

February 2025

Curriculum Vitae

ANTHONY H. AHRENS
Department of Psychology
American University
4400 Massachusetts Avenue, NW
Washington, DC 20016
(202)885-1714
ahrens@american.edu

Professional Experience

2018-present Professor, Department of Psychology, American University
2015 Visiting Scholar, Vanderbilt University
1996-2000, 2019-2022, Chair, Department of Psychology, American University
1993-2018 Associate Professor, Department of Psychology, American University
1987-1993 Assistant Professor, Department of Psychology, American University
1986-1987 Postdoctoral Scholar, Department of Psychology, University of Wisconsin

Education

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

Honors and Awards

External Funding

Templeton World Charity Foundation, TWCF0504 ‘Character development and Adolescent health: An Evaluation of the impact of traditional storytelling on improving sexual and reproductive health education outcomes.’
Research Supervisor, 2020-2024
John Templeton Foundation and St. Louis University Happiness and Well-Being Project, #57313, “Integrating Social Cognitive Theory and Virtue Ethics,”
Co-Principal Investigator (David Cloutier PI), 2016-2018
National Cancer Institute, 5 R21 CA91829-02 “Applying Self-Regulatory Focus Theory to Cigarette Smoking Cessation,” Co-Investigator (David Haaga, PI) 2002-2004
National Institute of Mental Health, R03 MH47003-02 "Mood, Recall, and Changes in Attributional Style." (PI) 1992-1995
National Institutes of Health Individual Research Service Award, 1986-1987
National Science Foundation Graduate Fellowship, Stanford University, 1982-1985

Miscellaneous Awards

American University, Award for Excellence in Master’s Student Mentoring, 2017
One of the ten must-take psychology professors in Washington DC, careersinpsychology.org, 2015
Outstanding Reviewer Award, *Journal of Happiness Studies*, 2009
American University, University Faculty Award for Outstanding Service to the University Community, 2007

Internal Funding

American University, Associate Professor Opportunity, 2007-2010
American University Mellon Grant, College of Arts and Sciences, 1995, 2005
American University Research Grant, College of Arts and Sciences, 1987-1988

Journal Articles and Book Chapters

- Curlee, M.S., & Ahrens, A. H. (2025). Contemplative prayer during the COVID-19 pandemic: An exploratory analysis of the Examen for Life during COVID-19 among Christian participants. *Psychology of Religion and Spirituality*.
- Curlee, M. S., & Ahrens, A. H. (2025). Religion and spirituality. In *The sage encyclopedia of mood and anxiety disorders* (Vol. 3, pp. 1093-1094). SAGE Publications, Inc..
- Shapiro, A. G., Peters, R. M., & Ahrens, A. H. (2024). (Mis)estimation of the modal number of desired sexual partners. *PLOS ONE*.
- Parker, S. C., & Ahrens, A. H. (2023). (Just thinking of) uncertainty increases intolerance of uncertainty. *Journal of Individual Differences*, 44, 1-8.
- Curlee, M. S., McIntosh, E., & Ahrens, A. H. (2023). What is gratitude without a benefactor? A daily diary approach. *Cognition and Emotion*, 37, 384-396.
- Curlee, M. S., & Ahrens, A. H. (2023). An exploratory analysis of the Ignatian Examen: Impact on self-transcendent positive emotions and eudaimonic motivation. *Journal of Positive Psychology*, 18, 733-742.
- Cloutier, D., & Ahrens, A. H. (2020). Catholic moral theology and the virtues: Integrating psychology to illuminate moral disagreement. *Theological Studies*, 81, 326-347.
- Ahrens, A. H. (2020). The accompaniment of psychology and theology: A response to Jessica Coblentz. *Journal of Moral Theology*, 9, 20-33.
- Ahrens, A. H., & Cloutier, D. (2019). Acting for good reasons: Integrating virtue theory and social cognitive theory. *Social and Personality Psychology Compass*.
- Farrow, V.A., Ahrens, A., Gunthert, K. C., & Schulkin, J. (2019). Women's healthcare providers: Work factors, personality, and stress. *Social Behavior and Personality: An International Journal*, 47, 1-11.
- Stewart, K. L., Ahrens, A. H., & Gunthert, K. C. (2018). Relating to self and other: Mindfulness predicts compassionate and self-image relationship goals. *Mindfulness*, 9, 176-186.

- Chue, A. E., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. (2017). How does social anger expression predict later depression symptoms? It depends on how often one is angry. *Emotion*, 17, 6-10.
- Parker, S. C., Majid H., Stewart, K. L., & Ahrens, A. H. (2017). No thanks! Autonomous interpersonal style is associated with less experience and valuing of gratitude. *Cognition and Emotion*, 31, 1627-1637.
- Skalina, L. M., Gunthert, K. C., Ahrens, A. H., & Wenz, S. J. (2015). Neuroticism and momentary differentiation of positive and negative affect. *Personality and Individual Differences*, 75, 165-169.
- Stoeckel, M., Weissbrod, C., & Ahrens, A. H. (2015). The adolescent response to parental illness: The influence of dispositional gratitude. *Journal of Child and Family Studies*, 24, 1501-1509.
- Carlin, E., & Ahrens, A. H. (2014). The effects of mindfulness and fear-inducing stimuli on avoidance behavior. *Mindfulness*, 5, 276-281.
- Ahrens, A.H., & Forbes, C. N. (2014). Gratitude. In M. M. Tugade, M. L. Shiota, & L. D. Kirby (Eds.), *Handbook of positive emotions*. (pp. 342-361). New York: Guilford Press.
- Kirby, L. D., Tugade, M., Morrow, J., Ahrens, A. H., & Smith, C. A. (2014). Vive la difference: The ability to differentiate positive emotional experience and well being. In M. M. Tugade, M. L. Shiota, & L. D. Kirby (Eds.), *Handbook of positive emotions*. (pp. 241-255). New York: Guilford Press.
- Wenz, S. J., Gunthert, K. C., Ahrens, A. H., & Bos, T. C. T. (2013). Biases in short-term mood prediction in individuals with depression and anxiety symptoms, *Individual Differences Research*, 11, 91-101.
- Friedman-Wheeler, D. G., Rizzo-Busack, H., McIntosh, E., Ahrens, A. H., & Haaga, D.A. F. (2010). Manipulating regulatory focus in cigarette smokers. *Addictive Behaviors*, 35, 530-532.
- 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., 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.
- 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.

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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., 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.
- 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.
- 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.
- 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.
- 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.

- 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.
- 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.
- 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.
- 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., & Ahrens, A. H. (1992). A disagreement about the benefits of agreement-seeking. *Psychological Inquiry*, 3, 244-247.
- 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.
- 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.
- Ahrens, A. H. (1991). Dysphoria and social comparison: Combining information regarding others' performances. *Journal of Social and Clinical Psychology*, 10, 190-205.
- 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., Zeiss, A. M., & Kanfer, R. (1988). Depressive deficits in interpersonal standards, self-efficacy, and social comparison. *Cognitive Therapy and Research*, 12, 53-67.
- 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. (1987). Theories of depression: The role of goals and the self-evaluation process. *Cognitive Therapy and Research*, 11, 665-680.

Refereed Professional Presentations

- Berger, A., Spitzen, T., Ahrens, A. H. Change in perceived burdensomeness predicted by guilt feelings in a gratitude intervention. Association for Behavioral and Cognitive Therapies, Philadelphia, November 2024.

- Brody, L, Fuchs, A. M., & Ahrens, A. H. Moral injury symptoms: Witnessing commonplace unethical behavior in undergraduate students. Association for Behavioral and Cognitive Therapies, Philadelphia, November 2024.
- Fuchs, A., Ahrens, A. H. The effect of self-compassion writing exercises on procrastination in college students with ADHD. Association for Behavioral and Cognitive Therapies, Philadelphia, November 2024.
- Ahrens, A.H. Social Cognitive Psychology, MacIntyre, and Flourishing: Offering Islands of Coherence in a Sea of Chaos. Makarios Conference, Rome, Italy, May 2023.
- Curlee, M. S., & Ahrens, A. H. The Examen for Life during COVID-19: Effect on state anxiety and compassionate goals moderated by negative impact of COVID-19. Association for Behavioral and Cognitive Therapies, New York, November 2022.
- Cohen, A. I., & Ahrens, A. H. Autonomous interpersonal style, depressive symptoms, loneliness, and COVID-19 prevention activities? Association for Behavioral and Cognitive Therapies, online, November 2021.
- To, C. N., & Ahrens, A. H. Increase relatedness satisfaction through daily journaling. Association for Behavioral and Cognitive Therapies, online, November 2021.
- Smout, R., & Ahrens, A. H. Everyday moral injury: Can MI result from common Violations in the workplace? Association for Behavioral and Cognitive Therapies, online, November 2020.
- Spitzen, T. L., To, C. N., Ahrens, A. H. History of non-suicidal self-injury moderates the relation of rejection distress to increased risk for eating disorder urges: A daily diary study. Association for Behavioral and Cognitive Therapies, online, November 2020.
- To, C. N., & Ahrens, A. H. Creating an accessible autonomous motivation intervention For college students. Association for Behavioral and Cognitive Therapies, online, November 2020.
- To, C., Spitzen, T., Mhoon-Mock, W., & Ahrens, A. H. Daily gratitude diaries and changes in interpersonal variables. Society for Personality and Social Psychology, New Orleans, 2020.
- Curlee, M., & Ahrens, A. H. Examen spiritual exercises and self-transcendent positive emotions. Society for Personality and Social Psychology, New Orleans, 2020.
- Spitzen, T. L. & Ahrens, A. H. Duration of negative emotion in the everyday lives of people with self-injurious thoughts and behaviors (SITBs). American Association of Suicidology, Denver, CO, April 2019.
- Curlee, M.S., & Ahrens, A. H. Relationship between calmness and spirituality influenced by type of spirituality. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2018.

Spitzen, T. L., & Ahrens, A. H. Relief and negative affect in individuals with recent self injurious thoughts and behaviors. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2018.

Mhoon-Mock, W., & Ahrens, A. H. Uncertainty avoidance and the perceived utility of low arousal positive emotions. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2018.

Curlee, M. S. & Ahrens, A. H. Non-reactivity impacts the relationship between daily mindful awareness and negative affect. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2018.

Hoagwood, H. R., Stewart, K. L., & Ahrens, A. H. Searching for meaning and finding loneliness: The mediating role of extreme valuing of happiness. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2018.

Parker, S. C., & Ahrens, A. H. Does priming elicit shifts in cognitive style? Presented at the Association for Psychological Science convention, San Francisco, CA, May 2018.

Mhoon-Mock, W. & Ahrens, A. H. The differential effects of gratitude “to” vs. gratitude “for” exercises. Presented at the Society for Personality and Social Psychology convention, Atlanta, GA, March 2018.

De Simone Irace, C., Spitzen, T., & Ahrens, A. H. Are one’s relationships about exchange? Then daily gratitude is less likely to increase trait gratitude. Presented at the Association for Behavioral and Cognitive Therapies convention, San Diego, CA, November 2017.

De Simone Irace, C., Spitzen, T., & Ahrens, A. H. Facing daily stressful events: Increases in negative affect higher for those who are exchange oriented in relationships. Presented at the Association for Behavioral and Cognitive Therapies convention, San Diego, CA, November 2017.

Spitzen, T., De Simone Irace, C., & Ahrens, A. H. Social connectedness moderates the relationship between self-concept clarity and nonsuicidal self-injury. presented at the Association for Behavioral and Cognitive Therapies convention, San Diego, CA, November 2017.

Mhoon-Mock, W., Ahrens, A. H., & Gunthert, K. C. Fear of emotion as a predictor of gratitude expression and perceived social support. Presented at the Association for Behavioral and Cognitive Therapies convention, New York, NY, October 2016.

Parker, S. & Ahrens, A. H. No thanks! Autonomous interpersonal style is associated with less experience and valuing of gratitude. Presented at the Association for Behavioral and Cognitive Therapies convention, New York, NY, October 2016.

Spitzen, T., & Ahrens, A. H. Social connectedness moderates the relationship between being bothered about having displeased someone and self-destructive urges. Presented at the Association for Behavioral and Cognitive Therapies convention, New York, NY, October 2016.

Parker, S. C., Stewart, K. L., & Ahrens, A. H. The relation of individual differences in autonomy to gratitude and indebtedness. Presented at the Society for Personality and Social Psychology convention, San Diego, CA, January 2016.

Herron, L. B., & Ahrens, A. H. Self-compassion is associated with fewer errors on sustained attention task after depressive rumination. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2015.

Maher, E. L., Abdulraheem, N., & Ahrens, A. H. Beyond the breath: Effects of a brief loving-kindness meditation on compassionate interpersonal goals. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2015.

Rothschild, L., Weissbrod, C., & Ahrens, A. H. Social skills and social networking: The relationship of Facebook use and social connectedness, and the moderating role of social skills. Presented at the Association for Behavioral and Cognitive Therapies convention, Chicago, IL, November 2015.

Chue, A., Kim, R., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. Daytime sleepiness and perceptions of everyday stress: The moderating role of depression symptoms. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Chue, A., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. Relationship between Everyday anger expression and subsequent depression: A prospective study. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Kim, R., Gunthert, K. C., Ahrens, A. H., & Skalina, L. M. Gender differences in the effect of daytime sleepiness on positive and negative emotions. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Stewart, K. L., Breetz, A. A., Ahrens, A. H., & Herron, L., Interpersonal goals are associated with borderline features and daily response to stressors. Presented at the Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA, November 2014.

Mullarkey, M. & Ahrens, A. H. Thankful in all circumstances: Trait gratitude predicts Less stress during a daily diary via savoring. Presented at the Society for Affective Science convention, Bethesda, MD, April 2014.

- Mullarkey, M., Breetz, A. A., & Ahrens, A. H. Trait mindfulness predicts drop in borderline symptoms over time. Presented at the Association for Behavioral and Cognitive Therapies convention, Nashville, TN, November 2013.
- Skalina, L. M., Gunthert, K. C., & Ahrens, A. H. The effect of depression on Interpersonal expression of negative affect. Presented at the Association for Behavioral and Cognitive Therapies convention, Nashville, TN, November 2013.
- Stewart, K. L., & Ahrens, A. H. Why does gratitude enhance well-being? Exploring the effects of gratitude on meaning. Presented at the Association for Behavioral and Cognitive Therapies convention, Nashville, TN, November 2013.
- Weltfreid, S., & Ahrens, A. H. Self-compassion mediates the relationship between mindfulness and happiness for another's success. Presented at the Association for Psychological Sciences convention, Washington, DC, May 2013.
- Sparapani, E.M., Gray, J. G., & Ahrens, A. H. Exploring the effects of rumination and emotion regulation on state body image dissatisfaction. Presented at the Eastern Psychological Association convention, New York, NY, March 2013.
- Mullarkey, M., & Ahrens, A. H. Does generalized gratitude prompt the action tendency to celebrate? Presented at the Society for Personality and Social Psychology convention, New Orleans, LA, January 2013.
- Stewart, K. L., Ahrens, A. H., & Gunthert, K. Mindfulness predicts compassionate and self-image goals. Presented at the Society for Personality and Social Psychology convention, New Orleans, LA, January 2013.
- Carlin, E., & Ahrens, A. H. Effects of mindfulness and fear-inducing stimuli on Avoidance behavior. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2012.
- Skalina, L. M., Gunthert, K. C., & Ahrens, A. H. The impact of neuroticism and depression on the covariation of momentary positive and negative emotion. Presented at the Association for Behavioral and Cognitive Therapies convention, Washington, DC, November 2012.
- Farrow, V., & Ahrens, A. H. Mindful awareness moderates the relationship between depression symptoms and attribution style. Presented at the Society for Personality and Social Psychology convention, San Diego, CA, January 2012.
- Gilroy, K. C., & Ahrens, A. H. The relationship of emotion regulation skills with empathic processes. Presented at the Association for Behavioral and Cognitive Therapies convention, Toronto, ON, November 2011.
- Gilroy, K. C., & Ahrens, A. H. Facets of mindfulness and fear of emotion related to empathic concern, distress, and perspective taking. Presented at the Association for Behavioral and Cognitive Therapies convention, Toronto, ON, November 2011.

- Ahrens, A. H., Breetz, A. A., & Forbes, C. N. Facets of mindfulness as predictors of gratitude: A daily diary study. Presented at the Association for Psychological Science convention, Washington, DC, May 2011.
- Breetz, A. A., Gratz, K. L., Tull, M. T., & Ahrens, A. H. Fear of positive emotion and preference for familiarity. Presented at the Association for Behavioral and Cognitive Therapies convention, San Francisco, CA, November 2010.
- Ahrens, A. H. From leadership crisis to revising the university by-laws. Presented at the American Association of University Professors Shared Governance Conference, Washington, DC, November 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.

- 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. 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.

- 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.
- Ahrens, A. H. (Discussant). Self-regulation, affect, and depression. Symposium presented at the American Psychological Association convention, Chicago, IL, August 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.
- 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.
- 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.
- 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 thought on the attributional style of those high and low in depression symptoms. Presented at the Midwestern Psychological Association convention, Chicago, IL May, 1994.
- 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., & 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.
- 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.
- 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. Attributions, stress, and depression in children. Presented at the Midwestern Psychological Association, Chicago, IL May, 1991.

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.

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.

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. Changes in personal standards and dysphoria: A longitudinal approach. Presented at the Midwestern Psychological Association convention, Chicago, IL, April 1988.

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., & 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.

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. Judgments of control: Multiple measures. Presented at the Western Psychological Association convention, San Francisco, CA, April 1983.

Invited Professional Presentations

Ahrens, A. H., Virtue. Lumen Christi Seminar on Eudaimonia, Philadelphia, PA, July, 2024.

Ahrens, A. H., The virtues of integrating virtue theory and social cognitive theory. University of Illinois-Chicago, November, 2020.

Ahrens, A. H., The accompaniment of psychology and theology. Presented at the Psyche and Soul conference, St. Vincent College, Latrobe, PA, March 2019.

Ahrens, A. H. How is flourishing related to the findings of empirical psychology: A dialogue. Catholic University of America, April 2017.

Ahrens, A.H. Contemplating contemplation: A psychological perspective on mindfulness, gratitude, and Ignatian spiritual practices. Tuohy Lecture, John Carroll University, April 2016.

- 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.
- 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. 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, 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. 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. Self-evaluation and affect. Presented at the International Conference on Motivation and Emotion (Nags Head Conference), Highland Beach, FL, June 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. On the relationship(s) between depression and standard setting. Invited colloquium, Shippensburg University, February 1997.
- 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. Adventures in depression research. Presented to the Department of Psychology, University of Maryland, College Park, April 1995.
- 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. 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., & 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. Self-evaluation and negative affect. Presented to the Department of Psychology, University of Maryland, College Park, April 1988.

Teaching Experience (all at American University)

Introductory Survey of Psychology/Introduction to Psychology
Psychology: Understanding Human Behavior
Social Psychology
Psychology of Religion
Social Psychological Approaches to Clinical Psychology
Judgment and Decision Making
Positive Psychology/Psychology of Happiness/Psychology of Well-Being
Advanced Social Psychology
Masters Thesis Seminar/Seminar in Psychological Research

Supervision of Theses and Dissertations (Completed): 1987-2024

Ph.D. Chair: 30, Committee Member: 36
M.A. Chair: 36, Committee Member: 51

Professional Service

Grant Reviews

Review for the APF/COGDOP Graduate Research Scholarships program, 2020
Review for the Templeton Foundation, 2018
Review for Hong Kong Institute of Education, 2015
Review for NSF, 2010
Review for NIH Challenge Grant program, 2009
Review for Michael Smith Foundation for Health Research, 2007, 2008
Temporary Member, Adult Psychopathology and Disorders of Aging Study
Section, NIH, 2006
Temporary Member, Adult Psychopathology and Disorders of Aging Study
Section, NIH, 2005
Grant Application Panel Member, NIMH, Minority Research Infrastructure
Support Programs (R24), 2003
Special Emphasis Grant Application Panel Member, NIH Center for Scientific
Review, 2002

Editorial Service

Member of the Editorial Board for:
Journal of Happiness Studies, 2008-
Cognitive Therapy and Research, 1993-1996
Personality and Social Psychology Bulletin, 1992-1994

Occasional Reviewer for:
Behavior Therapy
Behavior Modification

Clinical Psychology Review
Cognition and Emotion
Cognitive Therapy and Research
European Journal of Social Psychology
Health Psychology
Holocaust and Genocide Studies
International Journal of Psychology
International Journal of Testing
Journal of Abnormal Psychology
Journal of Consulting and Clinical Psychology
Journal of Contemporary Psychotherapy
Journal of Cross-Cultural Psychology
Journal of Happiness Studies
Journal of Personality and Social Psychology
Journal of Psychology
Journal of Research in Personality
Journal of Social and Clinical Psychology
Mindfulness
Motivation and Emotion
Personality and Social Psychology Bulletin
Perspectives on Psychological Science
Psychology of Aging
Psychological Science
Self and Identity
Social Cognition
Social Indicators Research
Social Psychological and Personality Science

Book Reviewer
Georgetown University Press

University Service

Board of Trustees, Member, 2006-2007
Board of Trustees, Trusteeship Committee, 2006-2007
Board of Trustees, Faculty Representative 2005-2006
Faculty Senate, Member 2002-2007, 2014-2015, 2017-2019 (Vice Chair 2004-2005; Chair 2005-2006; Past Chair 2006-2007)
Faculty Senate Executive Committee, Member, 2017-2019
Faculty Senate Ad Hoc Committee on Senate Reform. 2024-current
Faculty Senate Ad Hoc Committee on Teaching Evaluation and SETs (Co-Chair), 2014-2015
Faculty Senate Ad Hoc Committee on Governance (Co-Chair) 2005-2006
Faculty Senate Ad Hoc Committee on Conflict of Time Commitment 2014
Faculty Senate Ad Hoc Committee on Intellectual Property 2011
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
 Ad Hoc Faculty Advisory Committee, University President Search 2023-24
 Search Committee, Provost, 2007-2008
 Search Committee, Dean, College of Arts and Sciences, 2008-2009
 Search Committee, Athletic Director, 2006-2007
 University Budget Committee 2006-2007
 Middle States Review Governance Task Force, member 2012-2014
 Middle States Periodic Review Committee, member 2009
 Middle States Review Steering Committee, 2002-2004
 Middle States Review Faculty Task Force, co-chair 2002-2004
 Institutional Review Board, (Chair) 2013-2015
 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
 Faculty Retreat, Facilitator for discussion of play by Caleen Jennings, 2010
 College Awareness Month, presenter to Wilson High School students, 2010
 Ann Ferren Teaching Conference, presentation on undergraduate research, 2003
 Ann Ferren Teaching Conference, presentation on mid-semester slumps, 2009
 Ann Ferren Teaching Conference, presentation on TA-faculty collaboration, 2014
 Ann Ferren Teaching Conference, presentation of faculty/staff discussion groups, 2017
 Panelist, "Dialogue through disagreement," Civic Life initiative launch event, Fall 2024
 Panelist, "The Role of the Board of Trustees in University Governance," Southeast Asian Ministers of Education Organization Delegation visit to AU, April 2008
 Panelist, "Liberal Arts in a World of Specialization," Partnership Day, June 1997
 Advisor to Women's Volleyball Team, periodic
 Honorary Guest Coach for Women's Basketball Team, 2007, 2008, 2010, 2013
 Faculty Advisor, American Circus Club, 2006-2007
 Faculty Advisor, Women's Softball Club, 2005
 Faculty Advisor, Catholic Choir and Ensemble, 2004-2010
 Faculty Advisor, Catholic Student Association, 1998-2002, 2004-2011, 2012-2016
 Mock Interviewer for Rhodes Scholarship Finalist, 2014
 Mock Interviewer for Truman Award Finalists, 2009, 2010, 2017
 Faculty-Staff Campaign Committee 2009-2020
 McNair Scholar Committee, 2000
 University Premedical Advising Committee, 1989-1991
 Fulbright Committee, 1990-93

College Level Service:

Dean's Advisory Committee, 2010-2011
 Educational Planning Committee, Curriculum Committee, 2002

Educational Planning Committee, Steering Committee, 1996, 2009-2010
Educational Planning Committee, 1988-1989, 2006-2007, 2009-2010
Dean's Advisory Group on Administrative Course Releases, 1999-2000
Dean's Committee on Strategic Planning, 1996
Robyn Rafferty Mathias Student Research Conference, judge, 2013
Mellon Colloquium, presentation on Happiness, May 2007
Search Committee for Serials Librarian, 1996

Departmental Service:

Department Chair, 1996-2000; 2019-2022
MA Director 2013-2019
Executive Committee, 2000-2001, 2006-2007, 2008, 2013-2014, 2018-2022,
2023-current
Graduate Curriculum Committee, 1990-1994 (Chair, 1992-1994), 2004-2005
(Chair), 2011-2012 (Chair), 2013-2015, 2016-2019
Human Subjects Committee, 1987-1991 (co-chair, 1988-1989)
Merit Pay Committee, 1993-94, 2002, 2003, 2004, 2009, 2010 (Chair, 2002-2004)
Rank and Tenure Committee, 1987-1990, 1991-1992, 1993-1994, 2000-2001,
2002-2011, 2012-2013, 2014-2015 (Chair), 2016-2017 (Chair),
2017-2018, 2022-2023
Undergraduate Curriculum Committee, 1987-1988
Ad hoc Committee for MA Director Nominations 2019 (Chair), 2024
Ad hoc Committee on Bylaws, 2012-2013 (Chair), 2019 (Co-chair)
Ad hoc Committee on MA in Counseling, 2013 (Chair)
Ad hoc Committee on Workload, 2010
Ad hoc Committee on Four-Course Load, 2007
Clinical Tenure-track Faculty Search Committee, 1988-89, 1994-95, 1995-96,
2001-02, 2011-2012
Cognitive Tenure-track Faculty Search Committee, 1987-1988
Social/Cognitive/Developmental Tenure-track Faculty Search Committee
2005-2006
Cognitive/social Tenure-track Faculty Search Committee, 2022-2023
Term Faculty Search Committees, 1988, 1990, 1994, 2013, 2016 (Chair)
Freshman Advisor, 1988-1993, 1995-1996
Major Advisor, 1988-present

Membership

Association for Behavioral and Cognitive Therapies
Association for Psychological Science
International Society for Contemplative Research
Society for Personality and Social Psychology
Society for the Psychology of Religion and Spirituality