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## Curriculum Vitae

ANTHONY H. AHRENS  
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### Education

Ph.D., Psychology, 1986, Stanford University  
B.A., Psychology, Mathematical Methods in the Social Sciences, 1981, Northwestern University

### Professional Experience

1993-present Associate Professor, Department of Psychology, American University  
(Department Chair, 1996-2000)  
1987-1993 Assistant Professor, Department of Psychology, American University  
1986-1987 Postdoctoral Scholar, Department of Psychology, University of Wisconsin

### Honors and Awards

National Science Foundation Graduate Fellowship, Stanford University, 1982-1985  
National Institutes of Health Individual Research Service Award, 1986-1987  
American University Research Grant, College of Arts and Sciences, 1987-1988  
National Institute of Mental Health, R03 MH47003-02 "Mood, Recall, and Changes in Attributional Style." (PI) 1992-1995  
American University Mellon Grant, College of Arts and Sciences, 1995, 2005  
National Cancer Institute, 5 R21 CA91829-02 "Applying Self-Regulatory Focus Theory to Cigarette Smoking Cessation," Co-Investigator (David Haaga, PI) 2002-2004  
American University, University Faculty Award for Outstanding Service to the University Community, 2007  
American University, Associate Professor Opportunity, 2007-  
Outstanding Reviewer Award, *Journal of Happiness Studies*, 2009

## Refereed Publications

- Ahrens, A. H. (1987). Theories of depression: The role of goals and the self-evaluation process. *Cognitive Therapy and Research, 11*, 665-680.
- Alloy, L. B., & Ahrens, A. H. (1987). Depression and pessimism for the future: Biased use of statistically relevant information in predictions for self versus others. *Journal of Personality and Social Psychology, 52*, 366-378.
- Ahrens, A. H., Zeiss, A. M., & Kanfer, R. (1988). Depressive deficits in interpersonal standards, self-efficacy, and social comparison. *Cognitive Therapy and Research, 12*, 53-67.
- Ahrens, A. H., & Abramson, L. Y. (1991). Changes in personal standards and dysphoria: A longitudinal approach. *Cognitive Therapy and Research, 15*, 47-68.
- Ahrens, A. H. (1991). Dysphoria and social comparison: Combining information regarding others' performances. *Journal of Social and Clinical Psychology, 10*, 190-205.
- Wiseman, C.V., Gray, J.J., Mosimann, J.E., & Ahrens, A.H. (1992). Cultural expectations of thinness in women: An update. *International Journal of Eating Disorders, 11*, 85-89.
- Dixon, J. F. & Ahrens, A. H. (1992). Stress and attributional style as predictors of self-reported depression in children. *Cognitive Therapy and Research, 16*, 623-634.
- Ahrens, A. H., & Haaga, D. A. F. (1993). The specificity of attributional style and expectations to positive and negative affectivity, depression, and anxiety. *Cognitive Therapy and Research, 17*, 83-98.
- Haaga, D. A. F., McDermut, W., & Ahrens, A. H. (1993). Discriminant validity of the Inventory to Diagnose Depression. *Journal of Personality Assessment, 60*, 285-289.
- Perez-Bouchard, L., Johnson, J. L., & Ahrens, A. H. (1993). Attributional style in children of substance abusers. *American Journal of Drug and Alcohol Abuse, 19*, 475-489.
- Edelman, R. E., Ahrens, A. H., & Haaga, D. A. F. (1994). Inferences about the self, attributions, and overgeneralization as predictors of recovery from dysphoria. *Cognitive Therapy and Research, 18*, 551-566.
- Haaga, D. A. F., Ahrens, A. H., Schulman, P., Seligman, M. E. P., DeRubeis, R. J., & Minarik, M. (1995). Metatraits and cognitive assessment: Application to attributional style and depressive symptoms. *Cognitive Therapy and Research, 19*, 121-142.

- Cook, J. M., Ahrens, A. H., & Pearson, J. L. (1995). Attributions and depression in Alzheimer's Disease caregivers. *Journal of Clinical Geropsychology, 1*, 119-132.
- Drexler, L. P., Ahrens, A. H., & Haaga, D. A. F. (1995). The affective consequences of self-handicapping. *Journal of Social Behavior and Personality, 10*, 861-870.
- Minarik, M. L. , & Ahrens, A. H. (1996). Relations of eating behavior, depressive symptoms, and anxiety to the dimensions of perfectionism. *Cognitive Therapy and Research, 20*, 157-171.
- Cook, J. M., Ahrens, A. H., & Pearson, J. (1996). Hopelessness: A mediator or moderator of depression in Alzheimer Disease caregivers? *Journal of Mental Health and Aging, 2*, 5-16.
- Williams, K. E., Chambless, D. L., & Ahrens, A. H. (1997). Are emotions frightening? An extension of the fear of fear construct. *Behavior Research and Therapy, 35*, 239-248.
- Cook, J. M., Pearson, J., & Ahrens, A. H. (1997). General and specific events and depressive symptoms in Alzheimer's Disease caregivers. *American Journal of Alzheimer's Disease, 12*, 32-34.
- Berg, C. Z., Shapiro, N., Chambless, D. L., & Ahrens, A. H. (1998). Are emotions frightening? II: An analogue study of fear of emotion, interpersonal conflict, and panic onset. *Behavior Research and Therapy, 36*, 3-15.
- Chamberlain, J. M., Haaga, D. A. F., Thorndike, F. P., & Ahrens, A. H. (2004). Metatraits and assessment of attributional style. *Journal of Psychology: Interdisciplinary and Applied, 138*, 521-531.
- Sypeck, M. F., Gray, J. J., & Ahrens, A. H. (2004). No longer just a pretty face: Fashion magazines' depictions of ideal female beauty from 1959-1999. *International Journal of Eating Disorders, 36*, 342-347.
- Sypeck, M. F., Gray, J. J., Etu, S. F., Ahrens, A. H., Mosiman, J. E., & Wiseman, C. V., (2006). Cultural representations of thinness in women, redux: Playboy magazine's depiction of women from 1979 to 1999. *Body Image, 3*, 229-235.
- Friedman-Wheeler, D. G., Ahrens, A. H., Haaga, D. A. F., McIntosh, E., & Thorndike, F. P. (2007). Depressive symptoms, depression proneness, and outcome expectancies for cigarette smoking. *Cognitive Therapy and Research, 31*, 547-557.
- Friedman-Wheeler, D. G., Haaga, D. A. F., Gunthert, K. C., Ahrens, A. H., & McIntosh, E. (2008). Depression, neuroticism and expectancies for engagement and disengagement coping among cigarette smokers. *Cognitive Therapy and Research, 32*, 105-115.

Haaga, D. A. F., Friedman-Wheeler, D. G., McIntosh, E., & Ahrens, A. H. (2008). Assessment of individual differences in regulatory focus among cigarette smokers. *Journal of Psychopathology and Behavioral Assessment, 30*, 220-228.

Friedman-Wheeler, D. G., Rizzo-Busack, H., McIntosh, E., Ahrens, A. H., & Haaga, D. A. F. (in press). Manipulating regulatory focus in cigarette smokers. *Addictive Behaviors*.

Bretz, A. A., Ahrens, A. H., Tull, M. T., & Gratz, K. L. (Under review). Implicit theories of emotion and fear of emotion: The moderating role of nonjudgmental acceptance.

McIntosh, M., & Ahrens, A. H. (Under review). The roles of empathy and mindfulness in gratitude induction.

Smith, M., & Ahrens, A. H. (Under revision). Mindfulness and college adjustment among foster care alumni: The mediating relationship of social support.

#### Invited Publications and Papers

Haaga, D. A. F., & Ahrens, A. H. (1992). A disagreement about the benefits of agreement-seeking. *Psychological Inquiry, 3*, 244-247.

#### Book Chapters

Ahrens, A. H., & Alloy, L. B. (1997). Social comparison processes in depression. In B. Buunk & R. Gibbons (Eds.), *Health, coping, and well-being: Perspectives from social comparison theory*. (pp. 389-410). Mahwah, NJ: Lawrence Erlbaum.

#### Refereed Professional Presentations

Ahrens, A. H., & Zeiss, A. M. Judgments of control: Multiple measures. Presented at the Western Psychological Association convention, San Francisco, CA, April, 1983.

Alloy, L. B., Ahrens, A. H., & Kayne, N. Depression, causal schemata, and predictions for self and others. Presented at Psychonomics Society convention, San Antonio, Texas, November, 1984.

Ahrens, A. H., & Zeiss, A. M. Depressive deficits in interpersonal standards, self-efficacy, and social comparison. Presented at the Western Psychological Association convention, San Jose, CA, April, 1985.

Ahrens, A. H. Use of social comparison information in mild depression. Presented at the Midwestern Psychological Association convention, Chicago, IL, May, 1987.

Ahrens, A. H., & Abramson, L.Y. Changes in personal standards and dysphoria: A longitudinal approach. Presented at the Midwestern Psychological Association convention, Chicago, IL, April, 1988.

- Alloy, L. B., Ahrens, A. H., & Albright, J. S. Depression and self-prediction: The role of attributional style and comparison others. Presented at the Eastern Psychological Association convention, Buffalo, NY, April, 1988.
- Ahrens, A. H., & Abramson, L. Y. A longitudinal approach to changes in standards and dysphoria. Presented at the Eastern Psychological Association convention, Boston, MA, April, 1989.
- Perez-Bouchard, L., Johnson, J., & Ahrens, A. H. Attributional style in children of substance abusers. Presented at the Midwestern Psychological Association convention, Chicago, IL, May, 1991.
- Dixon, J. F., & Ahrens, A. H. Attributions, stress, and depression in children. Presented at the Midwestern Psychological Association, Chicago, IL, May, 1991.
- Kronheim, S., & Ahrens, A. H. Individual and group differences in minority influence. Presented at the American Psychological Society Convention, Washington, DC, June, 1991.
- Dixon, J. F., & Ahrens, A. H. Vulnerability factors in self-reported childhood depression: A test of hopelessness theory. Presented at the American Psychological Association convention, San Francisco, CA, August, 1991.
- Ahrens, A. H., & Haaga, D. A. F. Specificity of attributions to depression, anxiety, and positive and negative affect. Presented at the Midwestern Psychological Association convention, Chicago, IL, May, 1992.
- Minarik, M. L., & Ahrens, A. H. Personal standards, symptoms of depression, positive affect, and negative affect. Presented at the Eastern Psychological Association convention, Arlington, VA, April, 1993.
- Ahrens, A. H., Pury, C., Edwards, A., & Abramson, L. Y. Effects of thought on the attributional style of those high and low in depression symptoms. Presented at the Midwestern Psychological Association convention, Chicago, IL, May, 1994.
- Cook, J. M., Pearson, J. L., & Ahrens, A. H. Hopelessness as a predictor of depressive symptomatology in Alzheimer Disease Caregivers. Presented at the Gerontological Society of America convention, Atlanta, GA, November, 1994.
- Ahrens, A. H., Pury, C., Edwards, A., & Abramson, L. Y. Effects of recall on the attributional style of mildly depressed and nondepressed individuals. Presented at the Association for the Advancement of Behavior Therapy convention, Washington, DC, November, 1995.

- Smith, R. & Ahrens, A. H. Experiencing negative affect: The role of self-discrepancies and linking goal attainment to happiness. Presented at the Eastern Psychological Association convention, Washington, DC, April 1997.
- Parker, S., Ahrens, A. H., Davis, A., Goewey, S., Thompson, T. H., & Walbolt, L. The American University's M.A. program in psychology: Who and what is it for? Graduate Education Symposium presented at the Eastern Psychological Association convention, Washington, DC, April 1997.
- Ahrens, A. H. (Discussant). Self-regulation, affect, and depression. Symposium presented at the American Psychological Association convention, Chicago, IL, August, 1997.
- Schmerl, L., Ahrens, A. H., & Walco, G. Attachment style and illusions of vulnerability in survivors of pediatric cancer. Presented at the Society for Personality and Social Psychology convention, Nashville, TN, February 2000.
- Wesch, S. L., & Ahrens, A. H. Moderators of the perfectionism-depression connection: When is it bad to want to be good? Presented at the Society for Personality and Social Psychology convention, Savannah, GA, February 2002.
- Story, A. & Ahrens, A. H. Approach and avoidance motivation and perceptions of health risks. Presented at the Society for Personality and Social Psychology convention, Los Angeles, CA, February 2003.
- Ahrens, A. H., McIntosh, E., & Joseph, N. Gratitude blends, gratitude levels, and narcissism. Presented at the Society for Personality and Social Psychology convention, Los Angeles, CA, February 2003.
- Ahrens, A. H., Sexton, J., Armellino, V., Kane, J. Q., & DeBoard, R. L. The relation of fear of emotion to self-concordance. Presented at the Eastern Psychological Association convention, Baltimore, MD, March 2003.
- Story, A. & Ahrens, A. H. Avoidance motivation and health optimism: Roles of defensiveness and action. Presented at the Society for Personality and Social Psychology convention, Austin, TX, January 2004.
- DeBoard, R. & Ahrens, A. H. Can body-scan mindfulness meditation decrease the enhancement effect associated with thought suppression? Presented at the Eastern Psychological Association convention, Washington, DC, April 2004.
- Gurel, O., & Ahrens, A. H. The role of relational-interdependent self-construal in the link between motivational goals and affect. Presented at the Second European Conference on Positive Psychology, Verbania, Italy, July 2004.

Ahrens, A. H., Kyrimis, M., & Gunthert, K. C. Fear of emotion and affective reactivity to daily stress. Presented at the Association for the Advancement of Behavior Therapy convention, New Orleans, LA, November 2004.

Friedman-Wheeler, D. G., Werner, K. E., Jefferson, A., Haaga, D. A. F., Ahrens, A. H., & McIntosh, E. Depression and expectancies for the effectiveness of specific negative affect regulation strategies among cigarette smokers. Presented at the Association for the Advancement of Behavior Therapy convention, New Orleans, LA, November 2004.

Gurel, O. & Ahrens, A. H. Fear of emotion and perception of emotions in sad, angry, and happy faces. Presented at the Association for the Advancement of Behavior Therapy convention, Washington, DC, November 2005.

Kyrimis, M., Ahrens, A. H., & Baldassari, J. An examination of the relationships among mindfulness, emotional acceptance, self-compassion, forgiveness, and self-judgment. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2006.

Gurel, O., & Ahrens, A. H. Gratitude and interdependence of self-construal. Presented at the Society for Personality and Social Psychology convention, Memphis, TN, January 2007.

McIntosh, E., & Ahrens, A. H. Empathy moderates the effects of gratitude inductions. Presented at the Society for Personality and Social Psychology convention, Memphis, TN, January 2007.

McIntosh, E., Ahrens, A. H., Friedman-Wheeler, D. G., & Haaga, D. A. Impact of manipulating regulatory focus on memory for approach and avoidance strategies in smokers. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2007.

Breetz, A. A., Ahrens, A. H., Tull, M., & Gratz, K. The moderating role of nonjudgmental acceptance in the relationship between implicit theories of emotion and fear of emotion. Presented at the Association for Behavioral and Cognitive Therapies convention, Orlando, FL, November 2008.

Friedman-Wheeler, D. G., Haaga, D. A. F., McIntosh, E., Ahrens, A. H. Assessment of individual differences in regulatory focus among cigarette smokers. Presented at the Western Psychological Association convention, Portland, OR, April 2009.

Tate, A. C., Gray, J. J., & Ahrens, A. H. Psychologists' judgments of preadolescent clients: Gender and body weight comparisons. Presented at the American Psychological Association convention, Toronto, Canada, August 2009.

Ahrens, A. H., & McIntosh, E. Distinguishing our pleasures: People vary in their differentiation of positive emotions. Presented at the Society for Personality and Social Psychology convention, Las Vegas, NV, January 2010.

Ahrens, A. H., & McIntosh, E. Individual differences in the differentiation of positive emotion. Presented at the Association for Psychological Science convention, Boston, MA, May 2010.

#### Invited Professional Presentations

Ahrens, A. H. Self-evaluation and negative affect. Presented to the Department of Psychology, University of Maryland, College Park, April, 1988.

Ahrens, A. H., & Abramson, L. Y. Changes in personal standards and dysphoria. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, May, 1991.

Ahrens, A. H. Specificity of thoughts to positive and negative affect, depression, and anxiety. Presented at the International Conference on Affect and Cognition (Nags Head Conference), Highland Beach, FL, June, 1992.

Ahrens, A. H. The relation of mood and thoughts to the depression-attribution relationship. Presented at the International Conference on Affect and Cognition (Nags Head Conference), Highland Beach, FL, May 1994.

Ahrens, A. H. Adventures in depression research. Presented to the Department of Psychology, University of Maryland, College Park, April, 1995.

Ahrens, A. H. Linking, depression, and perfectionism. Presented at the International Conference on Affect and Cognition (Nags Head Conference), Highland Beach, FL, May 1996.

Ahrens, A. H. On the relationship(s) between depression and standard setting. Invited colloquium, Shippensburg University, February 1997.

Ahrens, A. H. Self-worth contingency, personal standards, and depressive symptoms. Invited paper, Eastern Psychological Association convention, Washington, DC, April 1997.

Ahrens, A. H. Self-evaluation and affect. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, June 1997.

Ahrens, A. H. Linking, self-discrepancies, and death. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, June 1998.

Ahrens, A. H. Linking, self-worth contingency, and mindfulness. Presented at the International Conference on Affect and Cognition (Nags Head Conference). Highland Beach, FL, May 1999.

Ahrens, A. H. Social psychological views on the effects of meditation on depression. Presented at the International Conference on Research Opportunities with the Art of Living Foundation. Highland Beach, FL, November 1999.

Ahrens, A. H. Linking, fear of emotion, gratitude, and wonder. Presented at the International Conference on Positive Psychologies (Nags Head Conference). Highland Beach, FL, June 2000.

Ahrens, A. H. Gratitude and fear of emotion. Presented at the Conference on Emotion and Judgment in Persons and Groups (Nags Head Conference). Highland Beach, FL, May 2003.

#### Teaching Experience (all at American University)

Introductory Survey of Psychology  
Psychology: Understanding Human Behavior  
Social Psychology  
Social Psychological Approaches to Clinical Psychology  
Judgment and Decision Making  
Positive Psychology/Psychology of Happiness (Honors Colloquium)  
Advanced Social Psychology

#### Supervision of Theses and Dissertations (Completed): 1987-2010

Ph.D. Chair: 18, Committee Member: 30  
M.A. Chair: 20, Committee Member: 27

#### Service Activity

##### Professional Service

##### Grant Reviews

Special Emphasis Grant Application Panel Member, NIH Center for Scientific Review, 2002  
Grant Application Panel Member, NIMH, Minority Research Infrastructure Support Programs (R24), 2003  
Temporary Member, Adult Psychopathology and Disorders of Aging Study Section, NIH, 2005  
Temporary Member, Adult Psychopathology and Disorders of Aging Study Section, NIH, 2006  
Review for Michael Smith Foundation for Health Research, 2007, 2008  
Reviewer for NIH Challenge Grant program, 2009  
Reviewer for NSF, 2010

### Editorial Service

Member of the Editorial Board for:

*Personality and Social Psychology Bulletin*, 1992-1994

*Cognitive Therapy and Research*, 1993-1996

*Journal of Happiness Studies*, 2008-

Occasional Reviewer for:

*Behavior Therapy*

*Cognition and Emotion*

*Cognitive Therapy and Research*

*European Journal of Social Psychology*

*Holocaust and Genocide Studies*

*International Journal of Testing*

*Journal of Abnormal Psychology*

*Journal of Consulting and Clinical Psychology*

*Journal of Happiness Studies*

*Journal of Personality and Social Psychology*

*Journal of Research in Personality*

*Journal of Social and Clinical Psychology*

*Personality and Social Psychology Bulletin*

*Psychology of Aging*

*Psychological Science*

*Social Cognition*

*Social Indicators Research*

### Other Professional Service

Guest of Honor, Georgetown University Honors Student Poster Session, 2009

### American University and College of Arts and Sciences Service

Board of Trustees, Member, 2006-2007

Board of Trustees, Trusteeship Committee, 2006-2007

Board of Trustees, Faculty Representative 2005-2006

Faculty Senate, at-large representative 2002-2007 (Vice Chair 2004-2005; Chair 2005-2006; Past Chair 2006-2007)

Faculty Senate Ad Hoc Committee on Governance (Co-Chair) 2005-2006

University Senate, Member 1997-2002

University Senate Nominations Committee, 2001

University Senate Committee on Undergraduate Admissions, Scholarships, and Financial Aid, Chair, 2000-2001

University Senate Executive Committee, 1998

University Senate Graduate Studies Committee, 1997-2001

University Senate Physical Plant Committee, 1988-1990

Search Committee, Provost, 2007-2008

Search Committee, Dean, College of Arts and Sciences, 2008-2009

Search Committee, Athletic Director, 2006-2007

Search Committee for Serials Librarian, 1996  
University Budget Committee 2006-2007  
Middle States Review Steering Committee, 2002-2004  
Middle States Review Faculty Task Force, co-chair 2002-2004  
Middle States Periodic Review Committee, member 2009  
University Council, 2002-2004, 2005-2006  
Faculty Advisory Committee for Athletics, member 2007  
Workshop on Freshman Seminars for University College, discussion leader 2004  
University Sexual Harassment Planning Committee, 1999-2000  
University Chair's Group, Executive Committee, 1997-2000  
University Enrollment Planning Committee, 1994  
Faculty Mentor, 1998, 1999  
CAS Educational Planning Committee, Curriculum Committee, 2002  
CAS Educational Planning Committee, Steering Committee, 1996, 2009-present  
CAS Educational Planning Committee, 1988-1989, 2006-2007, 2009-present  
Dean's Advisory Group on Administrative Course Releases, 1999-2000  
Dean's Committee on Strategic Planning, 1996  
Ann Ferren Teaching Conference, presentation on mid-semester slumps, 2009  
Panelist, "The Role of the Board of Trustees in University Governance," Southeast Asian Ministers of Education Organization Delegation visit to American U., April 2008  
CAS Mellon Colloquium, presentation on Happiness, May 2007  
Ann Ferren Teaching Conference, presentation on undergraduate research, 2003  
Panelist, "Liberal Arts in a World of Specialization" for Partnership Day, June 1997  
Advisor to Women's Volleyball Team, 1991-present  
Guest Coach for Women's Basketball Team, 2007, 2008  
Faculty Advisor, American Circus Club, 2006-2007  
Faculty Advisor, Women's Softball Club, 2005  
Faculty Advisor, Catholic Choir and Ensemble, 2004-present  
Faculty Advisor, Catholic Student Association, 1998-2002, 2004-present  
Mock Interviewer for Truman Award Finalists, 2009, 2010  
Faculty-Staff Campaign Committee 2009-present  
McNair Scholar Committee, 2000  
University Premedical Advising Committee, 1989-1991  
Fulbright Committee, 1990-93

Departmental Service:

Department Chair, 1996-2000  
Executive Committee, 2000-2001, 2006-2007, 2008  
Merit Pay Committee, 1993-94, 2002, 2003, 2004, 2009, 2010 (Chair, 2002-2004)  
Graduate Curriculum Committee, 1990-1994 (Chair, 1992-1994), 2004- 2005 (Chair)  
Rank and Tenure Committee, 1987-1990, 1991-1992, 1993-1994, 2000-2001, 2002-present  
Undergraduate Curriculum Committee, 1987-1988  
Human Subjects Committee, 1987-1991 (co-chair, 1988-1989)  
Ad hoc Committee on Four-Course Load, 2007

Social/Cognitive/Developmental Tenure-track Faculty Search Committee 2005-2006  
Clinical Tenure-track Faculty Search Committee, 1988-89, 1994-95, 1995-96, 2001-02  
Cognitive Tenure-track Faculty Search Committee, 1987-1988  
Temporary Faculty Search Committees, 1988, 1990, 1994  
Freshman Advisor, 1988-1993, 1995-1996  
Major Advisor, 1988-present

Membership

American Psychological Association  
Association for Behavioral and Cognitive Therapies  
Association for Psychological Science  
Society for Personality and Social Psychology