

Michelle vanDellen
Psychology Building
University of Georgia
Athens, GA 30602
mvd@uga.edu

EDUCATION

2008 Duke University, Ph.D., Social Psychology
2004 University of Kentucky, M.S., Experimental Psychology
2002 Asbury University, B.A., with honors

EMPLOYMENT

2012 – present Assistant Professor, Department of Psychology
University of Georgia
2011 – 2012 Research Scientist, Social Science Research Institute
Duke University
2008 – 2011 Franklin Postdoctoral Fellow and Visiting Assistant Professor University
of Georgia

PUBLICATIONS

- Koval, C., vanDellen, M. R., Ranby, K., & Fitzsimons, G. M. (in press). The burden of responsibility: The interpersonal costs of having high self-control. Journal of Personality and Social Psychology.*
- Craddock, E. B., vanDellen, M. R., Novak, S., & Ranby, K. W. (in press). Influence in relationships: A meta-analytic review of health-related social control. Basic and Applied Social Psychology.*
- vanDellen, M. R., Boyd, S. M., Ranby, K. W., MacKillop, J., & Lipkus, I. (in press).** Willingness to support partner's smoking cessation: A study of partners of smokers. *Journal of Health Psychology.*
- Delose, J. E., vanDellen, M. R., & Hoyle, R. H. (in press). First on the list: Effective self-regulators prioritize exercising when it is a difficult goal pursuit. Self and Identity.*
- Fitzsimons, G. M., & **vanDellen, M.R.** (2015). Relationship Goals. In Simpson, J. A., & Dovidio, J. F. (Eds.), *Handbook of personality and social psychology: Interpersonal relations and group processes*. Washington, DC: American Psychological Association.

- vanDellen, M. R.**, Shea, C. T., Davisson, E. K., Koval, C., & Fitzsimons (2014). Motivated misperception: Self-regulatory resources affect goal appraisals. *Journal of Experimental Social Psychology*, *53*, 118-124.
- vanDellen, M. R.**, & Campbell, W. K. (2014). Climbing Mount Me. *Psychological Inquiry*, *25*, 114-119.
- vanDellen, M.R.**, Allen, A.B., & Campbell, W.K. (2013). Self-esteem, narcissism, and self-compassion: Individual differences in reacting to social exclusion. In C.N. DeWall (Ed.). *Oxford Handbook of Social Exclusion*.
- vanDellen, M.**, Sanders, M.A., & Fitzsimons, G.M. (2012). When local processing increases the appeal of healthy options. *Journal of Experimental Social Psychology*, *48*, 1100-1105.
- Burgin, C.J., Sanders, M.A., **vanDellen, M.R.**, & Martin, L.L. (2012). Breaking apart the typical mortality salience manipulation: Two questions, two outcomes. *European Journal of Social Psychology*, *42*, 521-532.
- vanDellen, M.R.**, Hoyle, R.H., & Miller, R. (2012). The regulatory easy street: Self-regulation below the self-control threshold does not consume regulatory resources. *Personality and Individual Differences*, *52*, 898-902.
- vanDellen, M.R.**, Knowles, M. L., Krusemark, E., Sabet, R. F., Campbell, W.K., McDowell, J.E., & Clementz, B.A. (2012). Trait self-esteem moderates decreases in self-control following rejection: An information processing account. *European Journal of Personality*, *26*, 123-132.
- Boals, A., **vanDellen, M.R.**, & Banks, J.B. (2011). The relationships between self-control and mental and physical health: The mediating effects of avoidant coping. *Psychology and Health*, *26*, 1049-1062.
- Smart Richman, L., **vanDellen, M.R.**, & Wood, W. (2011). How women cope: Being a numerical minority in a male-dominated profession. *Journal of Social Issues*, *67*, 492-509.
- vanDellen, M.R.**, & Baker, E. (2011). The implicit delegation model: Joint self-control in close relationships. *Social Psychological and Personality Science*, *2*, 277-283.
- vanDellen, M.R.**, Campbell, W.K., Hoyle, R.H., & Bradfield, E.K. (2011). Compensating, resisting, and breaking: A meta-analytical investigation of reactions to threat. *Personality and Social Psychology Review*, *15*, 51-74.
- vanDellen, M.R.**, Hoy, M.B., Hoyle, R. H., & Fernandez, K.C. (2011). Academic-contingent self-worth and the social monitoring system. *Personality and Individual Differences*, *50*, 59-63.

vanDellen, M.R., Bradfield, E.K., Hoyle, R.H. (2010). Self-regulation of state self-esteem following threat: Moderation by trait self-esteem (pp.430-446). In R. H. Hoyle (Ed.). *Handbook of self-regulation and personality*. Malden, MA: Blackwell Publishing.

vanDellen, M.R., & Hoyle, R.H. (2010). Regulatory accessibility and social influences on state self-control. *Personality and Social Psychology Bulletin*, 36, 251-263.

vanDellen, M.R., Hoy, M.B., & Hoyle, R.H. (2009). Contingent self-worth and social information processing: Cognitive associations between domain performance and social relations. *Social Cognition*, 27, 847 – 866.

vanDellen, M.R. & Hoyle, R.H. (2008). Possible selves as behavioral standards in self-regulation. *Self and Identity*, 7, 295-304.

Dodge, K.A., & **Sherrill, M.R.** (2007). The interaction of nature and nurture in antisocial behavior. In Flannery, D., Vazonsyi, A. & Waldman, I. *The Cambridge Handbook of Violent Behavior and Aggression*. New York: Cambridge University Press.

Dodge, K.A., & **Sherrill, M.R.** (2006). Deviant peer group effects in youth mental health interventions. In Dodge, K., Dishion, T., & Lansford, J. *Deviant Peer Influences in Programs for Youth*. New York: Guilford Press.

Hoyle, R.H., & **Sherrill, M.R.** (2006). Future orientation in the self-system: Possible selves, self-regulation, and behavior. *Journal of Personality*, 74, 1673-1696.

**Names in Italics Represent Mentored Graduate and Undergraduate Students*

MANUSCRIPTS UNDER REVIEW

Fitzsimons, G. M., Finkel, E. J., & **vanDellen, M. R.** (invited revision). Transactive goal dynamics. *Psychological Review*.

vanDellen, M. R., Shah, J. Y., Leander, N. P., *Delose, J. E.*, & *Bornstein, J. X.* (invited revision). Making it easier on yourself: Constructing social environments that support self-control.

vanDellen, M. R., Isherwood, J. C., & *Delose, J. E.* (in preparation). Everything in moderation? The impact of moderation messages on actual and intended consumption.

MANUSCRIPTS IN PREPARATION

vanDellen, M. R., Finkel, E., J., & Fitzsimons, G. M. (in preparation). Invisible self-control: How self-control failures undermine partner goal support.

vanDellen, M.R., Ranby, K., MacKillop, J., & Lipkus, I. (in preparation). A conceptual framework for addressing dyadic processes in dual-smoker couples.

OTHER PUBLICATIONS

- Ross, K., Ranby, K. W., **vanDellen, M. R.**, Robertson, C., & Lipkus, I. M. (2014). Longitudinal effects of illness uncertainty on prostate cancer patients' romantic relationships in the year following treatment. *Annals of Behavioral Medicine, 47*.
- Byars, H., Jordan, K., Brock, N., & **vanDellen, M.R.** (2012). Implicit and explicit attitudes and preference for interracial dating. *Journal of Interpersonal Relations, Intergroup Relations and Identity, 5*, 60-67.
- Glennie, E.J., Bonneau, K., **vanDellen, M.**, & Dodge, K.A. (2012). Addition by subtraction: The relation between dropout rates and school-level academic achievement. *Teachers College Record, 114*.
- Sherrill, M.R.** (2008). Self-control. In W. A. Darity (Ed.). *International encyclopedia of the social sciences* (2nd ed., Vol 7., pp. 402-404). Detroit: Macmillan Reference. Also in same set of volumes: Self-discrepancy theory (Vol. 7, pp. 393), Ought self (Vol. 5, pp. 85), Self guides (Vol. 7, pp. 415-416), Self-schemata (Vol 7, pp. 428-429).

REPRESENTATIVE CONFERENCE PRESENTATIONS

- Lynch, B. P. & **vanDellen, M. R.** (2014, October). Outsourcing Self-Enhancement: The Spread of Positive Information. Poster presentation. The Society of Southeastern Social Psychologists. Athens, GA.
- Craddock, E.B., **vanDellen, M. R.**, & Novak, S. (2012, January). To nag or not to nag? A meta-analysis on social control, health, and well-being. Poster to be presented at the 11th annual meeting for the Society of Personality and Social Psychology, San Diego, CA.
- vanDellen, M. R.**, & Hoyle, R.H. (2012, January). Psychological processes underlying compensation after ego-threat: Threat relevance and resource availability. Talk presented at the 11th annual meeting for the Society of Personality and Social Psychology, San Diego, CA.
- Craddock, E.B., **vanDellen, M.R.**, Davisson, E.K., & Hoyle, R.H. (2011, January). Finding a place for self-control: Physical locations facilitate self-control. Poster presented at the 10th annual meeting of the Society of Personality and Social Psychology, San Antonio, TX.
- vanDellen, M.R.**, (2009, November). When the thoughts count: Regulatory accessibility and state self-control. Talk given at the annual meeting of the Southeastern Society of Social Psychology, Ft. Myers, FL.
- Baker, E., & **vanDellen, M.R.** (2009, November). Loafing when your partner needs you the most: Resource depletion in romantic relationships. Poster presented at the annual

meeting of the Southeastern Society of Social Psychology, Ft. Myers, FL.

Kaczkowski, W.K., Sabet, R. A., & vanDellen, M.R. (2009, November). The tribe has spoken: Social motivation, social rejection, and self-control. Poster presented at the annual meeting of the Southeastern Society of Social Psychology, Ft. Myers, FL.

vanDellen, M.R., & Hoyle, R. H. (2009, February). Costs and benefits of social environment: Regulatory accessibility and state self-control. Paper presented at the 9th annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

vanDellen, M. R., & Hoyle, R. H. (2008, February). Regulating you is depleting me: Individual costs of others' regulatory efforts. Paper presented at the 8th annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

Fernandez, K., vanDellen, M. R., Hoy, M. B., & Hoyle, R. H. (2007, October). Contingencies of self-worth and the social monitoring system. Paper presented at the annual meeting of the Southeastern Society for Social Psychology, Durham, NC.

Sherrill, M. R., Hoy, M. B., & Hoyle, R. H. (2007, January). Contingencies and sociometers: Can the need to belong explain differences in contingencies? Paper presented at the 7th annual meeting of the Society for Personality and Social Psychology, Memphis, TN.*

*Awarded SPSP Student Poster Award, Runner-Up

Sherrill, M.R. & Hoyle, R. H. (2006, January). Cognitive load is not depleting: An investigation of regulatory resources. Paper presented at the 6th annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.

Sherrill, M. R., & Hoyle, R. H. (2005, January). Who we want to be and what we do about it: The role of possible selves in self-regulation. Paper presented at the 5th annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Sherrill, M. R., & Hoyle, R. H. (2004, January). Perceived belongingness as a motivational aspect of possible selves. Paper presented at the 4th annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Sherrill, M. R., Hoyle, R. H., & Robinson, J. I. (2003, May). Role of possible selves in self-regulation and behavior: Review and synthesis. Paper presented at the 75th Annual Meeting of the Midwestern Psychological Association, Chicago.

**Names in Italics Represent Mentored Undergraduate Students*

GRANT ACTIVITY

National Cancer Institute (pending). "Mechanisms of partner influence for smoking cessation," Role: Co- Investigator.

National Cancer Institute (unfunded) “Dyadic Processes of Smoking in Dual-Smoker Couples,” Role: Principal Investigator.

IPSOS Support for ‘Determining When and How to Provide Goal Support. Total: \$20,000.
Role: Co-investigator

The Psychology of Gratitude (finalist, unfunded), “Gratitude as Inspiration,” Role:
Co-investigator.

The Character Project (finalist, unfunded), “Trait and State Self-Regulation and Self-Interest in the Prediction of Moral Behavior,” Role: Principal Investigator

National Institute of Aging (unfunded), “Self-Regulatory Abilities and Motivation Across Behavioral Domains: A Lifespan Perspective,” Role: Principal Investigator

Invited participant at the Social/Personality Institute, National Cancer Institute, July 2009

FELLOWSHIPS AND AWARDS

Institute for Behavioral Research Mentoring Fellow, 2013-2014

NCI Summer Institute Participant, 2009

Franklin Postdoctoral Fellowship, 2008- 2011

Summer Institute in Social Psychology Participant, 2007

PARISS Fellowship, 2006-2007

Daniel Levitan Fellowship (declined, 2006-2007)

SPSP Student Poster Award, Runner-Up, 2007

APA Student Travel Award, 2005

Daniel Reedy Fellowship, University of Kentucky, 2002-2004

Kentucky Opportunity Fellowship, 2002-2003

TEACHING EXPERIENCE

Graduate Social Psychology, Goals and Self-Regulation, Academic Writing, Undergraduate Social Psychology, Research Laboratory in Social Psychology, Research Analysis/Statistical Methods, Elementary Psychology/Honors Seminar in General Psychology

EXTERNAL SERVICE

Editorial Board *Self & Identity* (2012- present)

Ad Hoc Reviewer

Journals *Basic and Applied Social Psychology, Human Communication Research, Infant and Child Development, Journal of Research on Adolescence, Journal of Experimental Social Psychology, Journal of Nonverbal Behavior, Journal of Personality and Social Psychology, Journal of Research in Personality, Motivation and Emotion,*

*Personality and Individual Differences, Personality and Social
Psychology Bulletin, Self and Identity*

Funding Agencies *National Science Foundation, Swiss National Science Foundation*

Site Coordinator, Society for Southeastern Social Psychology, Fall 2014

INTERNAL SERVICE

Doctoral Dissertation Committees

Jessica McCain (expected 2018), Member
Bridget Lynch (expected 2018), Chair
Julie Delose (expected 2018), Chair
Michael Ricci (Accounting; expected 2017), Member
Elizabeth Hathway (Kinesiology; expected 2016), Member
Joanna Lampkin (expected 2015), Member
Matthew Sanders (2013), Member

Masters Student Committees

Thitapa Syranapoon, Member
Wyatt Anderson (expected 2014), Member
Julie Delose (2014), Chair
Joanna Lampkin (2013), Member

Undergraduate Honors Thesis Committees

Jeremy Hallock (expected, May 2015), Member
Sahar Sabet (expected, May 2015), Chair
Jerica Bornstein, (December 2014), Chair
Hania Biset (May, 2014), Member
Lane Siedor (December, 2013), Chair
Raha Sabet (April, 2011), Chair
Katya Fernandez (April, 2008), Member
Karen Burns (April, 2007), Member
Rebecca Miller (April, 2007), Member

Faculty Supervisor, Social/Personality Psychology at the University of Georgia (SPUGA),
2012- present

Graduate Award Selection Committee, Department of Psychology, 2013

Long-Range Planning Committee, Department of Psychology, 2013 - present