

Eva E. Dicker

CURRICULUM VITAE

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Research Interests

My laboratory performs basic and translational research to understand how naturalistic emotion regulation works to protect against physical and psychological health issues such as Alzheimer's disease and depression, and how we can modify emotion regulation through accessible interventions. We utilize interdisciplinary approaches toward understanding emotion and factors that impact emotion, including high resolution imaging techniques, neuroendocrine and salivary approaches, and experimental paradigms to understand brain-behavior relationships.

Academic Appointments

2023 – Present **Assistant Professor**
Department of Psychology, Seattle University, WA

Education

2023 **Ph.D. in Psychological Sciences**
Focus in Cognitive & Affective Neuroscience
Focus in Health Psychology & Behavioral Medicine
Advisors: Bryan Denny, Ph.D. & Stephanie Leal, Ph.D.
Dissertation: Let Me Count the Ways: Untangling Emotion Polyregulation Across Contexts
Rice University, Houston, TX

2022 **Graduate Certificate for Teaching and Learning**
Center for Teaching Excellence
Rice University, Houston, TX

2022 **M.A. in Psychological Sciences**
Focus in Cognitive & Affective Neuroscience
Focus in Health Psychology & Behavioral Medicine
Advisors: Bryan Denny, Ph.D. & Stephanie Leal, Ph.D.
Thesis: Examining the Role of Psychological Distancing During the COVID-19 Pandemic
Rice University, Houston, TX

2018 **B.A. in Psychology, Minor in English**
University of California, Berkeley, CA

2017 **Trauma Informed Approaches to Teaching Certificate**
Peer Health Exchange
University of California, Berkeley, CA

Fellowships and Honors

2025 Seattle University College of Arts and Sciences Student Assistantship Award (\$900)

2024 Rice University Center for Teaching Excellence Graduate Teaching Award for Independent Instruction (\$500 Award)

2023 Seattle University College of Arts and Sciences Faculty Grant Writing Circle (\$250 Award)

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2023	Rice University Center for Teaching Excellence Graduate Teaching Award for Independent Instruction (Finalist)
2023	Society for Affective Science Best Poster
2023	Society for Affective Science Best Abstract
2021	Center for Teaching Excellence Graduate Fellowship (\$1000 Award)
2021	Society for Affective Science Best Abstract

Research Grants

2024	Seattle University Summer Faculty Fellowship Seattle University Office of Sponsored Projects <u>Title:</u> Investigating the Relationship Between Cognitive Control, Heart Rate Variability, and Sequential Regulatory Implementation <u>Score:</u> 35.7; <u>Award:</u> \$7100; <u>Status:</u> Awarded
2023	NIH National Research Service Award Fellowship (F31) National Institute of Aging <u>Title:</u> Inflammatory mechanisms underlying the association between emotion polyregulation and depression in spousal Alzheimer's disease and Alzheimer's disease related dementia caregivers <u>Impact score:</u> 30; <u>NIA Funding Line for FY 2023:</u> 40; <u>Status:</u> Declined due to acceptance of tenure-track position at Seattle University
2022	Dissertation Research Improvement Grant Rice University School of Social Sciences Research Institute <u>Title:</u> Let Me Count the Ways: Untangling Emotion Polyregulation Across Contexts <u>Award:</u> \$5000; <u>Status:</u> Completed
2022	Psychological Sciences Research Grant American Psychological Association of Graduate Students <u>Title:</u> Two is Better Than One: Examining Emotion Polyregulation in Bereaved Spouses <u>Award:</u> \$1000; <u>Status:</u> Completed

Publications

* Indicates equal author contribution

Peer Reviewed Publications

1. **Dicker, E. E.**, Jones, J. S., Kunik, M. E., & Denny, B. T. (2025). Emotion regulation strategies to improve outcomes in caregivers of people with Alzheimer's disease and related dementias: A systematic review. *Journal of Health Psychology*. doi:10.1177/13591053251354882
2. Denny, B. T., Lopez, R. B.*, Wu-Chung, E. L.*, **Dicker, E. E.***, Goodson, P. N.*, Fan, J., ... & Koenigsberg, H. W. (2024). Training in cognitive reappraisal normalizes whole-brain indices of emotion regulation in borderline personality disorder. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 9(8), 819-826
3. Hayes, B. K., Harikumar, A., Ferguson, L. A., **Dicker, E. E.**, Denny, B. T., & Leal, S. L. (2023). Emotion regulation during encoding reduces negative and enhances neutral mnemonic discrimination in individuals with depressive symptoms. *Neurobiology of Learning and Memory*, 205, 107824.
4. Moncada-Jiménez, J., **Dicker, E. E.**, Chacón-Araya, Y., Peralta-Brenes, M., Briceño-Torres, J. M., Villarreal-Ángeles, M., ... & Johnson, D. K. (2023). Exploring Handgrip Strength as a Cross-cultural

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Correlate of Body Composition and Upper Body Strength in Older Adults from Costa Rica and Kansas. *Journal of Cross-Cultural Gerontology*, 38(3), 223-244.

5. Denny, B. T., Lopez, R. B.*, Jungles, M.*, Goodson, P.*, **Dicker, E. E.***, Chavez, J.*, Jones, J. S.* (2023). Unpacking reappraisal: a systematic review of fMRI studies of distancing and reinterpretation. *Social Cognitive and Affective Neuroscience*, 18(1), nsad050.
6. **Dicker, E.E.***, & Goodson, P.*, Denny, B. (2023). *The Neuroscience of Emotion Regulation*. Oxford University Press.
7. Brown, R. L., Chen, M. A. Paoletti, J., **Dicker, E. E.**, Wu, E. L., LeRoy, A. S., Majd, M., Fagundes, C. P. (2022). Emotion regulation, heart rate variability, and psychological wellbeing among older adults. *Frontiers in Psychology*, 3284.
8. **Dicker, E. E.**, Jones, J. S., & Denny, B. T. (2022). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. *Frontiers in psychology*, 13.

Manuscripts Under Review and Revision

1. **Dicker, E. E.**, Leal, S. L., Denny, B. T. (in revision). An examination of synergistic strategy selection during daily emotion polyregulation.
2. **Dicker, E. E.**, Wu, E. L., Fagundes, C. P. (under review). A theoretical model linking perceived social isolation to Alzheimer's Disease and related dementias.
3. **Dicker, E. E.**, Tuazon, A.M.*, & White, G.* (under review). Optimizing emotion polyregulation: Sequential strategy effects of attention deployment and cognitive reappraisal on negative affect.

Invited Chapters

1. Goodson, P. N.*, **Dicker, E. E.***, & Denny, B. T. (2023). Emotion Regulation Approaches. *Lifestyle Psychiatry: Through the Lens of Behavioral Medicine*.

Other Publications

1. Abstracts from the 2023 Annual Meeting of the Society for Affective Science: Emotion and Mental Health. *Affec Sci* 5, 1–10 (2024). <https://doi.org/10.1007/s42761-023-00229-7>
2. Top Ranked Abstracts from the 2021 Annual Meeting of the Society for Affective Science. *Affec Sci* 3, 223–233 (2022). <https://doi.org/10.1007/s42761-021-00066-6>
3. **Dicker, E. E.** (2018). N. Owings-Fonner (Ed.) Research roundup: Healthy aging and the positivity effect. *APA Practice Update*, 16(2).
4. **Dicker, E. E.** (2018). N. Owings-Fonner (Ed.) Research roundup: Complications of comorbid PTSD and Opioid Use Disorder. *APA Practice Update*, 15(6).
5. **Dicker, E. E.**, & Bufka, L. (2017) Research roundup: Marijuana use and cognitive processes. *APA Practice Update*, 14(16).
6. **Dicker, E. E.**, & Bufka, L. (2017). Research roundup: Using computers to treat schizophrenia. *APA Practice Update*, 14(14).

Poster Presentations

1. **Dicker, E. E.**, Tuazon, A.M.*, & White, G.* (March, 2025). Optimizing emotion polyregulation: Examining sequential strategy effects of attention deployment and cognitive reappraisal on negative affect. Poster presented at the annual meeting of the Social for Affective Science.
2. **Dicker, E. E.**, Leal, L.L., & Denny, B. T. (April, 2024). An Examination of Individual Differences on Negative Affect and Synergistic Strategy Selection During Emotion Polyregulation. Poster presented at the annual meeting of the Social and Affective Neuroscience Society.
3. Denny, B. T., Lopez, R. B., Jungles, M., **Dicker, E. E.**, Goodson, P., Chavez, J., Jones, J. S. (November, 2022). Unpacking cognitive reappraisal: A meta-analysis of neuroimaging studies of

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psychological distancing and reinterpretation. Poster presented at the Society for Neuroscience's 2022 conference.

4. **Dicker, E. E.**, Jones, J. S., & Denny, B. T. (December, 2021). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. Poster presented at the University of Texas Health 27th Annual Neuroscience Poster Session.
5. **Dicker, E. E.**, Leal, L. S., Fagundes, C. P., & Denny, B. T. (November, 2021). Exploring the interaction between emotion regulation and inflammation on changes in episodic memory in older adults. Poster presented at the Society for Neuroscience's virtual Neuroscience 2021 conference.
6. **Dicker, E. E.**, Jones, J. S., & Denny, B. T. (September, 2021). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. Poster presented at the 3rd Annual GCC Mental Health Research Symposium.
7. **Dicker, E. E.**, Jones, J. S., & Denny, B. T. (April, 2021). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. Poster presented at the annual meeting of the Association for Psychological Science.
8. **Dicker, E. E.**, Jones, J. S., & Denny, B. T. (May, 2021). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. Poster presented at the annual meeting of the Social and Affective Neuroscience Society.
9. **Dicker, E. E.**, Jones, J. S., & Denny, B. T. (May, 2021). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. Poster presented at the annual meeting of the Social for Affective Science.
10. Johnson, D. K., Ivanisevic, M., McDowd, J., Cahn-Weiner, D., & **Dicker, E. E.** (August, 2018). Model of self-regulation and health in older adults. Poster presented at the 126th annual convention of the American Psychological Association, San Francisco, California.

Invited Talks

1. **Dicker, E. E.** (October 3, 2023). Psychological Science Research Methods. Guest speaker for Seattle University Undergraduate Research Journal meeting. Seattle University, Seattle, WA.
2. **Dicker, E. E.** (May 2, 2023). PsycGSA Student Teaching Panel. Organized and moderated a panel giving teaching and career advice to Rice University psychology graduate students. Rice University, Houston, TX.
3. **Dicker, E. E.** (March 21, 2022). Exploring the interaction between emotion regulation and inflammation on changes in episodic memory in older adults. Served as an internal invited speaker for the Cognitive, Health and Affective Science Weekly Seminar. Rice University, Houston, TX.
4. **Dicker, E. E.** (November 9, 2021). *Fostering Student Motivation Inside and Out*. Designed and ran a 90-minute workshop for graduate students a Center for Teaching Excellence Graduate Fellow. Rice University, Houston, TX.
5. **Dicker, E. E.** (July 29, 2021). Graduate student panel for NSF Research Experience for Undergraduates Program. Served as an internal invited speaker for a panel giving research and career advice to aspiring young academics. Rice University, Houston, TX.
6. **Dicker, E. E.** (April 5, 2021). Psychological distancing usage uniquely predicts reduced perceived stress during the COVID-19 pandemic. Served as an internal invited speaker for the Health and Affective Science Weekly Seminar. Rice University, Houston, TX.
7. **Dicker, E. E.** (August 24, 2020). Examining emotion regulation strategy choice during COVID-19. Served as an internal invited speaker for the Health and Affective Science Weekly Seminar. Rice University, Houston, TX.

Teaching

† Indicates online synchronous course administered via Zoom

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Seattle University

Fall 2025	Psyc3050: Statistics and Research Methods II
Fall 2025	Psyc3440: Cognitive Psychology
Summer 2025	Psyc3440: Cognitive Psychology (8 weeks) [†]
Spring 2025	Psyc3030: Statistics and Research Methods I
Spring 2025	Psyc3050: Statistics and Research Methods II
Winter 2025	Psyc3030: Statistics and Research Methods I
Winter 2025	Psyc3440: Cognitive Psychology
Fall 2024	Psyc3440: Cognitive Psychology
Summer 2024	Psyc3440: Cognitive Psychology (8 weeks) [†]
Winter 2024	Psyc3050: Statistics and Research Methods II
Winter 2024	Psyc3440: Cognitive Psychology
Fall 2023	Psyc3030: Statistics and Research Methods I
Fall 2023	Psyc3440: Cognitive Psychology

Rice University

Instructor of Record

Fall 2022	Psyc203: Introduction to Cognitive Psychology
Summer 2022	Psyc101: Introduction to Psychology (10 weeks) [†]

Guest Lectures

Spring 2022	Title: <i>Emotion and Cognition</i> Psyc203: Introduction to Cognitive Psychology; Dr. Bart Moore
Spring 2022	Title: <i>Linear Regression</i> Psyc340: Psychology Research Methods; Dr. Chase Leanne-Brown

Teaching Demonstrations

Spring 2022	Title: <i>Personality Assessments</i> Center for Teaching Excellence
Spring 2022	Title: <i>Emotion Regulation and Health</i> Center for Teaching Excellence
Spring 2022	Title: <i>The Science of Emotion</i> Center for Teaching Excellence

Teaching Assistantships

Spring 2022	Psyc203: Introduction to Cognitive Psychology, Dr. Bart Moore
Spring 2021	Psych354: Social and Affective Neuroscience, Dr. Bryan Denny

UC Berkeley

Fall 2016	Peer Health Educator, Peer Health Exchange
Fall 2014	Volunteer Instructor, UC Berkeley Daycare

Mentorship

** Indicates equal author contribution*

Independent Research Projects and Poster Presentations

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- 2025 Angel Melina Tuazon and Grace White
Seattle University Student Research and Creativity Conference (SRCCon)
1. Tuazon, A. M.*, White, G.*, & **Dicker, E. E.** (May, 2025). Investigating successful regulation when lonely: How individual differences moderate repertoire size in older adulthood. Poster presented at the Seattle University Student Research and Creativity Conference.
- Society for Affective Science Annual Conference*
1. Tuazon, A. M.*, White, G.*, & **Dicker, E. E.** (March, 2025). Investigating successful regulation when lonely: How individual differences moderate repertoire size in older adulthood. Poster presented at the annual meeting of the Social for Affective Science.
- 2024 Zoe Salant-Ronen and Emma Renn
Seattle University Student Research and Creativity Conference (SRCCon)
1. Renn, E.*, Salant-Ronen, Z.*, & **Dicker, E. E.** (May, 2024). Queer relationship representation in TV and media. Poster presented at the Seattle University Student Research and Creativity Conference.
- 2022 Ridwana Islam
Rice University Research Symposium (RURS)
1. Islam, R., **Dicker, E. E.**, & Denny, B. T. (May, 2022). Enhancing emotion regulation training during the COVID-19 pandemic. Poster presented at the Rice Undergraduate Research Symposium at Rice University.
- 2022 Faith Tsang
Seven Lakes High School AP Capstone Diploma Program
1. Tsang, F., **Dicker, E. E.** (April, 2022). Long-term effects of Hurricane Katrina on mental health across socioeconomic status. Poster presented at the AP Capstone Poster Symposium at Seven Lakes High School.
- 2022 Gabriel Rodriguez
Carnegie Vanguard High School AP Capstone Diploma Program
1. Rodriguez, G., **Dicker, E. E.**, & Goodman, P. (April, 2022). Scream: The film that changed the slasher genre. Poster presented at the AP Capstone Poster Symposium at Carnegie Vanguard High School.
- 2021 Morike Ayodeji
NIH Summer Internship Program (SIP)
1. Ayodeji, M., **Dicker, E. E.**, & Denny, B. T. (August, 2021). Longitudinal effects of a cognitive reappraisal intervention on COVID-19-related stress. Poster presented at the annual meeting of the NIH Summer Poster Day.
- Rice University Summer Undergraduate Research Fellowship (SURF)*
2. Ayodeji, M., **Dicker, E. E.**, & Denny, B. T. (July, 2021). Longitudinal effects of a cognitive reappraisal intervention on COVID-19-related stress. Poster presented at the Rice University SURF Symposium.
- 2021 Taria Dearborne
NSF Research Experiences for Undergraduates (REU) Program
1. Dearborne, T., **Dicker, E. E.**, & Denny, B. T. (July, 2021). Effects of a cognitive reappraisal intervention on COVID-19-related stress. Poster presented at the NSF REU Poster Symposium at Rice University.

Seattle University Psychology Undergraduate Research Symposium (PURS)

- 2025 Alice Ngo, Emily Miller, & Maka Yusuf
Nostalgia, Childhood TV Shows, and Academic Stress

2024	Jessica Jo, Olivia Hendricks, & Gracielle Balagtas
	<i>Exploring the Relationship Between Self-Esteem and Stress Based on Preferred Music Genre</i>
	Jenna Matsumoto, Daniella Aguirre-Tobar, & Akina Newman
	<i>Drug Attitudes and Languages: A Study in Differences</i>
	Tisha Shrestha, Panchali Dipankar, & Jake Macchi
	<i>Ramen, Rent, and Recession: Financial Stressors in First Generation College Students</i>
	Dylan Yango, Zoe Lee & Amber Eftekhari
	Mind & Muscle: Memory and Stress in Student Athletes vs. Non-Athletes
	Lana Shelton, Asia Crook, & Maria Levanidova
	<i>Effect of TikTok on Academic Performance and Sleep in College Students</i>
	Emma Renn & Zoe Salant-Ronen
	<i>Queer Relationship Representation in TV Media</i>
	Trinity Cruz & Yvonne Perez
	<i>Parental Influence On An Individual's Extraversion And Sociability In Adulthood</i>
	Charles Nguyen
	<i>How Gender Plays a Role in Video Game Communities</i>
	Ryne Hays & Justin Blunden
	<i>Bridging Exercise Gaps for Enhanced Student Mental Well-being</i>
	Rem Nguyen, Krishna Rakotonirina, & Ling Yao
	<i>Relevant Social Medias on Self-Perception and Perception of Others</i>

Professional Activities

Professional Affiliations

Member, Society for Affective Science
 Member, Social Affective Neuroscience Society
 Member, Association for Psychological Science
 Member, American Psychological Association

Institutional Service

2024 –	Third Thursday Workshop Coordinator
2024	Seattle University Psychology Undergraduate Research Symposium (PURS) Judge
2022	Rice Undergraduate Research (RURS) Symposium Judge
2022 – 2023	Health and Affective Science Seminar Coordinator
2022 – 2023	PsycGSA Officer: Professional Development Chair
2021	Rice Undergraduate Research (RURS) Symposium Judge
2020 – 2021	Health and Affective Science Seminar Coordinator
2020 – 2021	PsycGSA Officer: Social Outreach Coordinator
2017 – 2019	Senior Editor, Undergraduate Journal of Psychology at Berkeley

Articles Edited

1. Cheung, A. (2019). **E. E. Dicker** (Ed.). Verbal working memory capacity under induced emotional states: Does emotion influence the memory for words? *The Berkeley Undergraduate Journal of Psychology*, 12.
2. John, R. A., & Duval, E. R. (2018). **E. E. Dicker** (Ed.). The Relationship Between Cumulative Stress and Pattern Separation and Pattern Completion Performance. *The Berkeley Undergraduate Journal of Psychology*, 11, 26-35.

Reviewer

Social Cognitive and Affective Neuroscience
American Journal of Geriatric Psychiatry
Developmental Psychology
Emotion

Science Outreach

2017 – 2019 Periodic Contributor; *APA Practice Update*
American Psychological Association, Practice Directorate
Washington, DC