

Yoonseok Choi

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EDUCATION

2020-current	Ph.D. University of British Columbia Health Psychology (Advisor: Dr. Christiane Hoppmann)	<i>Vancouver, Canada</i>
2020	M.A. Sogang University Social Psychology (Advisor: Dr. Jinkyung Na)	<i>Seoul, Korea</i>
2018	B.A. Sogang University Psychology Major (GPA: 4.27/4.3)	<i>Seoul, Korea</i>
2015	B.A. Konkuk University Business Major (GPA: 3.93/4.5)	<i>Seoul, Korea</i>

AWARDS AND HONORS

2024	Delroy L. Paulhus Scholarship in Psychology (1,350 CAD)
2024	Edwin S.H. Leong Healthy Aging Trainee Travel Stipend (500 CAD)
2023	UBC Psychology Quinn Exchange Fellowship (3,000 CAD)
2023	UBC Faculty of Arts Graduate Award (2,500 CAD)
2023	UBC Dean of Arts Graduate Student Research Award (1,000 CAD)
2023	UBC Excellence in Health Psychology Research Award (500 CAD)
2022	UBC Graduate Student Travel Award (500 CAD)
2022	GSA Behavioral and Social Sciences Student Travel Award (280 USD)
2021-2025	UBC Four Year Doctoral Fellowships & Tuition Award (~18,000 CAD yearly)
2020	R Howard Webster Foundation Fellowship (2,500 CAD)
2020-2021	UBC Faculty of Arts Graduate Award (16,096 CAD)
2020-2024	UBC President's Academic Excellence Initiative PhD Award (~1,500 CAD yearly)
2020-2024	UBC International Tuition Award (3,200 CAD yearly)
2020	Society for Personality and Social Psychology Conference Travel Award (1,000 USD)
2018-2019	Albatross Scholarship (~18,000 USD) A full-tuition scholarship for graduate students who excelled in their undergraduate academic performance (top 10%) in Sogang University
2016-2017	The Next Century Humanities Scholarship (~24,000 USD) A national scholarship in Korea (full tuition and stipend for four semesters) designed to support undergraduates in humanities and social sciences who have demonstrated their potentials to be the leaders in their fields (Korean Student Aid Foundation)
2016, 2017	Award of Academic Excellence (2016 Fall semester, 2017 Fall semester)

PUBLICATIONS

- Zambrano Garza, E., Pauly, T., **Choi, Y.**, Murphy, R.A., Linden, W., Ashe, M.C., Madden, K.M., Jakobi, J.M., Gerstorf, D., Hoppmann, C.A. (Accepted). Everyday Social Support for Health Behaviors in Older Adults During Times of Challenge: Evidence from Daily Life Assessments. *Canadian Journal on Aging / La Revue canadienne du vieillissement*.
- Ramachandran, A., Chignell, S., **Choi, Y.**, & Vertinsky, P. (2024). Using a Mixed-Methods Approach to Examine the Expanding Reach of Body Classification into the Twenty-First Century. *Journal of Sport History*, 51(1), 1–31. <https://doi.org/10.5406/21558450.51.1.01>
- Choi, Y.**, Lay, J., Lu, M., Jiang, D., Peng, M., Fung, H. H., Graf, P., & Hoppmann, C. A. (2024). Age differences in the experience of everyday happiness: The role of thinking about the future. *Psychology and Aging*, 39(1), 1–13. <https://doi.org/10.1037/pag0000782>
- Zambrano Garza, E., Pauly, T., **Choi, Y.**, Murphy, R. A., Linden, W., Ashe, M. C., Madden, K. M., Jakobi, J. M., Gerstorf, D., & Hoppmann, C. A. (2024). Daily solitude and well-being associations in older dyads: Evidence from daily life assessments. *Applied Psychology: Health and Well-Being*, 16(1), 356–375. <https://doi.org/10.1111/aphw.12494>
- Broen, T., **Choi, Y.**, Zambrano Garza, E., Pauly, T., Gerstorf, D., & Hoppmann, C. A. (2023). Time-varying associations between loneliness and physical activity: Evidence from repeated daily life assessments in an adult lifespan sample. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1021863>
- Choi, Y.**, Pauly, T., Zambrano Garza, E., Broen, T., Gerstorf, D., & Hoppmann, C. A. (2023). Having time to oneself in times of extended togetherness: Solitude experiences during the COVID-19 pandemic. *Applied Psychology: Health and Well-Being*, 15(1), 217–237. <https://doi.org/10.1111/aphw.12401>
- Zambrano Garza, E., Pauly, T., Choi, Y., Broen, T., Gerstorf, D., & Hoppmann, C. A. (2023). Time-varying daily gratitude-affect links across the adult lifespan. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry*, 36(2), 63–74. <https://doi.org/10.1024/1662-9647/a000304>
- Hong, S., Suk, H. W., Choi, Y., & Na, J. (2021). Face-Based Judgments: Accuracy, Validity, and a Potential Underlying Mechanism. *Psychological Science*, 32(9), 1452–1462. <https://doi.org/10.1177/09567976211000308>

MANUSCRIPT UNDER REVIEW

- Zambrano Garza, E., Pauly, T., **Choi, Y.**, Murphy, R.A., Linden, W., Ashe, M.C., Madden, K.M., Jakobi, J.M., Gerstorf, D., Hoppmann, C.A. Social Resources for Everyday Physical Activity During Times of Challenge. *Couple and Family Psychology: Research and Practice*. (Status: Conditional Acceptance)
- Choi, Y.**, Zambrano Garza, E., Pauly, T., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. Goal Representations Modulate Everyday Emotion–Goal Pursuit Associations in the Daily Lives of Older Adults. *Nature Communications Psychology*. (Status: Invited for Revision)
- Park, J., Li, Y., **Choi, Y.**, Na, J., Zhu, Y., Martin, A., Cultural Shaping of Emotion Differentiation: Socially Engaging and Disengaging Emotions. *Emotion*. (Status: Invited for Revision)

MANUSCRIPT IN PREPARATION

- Choi, Y.**, Pauly, T., Zambrano Garza, E., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. (2024, February), *Cultural Moderation in Emotion-Cortisol Links Among Asian vs. Non-Asian Older Adults in Canada*.
- Choi, Y.**, Giesemann, L., Zambrano Garza, E., Pauly, T., Madden, K., Ashe, M.C., Gerstorf, D., & Hoppmann C.A. (2023, August), *The Intention-Physical Activity Association Depends on Culture: Comparisons between Asian and Non-Asian Older Adults*.

PRESENTATIONS

Conference Presentation (Presenter):

- Choi, Y.**, Kim, H., Hoppmann, C. A. (2024, October), *To Approach or to Avoid: Investigating Cultural Differences in Motivational Orientations, Daily Goal Pursuit, and Well-Being*, Poster submitted at the 2024 APS Global Psychological Science Summit, Online.
- Choi, Y.**, Pauly, T., Zambrano Garza, E., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. (2024, February), *Cultural Moderation in Emotion-Cortisol Links Among Asian vs. Non-Asian Older Adults in Canada*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA, USA.
- Choi, Y.**, Pauly, T., Zambrano Garza, E., Ashe, M.C., Madden, K.M., Gerstorf, D., Hoppmann, C. A. (2024, February), *Cultural Moderation in Emotion-Cortisol Links Among Asian vs. Non-Asian Older Adults in Canada*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA, USA.
- Choi, Y.**, Lay, J., Lu, M., Jiang, D., Peng, M., Fung, H. H., Graf, P., & Hoppmann, C. A. (2023, November), *Age-related Differences in the Daily Experiences of Happiness: The Role of Thinking About the Future*. Symposium talk presented at the Gerontological Society of America 2023 Scientific Meeting, Tampa, FL, USA.
- * Served as a Symposium Chair
- Choi, Y.**, Gieselman, L., Zambrano Garza, E., Pauly, T., Madden, K., Ashe, M.C., Gerstorf, D., & Hoppmann C.A. (2023, August), *The Intention-Physical Activity Association Depends on Culture: Comparisons between Asian and Non-Asian Older Adults*. Oral presentation at the International Congress of Behavioural Medicine 2023, Vancouver, BC, Canada.
- Choi, Y.**, Gerstorf, D., Ashe, M.C., Madden, K.M., Hoppmann, C. A. (2022, November), *How Goal Representations Modulate Associations between Everyday Affect and Goal Pursuit among Older Adults*. Poster presented at the Gerontological Society of America 2022 Scientific Meeting, Indianapolis, IN, USA.
- Choi, Y.**, Pauly, T., Gerstorf, D., Hoppmann, C. A. (2022, June), *Everyday Associations between Solitude Duration and Affective Wellbeing during the Pandemic*. Symposium talk presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AL, Canada.
- Choi, Y.**, Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2021, November), *Age Differences in the Daily Experiences of Happiness and Positive Affect Correlates: Evidence from Repeated Daily Life Assessments*. Talk presented at the 2021 International Mini-Conference on Aging, Culture, and Health, Online.
- * Organized the conference with Yifan (Kate) Huang at the Chinese University of Hong Kong
- Choi, Y.**, Pauly, T., Zambrano Garza, E., Broen, T., Gerstorf, D., Hoppmann, C. A. (2021, November), *The Role of Relationship Quality for Solitude Experiences during the Pandemic*. Poster presented at the Gerontological Society of America 2021 Scientific Meeting, Online.
- Choi, Y.**, Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2021, June), *Age Differences in the Daily Experiences of Happiness and Positive Affect Correlates: Evidence from Repeated Daily Life Assessments*. Symposium talk presented at the Society for Ambulatory Assessment 2021 Conference, Online.
- Choi, Y.**, Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2021, February), *The Role of Personality for Emotional Complexity: Evidence from Repeated Daily Life Assessments*. Talk presented at the Dynamics in Personality Development Preconference of the Society for Personality and Social Psychology, Online.
- Choi, Y.**, Lay, J. C., Lu, M., Fung, H. H., Hoppmann, C. A. (2020, November), *Emotional Complexity In Daily Life: On The Role Of Emotional Dynamics, Age, & Culture*. Poster presented at the Gerontological Society of America 2020 Scientific Meeting, Online.
- Choi, Y.**, Huh, J., Na, J. (2020, February). *Positivity Leads to Success? Cultural Differences in Emotional Experience in Goal Pursuit*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA, USA.

Choi, Y., Na, J. (2019, May). *Positivity Leads to Success? Cultural Differences in Emotional Experience in Goal Pursuit*. Talk presented at the Research Symposium of Korean Social and Personality Psychological Association, Seoul, Korea.

Choi, Y., Na, J. (2019, February). *Two Different Routes to Success: Cultural Differences in Beliefs Regarding Success and Their Emotional Consequences*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR, USA.

Conference Presentation (Co-author, * indicates undergraduate mentee):

Wang, L. *, Zambrano Garza, E., **Choi, Y.,** Lewis, N., Pauly, T., Murphy, R., Linden, W., Ashe, M.C., Madden, K., Jakobi, J., Gerstorf, D., Hoppmann, C.A. (2024, April), *Gender Differences in Things Worth Keeping during the COVID-19 Pandemic and Links to Well-being among Older Adults*. Poster presented at Psychology Undergraduate Research Conference (PURC) at UBC, Vancouver, BC, Canada.

Rauf, H. *, **Choi, Y.,** Pauly, T., Gerstorf, D., Wrosch, C., Hoppmann, C. (2024, April) “*To brood or to reflect, that is the question*”: *The relationship between work hours during the COVID-19 pandemic and processes of rumination*, Poster presented at Psychology Undergraduate Research Conference (PURC) at UBC, Vancouver, BC, Canada.

Gupta, P. *, **Choi, Y.,** Zambrano Garza, E., Lewis, N.A., Pauly, T., Gerstorf, D., Hoppmann, C.A. (2024, March), *Resilience of Healthy Neuroticism during COVID-19: Associations with Autonomy, Social Distancing and Alcohol Consumption*, Poster presented at Multidisciplinary Undergraduate Research Conference (MURC) at UBC, Vancouver, BC, Canada.

Zambrano Garza, E., **Choi, Y.,** Pauly, T., Murphy, R., Linden, W., Ashe, M.C., Jakobi, J., Madden, K., Gerstorf, D., Hoppmann, C.A. (2023, August), *Social Resources for Everyday Physical Activity During the COVID-19 Pandemic*. Poster presentation presented at the International Congress of Behavioural Medicine 2023, Vancouver, BC, Canada.

Yeung, J. *, **Choi, Y.,** Zambrano Garza, E., Gerstorf, D. & Hoppmann, C.A. (2023, March)., *The Role of Nostalgia and Its Associations With Eudemonic Wellbeing During the COVID-19 Pandemic*, Talk presented at Psychology Undergraduate Research Conference (MURC) at UBC, Vancouver, BC, Canada.

Yuxiang, C. *, Zambrano Garza, E., **Choi, Y.,** Pauly, T., Gerstorf, D. & Hoppmann, C.A. (2023, March)., *Why did some individuals experience posttraumatic growth during COVID-19?*, Talk presented at Multidisciplinary Undergraduate Research Conference (MURC) at UBC, Vancouver, BC, Canada.

Broen, T., **Choi, Y.,** Pauly, T., Zambrano Garza, E., Gerstorf, D. & Hoppmann, C.A. (2022, November), *Time-Varying Associations Between Social Interaction Modality and Positive Affect During Times of Challenge*. Poster presented at the Gerontological Society of America 2022 Scientific Meeting, Indianapolis, IN, USA.

Zambrano Garza, E., **Choi, Y.,** Pauly, T., Gerstorf, D., Hoppmann, C.A. (2022, November), *Future Time Perspective Modulates Affective Reactivity to Social Problems During the Pandemic*. Poster presented at the Gerontological Society of America 2022 Scientific Meeting, Indianapolis, IN, USA.

Broen, T., **Choi, Y.,** Gerstorf, D., Ashe, M.C., Madden, K.M., Hoppmann, C. A. (2021, November), *The Impact of Self- and Relation-Inferred Efficacy on Physical Activity in Older Adult Couples*. Poster presented at the Gerontological Society of America 2021 Scientific Meeting, Online.

Huh, J., Na, J., Kang, M., **Choi, Y.,** Hwang, Y., Hong, S. (2019, February). *What Makes Koreans “Korean”? : Ethnicity vs. Nationality*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR, USA.

Public Presentation:

Choi, Y., *Social Relationships and Health*. Talk given at the Kitsilano Neighbourhood House, Vancouver, BC, Canada

RESEARCH EXPERIENCE

The Health and Adult Development Lab at University of British Columbia (Vancouver, Canada)2020-current **PhD Student**, under Dr. Christiane Hoppmann

- CREMA Study
Designed and coordinated a short longitudinal study that investigates everyday goal pursuit and well-being from a lifespan sample in Korea and Canada
- Allies in Health Study
Designed and coordinated a short longitudinal study that tracks everyday healthy behaviours (nutrition intake, physical activity) and goal pursuit from community-dwelling older adults and their study partner in British Columbia, Canada
- THRIVE (Tracking Health and Relationships in Varying Everyday Contexts) Follow-up Study
Designed and coordinated a follow-up intensive longitudinal study which is a part of a unique measurement burst design (Burst 1: April 2020 - August 2020, Burst2: April 2021 - August 2021) that tracks long-term effects of the COVID-19 pandemic on people's well-being in everyday lives in Canada

Social Psychology Lab at Sogang University (Seoul, Korea)2018-2019 **Master's Student**, under Dr. Jinkyung Na

- Thesis Project: Culture and Emotional Experiences during Goal Pursuit
Conducted research on cultural differences in belief about valued emotions and emotion experiences during goal pursuit.
- Project: Culture and Emotion Differentiation
Collaborated with Dr. Jiyoung Park (University of Texas at Dallas) in a short longitudinal research project to set up study procedure and collect daily diary data in Korea.
- Project: Face-based Judgement and Expectation Effect
Built codes to preprocess cross-classified data sets and conduct multilevel zero-inflated negative binomial analysis using statistical packages (e.g. glmmTMB) with R.

2016-2017 **Research Assistant**, under Dr. Jinkyung Na

- Independent Study: Culture and Implicit Theory of Success
Conducted research on comparing the implicit theory of success between East Asian and American culture using online survey methods.
- Assisted graduate students with experimental design and data collection — creating stimuli for experiments (e.g. cyberball game, cropped face stimuli, fake news articles, video clips, etc.), scheduling participants, and conducting lab experiments.

SERVICE

UBC Psychology Department

2023-2024 Faculty Search Committee (Role: Graduate Student Representative)

2023-2024 Psychology Undergraduate Research Conference (Role: Graduate Student Judge)

UBC Green College

2022-2023 Residents Members Series Committee

2022 Academic Committee

Conference Organization

2023 GSA Symposium on "In the Present and in the Future: How Time Perception and Time Orientation Shape Well-Being Across Adult Life" (Served as a symposium chair)

2021 International Mini-Conference on Aging, Culture, and Health

Mentoring

2023-2024 Undergraduate Directed Studies: Sebastian Ponce, Puloma Gupta, Huda Rauf, Marina Wang

2022-2023 Undergraduate Directed Studies: Jack Yeung, Irene Savi, Matthew Peng, Jasmina Cui

2021-2022 Undergraduate Directed Studies: Kevin Wang, Michael Min

2020-2021 Undergraduate Directed Studies: Melody Shayanfar, Alexandra Yam, Mali McHugh

Peer-Review in Training (advised by Dr. Christiane Hoppmann)

- Journals of Gerontology, Series B: Psychological Sciences and Social Sciences
- Psychology and Aging
- Health Psychology
- Applied Psychology: Health and Wellbeing
- Emotion
- Social Psychological and Personality Science

WORK EXPERIENCE

2023 Graduate Student Statistical Consultant, UBC Psychology Department

2024 (Term 2) Teaching Assistant for PSYC 307 Cultural Psychology (Instructor: Dr. Steven Heine)

2024 (Term 2) Teaching Assistant for PSYC 322 Psychology of Aging and Adult Development (Instructor: Dr. Mark Lam)

2022 (Term 2) Teaching Assistant for PSYC 322 Psychology of Aging and Adult Development (Instructor: Dr. Mark Lam)

2021 (Term 2) Teaching Assistant for PSYC 304 Health Psychology (Instructor: Dr. Christiane Hoppmann)

WORKSHOPS

2023 **Contemporary Mixed Methods Research for Behavioral Scientists** at International Congress of Behavioral Medicine 2023

2022-2023 **UBC Psychology Diversity Mentorship Program**

2021 **Modeling and Analyzing the Dynamics of Motivation, Affect, and Social Interaction**, SPSP Summer Psychology Forum (Attendance supported by UBC Psychology Health Area)

2021 **Analysis of Intensive Longitudinal Data: Experience Sampling and Ecological Momentary Assessment**, APA Advanced Training Institute (Attendance supported by UBC Psychology Health Area)

2020 **Growth Modeling: Growth Mixture Models and Nonlinear Models**, Quantitative Psychology Lab at Sogang University

- Attended a weekly workshop to learn advanced models in growth modeling using R and Mplus

2019 **Multilevel Modeling Using R Programming**, Quantitative Psychology Lab at Sogang University

- Attended a weekly workshop to learn multilevel analysis using R

2019 **Intro to R Programming**, Quantitative Psychology Lab at Sogang University

- Attended a weekly workshop to learn basic R language, skills to pre-process complex data sets, and basic statistical analysis

MEMBERSHIPS

- The Gerontological Society of America
- The Society for Personality and Social Psychology

SKILLS

Software	SAS, SPSS, R, Photoshop
Language	Korean (native), English (fluent), Japanese (basic)

REFERENCES

Christiane A. Hoppmann, Phd

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