer 2023
- 2017 - 2019 **Freie Universität Berlin, Germany**  
Master of Science: Clinical and Health Psychology  
Thesis: The impact of agentic and communal values on social comparison in romantic relationships  
Supervisor: Dr. Nina Knoll
- 2016 - 2017 **University of British Columbia, Vancouver, Canada, Social Health Lab**  
Visiting International Research Student  
Supervisor: Dr. Frances Chen
- 2013 - 2016 **University of Freiburg, Germany**  
Bachelor of Science (Psychology)  
Thesis: Associations between habitual and spontaneous emotion regulation in youths – an emotion-specific approach  
Supervisor: Dr. Brunna Tuschen-Caffier

## ACADEMIC POSITIONS AND RESEARCH EXPERIENCES

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- 10/2017 – 07/2019 **Freie Universität Berlin, Germany, Division of Health Psychology**  
(supervision Prof. Dr. Nina Knoll and Prof. Dr. Ralf Schwarzer)  
*Student Assistant*  
(Project: Clinical Trial: Self-regulatory interventions to facilitate physical exercise maintenance)
- 08/2018 - 10/2018 **University of British Columbia, Vancouver, Canada, Social Health Lab**  
(Supervisor: Prof. Dr. Frances Chen)  
*Visiting Researcher*  
(data collection for Social Experiences in Couples Study)
- 01/2016 - 07/2016 **Freiburg School for Behavioral Therapy (Freiburger Ausbildungsinstitut für Verhaltenstherapie), Freiburg, Germany**  
(Supervisor: Prof. Dr. Dr. Jürgen Bengel)  
*Student Assistant*  
(data analysis, quality management, communication with students)

## WORK EXPERIENCE

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- since 06/2020*     **University of British Columbia, Department of Psychology,**  
Vancouver, Canada  
*Statistical Consultant*
- 02/2015 -*     **Klinik Haus Vogt,** Clinic for Psychiatry, Psychotherapy and  
*05/2015*     Psychosomatic Medicine for Youths, Titisee-Neustadt, Germany  
*Intern*
- 05/2012 -*     **Day Nursery, Student Services,** Reutlingen, Germany  
*08/2013*     *Voluntary Year of Social Service*

## FELLOWSHIPS

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### **German National Scholarship Foundation**

(Studienstiftung des Deutschen Volkes, all funding merit-based)

- 09/2020 –*     *Doctoral Scholarship; 34,800 €*  
*08/2022*     Doctor of Philosophy
- 07/2019*     *Travel Grant: 250 €*  
SIPS Convention 2019, Rotterdam, Netherlands
- 02/2019*     *Travel Grant; 1,300 €*  
SPSP Convention 2019, Portland, OR, USA
- 08/2018 -*     *Travel Stipend; 2,100 €*  
*10/2018*     Short research stay at the University of British Columbia
- 03/2018*     *Travel Grant; 1,175 €*  
SPSP Convention 2018, Atlanta, GA, USA
- 10/2017 -*     *Full Scholarship; 22,800 €*  
*09/2019*     Master of Science
- 09/2016 -*     *Travel Stipend; 14,650 €*  
*06/2017*     Research stay at the University of British Columbia,
- 01/2014 -*     *Full Scholarship; 27,000 €*  
*09/2016*     Bachelor of Science

### **University of British Columbia**

- 09/2019 –*     *4-Year Doctoral Fellowship (includes full tuition waiver); CAD 72,000*  
*08/2023*
- 09/2019*     *R Howard Webster Foundation Fellowship (Entrance Award for Green*  
*College Residents); CAD 3,000*
- 05/2020-*     *President's Academic Excellence Initiative PhD Award; CAD 3000*  
*08/2022*

## AWARDS

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First Place Poster Award (150 €), *Division for Health Psychology of the German Psychological Society* (2017)  
Poster Award, *Master's Level Research Conference, Freie Universität Berlin* (2019)  
Behavioral and Social Sciences Section Student Registration Award, *Gerontological Society of America* (2020)  
Mather Institute (USD 500, *Innovative Research on Aging Award (Bronze Award)*, 2021)  
Certificate of Teaching Excellence, Teaching Assistant Award (CAD 50), *Council of Canadian Departments of Psychology* (2021)

## PUBLICATIONS

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- Wen, J. H., **Klaiber, P.**, DeLongis, A., Slavish, D. C., & Sin, N. L. (2021). Day-to-day associations of sleep with health and well-being amid the COVID-19 pandemic in North America. *Sleep Health*, 7(6), 666-674. <https://doi.org/10.1016/j.sleh.2021.09.007> [[Preregistration](#)]
- Klaiber, P.**, Wen, J.H., Ong, A.D., Almeida, D.M., & Sin, N.L. (2022). Personality differences in the occurrence and affective correlates of daily positive events. *Journal of Personality*, 90(3), 441-456, <https://doi.org/10.1111/jopy.12676> [[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 Sciences*, <https://doi.org/10.1007/s42761-021-00082-6> [[Datasets, Code, & Materials](#)]
- Hill, P.L., **Klaiber, P.**, Burrow, A.L., DeLongis, A., & Sin, N.L. (2021). Purposefulness and Daily Life in a Pandemic: Predicting Daily Affect and Physical Symptoms during the First Weeks of the COVID-19 Response, *Psychology & Health*, <https://doi.org/10.1080/08870446.2021.1914838>
- Zheng, J., Morstead, T., Sin, N. L., **Klaiber, P.**, Umberson, D., Kamble, S., & DeLongis, A. (2021). Psychological distress in North America during COVID-19: The Role of Pandemic-Related Stressors, *Social Science and Medicine*, 270, 113687. <https://doi.org/10.1016/j.socscimed.2021.113687>
- Keller, J., Kwasnicka, D., **Klaiber, P.**, Radau, L., Fleig, L. (2021), Effects of Time- and Routine-based Cues on Habit Formation and Plan Enactment: A Randomized Controlled Trial, *British Journal of Health Psychology*, 26(3), 807-824. <https://doi.org/10.1111/bjhp.12504> [[Data & Preregistration](#)]
- Hill, P.L., **Klaiber, P.**, DeLongis, A., & Sin, N.L. (2022). Great, Purposeful Expectations: Predicting Daily Purposefulness during the COVID-19 Response, *The Journal of Positive Psychology*, 17(1), 89-101. <https://doi.org/10.1080/17439760.2020.1832251>
- Sin, N.L., **Klaiber, P.**, Wen, J.H., & DeLongis, A. (2021). Helping Amid the Pandemic: Daily Affective and Social Implications of COVID-19-Related Prosocial Activities, *The Gerontologist*, 61(1), 59-70. <https://doi.org/10.1093/geront/gnaa140> [[Preregistration](#)]
- Paulhus, D., **Klaiber, P.** (2020). HEXACO, Dark Personalities and Brunswik Symmetry, *an invited comment on Ashton, M.C., Lee, K. Objections to the HEXACO Model of*

Personality Structure—And Why Those Objections Fail, *European Journal of Personality*, 34(4), 511-590. <https://doi.org/10.1002/per.2284>

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*, 39(12), 1078–1088. <https://doi.org/10.1037/hea0001033>

**Klaiber, P.**, Wen, J.H., DeLongis, A., & Sin, N.L. (2021). The ups and downs of daily life during COVID-19: Age differences in affect, stress, and positive events, *The Journal of Gerontology: Series B, Psychological and Social Sciences*, 76(2), e30–e37. <https://doi.org/10.1093/geronb/gbaa096>

**Klaiber, P.**, Whillans, A.V., Chen, F.S. (2018). Long-term health implications of students' friendship formation during the transition to university, *Applied Psychology: Health and Well-being*, 10(2), 290-308. <https://doi.org/10.1111/aphw.12131>

Ward-Griffin, E., **Klaiber, P.**, Collins, H. K., Owens, R. L., Coren, S., & Chen, F. S. (2018). Petting Away Pre-Exam Stress: The Effect of Therapy Dog Sessions on Student Well-Being, *Stress and Health*, 34(3), 468-473. <http://dx.doi.org/10.1002/smi.2804> [Data]

## **PUBLICATIONS (SUBMITTED, UNDER REVIEW & IN PREPARATION)**

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**Klaiber, P.**, Reese, Z., Knoll, N., Chen, F.S. (in preparation). *The impact of agency and communion on social comparison in romantic relationships*. [Data, Code, Materials & Preregistration]

**Klaiber, P.**, Ong, L. Q., Rush, J., Ong, A. D., Almeida, D. M., & Sin, N. L. (in preparation). *Long-term implications of affective responsiveness to positive events on health and well-being*. [Preregistration]

Klaiber, P., & Sin, N. (in preparation). Associations between daily positive events, health and psychosocial wellbeing. [Preregistration]

Ong, L. Q., **Klaiber, P.**, DeLongis, A. D., & Sin, N. L. (invited revision). *Day-to-day associations of perceived discrimination with physical health and affective well-being amid the COVID-19 outbreak*. [Preregistration]

Sin, N. L., Charles, S. T., Ong, A. D., **Klaiber, P.**, Gruenewald, T. L., & Almeida, D. M. (in preparation) *Age differences in exposure and emotional responses to daily positive events*.

**Klaiber, P.**, Pfund, G., Ong, L.Q., Leger, K.A., Hill, P.L. & Sin, N.L. (in preparation) *Expecting a positive day: How does expecting positive events relate to event-related enjoyment, appraisals, and daily affect?* [Preregistration]

**Klaiber, P.**, Hill, P.H., Almeida, D.M., DeLongis, A., Sin, N.L. (2022). *Linking Diversity of Daily Positive Events with Wellbeing and Personality*. [Preregistration]

**Klaiber, P.**, Sin., N.L. (in preparation/invited submission) *Track your morale boosters: daily uplifts and their relationship to positive emotions*. in Pressman, S., Parks, A. Activities for Teaching Positive Psychology, 2<sup>nd</sup> edition

## INVITED TALKS

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*Doing better – feeling worse? Social Comparison in Romantic Relationships.* (Jan, 2020)  
Green College, University of British Columbia, Vancouver, Canada – Resident  
Member Series

## CONFERENCE TALKS

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**Klaiber, P.**, Ong, L.Q., Sin, N.L. (2022) *Age moderates the link between daily positive events and well-being: A meta-analysis.* In P.Hill (Chair), *Stress and Healthy Aging: Perceptions, Appraisals, and Consequences.* Symposium talk to be given at to the Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, Indiana, US

Wen, J.H., **Klaiber, P.**, Leger, K., Hill, P.L., Pfund, G., & Sin, N.L. (2022) *Individual differences in sense-of-purpose moderates link between sleep and next-day anticipation of positive events* Oral presentation to be given at the meeting of the European Health Psychology Society 2022, Bratislava, Slovakia

**Klaiber, P.**, Hill, P.H., Ameida, D.M., DeLongis, A., Sin, N.L. (2022). *Too Much of a Good Thing: Linking Diversity of Daily Positive Events with Wellbeing and Personality.* In G. Pfund (Chair), *A Micro- and Macro-longitudinal Perspective on Well-being Development, Prediction, and Change.* Symposium talk to be given at the European Conference on Personality 2022, Madrid, Spain

Wen, J.H., **Klaiber, P.**, Leger, K.A., Hill, P.L., Pfund, G.N., & Sin, N. L. (2022, Mar). *Poorer night-to-night sleep predicts next-day stressor and event anticipation.* Oral presentation given at the Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA, US.

Keller, J., **Klaiber, P.**, Führ, A., Panse, U., Domke, A., Lorbeer, N., Fleig, L. (2021). *How many days are needed to form a new hand washing habit? Findings from a study with 86 daily diary assessments.* In L. König (Chair), *Potentials and pitfalls of Ecological Momentary Assessment in health psychology research.* Symposium talk presented at the for the 15th Conference for Health Psychology, Division for Health Psychology of the German Psychological Society

Ong, L.Q., **Klaiber, P.**, DeLongis, A., & Sin, N. L. (2021, Nov). *Age-based discrimination and daily well-being during the COVID-19 pandemic.* Oral presentation given at the Annual Scientific Meeting of the Gerontological Society of America, Arizona, US.

DeLongis, A., Zheng, J., Morstead, T., **Klaiber, P.**, Sin, N.L. (2021) *Psychological and Social Responses to COVID-19: A Longitudinal Study.* Oral presentation given at the conference of the Canadian Psychological Association

Keller, J., Kwasnicka, D., **Klaiber, P.**, Sichert, L., Lally, P., Fleig, L. (2021). *Modelling habit formation following routine-based versus time-based cue planning: A randomized controlled trial.* In J. Lüscher & J. Keller (Chairs), *Understanding health behaviour change and its psychosocial correlates in everyday life.* Symposium talk presented at the conference of the Society for Ambulatory Assessment, Zurich, Switzerland

Hill, P. L., **Klaiber, P.**, Burrow, A. L., DeLongis, A. & Sin, N. L. (2021, Feb). *Purposefulness in a Pandemic: Associations with Daily Affect and Physical Symptoms*. Symposium talk at the virtual Meeting of the Society for Personality and Social Psychology.

DeLongis, A., Sin, N.L., Morstead, T., Zheng, J., **Klaiber, P.** (2020). *Psychological and social responses to COVID-19*. Rapid response talk given at the conference of the European Society for Health Psychology

Keller, J., Kwasnicka, D., **Klaiber, P.**, Lally, P., Fleig, L. (2021). *Modelling habit formation following routine-based versus time-based cue planning: A randomized controlled trial*. In J. Lüscher & J. Keller (Chairs), *Understanding health behaviour change and its psychosocial correlates in everyday life* Symposium accepted at the conference of the European Health Psychology Society, Bratislava, Slovakia

**Klaiber, P.**, Almeida, D.M. Sin, N.L. (2020, Oct). *Plan your morale boosters: Daily positive events mediate the link between future planning and life satisfaction*. 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 at the 100<sup>th</sup> convention of the Western Psychological Association, San Francisco, CA.

Sin, N. L., Wen, J. H., **Klaiber, P.**, Buxton, O. M., & Almeida, D. M. (2020). *Bidirectional relationships between 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 Annual Scientific 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). *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 at the Society for the Study of Human Development Conference, Portland, OR.

**Klaiber, P.**, Svatko, Y., Chen, F.S. (2019). *The impact of agentic and communal values on social comparison in romantic relationships*. Talk presented at the Close Relationships Preconference of the Society for Personality and Social Psychology, Portland, OR

## POSTER PRESENTATIONS

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\*asterisk denotes undergraduate mentees

**Klaiber, P.**, Pfund, G., Ong, L.Q., Leger, K.A., Hill, P.L. & Sin, N.L. (2022) *Expecting a positive day: How does expecting positive events relate to event-related enjoyment, appraisals, and daily affect?* Poster presentation to be given at the meeting of the European Health Psychology Society 2022, Bratislava, Slovakia

**Klaiber, P.**, Ong, L.Q., Sin, N.L. (Mar, 2022). *Daily positive events and well-being: A systematic review and meta-analysis*. Poster presented at the Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA, US

**Klaiber, P.**, Ong, L.Q., DeLongis, A., & Sin, N. L. (2021, Nov). Age differences in positive event appraisals during COVID-19: Evidence from a daily diary study. Poster

presented at the Annual Scientific Meeting of the Gerontological Society of America, Arizona, US.

Ong, L., **Klaiber, P.**, DeLongis, A., & Sin, N. L. (2020, Dec). *Within-person associations of everyday discrimination with daily affect and physical symptoms during the COVID-19 pandemic*. Poster for the virtual meeting of the American Psychosomatic Society.

Wen, J. H., **Klaiber, P.**, DeLongis, A., & Sin, N. L. (2020, Dec). *Day-to-day associations between nightly sleep and next-day well-being amid the COVID-19 pandemic in North America*. Poster for the virtual meeting of the American Psychosomatic Society.

Morstead, T., Zheng, J., Sin, N. L., **Klaiber, P.**, Umberson, D., Kamble, S., & DeLongis, A. (2020, Dec). *Depressive Symptoms during COVID-19: The Role of Pandemic-Related Stressors*. Poster for the virtual meeting of the American Psychosomatic Society.

Henkel, J.\*, **Klaiber, P.**, DeLongis, A., & Sin, N. L. (2020, Dec). *Perceived everyday discrimination predicts sleep disturbance in whites but not in racial minorities*. Poster for the virtual meeting of the American Psychosomatic Society.

Ghaly, H.\*, **Klaiber, P.**, Morstead, T., DeLongis, A., & Sin, N. L. (2020, Dec). *The Role of Personality in Adhering to Health Guidelines During the COVID-19 Pandemic*. Poster presented at the virtual meeting of the American Psychosomatic Society.

**Klaiber, P.**, Almeida, D.M. Sin, N.L. (2020). *Perceived social Integration predicts engagement and responsiveness to positive events: test of age moderation*. Poster presented at the virtual Annual Scientific Meeting of the Gerontological Society of America

Rahimisoureh, A.\*, **Klaiber, P.**, Sin, N.L. (2020, Oct). *Differentiating between Trait and State Measures of Purpose in Life and their Relationships to Physical Activity*. Poster at the 100<sup>th</sup> convention of the Western Psychological Association, San Francisco, CA.

**Klaiber, P.**, Puterman, E., Sin, N.L., (2020) *Physical activity and affect variability: Differential associations for positive versus negative affect*. Poster accepted for the 78<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA. [Abstract accepted but talk not given due to conference cancellation for COVID-19 outbreak]

Oldenburg, M., **Klaiber, P.**, Keller, J., Blanke, E. S., Rauers, A., Knoll, N., Riediger, M. (2019). *Show me Your Feelings: The Interplay Between Affective Empathic Accuracy and Health-Related Factors*. Poster presented at the 14th Conference for Health Psychology, Division for Health Psychology of the German Psychological Society, Greifswald, Germany.

- *Poster Award*

**Klaiber, P.**, Sin, N. L. (2019) *Planning positive events or just going with the flow? – Effects of planning on engagement in and reactivity to daily positive events*. Pre-study poster presented at the Conference of the Society for the Improvement of Psychological Science, Rotterdam, Netherlands

**Klaiber, P.**, Patena, K., Chen, F.S. (2018). *Am I upset because of you or me? – Social comparisons in homo- and heterosexual romantic couples*. Poster presented at the Society for Personality and Social Psychology, Atlanta, GA, <https://osf.io/mra4h/>

- *Finalist - Graduate Student Poster Competition*

**Klaiber, P.**, Whillans, A.V., & Chen, F.S. (2017). *Making friends for your health: Friendship formation and health in university students - a longitudinal study*. Poster presented at the 13th Conference for Health Psychology, Division for Health Psychology of the German Psychological Society, Siegen, Germany

## TEACHING

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### **German National Scholarship Foundation (Studienstiftung), Summer Academy 2022, Leysin Switzerland**

Co-Teaching a week-long workshop on ecological momentary assessment with Dr. Theresa Pauly for undergraduate students

### **University of British Columbia, Department of Psychology**

Teaching Assistant

*Health Psychology* (PSYC 314 with Dr. Nancy Sin, 2019W, including guest lecture on health behavior change)

*Advanced Seminar in Health Psychology* (PSYC 427, with Dr. Anita DeLongis, 2020W & 2021W includes co-teaching, leading student discussions, supervising projects)

### **University of Freiburg, Division for Social Psychology and Methodology**

(Instructor: Dr. Karl Christoph Klauer), Teaching Assistant (weekly review course)

*Statistics I* (Winter 2014 and 2015)

*Statistics II* (Summer 2015 and 2016)

## SKILLS

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### **Data Analysis:**

- **Software:** R (and RStudio), IBM SPSS and SPSS Amos, JAGS, MPlus
- **Statistical Methods** (not an exhaustive list): multiple regression, logistic regression, resampling methods, multilevel modeling, item response theory, structural equation modeling, path analysis, Bayesian statistics, machine learning, and propensity score methods

### **Research Methods include:**

Intensive longitudinal designs (e.g., daily diary, ecological momentary assessment), ambulatory health monitoring, clinical trials, interventions

**Reference Management:** Citavi, EndNote, Zotero

## SERVICE

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### **University and Departmental Service:**

**Psychology Student Council, University of Freiburg, Germany**

2014 - 2016: Volunteer (Communication and Organization)

**Faculty Council for Economy and Behavioral Sciences, University of Freiburg, Germany**

2015 - 2016: Elected member

**Graduate Student Council, Department of Psychology, University of British Columbia, Vancouver, Canada**

2019 – 2022: Faculty/Staff Recognition Representative

2019 – 2022: Recruitment Committee (Chair)

**Green College, University of British Columbia, Vancouver, Canada**

2019 – 2020: Academic Committee



**Service for Professional Societies:**

**Society for Personality and Social Psychology**

2018: Reviewer for the SPSP Undergraduate Poster Competition

**Gerontological Society of America**

2020 - 2021: Abstract Reviewer

**Ad hoc Reviewer:**

*Journal of Gerontology: Series B, Psychology and Aging, JAMA Psychiatry, BMC Psychology, Personality and Individual Differences, PlosOne, Cognition and Emotion, BMC Geriatrics*

**PROFESSIONAL ASSOCIATIONS**

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American Psychosomatic Society (APS)

Deutsche Gesellschaft für Psychologie (DGPS; German Psychological Society)

Gerontological Society of America (GSA)

European Association for Personality Psychology (EAPP)

**SELECTED MEDIA COVERAGE**

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Stress and Coping during COVID-19 (*CBC Syndication*, Radio Interviews with 16 local CBC stations, July 28<sup>th</sup>, 2020)

Coping with COVID-19 (*Breakfast Television Vancouver*, July, 24<sup>th</sup> 2020)

Crises Like The Pandemic Don't Make People Less Optimistic (*Forbes*, July 28<sup>th</sup>, 2020)

'A surprise to no one': Some coping better than others with COVID-19, research suggests (*CTV News*, July 22<sup>nd</sup>, 2020)

COVID-19: Research shows older adults less worried during pandemic (*Vancouver Sun*, July 22<sup>nd</sup>, 2020)

Les adultes de plus de 60 ans plus résistants face à la pandémie, selon une étude (*Radio Canada*, July 22<sup>nd</sup> 2020)

Older adults coping better with pandemic: UBC study (*Vancouver Courier*, July 24<sup>th</sup>, 2020)

In a COVID-19 world, which generation is coping best? (*PBS, News Hour*, August 20<sup>th</sup>, 2020)

Who is handling the pandemic best emotionally? Boomers and other retirees (*Washington Post*, September, 11<sup>th</sup> 2020)

Why Older People Managed to Stay Happier Through the Pandemic (*New York Times*, March, 12<sup>th</sup> 2021)

How Your Personality Can Help You Bounce Back (*Psychology Today*, November, 6<sup>th</sup> 2021)

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