

# Saeideh (Saida) Heshmati

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## Education

- Post-Doctoral Fellowship** – Pennsylvania State University | State College, PA 2018  
Edna Bennett Pierce Prevention Research Center  
Topic: *Mobile-Health Interventions Fostering Well-Being & Love in Youth*
- Post-Doctoral Fellowship** – Pennsylvania State University | State College, PA 2017  
Quantitative Developmental Systems Methodology Core  
Topic: *Dynamical Systems Modeling & Bayesian Cognitive Psychometric Analysis*
- Ph.D.** – Educational Psychology, University of Arizona | Tucson, AZ 2015  
Minor in Cognitive Psychology  
Dissertation Topic: *Observational Assessment of Attributional Feedback in Real-time Classrooms*
- M.A.** – Educational Psychology, University of Arizona | Tucson, AZ 2011  
Thesis Topic: *Understanding Causal Attributions Through Reinforcement Schedules*
- B.A.** – English Literature, Ferdowsi University | Mashhad, Iran 2008

## Professional Employment

- Assistant Professor (tenure-track) 2019 — Present  
Positive Developmental Psychology, Claremont Graduate University
- Visiting Research Scholar 2022  
Translational Psychology, Philipps-University Marburg—Germany
- Adjunct Faculty 2018  
Education & Human Development, George Mason University
- Postdoctoral Research Associate 2017 — 2018  
Prevention Research Center, Pennsylvania State University
- Postdoctoral Research Scholar 2015 — 2017  
Health & Human Development, Pennsylvania State University
- Graduate Research Associate 2012 — 2015  
Educational Psychology, University of Arizona

Graduate Teaching Assistant Cognitive Psychology, University of Arizona	2014
Visiting Research Scholar Clinical Psychology, University of California, Berkeley	2013
Graduate Research & Teaching Assistant Educational Psychology, University of Arizona	2009 — 2011
English as a Second Language Teacher Iran Language Institute, Iran	2008 — 2009

## Grants & External Funding

Principal Investigator (with PI Stacey Doan), <i>“Emotional Synchrony in Family Dynamics, Stress Diffusion, and Adolescent Well-Being: A Dynamic Network Analysis Approach,”</i> in preparation for the National Institute of Health (NIH).	In Preparation
Co-Investigator (with NPI & Co-PIs Felix Cheung, Anna Heath, Michael Luit), <i>“Developing Algorithms &amp; Statistical Analysis Techniques for Adaptive Experimentation,”</i> to Catalyst Grant Application at University of Toronto.	Invited for Full Proposal
Principal Investigator (with Co-I Stacey Doan), <i>“Network Dynamics of Family Emotions: A Systems-Level Approach to Adolescent Well-being”</i> BLAIS Challenge Award (\$25,000).	Accepted
Co-Principal Investigator (with PI Pandelis Perakakis), <i>“Beyond Positive and Negative: Uncovering Bistability in Affect Dynamics and their Impact on Well-Being and Mental Health,”</i> submitted to The Spanish Ministry of Science, (€33,000).	Accepted
Principal Investigator (with Co-PI Marcus Rodriguez), <i>“Optimizing Daily Mindfulness Interventions Using Peer Support to Increase Well-Being in First-Year Students”</i> , BLAIS Challenge Award, (\$24,000)	2019—2022
Co-Principal Investigator (with PI Stewart Donaldson & Co-PI Robert Klitgaard), <i>“The Science of Human Flourishing &amp; Social Justice,”</i> Donor gift by Mashi Rahmani, (\$60,000)	2019—2022
Principal Investigator (with Co-PIs Samir Chatterjee & Jessica Clague DeHart), <i>“Identifying At-Risk Informal Cancer Caregivers Using a Mobile Application and Wearable Health Device: An Ecological Momentary Assessment Study”</i> , Fletcher Jones Foundation Research Award, (\$8,000)	2019—2021

Postdoctoral Investigator (with PI Zita Oravecz, Joachim Vandekerckhove, & William Batchelder), *“A Formal Modeling Framework for the Dynamics of Subjective Well-Being, Including Satisfaction with Interpersonal Relationships”* January 2014 to March 2017, (\$483000) 2014—2017

## Professional Awards & Honors

<b>IPPA Early Career Researcher Award</b>	2023
Early career researcher award for significant contributions to the advancement of knowledge in positive psychology	
<b>European Loewe Foundation Scholarship Award</b>	2022
Awarded 25000 dollars to conduct research on translational psychology In collaboration with Dr. Stefan Hofmann at Philipps University at Marburg	
<b>Recognized as Top Author for the Journal of Social and Personal Relationships</b>	2020
Top downloaded article in 2019, (3946 downloads) Acknowledged for excellence in research and contribution to the journal	
<b>Recognized as Top Author for the Journal of Social and Personal Relationships</b>	2019
Top downloaded article in 2018, (1993 downloads)	
<b>Mind &amp; Life Summer Research Institute New Investigator</b>	2019
<b>Adjunct Faculty Self-Study Collaborative</b> , George Mason University	2018
Selected for a one-year, transdisciplinary, and collaborative self-study to enhance teaching strategies and goals.	
<b>Templeton Foundation Travel Award</b>	2017
<b>Templeton Foundation Travel Award</b>	2016
<b>Greater Good Science Center Postdoctoral Fellowship Finalist</b> , UC Berkeley	2015
One of the 14 finalists out of hundreds of applicants for expanding the science of gratitude	
<b>Travel Grant awarded by College of Education</b> , University of Arizona	2011
<b>CMES Outreach Scholarship for Middle Eastern Students</b> , University of Arizona	2010—2011
<b>Travel Grant awarded by Institute of Education Sciences</b> , University of Arizona	2010
<b>Honors Student in Iran Undergraduate Entrance Exam</b> , Ferdowsi University	2004
Ranked 23 <sup>rd</sup> among 10,000 competitors	

## Publications

\* indicates student and postdoctoral collaborators

### Peer-Reviewed Journal Articles

- Heshmati, S.**, Muth, C., Roeser, R. W., Smyth, J., Jamalabadi, H., & Oravecz, Z. (2024). Conceptualizing psychological well-being as a dynamic process: Implications for research on mobile health interventions. *Social and Personality Psychology Compass*, 18(1), e12933.
- Heshmati, S.**, Uysal, N. K., \*Kim, S. H., Oravecz, Z., & Donaldson, S. I. (2023). Momentary PERMA: An adapted measurement tool for studying well-being in daily life. *Journal of Happiness Studies*. <https://doi.org/10.31234/osf.io/gs2vd>
- Stocker, J. E., Koppe, G., de Paredes, H. R., **Heshmati, S.**, Hofmann, S. G., Hahn, T., Han van der Maas, J., Waldorp, L., Jamalabadi, H. (2023). Formalizing Psychological Interventions through Network Control Theory. *Scientific Reports*. <https://doi.org/10.1038/s41598-023-40648-x>
- \*Giesemann, X., **Heshmati, S.**, Clague DeHart, J. (2023). The cancer patient and caregiver relationship: A developmental approach to examining well-being in the context of cancer caregiving. *Journal of Clinical and Developmental Psychology*.
- \*Villamil, A., & **Heshmati, S.** (2023). Engaging in the good with technology: A framework for examining positive technology use. Invited for the special issue “*The Good Side of Technology: How We Can Harness the Positive Potential of Digital Technology to Maximize Well-being*” in *Frontiers in Psychology*, 14:1175740. doi: 10.3389/fpsyg.2023.1175740
- \*Merritt, S. H., **Heshmati, S.**, Donaldson, S. I., & Oravecz, Z. (2023). Web of well-being: Re-examining PERMA and subjective well-being through networks. *Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2023.2209538>
- Heshmati, S.**, Sbarra, D. A., Benson, L. (2023). Integrating multiple time-scales to advance relationship science [Editorial]. *Journal of Social and Personal Relationships*, 40(4), 1069-1078. <https://doi.org/10.1177/0265407523115>
- Heshmati, S.**, \*DavyRomano, E., \*Chow, C., Doan, S. N., & Reynolds, K. D. (2023). Negative Emotiversity is associated with emotional eating in adolescents: An ecological momentary assessment of dynamic emotional processes in daily life. *Journal of Adolescence*, 95(1), 115-130. <https://doi.org/10.31234/osf.io/5uxf4>
- \*Ellis, O., **Heshmati, S.**, & Oravecz, Z. (In Press). Do emerging adults agree on what makes people feel loved: A Cultural Consensus Theory approach. *Applied Developmental Science*.
- \*Rajaei, A., **Heshmati, S.**, & \*Giesemann, X. (2022). Couples with cancer during COVID-19: Examining the role of mindfulness and spirituality on dyadic cancer-related distress via the Actor-Partner Interdependence Model. *The American Journal of Family Therapy*, 1-19. <https://doi.org/10.1080/01926187.2022.2106460>
- \*Bhattacharya, S., \*Goicoechea, C., **Heshmati, S.**, Carpenter, J., K., Hofmann, S. G. (2022). Efficacy of cognitive behavioral therapy for anxiety-related disorders: A meta-analysis of recent literature. *Current Psychiatry Reports*, 1-12. <https://doi.org/10.1007/s11920-022-01402-8>

- Heshmati, S.**, Brick, T. R., Roeser, R. W., & Oravec, Z. (2022). Assessing psychological well-being in early adulthood: Empirical evidence for the structure of daily well-being via network analysis. *Applied Developmental Science, 26*(2), 207-225. <https://doi.org/10.1080/10888691.2020.1766356>
- Heshmati, S.**, \*Ramdass, J., V., \*Ellis, O., Rombaoa, J., \*Abazari, A., \*Heshmati, H., \*Mansfield, M., E. (2022). Survey Examination of Social Support, Resilience, and Psychological Well-Being during COVID-19: A Developmental and Cross-Cultural Dataset. *Data in Brief, 45*. <https://doi.org/10.1016/j.dib.2022.108735>
- Heshmati, S.**, & Oravec, Z. (2021). I feel loved when other people feel loved: Cultural congruence in beliefs on love in relation to well-being. *Journal of Social and Personal Relationships, 39*(2), 347-371. <https://doi.org/10.1177/02654075211036510>
- Heshmati, S.**, Blackard, M. B., Beckmann, B., & Chipidza, W. (2021). Family relationships and adolescent loneliness: An application of social network analysis in family studies. *Journal of Family Psychology, 35*(2), 182–191. <https://doi.org/10.1037/fam0000660>
- \*Dickens, C. N., Gray, A. L., **Heshmati, S.**, Oravec, Z., & Brick, T. R. (2021). Implications of felt love for sleep quality in daily life. *The American Journal of Psychology, 134*(4), 463-477. <https://doi.org/10.5406/amerjpsyc.134.4.0463>
- Donaldson, S. I., **Heshmati, S.**, \*Lee, J., & \*Donaldson, S. I. (2020). Understanding the building blocks of well-being beyond PERMA and self-report bias. *Journal of Positive Psychology*.
- Oravec, Z., Dirsmith, J., **Heshmati, S.**, Brick, & T. R., Vandekerckove, J. (2020). Psychological well-being and personality traits are associated with experiencing love in everyday life. *Personality and Individual Differences, 153*, 109620. <https://doi.org/10.1016/j.paid.2019.109620>
- Heshmati, S.**, Oravec, Z., Pressman, S., Batchelder, W., \*Muth, C., & Vandekerckove, J. (2019). What does it mean to feel loved: Cultural consensus and individual differences. *Journal of Social and Personal Relationships, 1*-30.
- Heshmati, S.**, Sbarra, D., A., & Mason, A., E (2017). The contemptuous breakup: Facial expressions of emotion and breakups in young adulthood. *Personal Relationships, 36*(1), 214-243.
- Heshmati, S.**, Kersting, N., & Sutton, T. (2016). Opportunities and challenges of implementing instructional games in mathematics classrooms: Examining the quality of teacher-student interactions during the Cover-up and Un-cover games. *International Journal of Science and Mathematics Education, 1*-20.
- Kersting, N. B., Sutton, T., Kalinec-Craig, C., Stoehr, K., J., **Heshmati, S.**, Lozano, G., & Stigler, J., W. (2015). Further exploration of the classroom video analysis (CVA) instrument as a measure of usable knowledge for teaching mathematics: taking a knowledge system perspective. *ZDM Mathematics Education, 1*-13.
- Nadelhaffer, T., **Heshmati, S.**, Kaplan, D., & Nichols, S. (2013). Folk retributivism and the communication confound. *Economics and Philosophy, 29*, 235-261.

### Book Chapters

- Heshmati, S.**, \*Cabreros, E., I., \*Ellis, O., & \*Blackard, M. (2021). Love and friendship across the lifespan. In *Oxford Research Encyclopedia of Psychology*. Oxford University Press. doi: <https://doi.org/10.1093/acrefore/9780190236557.013.746>

**Heshmati, S.,** & Donaldson, S. I. (2020). The science of positive relationships and love. In S. I. Donaldson, M. Csikszentmihalyi, & J. Nakamura (2<sup>nd</sup> ed.), *Positive Psychological Science: Improving everyday life, well-being, work, education, and society*. New York, NY: Routledge Academic.

Donaldson, S. I., **Heshmati, S.,** & \*Donaldson, S. I. (2020). A global perspective on positive psychological science: Insights from recent systematic reviews and meta-analyses. In Kostic, A. (Eds.), *Positive psychology: An international perspective*. London: Wiley.

#### Manuscripts Under Review & in Preparation

\*Rombaoa, J., & **Heshmati, S.** (Under Review). Mapping the history, anatomy, and trajectory of well-being in developmental research: A bibliometric review. *Psychology Review*.

**Heshmati, S.,** \*Ramdass, J., Chipidza, W., \*Ellis, O., \*Rombaoa, J., \*Heshmati, H., \*Abazari, A. (Under Review). Pathways to wellbeing during COVID-19: A developmental and cross-cultural examination of interpersonal adaptation to a mass traumatic event. *Psychology and Aging*.

**Heshmati, S.,** Muth, C., Li, Y., Roeser, R. W., Smyth, J. M., Vandekerckhove, J., ... Oravec, Z. (Under Review). Capturing the heterogeneous effects of a mobile-Health psychological well-being intervention for early adults: Results from a process-oriented approach. *Developmental Psychology*. <https://doi.org/10.31234/osf.io/mb79u>

Perakakis, P., **Heshmati, S.,** Sanabria, D., Dakos, V., Hofmann, S. G. (Under Review). Bistability and regime shifts in healthy affect dynamics. *PANAS*.

\*Rombaoa, J., **Heshmati, S.,** & Rodriguez, M. (Under Review). The daily use of ABC PLEASE skills as a pathway to emotional resilience in college students during COVID-19: An Ecological Momentary Assessment study.

\*Li, Y., Muth, C., **Heshmati, S.,** Chow, S., Oravec, Z. (In Preparation). A growth of hierarchical autoregression model for capturing individual differences in changes of dynamic characteristics of interpersonal processes in young adulthood. <https://doi.org/10.31234/osf.io/vr3ce>

\*Scott, V., \*Ream, A., \*Ramdass, J., \*Mansfield, M., **Heshmati, S.,** (In Preparation). Quality or Quantity of social connections, which matters more for higher perceived social support during COVID-19 in young and older adults?

**Heshmati, S.,** \*Badakhshan, T., Rajaei, A., Kose, O. (In Preparation). Are Iranian Immigrants in the U.S. Happy? Social Support as a Buffer for Discriminatory Behavior's Impact on Well-Being in Iranian Immigrants in the U.S.

**Heshmati, S.,** El Halabi, S., Pereira-Sanchez, V., Vahdani, B. (In Preparation). Transcending bias and stereotypes through a global and multi discipline initiative: Thriving in a divided world.

**Heshmati, S.,** \*Doiron, K., \*Li, H., \*Ellis, O., \*Rombaoa, J., \*Villamil, A., Oravec, Z. (In Preparation). Implications of daily experiences of engagement and relationships for young adults' general well-being: An Ecological Momentary Assessment.

**Heshmati, S.,** Muth, C., Oravec, Z., Roeser, R. (In Preparation). Conceptualizing psychological well-being as a dynamic process within the context of m-Health interventions.



## Professional Presentations

### Peer-Reviewed Conference Presentations

- \*Rombaoa, J. P. & **Heshmati, S.** (July, 2023). *Well-Being: A Bibliometric Review*. Presented at the International Positive Psychology Association (IPPA) Congress, Vancouver, BC.
- \*Rombaoa, J. P., \*Lim, H., \*Markey, M., \*Petit, D., & **Heshmati, S.** (November, 2023). *Trait-based difficulty in emotional regulation is negatively associated with eating and sleeping well for first-year college students during COVID-19 lockdown* [Poster session]. Association for Behavioral and Cognitive Therapies (ABCT) 57th Annual Convention, Seattle, WA.
- \*Mann, S., \*Rombaoa, J.P, \*Duggal, T., **Heshmati, S.**, and Rodriguez, M.A (November, 2023). Use of DBT Emotion Regulation Skills and Momentary Positive and Negative Affect: First-Year College Students' Daily Lives During COVID-19. *Association for Behavioral and Cognitive Therapies (ABCT) 57th Annual Convention*, Seattle, WA.
- \*Westhoff, M., **Heshmati, S.**, Hofmann, S. (May, 2023). *Examining psychosocial processes of change in students' daily lives during COVID-19: An Ecological Momentary Assessment*. Poster accepted to the German Association For Psychiatry, Psychotherapy and Psychosomatics.
- \*Rombaoa, J. P., \*Reil, K., \*Donaldson, R., \*Badakhshan, T., & **Heshmati, S.** (April, 2023). *You've got me feeling emotions: Mindfulness and early adults' dynamic and diverse emotional experiences in daily life*. Submitted to the Western Psychological Association (WPA) convention.
- Heshmati, S.** (Feb, 2023). *Introducing The Cultural Consensus Theory Approach to Social And Relationship Sciences: A Bayesian Cognitive Psychometric Method*. Submitted to Society for Personality and Social Psychology (SPSP) preconference on Advances in Cultural Psychology.
- Heshmati, S.** (September, 2022). *Because Loving Moments Count: The dynamics of momentary love in youth's daily life and its implications for well-being & sleep*. Invited individual podium presentation at The Love Consortium, UNC Chapel Hill.
- Heshmati, S.** & Donaldson, S., I. (June, 2022). *The Scientific Pursuit of Love: Novel Methodology, Current State, and Future Directions*. Presented at the European Conference on Positive Psychology (ECP).
- \*Mansfield, M., **Heshmati, S.**, \*Ramdass, J. (Feb, 2022). *Well-being during the covid-19 pandemic: a cross-cultural investigation of coping factors in China, Iran, and the United States*. Accepted for individual presentation at Society for Personality and Social Psychology (SPSP).
- \*Badakhshan, T., \*Rajaei, A., Kose, O., **Heshmati, S.** (May, 2021). *Are Iranian Immigrants in the U.S. Happy? Social Support as a Buffer for Discriminatory Behavior's Impact on Well-Being in Iranian Immigrants in the U.S*. Individual presentation at Association for Psychological Science (APS).
- Heshmati, S.** (May, 2021). *Love 24/7: The development of a positive psychology intervention targeted at bringing felt love to youth's day-to-day lives*. Symposium talk at the International Positive Psychology Association (IPPA).
- \*Rombaoa, J. P., **Heshmati, S.**, Rodriguez, M., \*Owen, T., Li, Y., \*Valdivia-Jauregu, L., \*Dreyfuss, L. A., \*Ho, J., \*Ledbetter, J. (May, 2021). *The daily use of DBT ABC-PLEASE skills as a pathway to emotional resilience in college students during COVID-19: An ecological momentary assessment study*. Flash talk at the International Positive Psychology Association (IPPA).

- \*Ellis, O., **Heshmati, S.**, \*Ramdass, J., Chipidza, W., \*Rombaoa, J., \*Tang, Q., \*Heshmati. H., \*Abazari, A. (May, 2021). *Pathways to well-being during COVID-19: A developmental examination of adaptation to a mass traumatic event*. Presentation at the International Positive Psychology Association (IPPA).
- \*Ramdass, J., **Heshmati, S.**, Chipidza, W., \*Ellis, O., \*Rombaoa, J., \*Tang, Q., \*Heshmati. H., \*Abazari, A. (Feb, 2021). *Pathways to well-being during COVID-19 differ across cultures*. Individual presentation at the Happiness and Well-being preconference at the Society for Personality and Social Psychology (SPSP).
- Heshmati, S.**, (2020, August). *What Makes People Feel Loved? A Cultural Consensus Theory Approach to Everyday Experiences of Love*. Flash Talk presentation at The Love Consortium.
- Heshmati, S.**, (2020). *The scientific pursuit of love: Novel methodology, current state, and future directions*. Individual presentation at the European Conference of Positive Psychology (ECP), Iceland.
- Heshmati, S.**, (2020). *Design, delivery, and assessment of mobile-administered positive psychology interventions in young adults*. Individual presentation at Western Psychological Association (WPA), San Francisco, CA.
- Heshmati, S.**, (2020, January). *The science of positive relationships and love*. Individual presentation at the Western Positive Psychology Association (WPPA), Claremont, CA.
- Heshmati, S.**, (2019, July). *Understanding and improving wellbeing using Ecological Momentary Assessment (EMA) in the context of the PERMA model*. Individual presentation within a symposium submission at the International Positive Psychology Association (IPPA), Melbourne, AU.
- \*Leigh, A., & **Heshmati, S.**, (2019, July). *Prevalence and Predictors of Meditation Use Among U.S. Adults: A Nationally Representative Survey*. Poster presentation at the International Positive Psychology Association (IPPA), Melbourne, AU.
- \*Ellis, O., **Heshmati, S.**, Oravec, Z. (2019, May). *Do emerging adults agree on what makes people feel loved: A Cultural Consensus Theory approach*. Poster Presentation at the Association for Psychological Science (APS), Washington, DC.
- Heshmati, S.**, (2019, April). *The positive psychology of relationships, love, and online romance across the lifespan*. Symposium at the Western Psychological Association (WPA), Pasadena, CA.
- Heshmati, S.**, (2019, April). *Diverse types of love and their relationship to well-being over the lifespan: Findings from ecological momentary assessment research*. Individual presentation within a symposium submission at the Western Psychological Association (WPA), Pasadena, CA.
- Heshmati, S.**, (2019, April). *Well-being as a person-specific and dynamic state in young adulthood*. Individual presentation within a symposium submission at the Western Psychological Association (WPA), Pasadena, CA.
- Heshmati, S.**, (2019, January). *New research on well-being and love across the lifespan*. Individual presentation at the Western Positive Psychological Association (WPPA), Claremont, CA.
- \*Chan, L., Donaldson, S. I., **Heshmati, S.**, Clague Dehart, J. (2019, January). *Evaluating Optimal Wellbeing: Exploring Caregiver's Daily Experiences in Caring for Patients*. Individual presentation at the Western Positive Psychological Association (WPPA), Claremont, CA.



- Heshmati, S.**, (2017, September). *What makes people feel loved: Cultural consensus and individual differences*. Tenth Annual Postdoctoral Research Exhibition, University Park, PA.
- Heshmati, S.**, Oravec, S. (2017, July). *Dynamical interplay of wellbeing elements based on the PERMA model in ecological momentary assessment settings*. Individual podium presentation at the International Positive Psychology Association (IPPA), Montreal, CA.
- Heshmati, S.** (2017, May). *The effect of Positive Psychology and mindfulness interventions on well-being in daily life*. Workshop at the Association for Psychological Science (APS), Boston, MA.
- Heshmati, S.** (2016, August). *Actions speak louder than words: communicating attributional feedback for student achievement gain*. Paper presentation at the American Psychological Association (APA), Denver, CO.
- Heshmati, S.**, Oravec, Z., Vandekerckhove, J. (2016, May). *Exploring individual differences in judgments on what makes people feel loved*. Presentation at the Association for Psychological Science (APS), Chicago, IL.
- Kersting, N., Lozano, G., Vezino, B., **Heshmati, S.**, Stoehr, K. J., Chen, M., Stigler, J. W. (2015, April). *Extending the CVA into a content-focused, common core aligned measure of mathematics knowledge for teaching*. Paper presented at the American Educational Research Association (AERA), Chicago, IL.
- Kersting, N. B., Sutton, T., Kalinec Craig, C. A., Chen, M., **Heshmati, S.**, Stoehr, K. J., Thomas, M., & Goswami, G. (2014, April). *Understanding the relationship between teacher value-added scores, instructional quality, and independent measures of student learning*. Paper presented at the American Educational Research Association (AERA), Philadelphia, PA.
- Kersting, N. B., Sutton, T., Stoehr, K. J., **Heshmati, S.** (2013, November). *Understanding teacher knowledge and its development in mathematics: Cognitive models and the dynamic nature of knowledge use*. Presentation at the biennial conference of Southwest Consortium for Innovative Psychology in Education, Tucson, AZ.
- Peckham, A. D., Johnson, S. L., Lesh, T. A., Tharp, J., **Heshmati, S.**, & Carter, C. S. (2013, May). *Pupil size during reward pursuit is uniquely affected in bipolar I Disorder*. Poster presented at the annual meeting of the Society of Biological Psychiatry (SOBP), San Francisco, CA.
- Kersting, N., Sutton, T., Bartel, C., Stoehr, K., **Heshmati, S.**, Lozano, G., & Stigler, J. W. (2012, April). *Using teachers' analyses of teaching to measure usable knowledge for teaching ratios, proportions, variables, expressions, equations*. Poster presented at the American Educational Research Association (AERA), Vancouver, CA.
- Sutton, T., Boulds, J., Lozano, G., **Heshmati, S.**, & Kersting, N. B. (2012, April). *Extending the classroom video-analysis approach: Developing a measure of mathematics knowledge for teaching expertise*. Poster presented at the annual meeting of the American Educational Research Association (AERA), Vancouver, CA.
- Sanguinetti, J., L., **Heshmati, S.**, Allen, J., J., B., & Peterson, M., (2012, October). *Masked priming with event-related potentials reveals that access to semantics can be dissociated from visual perception*. Poster presented at the Society for Neuroscience (SFN), New Orleans, LA.
- Heshmati, S.**, Sutton, T., & Kersting, N. (2011, April). *Mathematical games: an exploratory study on quality of teacher-student interactions in game and non-game lessons*. Poster presented at the American Educational Research Association (AERA), New Orleans, LA.

## Invited Talks

- Heshmati, S.,** (August, 2023). Measuring Flourishing: Using the latest measurement tools to assess well-being. Workshop for the Claremont Evaluation Center at Claremont Graduate University.
- Heshmati, S.,** (January, 2023). Predicting Well-Being in the Real-World and Real-Time: Possibilities and Challenges. Talk presented for the seminar series on “The Uses and Abuses of Predictions,” University of Pittsburgh, PA.
- Heshmati S.,** (April, 2022). A process-oriented approach to studying well-being in young adults. Invited presentation at the Philipps University of Marburg, Germany.
- Heshmati S. & Chipidza w.** (August, 2021). Social Network Analysis. Workshop for the Claremont Evaluation Center at Claremont Graduate University.
- Heshmati S.,** (May, 2021). A culturally-informed and context-sensitive approach to studying love. Invited presentation at California State University, Dominguez Hills.
- Heshmati, S.,** (April, 2021). A person-specific approach to studying psychological well-being and love in the everyday lives of early adults. Invited presentation at University of California, Riverside.
- Heshmati, S.,** (October, 2020). Building social networks in the age of COVID-19. Panel expert discussion for the Berger Institute at Claremont McKenna College.
- Heshmati, S.,** (June, 2020). Introduction to Social Network Analysis. Workshop held for the Salzburg Global Seminar.

## Sample Media Coverage

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|---|------|
| <b>Research on friendship across the lifespan featured in BBC Future</b>  | 2023 |
| <a href="https://www.bbc.com/future/article/20230329-why-friendship-makes-us-healthier">https://www.bbc.com/future/article/20230329-why-friendship-makes-us-healthier</a> (BBC Future)  |      |
| <b>Research featured in the news headlines for “Up-and-Coming Voices: Combating Stereotypes and Bias” in the Association for Psychological Science (APS)</b>  | 2021 |
| <a href="https://www.psychologicalscience.org/observer/combating-bias-talks">https://www.psychologicalscience.org/observer/combating-bias-talks</a>   |      |
| <b>Publication on the relation of love in daily life and well-being featured in Science Daily</b>   | 2019 |
| <a href="https://www.sciencedaily.com/releases/2019/11/191125121005.htm">https://www.sciencedaily.com/releases/2019/11/191125121005.htm</a>   |      |
| <b>My work on love at CGU featured in the New York Times</b>  | 2018 |
| <a href="https://www.nytimes.com/2018/10/08/smarter-living/we-could-all-use-a-little-snail-mail-right-now.html">https://www.nytimes.com/2018/10/08/smarter-living/we-could-all-use-a-little-snail-mail-right-now.html</a> (NYT) |      |
| <b>Worldwide News report on my research on what makes people feel loved</b>   | 2017 |
| <a href="https://www.sciencedaily.com/releases/2017/11/171106090120.htm">https://www.sciencedaily.com/releases/2017/11/171106090120.htm</a> (Science Daily)   |      |
| <a href="https://www.cnn.com/2018/02/14/health/feel-love-gesture/index.html">https://www.cnn.com/2018/02/14/health/feel-love-gesture/index.html</a> (CNN)   |      |
| <a href="http://www.newsweek.com/love-affection-possessiveness-704113">http://www.newsweek.com/love-affection-possessiveness-704113</a> (Newsweek)  |      |

<https://www.usatoday.com/videos/news/nation/2017/11/06/americans-actually-agree-one-thing-love/107401402/> (USA Today)

<https://www.elitedaily.com/p/how-to-make-your-partner-feel-loved-according-to-science-3234825> (Elite Daily)

[https://www.eurekalert.org/pub\\_releases/2017-11/ps-laa110317.php](https://www.eurekalert.org/pub_releases/2017-11/ps-laa110317.php) (EurekAlert Science News)

**Podcast Interview as a special highlight for the 'Relationship Matters' Podcast**

2017

<http://journals.sagepub.com/page/spr/podcasts/relationship-matters> (Podcast #71)

## Research Interests

Well-being across Time and Diverse Samples  
Love and Interpersonal Relationships  
Youth and Young Adulthood  
Culture and Cultural Beliefs  
Ecological Momentary Assessment

Social Network Analysis  
Bayesian Modeling  
Dynamical Systems Modeling  
Cognitive Psychometric Modeling

## Research Experience

**Visiting Research Scholar: Translational Psychology**, Philipps University, Germany 2022—Present

Principal Investigator: Dr. Stefan Hofmann

Leading research on process-based approach to psychosocial processes

Designing EMA research studies to measure psychosocial process change

Measure development for assessing psychosocial processes in real-time and in-situ

**Lab Director: Well-being & Developmental Methods Research Lab**, CGU 2018—Present

Research on understanding daily relational outcomes with regards to health & well-being

Designing and executing ecological momentary assessment studies

Implementing novel methodology based on dynamical systems theory

Translating quantitative methods from computational science and engineering

**Research Associate: Edna Bennett Pierce Prevention Research Center**, Penn State 2017—2018

Principal Investigator: Dr. Robert Roeser

Measuring Teacher Care in Classrooms: Positivity, Presence, and Patience

Testing the Efficacy of Mindfulness Training for Teachers on Improving Classroom Settings

Mindfulness and Compassion Programs and Practices in K-12 Urban Educational Reform

**Postdoctoral researcher: Bayesian Modeling in Social Sciences Lab**, Penn State 2015—2017

Principal Investigator: Dr. Zita Oravecz

Research on the association between emotion, cognition, and well-being

Designing and executing Ecological Momentary Assessment studies on wellbeing

Modeling dynamics of psychological wellbeing in daily life using Bayesian statistics

- Graduate Research Associate: Classroom Video Analysis**, University of Arizona 2014—2015  
 Supervisor: Dr. Nicole Kersting  
 Used CVA to measure teacher’s Mathematics Knowledge for Teaching (MKT)  
 Developed an extension of CVA that is aligned with the Common Core State Standards  
 Created items to assess the feasibility of the CVA measure using  
 Item Response Theory (IRT) analysis
- Visiting Research Scholar: Impulsivity in Context of Emotion**, UC Berkeley 2013  
 Supervisor: Dr. Sheri Johnson  
 Created lab measures to understand impulsive tendencies in the context of emotion  
 Quantified pupil dilation by eye-tracking software as a measure of impulsivity in  
 bipolar disorder
- Research Assistant: Facial Expressions in Romantic Separations**, University of Arizona 2012—2015  
 Supervisor: Dr. David Sbarra  
 Analyzed facial expressions using automated facial coding software (CERT)  
 Examined time-based relationship between facial reactivity and breakup adjustment  
 Produced multivariate growth curve models to analyze change over time
- Research Assistant: Masked Repetition Priming in Perception**, University of Arizona 2011—2014  
 Supervisors: Dr. John Allen & Dr. Mary Peterson  
 Explored perception via iterative feedforward and feedback loops (Behavioral Evidence)  
 Examined access of semantic memory by word priming in figure-ground displays using EEG
- Research Assistant: Assessing Quality of Math Instruction**, University of Arizona 2009—2014  
 Supervisor: Dr. Nicole Kersting  
 Developed coding rubrics in videotaped data  
 Coded teacher-student interactions in classroom videotapes  
 Transcribed videotapes of classroom interactions  
 Quantified observational data with rigorous univariate and multivariate analysis using SPSS

## Teaching Experiences

### Graduate Courses developed and taught at Claremont Graduate University

*Positive and Inclusive Education*, Spring 2023  
*Emotion*, Spring 2020, Fall 2022  
*Longitudinal Methods*, Spring 2020, Fall 2022  
*Science of Human Flourishing*, Fall 202, Spring 2023  
*Positive Education*, Fall 2019, Fall 2021  
*Social Network Analysis*, Spring 2021  
*Multilevel Modeling*, Spring 2021  
*Positive Relationships Across the Lifespan*, Spring 2019, Spring 2021  
*Child Development*, Fall 2020  
*Science of Human Flourishing*, Transdisciplinary Course, Fall 2019

### Other Instructorships & Assistantships

Adjunct Faculty: <i>Research Methods</i> , George Mason University	Spring & Summer, 2018
Adjunct Faculty: <i>Human Development</i> , George Mason University	Spring, 2018
Co-Instructor: <i>Science and Art of Flourishing</i> , Penn State University	Spring, 2017
Guest Lecturer: <i>Individual Development and Well-Being</i> , Penn State University	Fall, 2016
Guest Lecturer: <i>Positive Education in Adulthood</i> , Penn State University	Spring, 2016
Graduate Teaching Assistant: <i>Sensation and Perception</i> , University of Arizona	Fall 2014
Graduate Teaching Assistant: <i>Psychological Measurement</i> , University of Arizona	Spring 2011
Tutor: <i>Measurement and Statistical Analysis</i> , University of Arizona	Fall 2011
Instructor: <i>English as a Second Language</i> , Iran Language Institute	2008, 2009

## Academic Activities and Services

**Member of the Statistics and Methodology Committee for DBOS at CGU** 2021—Present  
Examining the curriculum structure for the stats and methods program in the Division of Behavioral and Organizational Sciences (DBOS) based on student feedback and effectiveness of program in student success.

**Invited Guest Editor for the Journal of Social and Personal Relationships** 2020—Present  
Guest editor of special issue in *JSPR* titled “Integrating Multiple Time-Scales to Advance Relationship Science”, Volume 40, Issue 4, April 2023

The special issue included the following articles:

Chen, M., & Ferrer, E. (2023). Assessing dynamical associations in dyadic interactions across multiple time scales via a Bayesian hierarchical vector autoregressive model. *Journal of Social and Personal Relationships*, 40(4), 1079-1102.

<https://doi.org/10.1177/02654075221137>

Jenkins, A. I., Le, Y., Surachman, A., Almeida, D. M., & Fredman, S. J. (2023). Associations among financial well-being, daily relationship tension, and daily affect in two adult cohorts separated by the great recession. *Journal of Social and Personal Relationships*, 40(4), 1103-1125. <https://doi.org/10.1177/02654075221105611>

Sun, X., Ram, N., Reeves, B., Cho, M. J., Fitzgerald, A., & Robinson, T. N. (2022). Connectedness and independence of young adults and parents in the digital world: Observing smartphone interactions at multiple timescales using Screenomics. *Journal of Social and Personal Relationships*, 40(4), 1126-1150. <https://doi.org/10.1177/02654075221104268>

Urganci, B., Ong, A. D., Burrow, A. L., & DeHart, T. (2023). Linking mean level and variability in affect to changes in perceived regard: A dyadic longitudinal burst study of African American couples. *Journal of Social and Personal Relationships*, 40(4), 1151-1171. <https://doi.org/10.1177/026540752211032>

Wilson, S. J., & Marini, C. M. (2023). The days add up: Daily marital discord and depressive reactivity linked to past-month depressed mood and marital risk across 10

years. *Journal of Social and Personal Relationships*, 40(4), 1172-1193.  
<https://doi.org/10.1177/02654075221116277>

<b>Member of The Love Consortium</b>	2019 – Present
Part of a global network of researchers that facilitates the scientific study of social connection.	
<b>Methodology Consultant at Institute for Community Health</b>	2021
Assisting with methodological approaches in building sustainable community health	
<b>Invited Member of the Global Mental Health Think Tank</b>	2021
Leading collaborations among mental health researchers across the globe in breaking stereotypes and biases	
<b>CGU Alumni Summit</b>	2020
Presented on research on “Flourishing in daily life: Well-being across time and developmental context”	
<b>CGU Fall Open House</b>	2019
Presented on “New research on well-being and love across the lifespan” for prospective students.	
<b>CGU Annual Spring Preview Day Teaching</b>	2019
Co-taught a course with Dr. Stewart Donaldson on “The science of human flourishing and social justice”	
<b>President’s Research Forum Presentation</b>	2019
Presentation on my work as a new faculty at CGU featuring new research on well-being and love across the lifespan	
<b>Association for Psychological Science Preconference on Dynamical Modeling of Well-Being</b>	2017
Organized a one-day preconference at APS and invited 6 leaders of the well-being field to speak at the event.	
<b>2017 Undergraduate Exhibition Volunteer Judge</b>	2017
Judged more than 50 posters exhibited by undergraduates in the areas of social and behavioral science and health and life sciences	
<b>Reviewer for various psychology journals</b>	2014 – Present
Child Development, Human Development, Emerging Adulthood, Journal of Personality and Social Psychology, Journal for Social and Personal Relationships, Frontiers in Psychology, Journal of Happiness Studies	
<b>Southern Arizona Psychological Association (SAPA)</b>	2014 – 2015
Student member of the Continuing Education Committee	
<b>American Psychological Association – Division 15</b>	2014 – 2017

Student committee member of Ad hoc Committee on International Relations

**Owl and Panther Project of the Hopi Foundation** 2014 – 2015  
 Volunteer member, helping refugee families who have been affected by trauma and torture through expressive arts and creative writing groups

**The Society for Research in Psychopathology (SRP) Annual Conference** 2013  
 Student volunteer for session monitoring and registrations

## Research & Mentorship Activities

### Ph.D. Student Advising

**Olivia Ellis**, Claremont Graduate University, Spring 2019  
**Christina Putrov**, Claremont Graduate University, Spring 2019  
**David Li**, Claremont Graduate University, Spring 2019  
**Kathryn Doiron**, Claremont Graduate University, Spring 2019  
**Ximena Geisemann**, Claremont Graduate University, Fall 2019  
**Lawrence Chan**, Claremont Graduate University, Fall 2019  
**Jaymes Rombaoa**, Claremont Graduate University, Fall 2020  
**Andrew Villamil**, Claremont Graduate University, Fall 2020  
**Tina Badakhshan**, Claremont Graduate University, Fall 2020  
**Kresh Reil**, Claremont Graduate University, Fall 2020  
**Megan Mansfield**, Claremont Graduate University, Spring 2021  
**Jack Serna**, Claremont Graduate University, Fall 2021  
**Heidi Kellam**, Claremont Graduate University, Fall 2022  
**Shohreh Shahangian**, Claremont Graduate University, Fall 2023  
**Courtney Allred**, Claremont Graduate University, Fall 2023

### M.A. Student Advising

**Angelina Leigh**, Claremont Graduate University, Spring 2019  
**Kelsey Carpenter**, Claremont Graduate University, Fall 2019  
**Tyler Owen**, Claremont Graduate University, Fall 2019  
**Alyssa Ream**, Claremont Graduate University, Fall 2020  
**Eva Li**, Claremont Graduate University, Fall 2020  
**Kristen Clure**, Claremont Graduate University, Fall 2021  
**Andrew Stadem**, Claremont Graduate University, Fall 2021  
**Amada Luna**, Claremont Graduate University, Fall 2021  
**Tiffany Park**, Claremont Graduate University, Fall 2021  
**Michael Byfield**, Claremont Graduate University, Fall 2021  
**Kewei Su**, Claremont Graduate University, Fall 2021  
**Dion Davis**, Claremont Graduate University, Fall 2022



Undergraduate Student Advising

**Quynh Nguyen**, Earlham College, Summer 2019  
**Ezra Cabrerros**, UC Riverside, Fall 2019  
**Elizabeth Kreppel**, Pitzer College, Fall 2020  
**Julia Ho**, Pitzer College, Fall 2019  
**Lila Avedano Dreyfuss**, Pitzer College, Fall 2019  
**Lizbeth Valdivia-Jauregui**, Scripps College, Fall 2019  
**Yilin Li**, Pitzer College, Fall 2019  
**Juliana Hwang**, Pitzer College, Fall 2020  
**Kaitlyn Willow Chin**, Scripps College, Spring 2021  
**Sarah Mann**, Pitzer College, Fall 2021  
**Tanvi Duggal**, Pitzer College, Fall 2021  
**Kimia Mahdavi**, Scripps College, Fall 2021  
**Alison (Ali) Cary**, Pitzer College, Fall 2021  
**Pratya Poosala**, Pitzer College, Fall 2021  
**Paige Chassman**, Pitzer College, Spring 2022  
**Marissa Markey**, Pitzer College, Summer/Fall 2022  
**Danika Petit**, Pitzer College, Summer/Fall 2022  
**Huei Lim**, Pitzer College, Summer/Fall 2022

Oral Exam & Dissertation Committee Member

**Ajit Singh Mann**, DBOS, Claremont Graduate University  
**Hartrisha Dhindsa**, DBOS, Claremont Graduate University  
**James McConchie**, DBOS, Claremont Graduate University  
**Caleb Mitchell**, DBOS, Claremont Graduate University  
**Derrick McLean**, DBOS, Claremont Graduate University  
**Elyse Postlewaite**, DBOS, Claremont Graduate University  
**Jordan Boeder**, DBOS, Claremont Graduate University  
**Lawrence Chan**, DBOS, Claremont Graduate University  
**Yaqiong Wang**, DBOS, Claremont Graduate University  
**Brittany Bell**, DBOS, Claremont Graduate University  
**Adriana Ariza**, DBOS, Claremont Graduate University  
**Betsy Blackard**, DBOS, Claremont Graduate University  
**Asia Moore**, DBOS, Claremont Graduate University  
**Adriana Ariza**, DBOS, Claremont Graduate University  
**Elena Lee**, DBOS, Claremont Graduate University  
**Yubo Fu**, Center for Information Systems & Technology, Claremont Graduate University  
**Md Moniruzzaman**, Center for Information Systems & Technology, Claremont Graduate University

**Certifications**

<b>Certificate from APA Advanced Training Institute (ATI)</b>	2020
Training on Analysis of Intensive Longitudinal Data: Experience Sampling and Ecological Momentary Assessment	

<b>Certificate of Appreciation from American Psychological Association (APA)</b>	2017
Appreciation for being the student member representative for three years for international relations	
<b>Analyzing Ambulatory Assessment Data Using Multilevel Modeling Workshop Certificate</b>	2017
Trained in application of multilevel models for use with ambulatory assessment data	
<b>Graduate Student Online Teaching Certificate</b>	2017
Learned how to manage online courses, encourage student engagement, and develop online presence	
<b>Ecological Momentary Assessment (EMA) Workshop Certificate</b>	2016
Trained in designing and analyzing research studies that include EMA approaches	
<b>Applied Behavior Analysis (ABA) Technician</b>	2014 – 2016
Trained as an ABA technician to work with autistic children	
<b>Certification of Couples Therapy Educational Workshop (Gorgan, Iran)</b>	2009
Learned how to help couples understand and resolve conflicts	
<b>Certification of Glasser's Choice Theory &amp; Reality Therapy (Shahid Beheshti University)</b>	2009
Participated in discussions and role-plays	
Established basic understanding of Choice Theory and Reality Therapy related to counseling, management, and education	

## Professional Affiliations

Association for Psychological Sciences (APS)  
 Society for Research in Child Development (SRCD)  
 International Association for Relationship Research (IARR)  
 American Psychological Association (APA; Division 7: Developmental Psychology)  
 Society for Personality and Social Psychology (SPSP)  
 International positive Psychology Association (IPPA)  
 European Conference on Positive Psychology (EPPP)  
 Western Positive Psychology Association (WPPA)  
 Western Psychology Association (WPA)

## Languages and International Background

### International Background

Born in Iran; attended elementary school at Linden Park Primary School in Adelaide, Australia; attended 7 to 11<sup>th</sup> grade in Iran and 12<sup>th</sup> grade of high school in Vancouver, Canada; attended college in Iran; accepted to grad school at the University of Arizona in Tucson, AZ and moved to the United States; have travelled to more than 20 countries.

Foreign Language Proficiency

Literate and fluent in English and Farsi (Persian), basic proficiency in German and Arabic.