

Phoebe Hok-Yee Lam

Curriculum Vitae

Northwestern University

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EDUCATION

- 2016 – Northwestern University**
Doctoral student in the Personality, Development, and Health Area
Advisors: Dr. Edith Chen and Dr. Gregory Miller
- 2016 – 2018 Northwestern University**
M.S. in Psychology
Advisor: Dr. Edith Chen
- 2011 – 2013 University of California, Berkeley**
B.A. in Psychology
Graduated with Highest Honors in Psychology Department
Graduated with Highest Distinction in Berkeley General Scholarship
Advisors: Dr. Iris Mauss and Dr. Oliver John
- 2009 – 2011 Ohlone College**
Completion of Intersegmental General Education Transfer Curriculum

AWARDS, FELLOWSHIPS, AND CERTIFICATES

- 2020 – 2023 Ruth L. Kirschstein NRSA Predoctoral Fellowship**
National Heart, Lung, and Blood Institute
- 2018 – 2020 Institute of Policy Research Graduate Assistantship**
Awarded four quarters of funding support annually to Northwestern doctoral student interested in policy research
- 2018 Quantitative Certificate**
Awarded to Northwestern psychology doctoral student in recognition of completing a specific portfolio of quantitative coursework
- 2018 Walter Dill Scott Scholarship**
Awarded summer funding support to Northwestern doctoral student
- 2018 Florence Sales Teaching Assistant of the Year Award**
Awarded by the Psychology department at Northwestern to one graduate student in recognition of teaching assistant work
- 2017 – 2018 Society, Biology, and Health Cluster Fellowship**
Awarded one-year of funding support to Northwestern doctoral students interested in interdisciplinary research on society, biology, and health
- 2013 Departmental Citation Award**
Awarded by each department to one graduating senior in recognition of distinguished undergraduate work at UC Berkeley
- 2013 Department Commencement Student Speaker**
Psychology department commencement undergraduate student speaker at UC Berkeley
- 2013 Psychology Thesis Highest Honors**
Acknowledged distinguished undergraduate thesis at UC Berkeley
- 2011 – 2013 Dean's Honors List**
Acknowledged the academic achievement of the top 4% of Letters and Science students at UC Berkeley

2011 – 2012 Berkeley Undergraduate Scholarship

Awarded to UC Berkeley students on the basis of academic merit and financial needs

PUBLICATIONS

- Chen, E., **Lam, P.H.**, Finegood, E.D., Turiano, N.A., Mroczek, D.K., & Miller, G.E. (under review). Giving versus Receiving Social Support and All-Cause Mortality in a U.S. National Sample.
- Miller, G.E., Chen, E., Finegood, E.D., **Lam, P.H.**, Weissman-Tsukamoto R., Leigh, A.K.K., Hoffer, L., Brody, G., Parrish, T.B., Nusslock, R. (under review). Resting-State Functional Connectivity of the Central Executive Network Moderates the Relationship Between Neighborhood Violence and Pro-Inflammatory Phenotype in Children.
- Karnilowicz, H.R., Willroth, E.C., **Lam, P.H.**, Ford, B.F., John, O.P., & Mauss, I.B. (under review). Think positive or keep cool? Positive reappraisal improves emotional experiences more than neutral reappraisal in sad contexts.
- Zerwas, F.K., Springstein, T., Karnilowicz, H.R., **Lam, P.H.**, Butler, E.A., John, O.P., & Mauss, I.B. (under review). “I feel you”: Greater linkage between physiological responses and the emotion experience of a friend is associated with greater empathic accuracy.
- Lam, P.H.**, Chiang, J.J., Chen, E., & Miller, G.E. (2020). Race, socioeconomic status, and inflammation across the lifespan: A pooled-analysis of seven studies. *Psychoneuroendocrinology*.
- Vargas, T., Schiffman, J., **Lam, P.H.**, Kim, A., & Mittal, V.A. (2020). Using search engine data to gauge public interest in mental health, politics, and violence in the context of mass shootings. *PLoS One*. 15(8), e0236157.
- Osborne, K.J., Kraus, B., **Lam, P.H.**, Vargas, T., & Mittal, V.A. (2020). Contingent negative variation blunting and psychomotor dysfunction in schizophrenia: A systematic review. *Schizophrenia Bulletin*.
- Chiang, J.J. & **Lam, P.H.** (2020). Commentary: Ecological momentary assessment as a tool for understanding dynamic patterns in child and adolescent health: Some reflections on Russell and Gajos (2020). *Journal of Child Psychology and Psychiatry*.
- Chen, E., Shalowitz, M.U., Story, R.E., Hayen, R., Leigh, A.K.K., Hoffer, L.C., Austin, M.K., **Lam, P.H.**, Brody, G.H., & Miller, G.E. (in press). Divergence of mental and biological/physical health in African American and Hispanic youth with asthma. *Brain, Behavior, and Immunity*.
- Chiang, J.J., Chen, E., Leigh, A.K.K., Hoffer, L.C., **Lam, P.H.** & Miller, G.E. (2019). Familism and inflammatory processes in African-American, Latino, and European-American. *Health Psychology*.
- Ford, B. Q., Feinberg, M., **Lam, P.**, Mauss, I. B., & John, O. P. (2019). Using reappraisal to regulate negative emotion after the 2016 U.S. presidential election: Does emotion regulation trump political action? *Journal of Personality and Social Psychology*.
- Lam, P.H.**, Miller, G.E., Chiang, J.J., Levine, C.S., Le, V., Shalowitz, M.U., Story, R.E. & Chen, E. (2018). One size does not fit all: Links between shift-and-persist on asthma in youth are moderated by perceived family social status and experience of unfair treatment. *Development and Psychopathology*, 30(5), 1699-1714.
- Lam, P.H.**, Levine, C.S., Chiang, J.J., Shalowitz, M.U., Story, R.E., Hayen, R., Sinard, R.N. & Chen, E. (2018). Family obligations and asthma in youth: The moderating role of socioeconomic status. *Health Psychology*, 37(10), 968-978.
- Jones, E.J., **Lam, P.H.**, Hoffer, L.C., Chen, E. & Schreier, H.M.C. (2018). Chronic family stress and adolescent health: The moderating role of emotion regulation. *Psychosomatic Medicine*, 80(8), 764-773.
- Vargas, T., **Lam, P.H.**, Aziz, M., Osborne, K.J., Lieberman, A. & Mittal, V.A. (2018). Childhood trauma and neurocognition in adults with psychotic disorders: A systematic review and meta-analysis. *Schizophrenia Bulletin*.
- Jones, E.J., Chen, E., Levine, C.S., **Lam, P.H.**, Liu, V.Y. & Schreier, H.M.C. (2018). Aspects of the parent-child relationship and parent metabolic outcomes. *Journal of Behavioral Medicine*, 1-13.

Ford, B. Q., * **Lam, P.**,*, John, O., & Mauss, I. B. (2017). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Journal of Personality and Social Psychology*, 115(6), 1075-1092. *Shared first-authorship.

MANUSCRIPTS IN PREP

Lam, P.H., Chen, E., Mroczek, D.K. (in prep). Life Span Perspectives in Health Psychology. *Health Psychology Handbook*.

Lam, P.H., Ford, B.Q., Mauss, I.B., & John, O.P. (in prep). Using reappraisal to decrease negative emotion or increase positive emotion: Unique links with psychological health.

Chiang, J.J., **Lam, P.H.**, Chen, E., & Miller, G.E. (in prep). Psychological stress during childhood and adolescence and its relation with inflammation across the lifespan: A critical review and meta-analysis.

CONFERENCE TALKS & POSTERS

Lam, P.H., Chiang, J.J., Chen, E., & Miller, G.E. (March, 2020). Socioeconomic status and inflammation across the lifespan: A mega-analysis. Oral Paper Presentation. *American Psychosomatic Society*, Long Beach, CA.

Lam, P.H., Chiang, J.J., Schauer, J., Chen, E., & Miller G.E. (March, 2019). Early adversity and tonic measures of inflammation across the lifespan: A meta-analytic review. Conference poster. *American Psychosomatic Society*, Vancouver, Canada.

Chong, A.W., **Lam, P.H.**, Karnilowicz, H.R., Mauss, I.B., & Löckenhoff, C.E. (November, 2018). The Role of Discrimination Learning in Age Differences in Risk-Taking. Symposium talk. *Innovation in Aging*, Boston, MA.

Chong, A.W., **Lam, P.H.**, Karnilowicz, H.R., Mauss, I.B., & Löckenhoff, C.E. (May, 2018). The role of discrimination learning in age differences on the Balloon Analogue Risk Task. Paper presentation. *U.S. – Hong Kong Conference*, Shatin, Hong Kong.

Lam, P.H., Levine, C.S., Shalowitz, M.U., Story, R.E., Austin, M.K., Hayen, R., Sinard, R.N. & Chen, E. (March, 2018). Family obligation and asthma in youth: The moderating role of socioeconomic status. Data blitz talk. *American Psychosomatic Society*, Louisville, KY.

Lam, P.H., Levine, C.S., Shalowitz, M.U., Story, R.E., Austin, M.K., Hayen, R., Sinard, R.N. & Chen, E. (March, 2018). Family obligation and asthma in youth: The moderating role of socioeconomic status. Conference poster. *American Psychosomatic Society*, Louisville, KY.

Jones, E.J., **Lam, P.H.**, Hoffer, L.C., Chen, E. & Schreier, H.M.C. (March, 2018). Chronic family stress and adolescent health: The moderating role of emotion regulation. Conference poster. *American Psychosomatic Society*, Louisville, KY.

Ehrlich, K. B., Miller, G. E., Shalowitz, M., Story, R., Levine, C., **Lam, P. H.**, Austin, M., & Chen, E. (March, 2018). Secure base representations in children with asthma: Links with symptoms, family asthma management, and cytokine regulation. In J. R. O'Brien (Chair), *The Impact of Parent-Child Relationships on Child Inflammation*. *American Psychosomatic Society*, Louisville, KY.

Ehrlich, K. B., Miller, G. E., Shalowitz, M., Story, R., Levine, C., Austin, M., **Lam, P. H.**, Corallo, K., Lyle, S., & Chen, E. (March, 2018). Loneliness in children with asthma: Links with symptoms, family asthma management, and cytokine regulation. Paper presentation. *American Psychosomatic Society*, Louisville, KY.

Ford, B. Q., Feinberg, M., **Lam, P.H.**, Mauss, I. B., & John, O. P. (February, 2018). Using reappraisal to regulate negative emotion after the 2016 U.S. presidential election: Does individual emotion regulation trump collective political action? Symposium talk. *Society for Personality and Social Psychology*, Atlanta, GA.

Lam, P.H., Levine, C.S., Chiang, J.J., Shalowitz, M.U., Story, R.E., Austin, M.K., Hayen, R., Sinard, R.N. & Chen, E. (October, 2017). Family Obligation and Asthma in Youth: The Moderating Role of Socioeconomic Status. Data blitz talk. *Social Relationships across the Life Span*, Evanston, IL.

- Manczak, E., Austin, M., **Lam, P.**, & Chen, E. (October, 2017). “Parental depressive symptoms potentiate the effect of youth negative mood symptoms on gene expression in children with asthma.” Poster accepted for presentation at the special topic meeting of the American Psychosomatic Society, Berkley, CA.
- Ford, B. Q., **Lam, P.H.**, John, O.P., & Mauss, I. B. (April, 2017). The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence. *Society for Affective Science*, Boston, MA.
- Lam, P.H.**, Ford, B. Q., John, O. P., & Mauss, I. B. (January, 2016). Emotional acceptance longitudinally predicts better well-being: The role of emotional responses to daily stressors. *The Society for Personality and Social Psychology Conference—Emotion Preconference*, San Diego, CA.
- Lam, P.H.**, Ford, B. Q., Anderson, C. L., & Mauss, I. B. (February, 2014). Affective correlates of emotion goal pursuit: pursuing happiness vs. accepting one’s emotions. Data blitz talk. *Society for Personality and Social Psychology—Emotion Preconference*, Austin, TX.

RESEARCH EXPERIENCE

Foundations of Health Research Center - Evanston, IL

2016 - Present

Principal Investigators: Dr. Edith Chen & Dr. Greg Miller

- Help with designing study protocols, data collection, and data analyses
- Preparing and isolating monocytes and hematopoietic stem cells for extraction of ribonucleic acid (RNA) and determination of gene expression profile
- Preparing for in-vitro measurement of pro-inflammatory cytokine production in response to microbial challenge
- Determining monocyte subpopulations and endothelial micro-particle concentration via flow cytometry
- Performing quality assurance on structural Magnetic Resonance Imaging (MRI) data

Emotion and Emotion Regulation Lab- Berkeley, CA

2012 - 2016

Principal Investigator: Dr. Iris Mauss

Berkeley Personality Lab- Berkeley, CA

Principal Investigator: Dr. Oliver John

- Designing and implementing protocols, administering extensive pilot tests, and analyzing study data
- Data collection with various methods that include self-reports, peer-reports, diary measures, behavioral measures (facial and behavioral coding), autonomic psychophysiological measures (electrocardiography, impedance cardiography, blood pressure, pulse plethysmography, respiration, skin conductance, and skin temperature), and biological measures (glucose, cholesterol profiles, telomere length, and single nucleotide polymorphism)
- Other responsibilities include writing IRB protocols, training and supervising research assistants, recruiting participants diverse in age and ethnicity, administering phone screening interviews, creating and maintaining lab and study websites, and troubleshooting physiological equipment and software

TEACHING EXPERIENCE

Winter 2017	Statistical Methods – Teaching Assistant
Spring 2017	Research Methods – Teaching Assistant
Fall 2018	Research Methods – Teaching Assistant
Winter 2018	Research Methods – Teaching Assistant and Guest Lecturer
Fall 2019	Statistical Methods – Teaching Assistant

REVIEW

Ad Hoc Review for

- JAMA Pediatrics (with advisor Dr. Chen)
- Pediatrics (with advisors Drs. Miller & Chen)
- Psychological Science (with advisor Dr. Chen)
- Brain, Behavior and Immunity (with advisor Dr. Chen)
- Annals of Behavioral Medicine (with advisor Dr. Chen)
- Health Psychology (with advisor Dr. Miller)
- Psychosomatic Medicine (with advisor Dr. Chen)
- Developmental Psychobiology (with mentor Dr. Jessica Chiang)
- Social and Personality Psychology Compass
- Journal of Racial and Ethnic Health Disparities
- Cogent Psychology

PROFESSIONAL SKILLS

- **R, SPSS, MPlus, Stata** - data analysis software
- **Qualtrics** - online data collection software
- **E-Prime** - laboratory task data collection software
- **Mindware** - psychophysiological data collection software
- **Anslab** - psychophysiological data analysis software
- **Basic phlebotomy** – venipuncture and capillary puncture