

Lara K. Kammrath – Curriculum Vitae
(January, 2016)

Department of Psychology
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Education

2004	Ph.D.	Columbia University	Social/Personality Psychology
2001	M.A.	Columbia University	Social/Personality Psychology
1998	B.A.	University of Chicago	Psychology

Academic Employment

2015 - present	Associate Professor, Social/Personality Psychology, Wake Forest University
2011 - 2015	Assistant Professor, Social/Personality Psychology, Wake Forest University
2006 - 2011	Assistant Professor, Social/Personality Psychology, Wilfrid Laurier University
2006 - 2011	Ad Hoc Adjunct Professor, Executive MBA program of Columbia Graduate School of Business & Haas School of Business UC Berkeley
2004 – 2006	Post-doctoral Researcher, Columbia Graduate School of Business

Professional Affiliations

International Association for Relationship Research (IARR)
Society for Experimental and Social Psychology (SESP)
Society for Personality and Social Psychology (SPSP)
Association for Psychological Science (APS)
American Psychological Association (APA)

Research Interests

Self-Regulation in close relationships, with a specific focus on the role of personality, mental-states, and situations that influence the self-regulation of communal actions in close relationships

Teaching Awards

2009	Berkeley-Columbia Executive MBA program, “The Executive MBA Award for Commitment to Excellence.”
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Research Awards: External

2009-2012	SSHRC Faculty Research Grant, Principle Investigator. Title: The Limits of Love: How and when loving attitudes fail to manifest in loving actions. \$42,620.
2007-2008	SSHRC Faculty Research Grant, Principle Investigator. Title: Conflict Styles and Interpersonal Expectations. \$81,400.
1999-2003	National Science Foundation Graduate Fellowship

Research Awards: Internal

2013	SBE Faculty Research Award, Principle Investigator. Title: The role of self-regulatory resources in negative work-to-home spillover. \$10,000.
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Publications

†student

- Kammrath, L.K., Peetz, J., Demarco, A.†, Hara, K.†, Wood, K.†, Kirconnell, J.†, Meirovich, H.†, & Allen, T.† (2015). It's a matter of time: The effect of depletion on helpful behavior in romantic relationships is moderated by relationship length. *Journal of Personality and Social Psychology*, 109, 276-291.
- Kammrath, L.K., McCarthy, M.†, Cortes, K.†, & Friesen, C.† (2015). Picking one's battles: How assertiveness abilities and unassertiveness abilities are associated with extraversion and agreeableness. *Social Psychological and Personality Science*, 6, 622-629.
- Armstrong, B.† & Kammrath, L.K. (2015). Depth and breadth tactics in support seeking. *Social and Personality Psychological Science*, 6, 39-46.
- Petrocelli, J.V., Kammrath, L.K., Brinton, J.†, Uy, M.†, Cowens, D.†, (2015). Holding on to what might have been may loosen (or tighten) the ties that bind us: A counterfactual potency analysis of previous dating alternatives. *Journal of Experimental Social Psychology*, 56, 50-59.
- Cortes, K.†, Kammrath, L.K., Scholer, A.A., & Peetz, J. (2014). Self regulating the effortful "social dos". *Journal of Personality and Social Psychology*, 106, 380-397.
- Peetz, J., & Kammrath, L.K. (2013). Folk understandings of self-regulation in relationships: Recognizing the importance of self-regulatory ability for others, but not the self. *Journal of Experimental Social Psychology*, 49, 712-718.
- Kammrath, L.K. (2012). The Cognitive Affective Personality System. In Howard Tennen & Jerry Suls, Eds, *Handbook of Psychology, 2nd Ed., Vol 5: Personality and Social Psychology*. John Wiley & Sons.
- Kammrath, L.K., & Peetz, J. (2012) You promised you'd change: How incremental and entity theorists react to a romantic partner's change attempts. *Journal of Experimental Social Psychology*, 48, 570-574.
- Kammrath, L.K. (2011). What we think we do (to each other): How the same relational behaviors mean different things to people with different personality profiles. *Journal of Personality and Social Psychology*, 101, 754-770.
- Kammrath, L.K., & Scholer, A.A. (2011) The Pollyanna myth: How highly agreeable people judge positive and negative relational acts. *Personality and Social Psychology Bulletin*, 37, 1172 - 1184.
- Friesen, C.† & Kammrath, L.K. (2011). What it pays to know about a close other: The value of contextualized "if-then" personality knowledge in close relationships. *Psychological Science*, 22, 567-571.
- Kammrath, L.K., & Peetz, J.† (2011). The limits of love: Predicting immediate versus sustained caring behaviors in close relationships. *Journal of Experimental Social Psychology*, 47, 411-417.
- Peetz, J. & Kammrath, L.K.† (2011) Only because I love you: Why people make and why they break promises in romantic relationships. *Journal of Personality and Social Psychology*, 100, 887-904.
- Ames, D.R., Kammrath, L.K. Suppes, A.†, & Bolger, N. (2010). Not so fast: The (not-quite-complete) dissociation between accuracy and confidence in thin slice impressions. *Personality and Social Psychology Bulletin*, 36, 264-277.
- Kammrath, L.K., Ames, D.R., & Scholer, A.A.† (2007). Keeping up impressions: Inferential standards for impression change across the Big Five. *Journal of Experimental Social Psychology*, 43, 450-457.
- Kammrath, L.K. & Dweck, C. (2006). Voicing conflict: Preferred conflict strategies among incremental and entity and theorists. *Personality and Social Psychology Bulletin*, 32, 1497-1508.
- Kammrath, L.K., Mendoza-Denton, R., & Mischel, W. (2005). Incorporating *if...then...* signatures in person perception: Beyond the person-situation dichotomy. *Journal of Personality and Social Psychology*, 88, 605-618.
- Ames, D.R., & Kammrath, L.K. (2004). Mind-reading and metacognition: Narcissism, not actual competence, predicts self-estimated ability. *Journal of Non-Verbal Behavior*, 28, 187-210.

Manuscripts In Revision or Under Review

Manuscripts In Preparation

- Armstrong, B.[†], Kammrath, L.K., Iida, M., & Suppes, L. (under review). Who you gonna call? A new theory and methodological approach to studying supporter-selection processes. Under review at *Journal of Personality and Social Psychology*.
- Brinton, J.[†], Kammrath, L.K., Wayne, J. (in prep). The role of exhaustion and negative affect in strain-based work-family conflict. Manuscript in preparation.

Conferences Organized

The Self-Regulation pre-conference at the 2013 annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Conference Symposia Chaired

- Kammrath, L.K. (2010). Misfirings of love: When pro-relational mindsets fail to yield positive relationship outcomes. Speakers: Lara K. Kammrath, James K. McNulty, Geoff MacDonald, Jennifer Crocker. Symposium presented at the annual meeting of the Society for Experimental Social Psychology (SESP), Minneapolis, MN.
- Kammrath, L.K. (2013). We need to talk: Why people fail to voice relational dissatisfactions and what happens when they keep silent. Speakers: Lara K. Kammrath, Megan H. McCarthy, Nickola Overall, Michael E. Roloff. Symposium presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.

Conference Paper Presentations – Symposium Talks

- Kammrath, L.K. (2015). Work-Family Conflict: Depletion or Spillover? Paper presented at the International Association for Relationship Research Miniconference in Self-Regulation in Relationships, Amsterdam.
- Kammrath, L.K. & Armstrong, B.[†] (2014). Deciding Whom to Seek for Support. Paper presented at the annual meeting of the Society for Experimental Social Psychology (SESP), Columbus, OH.
- Kammrath, L.K. (2013). Do It For Love: The Association between Caring Feelings and Caring Actions in Relational Self-Regulation. Paper presented at the annual meeting of the American Psychological Association (APA), Honolulu, HA.
- Brinton, J.[†], & Kammrath, L.K. (2013). Regulating stress spillover: Multiple breakpoints and multiple traits. Paper presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.
- Kammrath, L.K. (2013). All fired up but nothing to say: The null association between dissatisfaction and voice in close relationships. Paper presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.
- Kammrath, L.K. & Scholer, A.A. (2012). Surprising extremity effects in the judgments of highly agreeable perceivers. Paper presented at the annual meeting of the Society of Experimental Social Psychology (SESP), Austin, Tx.
- Kammrath, L.K., & Friesen, C.[†] (2012). Don't push my buttons! The value of "if-then" personality knowledge in close relationships. Paper presented at the annual meeting of the International Association for Relationship Research (IARR), Chicago, IL.
- Cortes, K.[†], & Kammrath, L. K. (2012). Linking self-regulation to relationships: social versus personal self-regulation. Paper presented at the annual meeting of the International Association for Relationship Research (IARR), Chicago, IL.
- Cortes, K.[†], & Kammrath, L. K. (2011). Can helping you hurt me? When disagreeable people force themselves to act in agreeable ways. Paper presented at the annual meeting of the Society of Experimental Social Psychology (SESP), Washington, D.C.
- Scholer, A.A., & Kammrath, L. K. (2011). Personality at All Levels: Understanding Functionality within a Self-Regulatory Hierarchy. Paper presented at the annual meeting of the Society of Experimental Social Psychology (SESP), Washington, D.C.

- Kammrath, L.K. & Peetz, J. (2011). Only because I love you: Why people make and why they break promises in close relationships. Paper presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.
- Kammrath, L. K., Cortes, K., & Peetz, J. (2011). Inhibitory vs initiatory self-regulation. Invited presentation at the Attraction and Relationships Preconference, annual meeting of the Society of Experimental Social Psychology (SESP), Washington, D.C.
- Kammrath, L.K., & Peetz, J. (2010). All at once: Loving feelings help individuals regulate immediate – but not delayed or sustained – relational behaviors. Paper presented at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, MN.
- Kammrath, L.K., & Peetz, J. (2010). The limits of love: How love often fails to help individuals regulate their behavior in relationships. Paper presented at the bi-annual meeting of the International Association for Relationship Research (IARR), Herzlyia, Israel.
- Kammrath, L.K. (2009). You promised you'd change: How incremental and entity theorists respond to a romantic partner's change attempts. Paper presented at the annual convention of the American Psychological Society (APS), San Francisco, CA.
- Kammrath, L.K. (2009). Expected consequences of interpersonal action: Trait effects on interpersonal expectancies for agentic and communal behavior. Paper presented at the 12th annual meeting of the Society for Interpersonal Theory and Research (SITAR), Toronto, ON.
- Scholer, A.A., & Kammrath, L.K. (2009). Negativity effects in the judgments of agreeable and communal perceivers. Paper presented at the 12th annual meeting of the Society for Interpersonal Theory and Research (SITAR), Toronto, ON.
- Kammrath, L.K., Scholer, A.A., & Ames, D.R. (2008). On being judgmental: Effects of agency and communion on the strictness of perceivers' standards for trait judgments. Paper presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, NM.
- Kammrath, L., Mendoza-Denton, R., & Mischel, W. (2003). What's in a trait: Lay theories of *if...then...* relations. Paper presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), Los Angeles, CA.

Other Invited Talks

- 2015 University of North Carolina, Greensboro
- 2014 University of Georgia, Athens
- 2014 University of Utah
- 2013 University of North Carolina Chapel Hill
- 2013 Duke University
- 2011 Harvard University Psychology
- 2011 University of Cologne
- 2010 Columbia University
- 2010 Colby College
- 2010 University of Toronto
- 2009 University of Waterloo Business School
- 2009 York University psychology department
- 2009 University of Waterloo

Conference Posters

- Tarter, A. †, & Kammrath, L.K. (2015, May). Big Five Behavior Perceptions Scale: A tool for social perception. Poster presented at the 27th annual meeting of the Association for Psychological Science (APS), New York, NY.
- Brinton, J. †, & Kammrath, L.K. (2014, Feb). Taking it home with you: Negative affect versus exhaustion as mediators of work-home conflict. Poster presented at the 15th annual meeting of the Society for Personality and Social Psychology (SPSP), Austin, TX.
- Petrocelli, J.V., Kammrath, L.K., & Brinton, J. † (2014, Feb). "If Only I Had Dated Audrey": A Counterfactual Potency Analysis of Dating Relationships. Poster presented at the 15th annual meeting of the Society for Personality and Social Psychology (SPSP), Austin, TX.

- Brinton, J.[†], & Kammrath, L.K. (2013, May). Breaking down work spillover: Emotions versus fatigue as mediators of work-home spillover. Poster presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
- Armstrong, B.[†], & Kammrath, L.K. (2013, January). Seeking Support from Bad Supporters: Subjective Well-being and Support Selection Decisions. Poster presented at the 14th annual meeting of the Society for Personality and Social Psychology (SPSP), New Orleans, LO.
- Armstrong, B.[†], & Kammrath, L.K. (2012, July). Happy people seek support differently: Well-being, support-seeking, and perceived support quality. Poster presented at the annual meeting of the International Association for Relationship Research (IARR), Chicago, IL.
- Peetz, J., & Kammrath, L.K. (2012, July). Forming expectations for one's own or others' pro-relational behavior. Poster presented at the annual meeting of the International Association for Relationship Research (IARR), Chicago, IL.
- Cortes, K.[†], & Kammrath, L. K. (2012, January). When trait self-control isn't enough: Predictors of challenging prosocial behaviour. Poster presented at the 13th annual meeting of the Society for Personality and Social Psychology (SPSP), San Diego, CA.
- Wiese, J.[†], Peetz, J., & Kammrath, L.K. (2010, May). Face-to-face romantic promising does not influence behavioural change or partner satisfaction. Poster presented at the 22nd annual meeting of the American Psychological Society (APS), Boston, MA.
- Friesen, C.[†], & Kammrath, L.K. (2010, January). Don't push my buttons! The value of situational knowledge in friendships. Poster presented at the 11th annual meeting of the Society for Personality and Social Psychology (SPSP), Vegas, NV.
- McCarthy, M.H.[†], & Kammrath, L.K. (2010, January). Deciding when to speak your mind: The effects of expectancies on the decision to voice relational dissatisfaction. Poster presented at the 11th annual meeting of the Society for Personality and Social Psychology (SPSP), Vegas, NV.
- Greco, A.[†], & Kammrath, L.K. (2010, January). Are yours needs being satisfied? How interpersonal strengths and problems affect intrapersonal health and well-being. Poster presented at the 11th annual meeting of the Society for Personality and Social Psychology (SPSP), Vegas, NV.
- Peetz, J.[†] & Kammrath, L.K. (2009, August). The power(?) of love: How love often fails to help individuals regulate their behavior in relationships. Poster presented at the 12th Ontario Symposium, London, ON.
- McCarthy, M.H.[†], & Kammrath, L.K. (2009, August). Voicing relational dissatisfaction: The effects of cognitive expectancies. Poster presented at the 12th Ontario Symposium, London, ON.
- Friesen, C.[†], & Kammrath, L.K. (2009, August). Knowing each other's buttons: The role of situational knowledge in maintaining positive relationships. Poster presented at the 12th Ontario Symposium, London, ON.
- Fizell, S.[†], & Kammrath, L.K. (2009, August). Cognitions and conflict: Examining the role of interpersonal expectations. Poster presented at the 117th annual meeting of the American Psychological Association (APA), Toronto, ON.
- McCarthy, M.H.[†], & Kammrath, L.K. (2009, August). Cognition and conflict: Deciding when to speak your mind. Poster presented at the 117th annual meeting of the American Psychological Association (APA), Toronto, ON.
- Friesen, C.[†], & Kammrath, L.K. (2009, August). Identifying interpersonal triggers: What pushes your buttons? Poster presented at the 117th annual meeting of the American Psychological Association (APA), Toronto, ON.
- Novoa, D.[†], & Kammrath, L.K. (2009, August). Conditional representations: The many sides of you and me. Poster presented at the 117th annual meeting of the American Psychological Association (APA), Toronto, ON.
- Fizell, S.[†], & Kammrath, L.K. (2009, May). Conflict in relationships: The role of interpersonal expectations. Poster presented at the 12th annual meeting of the Society for Interpersonal Theory and Research (SITAR), Toronto, ON.
- Greco, A.[†], & Kammrath, L.K. (2009, May). Measuring interpersonal strengths and weaknesses: The Good-Me Bad-Me Questionnaire. Poster presented at the 12th annual meeting of the Society for Interpersonal Theory and Research (SITAR), Toronto, ON.

- McCarthy, M.H.[†], & Kammrath, L.K. (2009, May). Voicing in conflict: The social cognitive mediators of personality effects. Poster presented at the 12th annual meeting of the Society for Interpersonal Theory and Research (SITAR), Toronto, ON.
- Friesen, C.[†], & Kammrath, L.K. (2009, May). Interpersonal triggers and the importance of profiles. Poster presented at the 12th annual meeting of the Society for Interpersonal Theory and Research (SITAR), Toronto, ON.
- Peetz, J.[†] & Kammrath, L.K. (2009, January). Only because I love you: Why people make and why they break promises in romantic relationships. Poster presentation at the 10th annual meeting of the Society for Personality and Social Psychology (SPSP), Tampa, FL.
- Greco, A.[†] & Kammrath, L.K. (2009, January). The Good Me Bad Me: A brief measure of interpersonal strengths and weaknesses. Poster presentation at the 10th annual meeting of the Society for Personality and Social Psychology (SPSP), Tampa, FL.
- Kammrath, L.K., Scholer, A.A., & Ames, D.R. (2006). Keeping up impressions. Poster presented at the 7th annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, CA.
- Kammrath, L. & Mischel, W. (2000). The effects of stable cross-situational inconsistency information on causal attribution. Poster presented at the meeting of the American Psychological Society (APS), Miami Beach, FL.

Editorial Positions

2015-present Associate Editor, Journal of Social and Personal Relationships

Ad Hoc Reviewer

Journal of Experimental Social Psychology
Journal of Personality
Journal of Personality and Social Psychology
Journal of Research and Personality
Journal of Social and Personal Relationships
 National Institute of Mental Health
 Ontario Graduate Scholarship
Personal Relationships
Personality and Individual Differences

Personality and Social Psychology Bulletin
Psychological Bulletin
Psychological Science
 Richter Fellowship Program
Social Psychological and Personality Science
 Social Sciences and Humanities Research Council
 Society of Personality and Social Psychology
 conference

University Service and Engagement

2012 – present Lower Division Adviser
 2012 & 2014 Supervisor of 3 students in the Undergraduate Research and Creative Activities (URECA) summer fellowship program
 2014 Reviewer for Richter Scholarship Program
 2014 - present Participant in the Writing Associates Program
 2013 – present Participant in the Creative and Research Activities Development and Enrichment Initiative (CRADLE) program
 2011 Participant in a fall Teaching and Learning Center seminar

Department Service

2011 - present Lead organizer of weekly brownbag speaker series (Seminar in Self Regulation), with an average of 11 external speakers per year.
 2013 – present Member, Undergraduate Curriculum Committee
 2014 – present Member, SACS Assessment Committee
 2013 – present Liason for 311/312 instructors with Aplia and Cengage publishers
 2012 – present Speaker in the MA professional development speaker series
 2012 – present Panelist for undergraduate students interested in learning about Industrial/Organizational graduate programs

Undergraduate Honors Theses Supervised

† Student subsequently matriculated to a graduate program

Maggie Gigler. (2013-2014). *Relational Mindfulness Intervention in College Roommates*.

Annie Locke[†] (2012-2013). *Lacking the Resources to be Mindful: The Effect of Ego Depletion on Mindful Communal Behaviors in Cohabiting Romantic Relationships*.

J. Brian Smith[†] (2011-2012). *Social regulation in friendships*.

Thomas Allen (2010-2011). *The willpower to love: How differing states of self regulation*.

Harley Meirovich (2010-2011). *Lend a hand: The effects of a depleting handwriting task on relational generosity*

Kimberley Hara[†] (2010-2011). *Me or we? An examination of interpersonal decision-making in romantic relationships*.

Jackie Kirkconnell (2010-2011). *Navigating Social Interactions: The Effects of Loving Feelings on Self Control Depletion*

Arden Demarco[†] (2010-2011). *How Positive Relationship Behaviours can be influenced by Self-Regulatory Resources and mediated by Loving Feelings and Trait Self-Control*.

Linzi Williamson[†] (2009-2010). *The effect of speaking order on instrumental and relational expectancies*.

Christopher Pragg (2009-2010). *Social identity processes and assertiveness in negotiation interactions*.

Nicole Mitten[†] (2009-2010). *Psychological closeness, agreeableness, and social judgments: Negativity effects in agreeable people*.

Rebecca Shabaga[†] (2008-2009). *Loving, fighting, and making up: Implicit and explicit attitudes toward a romantic partner following a transgression*.

Lenna Boyrazian (2008-2009). *What lies beneath: Negativity effects in the judgments of agreeable perceivers*.

Jessica Wiese[†] (2008-2009). *Public promises versus private commitments: Does the way you promise to your romantic partner matter?*

Jessica Peter[†] (2008-2009). *Impressions and evaluations of others*.

Samantha Fizell[†] (2007-2008). *Cognitions and conflict: Examining the role of interpersonal expectations*.

Lindsay Rogers[†] (2006-2007). *Perceptions of female leaders*.

Masters Theses Supervised

† Student subsequently matriculated to a doctoral program

Adam Tarter (2014-2016). *Current Student*.

Julia Brinton (2012-2014). *Strain-based work-home conflict: examining the relative contribution of exhaustion and negative affect in the association between work demands and home behaviors*. Manuscript in preparation for submission to Journal of Applied Psychology.

Ben Armstrong[†] (2011-2013). *What predicts support selection: Examining personality and gender*. One paper published in Social Psychological and Personality Science. One manuscript submitted to Journal of Personality and Social Psychology.

Alicia Jenkins (2012-2013). *The moral value and self-regulation of relational goals*.

Kassandra Cortes[†] (2010 – 2012). *Self-regulating the effortful “Do’s” in relationships: A domain specific approach to the self-regulation of effortful social actions*. Published in Journal of Personality and Social Psychology.

Charity Friesen (2008-2010). *What pushes your buttons? How knowledge about if-then personality profiles can benefit relationships*. Published in Psychological Science.

Megan McCarthy[†] (2008-2010). *Raising an issue in a relationship: I’ll tell you what’s wrong but only if I think it will help*. Different project published in Social Psychological and Personality Science.

Doctoral Theses Supervised

Alana Greco (2007 – 2011). *The Impact of Interpersonal Strengths on Psychological Need Fulfillment and Motivation*.

Thesis Committee Member

Savanna Bradley, 2016 (masters)

Kathryn Rainer, 2015 (masters)

Hannah Moody, 2015 (masters)

Hannah Stroup, 2015 (masters)

Stephanie McKee, 2015 (masters)

Cory Costello, 2014 (masters)

Kelly Miskewicz, 2014 (masters)
Xia Allen, 2013 (masters)
Shivani Desai 2013 (masters)
Ashley Hawkins, 2012 (masters)
Glen Gorman, 2011, (dissertation)
Jaclyn Brown, 2011 (masters)
Johanna Peetz, 2010 (dissertation)

Danay Novoa, 2010 (masters)
Mervyn Whitfield, 2009 (dissertation)
Sean Mackinnon, 2009 (masters)
Kent Lam, 2008 (dissertation)
Glen Gorman, 2008 (masters)
Megan Mackenzie, 2008 (masters)
Alana Greco, 2007 (masters)

URECA Summer Fellows Supervised

Catherine Bradley, 2015
Katelyn McNab, 2014
Amber Whitmill, 2012
Tiffany Kichline, 2012

Undergraduate Research Supervisor

Over 50 undergraduate students have participated in my lab as research assistants since 2006.