

JULIA K. BOEHM

Crean College of Health & Behavioral Sciences

Chapman University

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ACADEMIC APPOINTMENTS

Associate Professor of Psychology, Chapman University, 2020-present

Assistant Professor of Psychology, Chapman University, 2013-2020

Postdoctoral Research Fellow, Harvard T. H. Chan School of Public Health, 2009-2013

EDUCATION

Ph.D., Social and Personality Psychology, University of California, Riverside, 2009

M.A., Social and Personality Psychology, University of California, Riverside, 2006

B.A., Psychology, *Magna Cum Laude*, Lewis & Clark College, 2003

RESEARCH INTERESTS

Psychological well-being, optimism, health, cardiovascular disease, and health behaviors

JOURNAL PUBLICATIONS (* indicates undergraduate student co-author)

— In Press —

Guimond, A. J., Trudel-Fitzgerald, C., **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (In Press). *Is more, better? Relationships of multiple psychological well-being facets with cardiometabolic disease*. Manuscript accepted for publication in *Health Psychology*.

Qureshi, F., Soo, J., Chen, Y., Kubzansky, L. D., & **Boehm, J. K.** (In Press). *Optimism and lipid profiles in midlife: A 15-year study of Black and White adults*. Manuscript accepted for publication in *American Journal of Preventive Medicine*.

— 2021 —

Boehm, J. K. (2021). Positive psychological well-being and cardiovascular disease: Exploring mechanistic and developmental pathways. *Social and Personality Psychology Compass*.
<https://doi.org/10.1111/spc3.12599>

Guimond, A. J., Kubzansky, L. D., **Boehm, J. K.**, Kivimaki, M., & Trudel-Fitzgerald, C. (2021). Does life satisfaction reduce risk of incident hypertension and stroke? Evidence from the Whitehall II cohort. *Journal of Psychosomatic Research*, 144, 110414.
<https://doi.org/10.1016/j.jpsychores.2021.110414>

— 2020 —

Boehm, J. K., Chen, Y., Qureshi, F., Soo, J., Umukoro, P., Hernandez, R., Lloyd-Jones, D. M., & Kubzansky, L. D. (2020). Positive emotions and favorable cardiovascular health: A 20-year

longitudinal study. *Preventive Medicine*, 136, 106103.

<https://doi.org/10.1016/j.ypmed.2020.106103>

Boehm, J. K., Qureshi, F., Chen, Y., Soo, J., Umukoro, P., Hernandez, R., Lloyd-Jones, D., & Kubzansky, L. D. (2020). Optimism and cardiovascular health: Longitudinal findings from the Coronary Risk Development in Young Adults Study. *Psychosomatic Medicine*, 83, 774-781. <https://doi.org/10.1097/PSY.0000000000000855>

*Geller, M. B., & **Boehm, J. K.** (2020). It's for their health: Encouraging autonomy during emerging adulthood. *Psi Chi Journal of Psychological Research*, 25, 54-64.

<https://doi.org/10.24839/2325-7342.JN25.1.54>

Kim, E. S., Shiba, K., **Boehm, J. K.**, & Kubzansky, L. D. (2020). Sense of purpose in life and five health behavior-related outcomes in older adults. *Preventive Medicine*, 13.

<https://doi.org/10.1016/j.ypmed.2020.106172>

Kubzansky, L. D., **Boehm, J. K.**, Allen, A. R., Vie, L. L., Ho, T. E., Trudel-Fitzgerald, C., Koga, H., Scheier, L. M., & Seligman, M. E. P. (2020). Optimism and risk of incident hypertension: A target for primordial prevention. *Epidemiology and Psychiatric Sciences*, 29, e157, 1-9.

<https://doi.org/10.1017/S2045796020000621>

Scheier, M. F., Swanson, J. D., Barlow, M. A., Greenhouse, J. B., & Tindle, H. A. for the Optimism/Pessimism Meta-Analytic Consortium (Abatemarco, D., Abdou, C., Abebe, K., Adler, N., Ai, A., Anthony, E., Barrett-Connor, E., Beach, S., Beckie, T., Bell, M., Bennett, D., Bennett, P., Ben-Zur, H., Berglund, G., Blackburn, E., Bleil, M., **Boehm, J. K.** . . . Yi-Frazier, J., & Ylöstalo, P.) (2020). Optimism versus pessimism as predictors of physical health: A comprehensive reanalysis of dispositional optimism research. *American Psychologist*.

<https://doi.org/10.1037/amp0000666>

— 2019 —

Hernandez, R., Vu, T. H., Kershaw, K. N., **Boehm, J. K.**, Kubzansky, L. D., Carnethon, M., Trudel-Fitzgerald, C., Knutson, K. L., Colangelo, L. A., & Liu, K. (2019). The association of optimism with sleep duration and quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) study. *Behavioral Medicine*.

<https://doi.org/10.1080/08964289.2019.1575179>

Millstein, R. A., Chung, W. J., Hoepfner, B. B., **Boehm, J. K.**, Legler, S. R., Mastromauro, C. A., & Huffman, J. C. (2019). Development of the State Optimism Measure. *General Hospital Psychiatry*, 58, 83-93. <https://doi.org/10.1016/j.genhosppsych.2019.04.002>

— 2018 —

Boehm, J. K., Chen, Y., Koga, H., Mathur, M., Vie, L. L., & Kubzansky, L. D. (2018). Is optimism associated with healthier cardiovascular-related behavior? Meta-analyses of three health behaviors. *Circulation Research*, 122, 1119-1134.

<https://doi.org/10.1161/circresaha.117.310828>

Boehm, J. K., Soo, J., Zevon, E. S., Chen, Y., Kim, E. S., & Kubzansky, L. D. (2018). Longitudinal associations between psychological well-being and the consumption of fruits and vegetables. *Health Psychology*, 37, 959-967. <http://dx.doi.org/10.1037/hea0000643>

Kubzansky, L. D., Huffman, J. C., **Boehm, J. K.**, Hernandez, R., Kim, E. S., Koga, H. K., Feig, E. H., Lloyd-Jones, D. M., Seligman, M. E. P., & Labarthe, D. R. (2018). Positive psychological well-being and cardiovascular disease. *Journal of the American College of Cardiology*, 72, 1382-1396. <https://doi.org/10.1016/j.jacc.2018.07.042>

Peterson, B., Gordon, C., **Boehm, J. K.**, Inhorn, M. C., & Patrizio, P. (2018). Initiating patient discussions about oocyte cryopreservation: Attitudes of obstetrics and gynecology resident physicians. *Reproductive Biomedicine & Society*, 6, 72-79. <https://doi.org/10.1016/j.rbms.2018.10.011>

Soo, J., Kubzansky, L. D., Chen, Y., & **Boehm, J. K.** (2018). Psychological well-being and restorative biological processes: HDL-C in older English adults. *Social Science & Medicine*, 209, 59-66. <https://doi.org/10.1016/j.socscimed.2018.05.025>

Walsh, L. C., **Boehm, J. K.**, & Lyubomirsky, S. (2018). Does happiness promote career success? Revisiting the evidence. *Journal of Career Assessment*, 26, 199-219. <https://doi.org/10.1177/1069072717751441>

— 2017 —

Boehm, J. K., Soo, J., Chen, Y., Zevon, E. S., Hernandez, R., Lloyd-Jones, D. M., & Kubzansky, L. D. (2017). Psychological well-being's link with cardiovascular health in older adults. *American Journal of Preventive Medicine*, 53, 791-798. <https://doi.org/10.1016/j.amepre.2017.06.028>

Huffman, J. C., Legler, S. R., & **Boehm, J. K.** (2017). Positive psychological well-being and health in patients with heart disease: A brief review. *Future Cardiology*, 13, 443-450. <https://doi.org/10.2217/fca-2017-0016>

Kim, E. S., Kubzansky, L. D., Soo, J., & **Boehm, J. K.** (2017). Maintaining healthy behavior: A prospective study of psychological well-being and physical activity. *Annals of Behavioral Medicine*, 51, 337-347. <https://doi.org/10.1007/s12160-016-9856-y>

— 2016 —

Boehm, J. K., Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2016). Subjective well-being and cardiometabolic health: An 8-11 year study of midlife adults. *Journal of Psychosomatic Research*, 85, 1-8. <https://doi.org/10.1016/j.jpsychores.2016.03.018>

Hernandez, R., Carnethon, M., Penedo, F. J., Martinez, L., **Boehm, J. K.**, & Schueller, S. M. (2016). Exploring well-being among U.S. Hispanics/Latinos in a church-based institution: A qualitative study. *Journal of Positive Psychology*, 11, 511-521. <https://doi.org/10.1080/17439760.2015.1117132>

Huffman, J. C., **Boehm, J. K.**, Beach, S. R., Beale, E. E., DuBois, C. M., Nock, M. K., & Healy, B. C. (2016). Relationship of optimism and suicidal ideation in three groups of patients at varying levels of suicide risk. *Journal of Psychiatric Research*, 77, 76-84. <https://doi.org/10.1016/j.jpsychires.2016.02.020>

Huffman, J. C., Millstein, R. A., Mastromauro, C. A., Moore, S. V., Celano, C. M., Bedoya, C. A., Suarez, L., **Boehm, J. K.**, & Januzzi, J. L. (2016). A positive psychology intervention for patients with an acute coronary syndrome: Treatment development and proof-of-concept trial. *Journal of Happiness Studies*, 17, 1985-2006. <https://doi.org/10.1007/s10902-015-9681-1>

Labarthe, D. R., Kubzansky, L. D., **Boehm, J. K.**, Lloyd-Jones, D. M., Berry, J. D., & Seligman, M. E. P. (2016). Positive cardiovascular health: A timely convergence. *Journal of the American College of Cardiology*, 68, 860-867. <https://doi.org/10.1016/j.jacc.2016.03.608>

Segerstrom, S. C., Combs, H. L., Winning, A., **Boehm, J. K.**, & Kubzansky, L. D. (2016). The happy survivor? Effects of differential mortality on life satisfaction in older age. *Psychology and Aging*, 31, 340-345. <https://doi.org/10.1037/pag0000091>

Yu, L., Peterson, B., Inhorn, M. C., **Boehm, J. K.**, & Patrizio, P. (2016). Knowledge, attitudes, and intentions toward fertility awareness and oocyte cryopreservation among obstetrics and gynecology (OB/GYN) resident physicians. *Human Reproduction*, *31*, 403-411.
<https://doi.org/10.1093/humrep/dev308>

— 2015 —

Boehm, J. K., Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2015). Unequally distributed psychological assets: Are there social disparities in optimism, life satisfaction, and positive affect? *PLOS ONE*, *10*, 2. <https://doi.org/10.1371/journal.pone.0118066>

Boehm, J. K., Trudel-Fitzgerald, C., Kivimaki, M., & Kubzansky, L. D. (2015). The prospective association between positive psychological well-being and diabetes. *Health Psychology*, *34*, 1013-1021. <https://doi.org/10.1037/hea0000200>

Boehm, J. K., Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2015). Variability modifies life satisfaction's association with mortality risk in older adults. *Psychological Science*, *26*, 1063-1070. <https://doi.org/10.1177/0956797615581491>

DuBois, C. M., Lopez, O. V., Beale, E. E., Healy, B. C., **Boehm, J. K.**, & Huffman, J. C. (2015). Relationships between positive psychological constructs and health outcomes in patients with cardiovascular disease: A systematic review. *International Journal of Cardiology*, *195*, 265-280. <https://doi.org/10.1016/j.ijcard.2015.05.121>

Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., & Lloyd-Jones, D. M. (2015). Optimism and cardiovascular health: Multi-Ethnic Study of Atherosclerosis (MESA). *Health Behavior and Policy Review*, *2*, 62-73.
<https://doi.org/10.14485/HBPR.2.1.6>

Kubzansky, L. D., **Boehm, J. K.**, & Segerstrom, S. C. (2015). Positive psychological functioning and the biology of health. *Social and Personality Psychology Compass*, *9*, 645-660.
<https://doi.org/10.1111/spc3.12224>

— 2014 —

Huffman, J. C., DuBois, C. M., Healy, B. C., **Boehm, J. K.**, Kashdan, T. B., Celano, C. M., Denninger, J. W., & Lyubomirsky, S. (2014). Feasibility and utility of positive psychology exercises for suicidal inpatients. *General Hospital Psychiatry*, *36*, 88-94.
<https://doi.org/10.1016/j.genhosppsych.2013.10.006>

Trudel-Fitzgerald, C., **Boehm, J. K.**, Kivimaki, M., & Kubzansky, L. D. (2014). Taking the tension out of hypertension: A prospective study of positive psychological well-being and incident hypertension. *Journal of Hypertension*, *32*, 1222-1228.
<https://doi.org/10.1097/HJH.0000000000000175>

— 2013 and Earlier —

Boehm, J. K., Williams, D. R., Rimm, E. B., Ryff, C., & Kubzansky, L. D. (2013). Association between optimism and serum antioxidants in the Midlife in the United States study. *Psychosomatic Medicine*, *75*, 2-10. <https://doi.org/10.1097/PSY.0b013e31827c08a9>

Boehm, J. K., Williams, D. R., Rimm, E. B., Ryff, C., & Kubzansky, L. D. (2013). Relation between optimism and lipids in midlife. *American Journal of Cardiology*, *111*, 1425-1431.
<https://doi.org/10.1016/j.amjcard.2013.01.292>

Boehm, J. K., & Kubzansky, L. D. (2012). The heart's content: The association between positive psychological well-being and cardiovascular health. *Psychological Bulletin*, *138*, 655-691.
<https://doi.org/10.1037/a0027448>

- Boehm, J. K.,** Vie, L. L., & Kubzansky, L. D. (2012). The promise of well-being interventions for improving health risk behaviors. *Current Cardiovascular Risk Reports*, 6, 511-519. <https://doi.org/10.1007/s12170-012-0273-x>
- Boehm, J. K.,** Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition and Emotion*, 25, 1263-1272. <https://doi.org/10.1080/02699931.2010.541227>
- Boehm, J. K.,** Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011). A prospective study of positive psychological well-being and coronary heart disease. *Health Psychology*, 30, 259-267. <https://doi.org/10.1037/a0023124>
- Boehm, J. K.,** Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011). Heart health when life is satisfying: Evidence from the Whitehall II cohort study. *European Heart Journal*, 32, 2672-2677. <https://doi.org/10.1093/eurheartj/ehr203>
- Huffman, J. C., Mastromauro, C. A., **Boehm, J. K.,** Seabrook, R., Fricchione, G. L., Denninger, J. W., & Lyubomirsky, S. (2011). Development of a positive psychology intervention for patients with acute cardiovascular disease. *Heart International*, 6, 47-54. <https://doi.org/10.4081/hi.2011.e14>
- Lyubomirsky, S., **Boehm, J. K.,** Kasri, F., & Zehm, K. (2011). The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness. *Emotion*, 11, 1152-1167. <https://doi.org/10.1037/a0025479>
- Lyubomirsky, S., Dickerhoof, R., **Boehm, J. K.,** & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11, 391-402. <https://doi.org/10.1037/a0022575>
- Lyubomirsky, S., & **Boehm, J. K.** (2010). Human motives, happiness, and the puzzle of parenthood: Commentary on Kenrick et al. (2010). *Perspectives on Psychological Science*, 5, 327-334. <https://doi.org/10.1177/1745691610369473>
- Liberman, V., **Boehm, J. K.,** Lyubomirsky, S., & Ross, L. (2009). Happiness and memory: Affective significance of endowment and contrast. *Emotion*, 9, 666-680. <https://doi.org/10.1037/a0016816>
- Boehm, J. K.,** & Lyubomirsky, S. (2008). Does happiness promote career success? *Journal of Career Assessment*, 16, 101-116. <https://doi.org/10.1177/1069072707308140>
- Tucker, K. L., Ozer, D. J., Lyubomirsky, S., & **Boehm, J. K.** (2006). Testing for measurement invariance in the Satisfaction With Life Scale: A comparison of Russians and North Americans. *Social Indicators Research*, 78, 341-360. <https://doi.org/10.1007/s11205-005-1037-5>

BOOK CHAPTERS & OTHER PUBLICATIONS (* indicates undergraduate student co-author)

— 2021 —

- Boehm, J. K.,** & Kubzansky, L. D. (2021). Positive psychological well-being and cardiovascular disease. In S. Waldstein, W. Kop, & L. Katzel (Eds.), *Cardiovascular Behavioral Medicine*. New York: Springer.

— 2020 —

*Okabe-Miyamoto, K., & **Boehm, J. K.** (2020). Hedonic adaptation & happiness theory. In B. J. Carducci (Editor-in-Chief) & C. S. Nave (Vol. Ed.), *Wiley-Blackwell Encyclopedia of Personality and Individual Differences: Vol. I. Models and Theories*. Hoboken, NJ: John Wiley & Sons.

— 2018 —

Boehm, J. K. (2018a). Living healthier and longer lives: Subjective well-being's association with better health. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Salt Lake City, UT: DEF publishers. doi:nobascholar.com

Boehm, J. K. (2018b). The road to positive health: Behavioral and biological pathways linking positive psychological functioning with health outcomes. In C. D. Ryff & R. F. Krueger (Eds.), *The Oxford Handbook of Integrative Health Science*. New York, NY: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780190676384.013.22>

Boehm, J. K., Kim, E. S., & Kubzansky, L. D. (2018). Positive psychological well-being and health. In D. Batty, I. Kawachi, M. Kivimaki, & A. Steptoe (Eds.), *Handbook on Psychosocial Epidemiology*. United Kingdom: Routledge. <https://doi.org/10.4324/9781315673097>

— 2017 —

Boehm, J. K., Ruberton, P., & Lyubomirsky, S. (2017). The promise of fostering greater happiness. In C.R. Snyder, S. J. Lopez, L. M. Edwards, & S. C. Marques (Eds.), *The Oxford Handbook of Positive Psychology, 3rd Edition*. <https://doi.org/10.1093/oxfordhb/9780199396511.013.55>

— 2016 —

Kubzansky, L. D., & **Boehm, J. K.** (2016). Positive psychological functioning: An enduring asset for healthy aging. In A. D. Ong & C. E. Lockenhoff (Eds.), *Emotion, Aging, and Health*. Washington, DC: American Psychological Association. <https://doi.org/10.1037/14857-009>

— 2015 and Earlier —

Seligman, M. E. P., Peterson, C., Barsky, A. J., **Boehm, J. K.**, Kubzansky, L. D., Park, N., & Labarthe, D. R. (2013). *Positive health and health assets: Re-analysis of longitudinal datasets*. Retrieved from: <http://positivehealthresearch.org/content/white-paper>

Sheldon, K. M., **Boehm, J. K.**, & Lyubomirsky, S. (2013). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In I. Boniwell & S. David (Eds.), *Oxford Handbook of Happiness*. Oxford: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199557257.013.0067>

Boehm, J. K., & Lyubomirsky, S. (2009). The promise of sustainable happiness. In S. J. Lopez (Ed.), *Handbook of Positive Psychology*. Oxford: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780195187243.013.0063>

Reprinted in Martin-Krumm & C. Tarquinio (Eds.) (2011). *Traité de psychologie positive* (pp. 165-181). Paris, France: De Boeck.

Reprinted in Fundación Botín (Ed.). *La promesa de una felicidad sostenible* (pp. 123-136). Santander, Spain: Fundación Botín.

MANUSCRIPTS UNDER REVIEW (* indicates undergraduate student co-author)

Boehm, J. K., Qureshi, F., & Kubzansky, L. D. (2021). *Psychological well-being in childhood and cardiometabolic risk in middle adulthood: Findings from the 1958 British Birth Cohort*. Manuscript submitted for publication.

Chen, R., del Rosario, K., Lockman, A., **Boehm, J. K.**, Bousquet Santos, K., Siegel, E., Berry Mendes, W., Kubzansky, L. D. (2021). *Effects of induced optimism on subjective states, physical activity, and stress reactivity*. Manuscript submitted for publication.

Jenkins, B. N., *Ong, L. Q., Ong, A. D., & **Boehm, J. K.** (2021). *When is affect variability good? The association between affect variability and health*. Manuscript submitted for publication.

Masters, K. S., **Boehm, J. K.**, Boylan, J. M., Vagnini, K. M., & Rush, C. L. (2021). *The scientific study of positive psychology, religion/spirituality, and physical health*. Manuscript submitted for publication.

Peterson, B., Fitzmaurice, L., **Boehm, J. K.**, & Bendix, B. (2021). *The impact of a 12-hour mindfulness-based curriculum on OB/GYN residents' well-being*. Manuscript submitted for publication.

Qureshi, F., Bousquet-Santos, K. Okuzono, S. S., Tsao, E., Delaney, S., Guimond, A. J., **Boehm, J. K.**, & Kubzansky, L. D. (2021). *The social determinants of ideal cardiovascular health: A global systematic review*. Manuscript submitted for publication.

*Zahn, D., & **Boehm, J. K.** (2021). *Brief episodes of physical activity and working memory in children: What's the connection?* Manuscript submitted for publication.

MANUSCRIPTS IN PREPARATION

Boehm, J. K., Qureshi, F., & Kubzansky, L. D. (2021). *Child psychological well-being and adult health behavior and body mass index: Longitudinal evidence from the 1958 National Child Development Study*. Manuscript in preparation.

Pincus, D., Ricca, B. P., Jenkins, B., **Boehm, J. K.**, Berardi, V., Moors, A. C., & Frederick, D. A. (2021). *Emotional balance and resilience at the start of the COVID-19 pandemic*. Manuscript in preparation.

Qureshi, F., Chen, Y., Kubzansky, L. D., Soo, J., Kim, E. S., Lloyd-Jones, D., & **Boehm, J. K.** (2021). *The prospective association between optimism and physical activity: Evidence from the Coronary Artery Risk Development in Young Adults Study*. Manuscript in preparation.

Qureshi, F., Chen, Y., Soo, J., Kim, E. S., Lloyd-Jones, D., Kubzansky, L. D., & **Boehm, J. K.** (2021). *Positive emotions and physical activity levels from young adulthood to midlife: A 25-year prospective study*. Manuscript in preparation.

Roy, B., Lewis, C. E., Diez-Roux, A. V., **Boehm, J. K.**, & Matthews, K. A. (2020). *Race and sex differences in the association between optimism and chronic inflammation: The CARDIA Study*. Manuscript in preparation.

EXTERNAL RESEARCH GRANTS

Boehm, J. K. (PI). *Psychosocial resources in childhood that protect against cardiovascular risk in adulthood: The 1958 Birth Cohort Study*. Grant number 18AIREA33960394, American Heart Association, 07/01/2018-06/30/2021, \$126,120.

Boehm, J. K. (PI), & Kubzansky, L. D. (Co-I). *Adaptive aging: Psychological well-being and favorable cardiovascular health*. Grant number 1R03AGO46342-01, National Institute on Aging, 09/30/2013-07/31/2016, \$204,379.

INTERNAL RESEARCH GRANTS

Boehm, J. K. (PI). *An experimental investigation to promote healthy eating via self-affirmation*. Crean College Pandemic Research Fund, Chapman University, 06/01/2021-05/31/2022, \$4,200.

Tomaszewski, D. (Co-PI), Jenkins, B. N. (Co-PI), & **Boehm, J. K.** (Co-I). *Psychosocial resources in Chapman University student health and learning during COVID-19*. COVID-19 Rapid Response Research Award, Chapman University, 04/20/2020-05/31/2021, \$15,000.

Frederick, D. (PI), Glynn, L. (Co-I), Pincus, D. (Co-I), Gruenewald, T. (Co-I), **Boehm, J. K.** (Co-I), Bostean, G., et al. *Identifying risk and promoting resilience in the midst of the COVID-19 pandemic*. COVID-19 Rapid Response Research Award, Chapman University, 04/20/2020-05/31/2021, \$15,000.

Boehm, J. K. (PI). *Eat your vegetables and get off the couch! An experimental study to foster healthy eating and exercise behavior through self-affirmation*. Scholarly and Creative Activity Award, Chapman University, 05/01/2017-05/31/2018, \$3,500.

FELLOWSHIPS, HONORS, & AWARDS

Society for Personality and Social Psychology Teacher Scholar Travel Award, San Francisco, CA 2022

Invited participant to attend the American Heart Association's Research Leaders Academy, Baltimore, MD, 2019

Invited participant to attend the American Psychosomatic Society Women's Leadership Workshop, Vancouver, BC, 2019

Social Personality and Health Network Early Career Award, Portland, OR, 2019

Wang-Fradkin Assistant Professorship Award, Chapman University, 2018

Invited attendee and recipient of travel award to attend the pre-conference "Opportunities for Advancing Behavioral and Social Research on Aging" (funded by the National Institute on Aging), Chicago, IL, 2016

Faculty-Student Research Award, Research & Sponsored Programs Administration, Chapman University, 2015

Invited fellow and recipient of travel award to attend the "Fourth Biennial Urie Bronfenbrenner Conference: New Developments in Aging, Emotion, and Health" (funded by the Bronfenbrenner Center for Translational Research), Cornell University, 2013

Invited participant and recipient of travel award to attend the "RAND Summer Institute on Aging" (funded by the National Institute on Aging and the Office of Behavioral and Social Science Research), RAND Corporation, 2012

Chancellor's Dissertation Fellowship, University of California, Riverside, 2009

Society for Personality and Social Psychology Student Travel Award, 2009

Outstanding Teaching Assistant Award, University of California, Riverside, 2007-2008

Dean's Fellowship Award, University of California, Riverside, 2004-2005

Phi Beta Kappa, Lewis & Clark College, 2003

Departmental Honors in Psychology, Lewis & Clark College, 2003

ORAL PRESENTATIONS (* indicates undergraduate student co-author)

— 2021 —

Boehm, J. K. (2021, August). *Cultivating happiness*. Paper presented virtually for a development session at Stanford Health Care.

Guimond, A. J., Kubzansky, L. D., **Boehm, J. K.**, Qureshi, F., & Trudel-Fitzgerald, C. (2021, July). *Trajectories of psychological well-being and their associations with cardiometabolic disease: Findings from the English Longitudinal Study of Ageing*. Paper presented at the virtual meeting of the International Positive Psychology Association.

Boehm, J. K. (2021, February). *Psychological well-being and cardiovascular disease: Evidence, mechanisms, and future directions*. Paper presented virtually at the UCLA Health Psychology Lecture Series.

— 2020 —

Okuzono, S. S., Qureshi, F., Delaney, S., **Boehm, J. K.**, & Kubzansky, L. D. (2020, December). *Early experiences of emotional maltreatment and favorable cardiovascular health in young adulthood*. Paper presented at the virtual meeting of the Society for Epidemiologic Research.

Boehm, J. K., & Kubzansky, L. D. (2020, March). *Psychosocial strengths in childhood and lipid profiles thirty years later: Findings from the 1958 British Birth Cohort*. Paper presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19*.

Jenkins, B. N., *Ong, L. Q., **Boehm, J. K.**, Hunter, J., Cross, M. P., Acevedo, A., Pressman, S. D., Richardson, M., & Conner, T. (2020, March). *When is affect variability bad? Examining the associations between affect variability and mental, physiological, and physical health outcomes*. Paper presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19*.

Qureshi, F., **Boehm, J. K.**, & Kubzansky, L. D. (2020, March). *Social assets in youth are associated with trajectories of well-being during the transition to adulthood*. Paper presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19*.

Boehm, J. K. (2020, February). *The heart's content: Psychological well-being and cardiovascular health*. Early career award address at the Health Preconference of the Society for Personality and Social Psychology, New Orleans, LA.

— 2019 —

Boehm, J. K. (2019, June). *The heart's content: Psychological well-being and cardiovascular health*. Keynote speaker at Be There San Diego's University of Best Practices Heart Attack and Stroke Free Zone Summit, San Diego, CA.

Gordon, C., Peterson, B., & **Boehm, J. K.** (2019, April). *To freeze or not to freeze: OB/GYN resident physician perspectives on initiating patient discussions about oocyte cryopreservation*. Paper presented at the University of California, Irvine Resident Research Conference, Orange, CA.

Boehm, J. K., Berry Mendes, W., & Kubzansky, L. D. (2019, March). *Psychosocial resources in childhood and weight status thirty years later*. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

Kubzansky, L. D., **Boehm, J. K.**, Allen, A. R., Vie, L. L., Ho, T. E., Trudel-Fitzgerald, C., Koga, H., Scheier, L. M., & Seligman, M. E. P. (2019, March). *Optimism and risk of hypertension: A target for primordial prevention*. Paper presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

— 2018 —

Boehm, J. K. (2018, October). *Happiness and health*. Invited speaker at Chapman University's homecoming master lecture series, Orange, CA.

Boehm, J. K. (2018, October). *Optimism and cardiovascular health*. Invited speaker at Chapman University's health and well-being course, Orange, CA.

Boehm, J. K., Soo, J., Chen, Y., Kim, E. S., & Kubzansky, L. D. (2018, March). *Aging well through healthy behavior: Psychological well-being's longitudinal association with fruit and vegetable intake in the English Longitudinal Study of Ageing*. Paper presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.

Fitzmaurice, L., Peterson, B., & **Boehm, J. K.** (2018, March). *Teaching wellness skills: Effects of a curriculum designed to increase physician resilience on obstetrics and gynecology intern burnout, mindfulness and self-compassion*. Paper presented at the annual meeting of the Council on Resident Education in Obstetrics and Gynecology & Association of Professors of Gynecology and Obstetrics, National Harbor, MD.

— 2017 —

Boehm, J. K. & *Geller, M. B. (2017, November). *The heart's content: Positive psychological well-being and cardiovascular health*. Invited speaker at Chapman University's Town & Gown Lunch at the Forum, Orange, CA.

Boehm, J. K. (2017, July). *Do happiness and optimism promote healthy food choices? An experimental investigation of midlife adults*. Paper presented at the Fifth World Congress on Positive Psychology, Montreal, Canada.

Trudel-Fitzgerald, C., **Boehm, J. K.**, Tworoger, S. S., & Kubzansky, L. D. (2017, July). *More happy, more healthy? Associations of positive psychological well-being with future lifestyle among midlife women*. Paper presented at the Fifth World Congress on Positive Psychology, Montreal, Canada.

Trudel-Fitzgerald, C., **Boehm, J. K.**, Tworoger, S. S., & Kubzansky, L. D. (2017, March). *Potential mechanisms linking positive emotions and health: Is psychological well-being related to the adoption of a healthier lifestyle over time?* Paper presented at the annual meeting of the American Psychosomatic Society, Seville, Spain.

— 2016 —

Boehm, J. K. (2016, October). *The heart's content: Positive psychological well-being and cardiovascular health*. Invited speaker at the University of California, Irvine Psychology Department colloquium, Irvine, CA.

Boehm, J. K., Chen, Y., Soo, J., & Kubzansky, L. D. (2016, March). *Do positive emotions and optimism protect favorable cardiovascular health across time?* Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.

Soo, J., Kubzansky, L. D., Chen, Y., & **Boehm, J. K.** (2016, March). *Positive psychological*

functioning and healthy biology: Well-being and HDL-C? Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.

Peterson, B., Yu, L., **Boehm, J. K.**, Hodgson, A., Inhorn, M. C., & Patrizio, P. (2016, February). *Initiating patient discussions about oocyte cryopreservation: Attitudes of obstetrics and gynecology resident physicians.* Paper presented at the 3rd European Congress on Preconception Health and Care, Uppsala, Sweden.

Boehm, J. K. (2016, January). *The heart's content: Positive psychological well-being and cardiovascular health.* Invited speaker at the Happiness and Well-Being Preconference of the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

— 2015 —

Segerstrom, S. C., Combs, H. L., Winning, A., **Boehm, J. K.**, & Kubzansky, L. D. (2015, November). *The happy survivor: Effects of differential mortality on life satisfaction in older age.* Paper presented at the annual meeting of the Gerontological Society of America, Orlando, FL.

Boehm, J. K., Soo, J. A., & Kubzansky, L. D. (2015, March). *Healthy aging: Does psychological well-being increase the likelihood of maintaining favorable cardiovascular health?* Paper presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., Lloyd-Jones, D. M. (2015, March). *Relationship of dispositional optimism and cardiovascular health: Cross-sectional findings from the Multi-Ethnic Study of Atherosclerosis.* Paper presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

— 2014 —

Boehm, J. K., Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2014, November). *Variability modifies life satisfaction's association with premature mortality in older adults.* Paper presented at the annual meeting of the Gerontological Society of America, Washington, DC.

Boehm, J. K. (2014, April). *The heart's content: Positive psychological well-being and cardiovascular health.* Paper presented at the Schmid College of Science and Technology Science Forum at Chapman University, Orange, CA.

Boehm, J. K., Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2014, March). *Variability modifies life satisfaction's association with premature mortality in older adults.* Paper presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.

Boehm, J. K., Chen, Y., & Kubzansky, L. D. (2014, February). *Subjective well-being's prospective association with cardiometabolic risk in the Midlife in the United States study.* Paper presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

— 2013 and Earlier —

Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., & Lloyd-Jones, D. M. (2013, November). *The association of optimism and pessimism with cardiovascular health: Results from the Multi-Ethnic Study of Atherosclerosis (MESA).* Paper presented at the Scientific Sessions of the American Heart Association, Dallas, TX.

- Boehm, J. K.** (2013, May). *Pathways to cardiovascular health: Psychological well-being, biological function, and health behaviors*. Invited speaker at the Department of Psychology at the University of Zurich.
- Boehm, J. K.** (2013, May). *Pathways to cardiovascular health: Psychological well-being, biological function, and health behaviors*. Invited speaker at the area meeting for Social and Personality Psychology at the University of California, Riverside.
- Boehm, J. K.** (2010, January). *Comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans*. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Boehm, J. K.** (2009, October). *Enhancing well-being through experimental interventions*. Paper presented at the annual meeting of the Society of Experimental Social Psychology, Portland, ME.
- Boehm, J. K.** (2008, December). *Comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.
- Boehm, J. K.** (2008, January). *Hedonic adaptation to life events*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.
- Boehm, J. K.** (2006, May). *Endowing versus contrasting life events: The relationship between thought perspective and well-being*. Paper presented at the area meeting for Social and Personality Psychology at the University of California, Riverside.

POSTER PRESENTATIONS (* indicates undergraduate student co-author)

— 2021 —

- *Carr, M., & **Boehm, J. K.** (2021, May). *Reading comprehension in college students: Does lo-fi music help or hinder reading abilities?* Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Jaafar, D., *Jufiar, L., *Venkatesh, H., **Boehm, J. K.**, & Jenkins, B. N. (2021, May). *Coronavirus-19 pandemic: Examining whether loneliness during quarantine relates to issues with sleep*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Lee, H., *Venkatesh, H., **Boehm, J. K.**, & Jenkins, B. N. (2021, May). *The impacts of social support and loneliness on the physical health and coping styles of college students during COVID-19*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Rahim, A., Jenkins, B. N., & **Boehm, J. K.** (2021, May). *Social support and COVID-19: Changes in support over time and its association with depressive symptoms*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Venkatesh, H. V., Jenkins, B. N., Tomaszewski, D., & **Boehm, J. K.** (2021, May). *The coronavirus pandemic: Associations of college students' financial situations and optimism with mental and physical health*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Carr, M., & **Boehm, J. K.** (2021, April). *Reading comprehension in college students: Does lo-fi music help or hinder reading abilities?* Poster presented at the virtual meeting of the Western Psychological Association.

— 2020 —

- *Binstock, J., & **Boehm, J. K.** (2020, December). *Loneliness as a predictor of physical and mental health problems in university students*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- Guimond, A. J., Kubzansky, L. D., **Boehm, J. K.**, Qureshi, F., & Trudel-Fitzgerald, C. (2020, December). *Trajectories of psychological well-being and their associations with cardiometabolic disease: Findings from the English Longitudinal Study of Ageing*. Poster presented at the virtual meeting of the American Psychosomatic Society.
- *Paine, A., & **Boehm, J. K.** (2020, December). *Have positive supportive relationships during COVID-19 impacted destructive eating behaviors?* Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- Qureshi, F., Chen, Y., Soo, J., Kim, E. S., Lloyd-Jones, D., Kubzansky, L. D., & **Boehm, J. K.** (2020, December). *Prospective association between optimism and physical activity across midlife*. Poster presented at the virtual meeting of the Society for Epidemiologic Research.
- *Rahim, A., & **Boehm, J. K.** (2020, December). *The association between state optimism and academic performance during COVID-19*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Venkatesh, H. V., Jenkins, B. N., Tomaszewski D., & **Boehm, J. K.** (2020, December). *The coronavirus pandemic: Associations of college students' financial situations and optimism with mental & physical health*. Poster presented at the virtual meeting of the American Psychosomatic Society.
- *Ong, L. Q., **Boehm, J. K.**, & Jenkins, B. N. (2020, May). *Mind over matter: Is affect variability associated with mental versus physical health?* Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- Zahn, D., *Carr, M., *Moorhead, N., & **Boehm, J. K.** (2020, May). *Childhood levels of optimism linked to adult physical activity participation*. Poster presented at Chapman University's Student Scholar Symposium, Orange, CA.
- *Ong, L. Q., **Boehm, J. K.**, & Jenkins, B. N. (2020, March). *Affect variability and health: Mental versus physical health outcomes*. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19.*
- Zahn, D., *Carr, M., *Moorhead, N., & **Boehm, J. K.** (2020, March). *Childhood levels of optimism linked to adult physical activity participation*. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19.*
- *Cliatt, G., *Glasser, K., *Paine, A., *Rahim, A., Zahn, D., & **Boehm, J. K.** (2020, March). *The association between social connections in childhood and blood pressure in midlife*. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19.*
- Qureshi, F., Soo, J., Chen, Y., Roy, B., Lloyd-Jones, D., Kubzansky, L. D., & **Boehm, J. K.** (2020, March). *Cardiovascular health benefits of optimism are socially patterned: A 15-year prospective study*. Poster presented at the EPI Lifestyle Scientific Sessions, Phoenix, AZ.
- Boehm, J. K.**, & Kubzansky, L. D. (2020, March). *Psychosocial strengths in childhood reduce cardiometabolic risk in midlife: Longitudinal findings from the 1958 British Birth Cohort*. Poster presented at the EPI Lifestyle Scientific Sessions, Phoenix, AZ.

— 2019 —

- *Cliatt, G., *Glasser, K., *Paine, A., *Rahim, A., Zahn, D., & **Boehm, J. K.** (2019, December). *The association between social connections in childhood and blood pressure in midlife*. Poster presented at Chapman University's Student Research Day, Orange, CA.
- Peterson, B., Fitzmaurice, L., **Boehm, J. K.**, & Place, J. M. (2019, June). *The impact of a 12-hour mindfulness-based wellness curriculum on obstetrician/gynecologists (OB/GYN) residents' burnout, mindfulness, and self-compassion*. Poster presented at the annual meeting of the European Society of Human Reproduction and Embryology, Vienna, Austria.
- Stewart, E. P., Vie., L. L., Allen, A. R., **Boehm, J. K.**, Kubzansky, L. D., & Seligman, M. E. P. (2019, May). *Optimism and incident type 2 diabetes in U.S. army active duty soldiers*. Poster presented at the annual meeting of the Society for Prevention Research, San Francisco, CA.
- *Zahn, D., & **Boehm, J. K.** (2019, May). *Physical activity and cognition: What's the connection?* Poster presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
- *Dimpflmaier, A., *Cliatt, G., *Glasser, K., *Moorhead, N., *Paine, A., *Rahim, A., & **Boehm, J. K.** (2019, May). *The association between positive childhood characteristics and concurrent childhood health*. Poster presented at Chapman University's Student Research Day, Orange, CA.
- *Zahn, D., & **Boehm, J. K.** (2019, May). *Physical activity and cognition: What's the connection?* Poster presented at Chapman University's Student Research Day, Orange, CA.
- *Zahn, D., & **Boehm, J. K.** (2019, April). *Physical activity and cognition: What's the connection?* Poster presented at the annual meeting of the Western Psychological Association, Pasadena, CA.
- *Zahn, D., Jenkins, B. N., & **Boehm, J. K.** (2019, February). *Affect variability and physical health: Does this relationship extend to mortality?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

— 2018 —

- Guimond, A. J., Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2018, May). *Is life satisfaction an asset against incident hypertension in middle-aged adults? Evidence from the Whitehall II cohort*. Poster presented at the International Behavioural Trials Network Conference, Montreal, Canada.
- *Bedel, M., *Geller, M. B., *Zahn, D., & **Boehm, J. K.** (2018, May). *Personal values and health behaviors: What's the connection?* Poster presented at Chapman University's Student Research Day, Orange, CA.
- *Nguyen, M., *Amirazizi, S., & **Boehm, J. K.** (2018, May). *Text analysis of a self-affirmation writing task*. Poster presented at Chapman University's Student Research Day, Orange, CA.
- *Geller, M. B., & **Boehm, J. K.** (2018, March). *It's for their health: Encouraging vs. discouraging autonomy during adolescence*. Poster presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- Guimond, A. J., Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2018, March). *Is life satisfaction an asset against incident hypertension in middle-aged adults? Evidence from the Whitehall II cohort*. Poster presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.

*Geller, M. B., & **Boehm, J. K.** (2018, March). *It's for their health: Encouraging vs. discouraging autonomy during adolescence*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

— 2017 —

*Gann, A., *Geller, M. B., & **Boehm, J. K.** (2017, May). *Happiness and sleep: Dynamic duo?* Poster presented at Chapman University's Student Research Day, Orange, CA.

*Goulding, S., *Nguyen, M., & **Boehm, J. K.** (2017, May). *An analysis of the effects of well-being on physical activity*. Poster presented at Chapman University's Student Research Day, Orange, CA.

Boehm, J. K., Soo, J., Chen, Y., Kim, E. S., & Kubzansky, L. D. (2017, January). *Longitudinal associations between well-being and the consumption of fruits and vegetables in the English Longitudinal Study of Ageing*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

— 2016 —

*Amirazizi, S., *Banning, K., *Gann, A., *Goulding, S., *Nguyen, M., *Nouri, R., *Okabe-Miyamoto, & **Boehm, J. K.** (2016, May). *A preliminary analysis of the effects of well-being on physical activity*. Poster presented at Chapman University's Student Research Day, Orange, CA.

— 2015 —

Yu, L., Peterson, B., Inhorn, M. C., **Boehm, J. K.**, & Patrizio, P. (2015, June). *Knowledge, attitudes, and intentions toward fertility awareness and oocyte cryopreservation among United States obstetrics and gynecology (OB/GYN) residents*. Poster presented at the annual meeting of the European Society of Human Reproduction and Embryology, Lisbon, Portugal.

*Okabe-Miyamoto, K., *Nouri, R., *Silke, O., *Waln, B., *Wen, J., & **Boehm, J. K.** (2015, May). *Do happiness and optimism promote healthy and unhealthy food consumption in daily life?* Poster presented at Chapman University's Student Research Day, Orange, CA.

Huffman, J. C., **Boehm, J. K.**, DuBois, C. M., Beach, S. R., & Healy, B. C. (2015, March). *Relationships between optimism and suicide risk in medically ill persons: An analysis of three cohorts*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.

Hernandez, R., Kershaw, K. N., Seeman, T., **Boehm, J. K.**, Vu, T. T., Ning, H., & Lloyd-Jones, D. M. (2015, March). *Effects of positive psychological well-being on changes in allostatic load: Multi-Ethnic Study of Atherosclerosis (MESA)*. Poster presented at the Scientific Sessions of the American Heart Association, Baltimore, MD.

Boehm, J. K., Chen, Y., & Kubzansky, L. D. (2015, February). *Unequally distributed assets: Are there social disparities in optimism?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

— 2014 —

*Macias, A., *Nouri, R., *Okabe-Miyamoto, K., *Silke, O., *Waln, B., *Wen, J., & **Boehm, J. K.** (2014, December). *Do happy and optimistic people eat healthier?* Poster presented at Chapman University's Student Research Day, Orange, CA.

*Nouri, R., *Macias, A., & **Boehm, J. K.** (2014, May). *How to prolong positive feelings*. Poster presented at Chapman University's Student Research Day, Orange, CA.

*Matheis, M., *Andrade, L., & **Boehm, J. K.** (2014, May). *Differences in character strengths between first year and upper division students*. Poster presented at Chapman University's Student Research Day, Orange, CA.

— 2013 and Earlier —

Boehm, J. K., & Kubzansky, L. D. (2013, March). *The prospective association between psychological well-being and diabetes: The Whitehall II cohort*. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.

Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2013, March). *The prospective association between positive psychological well-being and incident hypertension: The Whitehall II cohort*. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL.

Boehm, J. K., & Kubzansky, L. D. (2013, January). *An optimistic metabolism: The association between optimism and lipids in midlife*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2012, May). *L'association entre le bien-être psychologique et l'incidence d'hypertension: Résultats de la cohorte Whitehall II*. Poster presented at the 13th annual congress of the Société Québécoise de Lipidologie, de Nutrition et de Métabolisme, Québec, Canada.

Boehm, J. K., & Kubzansky, L. D. (2012, January). *The association between optimism and serum antioxidants in the Midlife in the United States study: Flourishing psychological and physical health*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Boehm, J. K., Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011, April). *The prospective association between life satisfaction and coronary heart disease: Satisfaction with specific life domains matters*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

Boehm, J. K., Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011, January). *A prospective study of positive psychological well-being and coronary heart disease*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Celano, C. M., Mastromauro, C. A., Lyubomirsky, S., **Boehm, J. K.**, Benson, H., Fricchione, G. L., & Huffman, J. C. (2010, November). *Randomized trial of psychological interventions to improve outcomes in hospitalized cardiac patients*. Poster presented at the annual meeting of the Academy of Psychosomatic Medicine, Marco Island, FL.

Jacobs, K. M., **Boehm, J. K.**, & Lyubomirsky, S. (2010, January). *Getting used to the good things in life: Hedonic adaptation to positive life events*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Boehm, J. K., & Lyubomirsky, S. (2009, February). *Cultural differences in the pursuit of happiness: A longitudinal experiment comparing Anglo Americans and Asian Americans*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

*LaPlante, A., Dickerhoof, R., **Boehm, J. K.**, & Lyubomirsky, S. (2007, January). *Endowing vs. contrasting life experiences: The effect of thought perspectives on well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.

Dickerhoof, R., **Boehm, J. K.**, & Lyubomirsky, S. (2007, January). *The role of motivation in the pursuit of happiness*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.

Boehm, J. K., Dickerhoof, R., & Lyubomirsky, S. (2006, January). *Endowing and contrasting life events: The relationship between thought processes and well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.

Boehm, J. K., Detweiler-Bedell, J., & Detweiler-Bedell, B. (2005, May). *Thinking in circles: Reducing rumination through insightful disclosure*. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.

Detweiler-Bedell, J., **Boehm, J. K.**, Detweiler-Bedell, B., *Goforth, A., & *Ullmann, T. (2003, February). *Disclosure of trauma leads to greater association between the self and the traumatic event*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.

TEACHING EXPERIENCE (evaluations available upon request)

— **Chapman University** —

Statistics for the Behavioral Sciences (undergraduate), Head Instructor, Fall 2013, Spring 2014, Spring 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Fall 2018, Fall 2019, & Fall 2020

— **Harvard University** —

Personality Psychology (undergraduate), Head Instructor, Spring 2010

— **University of California, Riverside** —

Social Psychology (undergraduate), Teaching Assistant, Fall 2008

Statistical Procedures (undergraduate), Head Instructor, Summer 2008

Multiple Regression/Correlation Analysis (graduate), Teaching Assistant, Spring 2008

Experimental Design and Analysis of Variance (graduate), Co-Instructor, Winter 2008

Statistical Inference (graduate), Co-Instructor, Fall 2007

Personality Psychology (undergraduate), Teaching Assistant, Summer 2005-2007

Statistical Procedures (undergraduate), Teaching Assistant, Spring 2007

Research Procedures (undergraduate), Teaching Assistant, Fall 2005, Winter 2006, & Spring 2006

PROFESSIONAL AFFILIATIONS

Public Responsibility in Medicine and Research, 2017-present

American Psychosomatic Society, 2012-present

Social Personality and Health Network, 2011-present

Association for Psychological Science, 2005-present

Society for Personality and Social Psychology, 2003-present

PROFESSIONAL SERVICE

- Chair of Chapman University's Institutional Review Board, October 2021-present
- Member of the Learning Environments Advisory Panel at Chapman University, September 2021-present
- Co-chair of the Science and Scholarship Committee in the Psychology Department of Chapman University, April 2021-present
- Member of the COVID-19 Faculty Excellence Task Force at Chapman University, January 2021-present
- Member of the Faculty Grievance Board at Chapman University, September 2020-present
- Member of the Dean's Advisory Committee, May 2016-present
- Co-chair of Chapman University's Institutional Review Board, June 2017-October 2021
- Chair of the review panel for the 2021 Faculty COVID-19 Impact Fund at Chapman University, May 2021-June 2021
- Reviewer for the Mechanisms of Emotion, Stress and Health Study Section at the National Institutes of Health, May 2021-June 2021
- Reviewer for the American Heart Association's Career Development Award, April-May 2021
- Program Committee Member for the 2020 virtual meeting of the American Psychosomatic Society, April 2020-December 2020
- Chair of the symposium "Hardships and assets in childhood: Associations with health outcomes across the lifespan" at the annual meeting of the American Psychosomatic Society, Long Beach, CA, March 2020 (*Conference cancelled due to COVID-19*)
- Program Committee Member for the 2020 annual meeting of the American Psychosomatic Society, Long Beach, CA, April 2019-March 2020 (*Conference cancelled due to COVID-19*)
- Chair of the symposium "Psychosocial resources and risk for cardiovascular disease: Findings from across the life course" at the annual meeting of the American Psychosomatic Society, Vancouver, BC, March 2019
- Program Committee Member for the 2019 annual meeting of the American Psychosomatic Society, Vancouver, Canada, May 2018-March 2019
- Program Committee Member for the 2018 annual meeting of the American Psychosomatic Society, Louisville, KY, May 2017-March 2018
- Panel Member on the Work-Life Balance session at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA, January 2016
- Chair of the symposium "Beyond risk factors & disease: Positive psychological well-being and cardiovascular health" at the annual meeting of the American Psychosomatic Society, Savannah, GA, March 2015
- Planning Committee Member for the Workshop on Positive Psychobiology, Princeton University Center for Research on Experience and Well-Being, An Edward R. Roybal Center for Translation Research in the Behavioral and Social Sciences of Aging (funded by the National Institute on Aging), Miami, FL, March 2013
- Member of the Human Research Review Board, University of California, Riverside, 2006-2008
- Graduate Student Representative, University of California, Riverside, 2006-2007

SELECTED AD HOC REVIEWING

<i>American Journal of Epidemiology</i>	<i>Journal of Positive Psychology</i>
<i>American Journal of Preventive Medicine</i>	<i>Journal of Public Health</i>
<i>Annals of Behavioral Medicine</i>	<i>Nature</i>
<i>Annals of Internal Medicine</i>	<i>Personality and Social Psychology Review</i>
<i>Archives of General Psychiatry</i>	<i>Perspectives on Psychological Science</i>
<i>BMC Public Health</i>	<i>PLOS ONE</i>
<i>Emotion</i>	<i>Prevention Science</i>
<i>Health Psychology</i>	<i>Psychological Bulletin</i>
<i>Heart</i>	<i>Psychological Science</i>
<i>International Journal of Behavioral Medicine</i>	<i>Psychophysiology</i>
<i>Journal of Personality</i>	<i>Psychosomatic Medicine</i>
<i>Journal of Personality and Social Psychology</i>	<i>Social Science & Medicine</i>

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- [“The movies may have been right,”](#) The Harvard Gazette, January 28, 2021
- [“Why some people are more optimistic - and why that matters,”](#) Washington Post, August 17, 2020
- [“This small mental adjustment will amp up your creativity,”](#) Investor’s Business Daily, July 31, 2020
- [“Looking on the bright side may be good for your health,”](#) New York Times, January 27, 2020
- [“Happiness doesn’t follow success: It’s the other way around,”](#) Aeon, May 24, 2019
- [“How to be happy in the future,”](#) Forbes, January 17, 2019
- [“Harvard study reports: Happier adults may exercise more,”](#) Psychology Today, December 5, 2016
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- [“A happy, optimistic outlook may protect your heart,”](#) Time, April 18, 2012
- [“Do happy people have healthier hearts?”](#) WebMD Health News, April 18, 2012
- [“Being an optimist ‘may protect against heart problems’,”](#) BBC News, April 17, 2012