

# WILLIAM TSAI, PhD

## *Curriculum Vitae*

### **CONTACT**

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### **EDUCATION**

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- 2016            **PhD, Clinical Psychology**  
University of California, Los Angeles  
Minor: Health Psychology  
Dissertation Title: *Cultural Differences in Emotion Expression and Suppression: Implications for Health and Well-Being*
- 2015 – 2016    **APA-accredited Clinical Psychology Predoctoral Internship**  
Veterans Affairs Greater Los Angeles Healthcare System  
Site: West Los Angeles VA Medical Center
- 2011            **MA, Clinical Psychology**  
University of California, Los Angeles  
Thesis Title: *Cultural Differences in the Effects and Processes of Self-Reflection over Negative Experiences*
- 2010            **BS, Psychology (Magna Cum Laude)**  
University of Michigan, Ann Arbor  
Minor: Applied Statistics  
Honors Thesis Title: (Awarded High Honors): *Examining the Relations Between Rumination and Adjustment: A Focus on Ethnicity*

### **ACADEMIC APPOINTMENT**

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- 2018 – Present    **New York University**  
Assistant Professor, *Department of Applied Psychology*
- 2016 – 2018      **California State University, San Marcos**  
Assistant Professor, *Department of Psychology*

### **AWARDS, FELLOWSHIPS, & HONORS**

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- 2021            **Rising Star Award**  
Association for Psychological Science (APS)
- 2021            **Samuel M. Turner Early Career Award for Distinguished Contributions to Diversity in Clinical Psychology**  
APA Division 12 (Society of Clinical Psychology)
- 2020            **Emerging Professional – Contributions to Research Early Career Award**  
APA Division 45 (Society for the Psychological Study of Culture, Ethnicity, and Race)
- 2020            **Gabriel Carras Research Award**  
New York University, Steinhardt

- 2019            **Early Career Award for Distinguished Contribution to Research**  
Asian American Psychological Association
- 2017            **Center for Health Equity Research Institute (CHER) Faculty Fellow**  
CSU Long Beach (Invited participant to the intensive National Institute of Health (NIH) Grant application development program funded by the NIH)
- 2016            **Jeffrey S. Tanaka Memorial Dissertation Award in Psychology – Semi-finalist**  
APA Committee on Ethnic Minority Affairs (CEMA)
- 2016            **Distinguished Student Research Award – Runner-up**  
APA Division 45
- 2015            **Dissertation Award**  
Asian American Psychological Association
- 2014 – 2015    **Dissertation Year Fellowship**  
UCLA
- 2014            **Division of Students Graduate Research Award**  
Asian American Psychological Association
- 2012            **RISE Research Award – Honorable Mention**  
Association for Psychological Science (APS)
- 2011 – 2012    **UCLA Center for Culture, Brain, and Development Fellowship**  
UCLA
- 2011            **Graduate Summer Research Mentorship Award**  
UCLA
- 2011            **Student Travel Award**  
Asian American Psychological Association
- 2010 – 2011    **University Fellowship**  
UCLA
- 2009            **Undergraduate Research Award**  
Asian American Psychological Association

## **EXTRAMURAL GRANTS**

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### **Active:**

1. **K01 Mentored Research Scientist Development Award, NIH/NIMHD (\$651,955)**  
Helping Oneself by Helping Others: A Writing Intervention for Chinese American Cancer Survivors  
Role: **PI**  
9/25/2020 – 12/31/2025
1. **American Psychological Foundation (APF) Alice F. Chang Cancer Wellness Grant (\$9,948)**  
A Narrative Intervention for Chinese American Cancer Caregivers  
**Role: PI**  
9/2/2020 – 9/2/2021
2. **NYU CTSI (NIH/NCATS 1UL1 TR001445) Pilot Project Award (\$50,850)**  
A Pilot Study of Expressive Helping Intervention for Chinese-Speaking Cancer Survivors  
Role: **PI**  
4/1/2019 – 12/31/2020

## **INTRAMURAL GRANTS**

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### **Completed:**

1. **NYU Institute of Human Development and Social Change (IHDSC) Seed Award (\$15,000)**  
Helping Oneself by Helping Others: Testing the Feasibility of a Narrative Intervention for Chinese American Cancer Survivors  
Role: **PI**  
4/1/2019 – 9/30/2020
2. **NYU Steinhardt Office of Faculty Development and Diversity - Diversity Innovation Grant (\$4,000)**  
Mental Health Adjustment of International and Domestic Freshman College Students  
Role: **PI**  
3/4/2020 – 8/31/2020
3. **CSUSM College of Humanities, Arts, Behavioral & Social Sciences Faculty Development Grant (\$1,000)**  
Role: **PI**  
1/2/2018 – 6/1/2018
4. **CSUSM Faculty Center Professional Development Grant (\$750)**  
Role: **PI**  
1/2/2018 – 6/1/2018
5. **CSUSM Grant Proposal Seed Money Grant (\$3,000)**  
Internet Feasibility Pilot Study: Recruitment Ethnic Minority Cancer Survivors using from Facebook  
Role: **PI**  
5/8/2017 – 5/1/2018
6. **CSUSM Research, Scholarship, and Creative Activity Grant (\$7,000)**  
Multi-modal Exploration of Expressive Suppression on Memory  
Role: **PI**  
7/1/2017 – 5/31/2018
7. **CSUSM Faculty Center Professional Development Grant (\$750)**  
Physiological Effects of Emotion Suppression on Memory  
Role: **PI**  
12/1/2016 – 5/31/2017
8. **CSUSM College of Humanities, Arts, Behavioral & Social Sciences Faculty Development Grant (\$1,000)**  
Reflecting on Negative Experiences: The Role of Self-Distancing.  
Role: **PI**  
12/1/2016 – 5/31/2017
9. **UCLA Institute of American Cultures Research Grant (\$2,460)**  
Cultural Differences in Emotion Expression and Suppression: Implications for Health and Well-Being.  
Role: **PI**  
7/1/2014 – 5/31/2015
10. **UCLA Institute of American Cultures Research Grant (\$3,000)**  
Emotional Expression and Disclosure in Ethnic Matching  
Role: **PI**  
7/1/2012 – 5/31/2013

11. **UCLA Asian American Studies Center Okura Research Grant (\$3,000)**  
Emotional Expression and Disclosure in Ethnic Matching  
Role: **PI**  
7/1/2012 – 5/31/2013
12. **UCLA Center for Culture, Brain, and Development Research Grant (\$6,000).**  
Examining the effects of Rumination on Health across Asian and European American College Students  
Role: **PI**  
1/4/2011 – 12/31/2011

### **PEER-REVIEWED PUBLICATIONS**

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\*Student Advisee/Trainee

1. **Tsai, W.** & Kimel, S. (2020). When and How Supporting Others Can Improve Life Satisfaction: A Longitudinal Study Examining Collectivistic Values. *Cultural Diversity and Ethnic Minority Psychology*.
2. **Tsai, W.**, \*Nusrath, S., & \*Zhu, R. (2020). A Systematic Review of Depressive, Anxiety, and Post-traumatic Stress Symptoms among Asian American Breast Cancer Survivors. *BMJ Open*.
3. Wu, I. H., **Tsai, W.**, McNeill, L. H., & Lu, Q. (2019). Sleep Quality, Medication Use, and Daytime Dysfunction among Chinese Breast Cancer Survivors: The Role of Self-Stigma, and Ambivalence over Emotion Expression. *Supportive Care in Cancer*.
4. **Tsai W.**, Weiss, B., Kim, J. H., & Lau, A. S. (2019). Longitudinal Relations between Emotion Restraint Values, Life Stress, and Internalizing Symptoms among Vietnamese American and European American Adolescents. *Journal of Clinical Child and Adolescent Psychology*.
5. Kim, J. H., **Tsai W.**, Kodish, T., Trung, L., Lau, A.S., & Weiss, B. (2019). Cultural Variation in Temporal Associations among Somatic Complaints, Anxiety, and Depressive symptoms in Adolescence. *Journal of Psychosomatic Research*.
6. Ji, L., **Tsai W.**, Wang, L., Lu, Q., Ma, Y., Sun, X., Wang, H., & Lu, G. (2019). The Detrimental Effects of Ambivalence over Emotional Expression on Well-being among Mainland Chinese Breast Cancer Patients: Mediating role of Perceived Social Support. *Psycho-Oncology*, 28, 1142-1148.  
*\*first and second author contributed equally*
7. **Tsai W.**, Wu, I. H., & Lu, Q. (2019). Acculturation and Quality of Life among Chinese American Breast Cancer Survivors: The Mediating Role of Self-stigma, Ambivalence over Emotion Expression, and Intrusive Thoughts. *Psycho-Oncology*, 28, 1063-1070.
8. **Tsai W.**, \*Zavala, D., & \*Gomez, S. (2019). Using the Facebook Advertisement Platform to Recruit Chinese, Korean, and Latinx Cancer Survivors for Psychosocial Research. *Journal of Medical Internet Research*, 21, e11571.
9. **Tsai W.** & Lu, Q. (2019). Ambivalence over Emotional Expression and Intrusive Thoughts Moderates the Relations between Stigma and Depressive Symptoms among Chinese American Breast Cancer Survivors. *Journal of Behavioral Medicine*, 42, 452-460.
10. Gallagher, M. W., Long, L. J., **Tsai W.**, Stanton, A. L., & Lu, Q. (2018). The unexpected impact of expressive writing on posttraumatic stress and growth in Chinese American breast cancer survivors. *Journal of Clinical Psychology*, 74, 1673-1686.
11. Lu, Q., **Tsai W.**, Chu, Q., & Xie, J. (2018). Is Emotion Suppression Harmful for Chinese American Breast Cancer Survivors? *Journal of Psychosomatic Research*, 109, 51-56.
12. **Tsai W.** & Lu, Q. (2018). Culture, Emotion Suppression and Disclosure, and Health. *Social and Personality Psychology Compass*, 12, 1-13.

13. **Tsai W.** & Lu, Q. (2018). Perceived Social Support Mediates the Longitudinal Relations between Ambivalence over Emotional Expression and Quality of Life among Chinese American Breast Cancer Survivors. *International Journal of Behavioral Medicine*, 25, 368-373.
14. **Tsai W.** & Lu, Q. (2017). Acculturation Matters in the Relation between Ambivalence over Emotional Expression and Well-being among Chinese American Breast Cancer Survivors. *Quality of Life Research*, 26, 2755-2762.
15. **Tsai W.**, Wang, K., & Wei, M.F. (2017). Reciprocal Relations between Social Self-Efficacy and Loneliness among Chinese International Students. *Asian American Journal of Psychology*, 8, 94-102.
16. **Tsai W.**, Lau, A. S., \*Nguyen, J., Ngo, V., & Bahr, W. (2017). Cultural differences in the reciprocal relations between emotion suppression coping, depressive symptoms, and interpersonal functioning among adolescents. *Journal of Abnormal Child Psychology*, 45, 657-669.
17. Lau, A. S., Guo, S., **Tsai W.**, \*Nguyen, D. J., Nguyen, H. T., Ngo, V., & Bahr, W. (2016). Adolescents' stigma attitudes toward internalizing and externalizing disorders: Cultural influences and implications for distress manifestations. *Clinical Psychological Science*, 4, 704-717.
18. **Tsai W.**, Sun, M., Wang, S. W., & Lau, A. S. (2016). Implications of emotion expressivity for daily and trait interpersonal and intrapersonal functioning across ethnic groups. *Asian American Journal of Psychology*, 7, 52-63.  
*\*first and second author contributed equally*
19. **Tsai W.**, Chiang, J. J., Lau, A. S. (2016). The Effects of Self-Enhancement and Self-Improvement on Recovery from Stress Differ across Cultural Groups. *Social Psychological and Personality Science*, 7, 21-28.
20. **Tsai W.**, Lau A. S., Niles, A. N., Coello, J., Lieberman, M. D., \*Ko, A. C., \*Hur, C., Stanton, A. L. (2015). Cultural Differences in Self-Enhancement and Self-Improvement Motivations during Expressive Writing. *Cultural Diversity and Ethnic Minority Psychology*, 21, 584-592.
21. Lau, A. S., **Tsai W.**, Shih, J., Hwang, W.C., Liu, L., & Takeuchi, D. (2013). The Immigrant Paradox among Asian American Women: Is the increased burden of depression and anxiety paradoxical or explicable? *Journal of Consulting and Clinical Psychology*, 81, 901-911.
22. **Tsai W.** & Lau, A. S. (2013). Cultural Differences in the Effects and Processes of Self-Reflection over Negative Experiences. *Cognition and Emotion*, 27, 416-429.  
*APS RISE Research Award – Honorable Mention*
23. **Tsai W.**, Chang, E. C., Herringshaw, A. J. (2011). An Examination of Happiness as a Buffer of the Rumination-Adjustment Link: Ethnic Differences Between European and Asian American Students. *Asian American Journal of Psychology*, 2, 168-180.
24. Chang, E. C. & **Tsai W.** (2010). Examining the relations between rumination and adjustment: Do ethnic differences exist between Asian and European Americans? *Asian American Journal of Psychology*, 1, 46-56.

### **MANUSCRIPTS UNDER REVIEW**

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\*Student Advisee/Trainee

1. **Tsai W.**, \*Zhang, L., Park, J.S., Tan, Y., & Kwon, S. (under review). The Importance of Community and Culture for the Recruitment, Engagement, and Retention of Chinese American Immigrants in Health Interventions.
2. **Tsai W.**, \*Lee, C., & \*Monte, V. (under review). Comparing the Effects of Emotion Disclosure and Peer Helping Writing on Psychological Distress among Chinese International Students: The Moderating Role of Rumination.
3. Lau, A. S., Shih, J. H., **Tsai W.**, Kim, J. H., Trung, L. T., & Weiss, B. (under review). Are Gender Differences in Adolescent Internalizing Symptoms Culturally Bound? The role of perceived Stress in Gender Differences across Cultural Groups

4. \*Monte, V. S., \*Ang, J. Y. Z., & **Tsai, W.** (under review). Negative COVID-19 Impacts and Depressive Symptoms among First-Year College Students.
5. \*Teng, C.Y., \*Hon, S., \*Wang, A., & **Tsai, W.** (under review). Impact of COVID-19-related Discrimination on Depressive Symptoms among Emerging Adults of Chinese Descent: The Moderating Role of Emotion Regulation.
6. Yu, S.H., Saephan, A., Weiss, B., Shih, J.H., **Tsai, W.**, Kim, J.H.J., Lau, A.S. (under review). Moderating effects of immigrant generation status on pathways from perceived discrimination to mental health among Vietnamese American adolescents.
7. Huang, C. & **Tsai, W.** (under review). Parenting during COVID-19: A Brief Report on Stress among Asian American Parents.

### **MANUSCRIPTS IN PREPARATION**

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\*Student Advisee/Trainee

1. \*Ang, J. Y. Z., \*Monte, V. S., **Tsai, W.** (in prep). Starting College during the COVID-19 Pandemic: The Protective Roles of Hope and Gratitude among First-year College Students.
2. **Tsai, W.** & Wang, J. (in prep). Fatalism and Health among Chinese Breast Cancer Survivors: Mediating Role of Perceived Self-Control and Fear of Cancer Recurrence.

### **INVITED PRESENTATIONS**

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1. **Tsai, W.** (April, 2021). Invited talk at the Southern Methodist University Research Colloquium.
2. **Tsai, W.** (February, 2021). *Fostering Successful Interdisciplinary Collaborations*. Invited Breakout Room Facilitator at the Virtual Society for Personality and Social Psychology Health Preconference.
3. **Tsai, W.** (December, 2020). *Supporting Asian/Pacific Islander Young Adults During COVID-19*. Invited panelist hosted by the 3<sup>rd</sup> Annual P.E.A.R.L. NYU Opportunities and Challenges Conference.
4. **Tsai, W.** (May, 2020). *Coping with & Contextualizing Anti-Asian Racism & Pandemics*. Invited panelist for webinar hosted by the NYU Office of Global Inclusion, Diversity, and Strategic Innovation (OGI) in collaboration with NYU Steinhardt and NYUWomxn100.
5. **Tsai, W.**, Weiss, B., Kim, J. H., & Lau, A. S. (March, 2019). *Emotion Restraint Values, Life Stress, and Internalizing Symptoms Among Vietnamese American and European American Adolescents: Test of the Cultural-Congruence Hypothesis*. Invited Symposium presentation at the Culture and Emotion Preconference for the 2019 Society for Affective Science Conference. Boston, MA.
6. **Tsai W.** (February, 2019). *Motivational Interviewing and Goal Setting with Chinese immigrants*. Invited workshop at the Hamilton Madison House, New York, NY.
7. **Tsai W.** (October, 2018). *Applying Stress Management and Motivational Interviewing Techniques for Research with Chinese immigrants*. Invited workshop at the Center for Study of Asian American Health (CSAAH) at NYU School of Medicine, New York, NY.
8. **Tsai W.** (2017, December). *Culture and Emotion Expression: From Basic Science to Applied Interventions*. Invited talk at National Chengchi University, Taipei, Taiwan.
9. **Tsai W.** (2017, April). *Bottom-up and Top-down Approaches to Research: Drawing from your own Cultural Experiences*. Invited talk for the Cross-Cultural Center at the California State University, San Marcos, CA.
10. **Tsai, W.** (2017, January). *Ways of Thinking and Feeling – Different Cultural Pathways to Health and Well-being*. Invited talk at National Chengchi University, Taipei, Taiwan.

11. **Tsai, W.** & Lau, A.S. (2015, August). *Culturally distinct pathways to recovering from stress: Bolstering Esteem vs Striving for Improvement*. Invited Symposium presentation at the Annual Convention of the Asian American Psychological Association, Toronto, ON, Canada.

### **CHAired CONFERENCE SYMPOSIA**

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1. **Tsai, W.** (2020, August). The Feasibility of a Writing-based Psychosocial Intervention for Improving Psychological well-being among Chinese immigrant cancer survivors in the United States. In W. Tsai (Chair) *Social Constraints, Emotional Disclosure, and Well-being among Chinese and Chinese American Cancer Patients and Survivors: Basic and Applied Findings*. Symposium to be presented at the 22<sup>nd</sup> International Psycho-Oncology Society World Congress, Kyoto, Japan.
2. **Tsai, W.** & Lu, Q. (2019, August). Influence of Acculturation on the Relationship between Emotion Regulation and Well-being among Chinese American breast cancer survivors. In W. Tsai (Chair) *An Interactive Symposium on the Well-being among Racial and Ethnic Minority Cancer Patients and Survivors: Research and Clinical Perspectives*. Symposium presented at the Annual Convention of the American Psychological Association, Chicago, IL.
3. **Tsai, W.** & Lu, Q. (2019, May). Psychosocial mechanisms of the acculturation and quality of life link among Chinese American breast cancer survivors. In W. Tsai (Chair) *The Role of Acculturation on Psychological and Physical Health among Chinese and Latinx Cancer Survivors*. Symposium presented at the Annual Convention of the Association for Psychological Science, Washington, DC.
4. **Tsai, W.** & Lau, A. S (2013, June). Effects of Ethnic Match on Emotional Expression. In W. Tsai (Chair) *Examining the Effects of Culture on Emotional Expression and Reactivity*. Symposium presented at the International Association for Cross-Cultural Psychology Regional Conference, Los Angeles, CA.

### **CONFERENCE SYMPOSIA/TALKS**

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\*Student Advisee/Trainee

1. **Tsai, W.** & Kimel, S. (2020, May). Cultural Differences in Support Giving and Psychological Well-being. In S.W. Wang & J. Chang (Co-chairs) *Culture and Relationship Science: Social Support in Diverse Contexts*. Symposium accepted at the Annual Convention of the Association for Psychological Science (Cancelled due to the COVID-19 Pandemic), Chicago, IL.
2. **Tsai, W.** (2019, October). Preparing for and Pursuing Post-Graduate Positions: Experiences from a Panel of Early Career AANHPI. Symposium presented at the Annual Convention of the Asian American Psychological Association, San Diego, CA.
3. **Tsai, W.** & Sun, M. (2019, May). Ambivalence over Emotion Expression, Social Support, and Well-being among Latinx American College Students: The Moderating Role of Interdependence. In S.W. Wang (Chair) *The Cultural Shaping of Social-Health Processes across Diverse Contexts*. Symposium presented at the Annual Convention of the Association for Psychological Science, Washington, DC.
4. **Tsai, W.**, Lu, Q., Gallagher, M., Loh, A., & Young, L. (2018, April). Culturally-Sensitive Expressive Writing Intervention Among Chinese American Breast Cancer Survivors. Paper presented at the Annual Convention of the Society for Behavioral Medicine, New Orleans, LA.
5. **Tsai, W.** & Lu, Q. (2017, October). Emotional Restraint, Relationships, and Health among Chinese Breast Cancer Survivors. In S.W. Wang & J. Chang (Co-chairs) *Intersecting Identities, Culture, Relationships, and Health: The Asian (American) Experience*. Symposium presented at the Annual Convention of the Asian American Psychological Association, Las Vegas, NV.
6. **Tsai, W.** (2017, October). Now What? Finding Success After Graduation. In M. Tu (chair) *Division of Student Presents: Making the Most Out of Your Graduate School Training Experience*. Symposium presented at the Annual Convention of the Asian American Psychological Association, Las Vegas, NV.

7. **Tsai, W.** & Lu, Q. (2017, May). Social Support Mediates the Longitudinal Relations between Ambivalence over Emotional Expression and Quality of Life among Chinese Breast Cancer Survivors. Data-Blitz Talk presented at the Cultural-Clinical Psychology APS Pre-Conference, Boston, MA.
8. **Tsai, W.**, Wang, K.T., & Wei, M. (2017, May). Sources of Friendship, Social Self-Efficacy, and Loneliness among Chinese International Students. In S.W. Wang & J. Chang (Co-chairs) *Ties that Bind: Culture Shapes the Effects of Support and Friendships on Health and Well-Being*. Symposium presented at the Annual Convention of the Association for Psychological Science, Boston, MA.
9. **Tsai, W.**, Wang, K.T., & Wei, M. (2016, August). Reciprocal Relations between Social Self-Efficacy and Loneliness among Chinese International Students. Paper presented at the International Congress of the International Association for Cross-Cultural Psychology. Nagoya, Japan.
10. **Tsai, W.**, & Lau, A. S. (2013, August). Reciprocal prospective associations between Emotion Suppression and Internalizing Symptoms. In A.S. Lau (Chair) *Informing Prevention Efforts with Emerging Findings from the ACES Study: Cause, consequence, or correlate?* Symposium presented at the Annual Convention of the Asian American Psychological Association, Honolulu, Hawaii.
11. Lau, A.S., **Tsai, W.**, Guo, S., Ngo, V., & Weiss, B. (2013, June). Understanding Adolescent Psychopathology Across Cultures: Cultural Values, Stress Vulnerability, and Symptom Profiles. Symposium presented at International Society for Research on Child and Adolescent Psychopathology, Leuven, Belgium.
12. Ng, F., Loke, S., **Tsai, W.**, Yuen, C., Chung, S., Liu, M., Dang, P., Yi-Chen, J. (2011, August). Addressing the Challenges of Graduate School from the Student Perspective. Symposium presented at the Annual Convention of the Asian American Psychological Association, Washington, D.C.

#### **POSTER PRESENTATIONS**

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\*Student Advisee/Trainee

1. \*Zax, A., Gudino, O., Lau, A., **Tsai, W.**, Weiss, B. (2021, April). Temporal Orientation and the Association Between Adversity and Internalizing Symptoms in Vietnamese American Adolescents. Poster to be presented at the 2021 Society for Research in Child Development Biennial Meeting.
2. \*Quezada, L., \*Nusrath, S., & **Tsai, W.** (2020, October). Emotion regulation mediates the relationship between acculturation/enculturation and depressive symptoms among Asian and Latinx Americans. Poster presented at the Asian American Psychological Association Annual Convention (Virtual due to COVID-19 pandemic).
3. \*Nusrath, S., \*Zhu, R., & **Tsai, W.** (2020, October). A Systematic Review of Depressive, Anxiety, and Post-traumatic Stress Symptoms among Asian American Breast Cancer Survivors. Poster presented at the Asian American Psychological Association's Annual Convention (Virtual due to the COVID-19 pandemic).
4. \*Teng, C., \*Hon, S., \*Wang, A., & **Tsai, W.** (2020, December) Covid-19 Discrimination and Emotion Regulation on Depressive Symptoms among Emerging Adults with Chinese Heritage. Poster presented at the American Psychosomatic Society 2020 Virtual Meeting (Virtual due to the COVID-19 pandemic).
5. \*Teng, C., \*Hon, S., \*Wang, A., \*Zhu, R., \*Zhang, L., \*Wong, & **Tsai, W.** (2020, October). The Preliminary Efficacy of Expressive Helping for Chinese American Cancer Patients and Survivors. Poster presented at the 2020 Asian American Psychological Association Annual Convention (Virtual due to the COVID-19 pandemic).
6. \*Teng, C., \*Hon, S., \*Wang, A., \*Zhu, R., \*Zhang, L., \*Wong, & **Tsai, W.** (2020, November). The Preliminary Efficacy of Expressive Helping for Chinese American Cancer Patients and Survivors. Poster presented at the 54th Association for Behavioral and Cognitive Therapies. Annual Convention (Virtual due to the COVID-19 pandemic).



7. \*Monte, V. & **Tsai, W.** (2020, May). Interdependence and Independence Self-Construals: Individual-Level Associations with Emotion Suppression Behavior and Values. Poster presented at the 32nd Association for Psychological Science Annual Convention (Virtual due to the COVID-19 pandemic). Chicago, I.L., USA
8. \*Hon, S., \*Zhu, R., \*Teng, C., \*Wong, T., \*Nusrath, S., & **Tsai, W.** (2020, May). Is Voice-Recording Just as Good as Writing? Feasibility of a Narrative Psychosocial Intervention for Chinese American Cancer Patients and Survivors. Poster presented at the 32nd Association for Psychological Science Annual Convention (Virtual due to the COVID-19 pandemic). Chicago, I.L., USA
9. \*Zhang, L., \*Wang, A., \*Teng, C., \*Hon, S., & **Tsai, W.** (2020, May). Practical Strategies for Recruiting and Engaging Chinese Cancer Survivors and Patients in a Psychosocial Intervention. Poster presented at the 32nd Association for Psychological Science Annual Convention (Virtual due to the COVID-19 pandemic). Chicago, I.L., USA
10. \*Jones, E., \*Horner, N., & **Tsai, W.** (2020, March). Social Support Mediates the Relationship Between Prosocial Motivation and Psychological Well-being. Poster presented at the Annual Convention of the Eastern Psychological Association (Virtual due to the COVID-19 pandemic). Boston, MA.
11. \*Lee, C. & **Tsai, W.** (2019, October). Harnessing the benefits of helping others through writing: A Randomized Controlled Trial for Chinese international students. Poster presented at the Annual Convention of the Asian American Psychological Association. San Diego, CA.
12. \*Choo, C., \*Yang, Z., \*Nusrath, S., \*Zhu, R., \*Xun, Z., & **Tsai, W.** (2019, May). The Cultural Motivations Underlying Social Support Provision and Psychological Health Among Chinese International Students. Poster presented at the 31st Association for Psychological Science Annual Convention. Washington, D.C., USA
13. \*Xun, Z. & **Tsai, W.** (2019, May). Enhancement and Suppression Ability Differentially Predict Social Functioning and Psychopathology Symptoms. Poster presented at the Annual Convention of the Association for Psychological Science. Washington, D.C.
14. Kim, J. H., **Tsai, W.**, Kodish, T., Trung, L., Lau, A.S., & Weiss, B. (2019, March). Cross-Cultural Longitudinal Relations Among Internalizing Symptoms: The Contribution of Somatic Complaints. Poster presented at the Annual Meeting of the American Psychosomatic Society. Vancouver, BC, Canada.
15. \*Zavala, D., \*Gomez, S., \*Mendez, D., & **Tsai, W.** (2018, May). Recruiting Ethnic Minority Cancer Survivors from Facebook. Poster presented at the annual Psychology Undergraduate Research Conference at UCLA.
16. \*Mendez, D., \*Gomez, S., \*Zavala, D., \*De Lisser, O., \*Smith, A., & **Tsai, W.** (2018, May). Sense of Belonging and Well-being among First-Generation College Students. Poster presented at the Annual Convention of the Association for Psychological Science. San Francisco, CA.
17. \*De Lisser, O., \*Mendez, D., \*Zavala, D., \*Smith, A., \*Ridenour, C., & **Tsai, W.** (2018, April). Stressing out Helps when Stressors are Viewed as Opportunities. Poster presented at the Annual Western Psychological Association Convention. Portland, OR.
18. \*Ridenour, C. & **Tsai, W.** (2017, November). Resilience Moderates the Relationship between Rumination and Emotional Reactivity. Poster presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
19. \*Ramirez, J., \*Mendez, D., \*Gomez, S., & \*Qasem, A., \*Ridenour, C., & **Tsai, W.** (2017, May). Context differentiation as a Mediator of the link between Emotional Expression and Well-being. Poster presented at the 26th Annual UCLA Psychology Undergraduate Research Conference. Los Angeles, CA.
20. \*Qasem, A., \*Clifford, L., \*Gomez, S., \*De Lisser, O., \*Ridenour, C., & **Tsai, W.** (2017, May). Examining the Mechanisms between Positive Emotional Expressivity and Life Satisfaction Among Latino Americans. Poster presented at the 26th Annual UCLA Psychology Undergraduate Research Conference. Los Angeles, CA.

21. Gallagher, M. W., Long, L. J., **Tsai, W.**, Stanton, A. L., Lu, Q. (2017, May). The Unexpected Impact of Expressive Writing on Posttraumatic Stress and Growth in Chinese American Breast Cancer Survivors. Poster presented at the Annual Convention of the Association for Psychological Science, Boston, MA.
22. \*Ramirez, J., \*Mendez, D., \*De Lisser, O., \*Gomez, S., \*Qasem, A., \*Clifford, L., \*Ridenour, C., & **Tsai, W.** (2017, April) Ambivalence over Emotional Expression and Well-being among Latino Americans: A Moderated Mediated Model. Poster presented at the 24th Annual CSUSM Psychology Undergraduate Research Conference. San Marcos, CA.
23. **Tsai, W.** & Lu, Q. (2017, March). Acculturation Moderates Ambivalence over Emotional Expressions and Well-being among Chinese Breast Cancer Survivors. Poster presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
24. **Tsai, W.**, Wang, K.T., & Wei, M. (2016, August). Reciprocal Relations between Social Self-Efficacy and Loneliness among Chinese International Students. Poster presented at the Annual Convention of the Asian American Psychological Association, Denver, CO.
25. \*Chen, K. K., \*Lam, C., \*Martinez, S., \*He, R., \*Campos, E., **Tsai, W.**, & Lau, A. S. (2015, May). Cultural differences in coping and experience of face loss: context matters. Poster presented at the 15th Annual Stanford Undergraduate Psychology Conference. Stanford, CA.
26. \*He, R. , \*Martinez, S. , \*Campos, E. , \*Lam, C. , \*Chen, K. K. , **Tsai, W.**, & Lau, A. S. (2015, May). Context matters: cultural differences in the experience of face loss. Poster presented at the 24th Annual Psychology Undergraduate Research Conference. Los Angeles, CA.
27. Sun, M., **Tsai, W.**, Wang, S.W., Lau, A.S. (2014, November). Culture and emotion expression: Daily and trait interpersonal and intrapersonal functioning between Asian and European American college students. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
28. **Tsai, W.**, Lau A. S., Niles, A. N., Coello, J., Lieberman, M. D., \*Ko, A. C., \*Hur, C., Stanton, A. L. (2014, August). Ethnicity Moderates the Outcomes of Self-Enhancement and Self-Improvement Themes in Expressive Writing. Poster presented at the Annual Convention of the Asian American Psychological Association, Washington, DC.
29. \*Chen, K. K., **Tsai, W.**, & Lau, A. S. (2014, August). Coping with Face Loss in Achievement vs. Interpersonal Domains. Paper presented at the Annual National McNair Symposium. University of California, Berkeley.
30. **Tsai, W.**, Lau A. S., Niles, A. N., Coello, J., Lieberman, M. D., \*Ko, A. C., \*Hur, C., Stanton, A. L. (2014, May). Cultural Differences in Self-Enhancement and Self-Improvement Motivations during Expressive Writing. Poster presented at the Annual Conference of the Association for Psychological Sciences, San Francisco, CA.
31. \*Hur, C., \*Ko, A. C., \*Savikaluck, K., \*Kerr, T., **Tsai, W.**, & Lau, A. (2014, Feb). Cultural Differences in the Utilization and Function of Self-Enhancement Domains. Poster presented at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
32. **Tsai, W.** & Lau, A. S. (2012, May). Cultural Differences in the Effects and Processes of Self-Reflection over Negative Experiences: Evaluating Alternate Models of the Influence of Cultural Values on Adolescent Internalizing Problems. Poster presented at the Annual Conference of the Association for Psychological Sciences, Chicago, IL. (RISE-UP Research Award Honorable Mention)
33. \*Ko, A. C., \*Yang, M., **Tsai, W.** & Lau, A. (2012, May). Cultural Differences Underlying the Role of Life Satisfaction in Negative Self-Reflection. Poster presented at the 21<sup>st</sup> Annual Psychology Undergraduate Research Conference at University of California, Los Angeles.
34. \*Hur, C., \*Ko, A. C., \*Yang, M., **Tsai, W.**, & Lau, A. (2012, March). Cultural Differences Underlying the Role of Life Satisfaction in Negative Self-Reflection. Poster presented at the 2nd Berkeley Psychology Undergraduate Conference at University of California, Berkeley.

35. **Tsai, W.** & Lau, A. S. (2011, August). The Effects of Negative Self-Reflection on the Mood: Are There Cultural Differences? Poster presented at the Annual Convention of the Asian American Psychological Association, Washington, D.C.
36. **Tsai, W.**, Herringshaw, A. J., Chang, E. C., Lin, N. J. (2010, August). Relations Between Rumination and Psychological Adjustment in Asian and European Americans: Evidence for Ethnic Differences in the Impact of Emotional Happiness. Poster presented at the Annual Convention of the Asian American Psychological Association, San Diego, CA.
37. **Tsai, W.**, Hirsch, J. K., Chang, E. C., Hazlett, K. E., Kim, J. M., Singh, R., Srivastava, K., Jeglic, E. L., Ng, M., Jacobson, J. R. (2009, August). Perfectionism and Suicidal Risk in a College Student Population. Poster presented at the 117<sup>th</sup> Annual Convention of the American Psychological Association, Toronto, ON.
38. **Tsai, W.**, Chang, E. C., Srivastava, K., Kim, J. M., Hazlett, K. E., Singh, R., Ng, M., Jacobson, J. R. (2009, August). Loneliness: A Moderator for Relations Between Social Problem-Solving and Adjustment. Poster presented at the 117<sup>th</sup> Annual Convention of the American Psychological Association, Toronto, ON.
39. **Tsai, W.**, Chang, E. C., Hazlett, K. E., Kim, J. M., Srivastava, K., Singh, R., & Ng, M., (2009, August). Examining the Relations Between Rumination and Adjustment: A Focus on Ethnicity. Poster presented at the Annual Convention of the Asian American Psychological Association, Toronto, ON.
40. Hazlett, K. E., Hirsch, J. K., Chang, E. C., **Tsai, W.**, Srivastava, K., Kim, J. M., Jeglic, E. L., Singh, R., & Ng, M. (2009, July). Perfectionism and Suicidal Risk in a College Student Population: Does Loneliness Affect the Link? Poster presented at the 2009 Association for Research in Personality Conference, Evanston, IL.
41. **Tsai, W.**, Chang, E. C., Hazlett, K. E., Singh, R., Kim, J. M., Srivastava, K., & Bodem, M. R. (2009, May). Optimism-Pessimism: Is There Any Value in Considering a Domain-Specific Framework? Poster presented at the 21st annual Convention of the Association for Psychological Science, San Francisco, CA.
42. **Tsai, W.**, Chang, E. C., Hazlett, K. E., Chang, R., Srivastava, K., Kim, J. M., & Singh, R. (2009, April). Testing the usefulness of performance perfectionism theory across cultures: Does negative self-oriented perfectionism in the US and Japan predict depressive symptoms across time? Poster presented at the 30th annual Society of Behavioral Medicine meeting at Montreal.
43. **Tsai, W.**, Chang, E. C., Srivastava, K., Singh, R., Hazlett, K. E., & Kim, J. M. (2008, November). An examination of the maladaptive theory of perfectionism in college students: Is there a growing gap between theory and data? Poster session presented at the 2008 Sigma Xi Meeting and Student Research Conference, Washington, D. C.
44. **Tsai, W.**, Tardif, T., Chan, C., Meng, X.Z., (2008, May) Infant word-learning in English and Mandarin. Poster session presented at the 17th annual Psychology Undergraduate Research Conference at UCLA.
45. **Tsai, W.**, Tardif, T., Chan, C., Meng, X.Z., (2008, April) Infant word-learning in English and Mandarin. Poster session presented at the Psychology Undergraduate Research Forum at the University of Michigan.

#### **PRESS/MEDIA COVERAGE**

1. 紐大華裔學者開啟專項研究為華人癌症病患打造輔導模式 (NYU Researcher Develops Culturally-Appropriate Psychosocial Intervention for Chinese Cancer Patients). *Sing Tao Daily*, May 13<sup>th</sup>, 2019. <https://www.singtaousa.com/ny/436-%E7%B4%90%E7%B4%84/2333726-%E7%B4%90%E5%A4%A7%E8%8F%AF%E8%A3%94%E5%AD%B8%E8%80%85%E9%96%8B%E5%95%9F%E5%B0%88%E9%A0%85%E7%A0%94%E7%A9%B6+%E7%82%BA%E8%8F%AF%E4%BA%BA%E7%99%8C%E7%97%87%E7%97%85%E6%82%A3%E6%89%93%E9%80%A0%E8%BC%94%E5%B0%8E%E6%A8%A1%E5%BC%8F/>

#### **TEACHING/MENTORING EXPERIENCE**

### **Graduate Courses**

Abnormal Psychology (New York University)

Proseminar in Clinical Psychology (California State University San Marcos)

### **Undergraduate Courses**

Research Methods II (New York University)

Abnormal Psychology (New York University)

Psychological Testing (California State University, San Marcos)

### **Doctoral Dissertation Committee (New York University)**

- Michelle Vardanian (2021 – present ; Anil Chacko, Chair)

### **Doctoral Dissertation Reader (New York University)**

- Jacob Schatz (2020; C. Tamis-LeMonda, Chair)
- Taymy Caso (2020; L. Suzuki, Chair)

### **Master Thesis Reader (New York University)**

- Kiani Oro (2019; N. Way, Chair)
- Fanya Sun (2018; N. Way, Chair)

### **Master Thesis Committee (California State University, San Marcos)**

- Jennifer Lobos (2017 – 2018)
- Raquel Good (2017 – 2018)
- Kathryn Layton (2016 – 2018)
- Cliff Ridenour (2016 – 2018)

### **Undergraduate Honors Thesis Faculty Mentor (New York University)**

- Julia Leschi (2020 – 2021; Applied Psychology)
- Zhi Xun (2019 – 2020; Psychology)

### **Graduate and Undergraduate Research Assistants Supervised (New York University)**

- Catherine Hu (2020 – present)
- Julia Leschi (2020 – present)
- Nicole Zhou (2020 – present)
- Vicky Ho (2020 – present)
- Angela Wang (2019 – present)
- Charlotte Teng (2019 – present)
- Sophia Hon (2019 – present)
- Tiffany Wong (2019 – 2020)
- Liwei Zhang (2019 – present)
- Zhi Xun (2018 – 2020)
- Sumaiya Nusrath (2018 – present)
- Zhenyi Yang (2018 – 2019)
- Ruidi Zhu (2018 – 2020)
- Lucy Quezada (2018 – present)
- Erica Jones (2019 Summer)
- Nicole Horner (2019 Summer)
- Cherie Choo (2018 – 2019)

### **Graduate and Undergraduate Research Assistants Supervised (California State University, San Marcos)**

- Cliff Ridenour (2016 – 2018)
- Sol Gomez (2016 – 2018)
- Denisse Mendez (2016 – 2018)

- Olivia De Lisser (2016 – 2018)
- Alexandria Smith (2017 – 2018)
- Daisy Zavala (2017 – 2018)
- Victoria Meyerott (2017 – 2018)
- Eun Kyung Kim (2017 – 2018)
- Itzia Ibarra (2017 – 2018)
- Lauren Clifford (2016 – 2017)
- Amelia Qasem (2016 – 2017)
- Johnathan Ramirez (2016 – 2017)

Student Research Awards/Honors/Fellowships

- Zhi Xun (2019 – 2020; Dean’s Undergraduate Research Fund - \$1000)
- Daisy Zavala (2018; National Science Foundation Graduate Research Fellowship – Honorable Mention)
- Daisy Zavala (2017 – 2018; Maximizing Access to Research Careers-Undergraduate Student Training Research (MARC U\*STAR) Program at CSUSM)
- Keer Chen (2014 – 2015; Ronald E. McNair Scholars Program at UCLA)
- Ahra Ko (2011 – 2012; Psychology Opportunities Research Program at UCLA)

**SERVICE**

***Editorial Service***

Consulting Editor

2019 – Present	Cultural Diversity and Ethnic Minority Psychology
2018 – Present	Asian American Journal of Psychology
2018 – Present	Frontiers in Psychology: Cultural Psychology

Ad Hoc Reviewer

*American Psychologist, Asian Journal of Social Psychology, Behavioral Medicine, Child Development, Cognition and Emotion, European Journal of Cancer Care, International Journal of Behavioral Medicine, International Journal of Intercultural Relations, Journal of Clinical Psychology, Journal of Cross-Cultural Psychology, Journal of Health Psychology, Journal of Family Psychology, Journal of Social and Clinical Psychology, PLOS One, Psycho-Oncology, Quality of Life Research, The Counseling Psychologist*

***Professional Service***

2019 – Present	APA Division 38 Society for Health Psychology International Relations Committee Chair
2017 – 2019	APA Division 38 Society for Health Psychology International Relations Committee Associate Chair
2017 – 2018	Asian American Psychological Association (AAPA) Award Committee Member
2015 – 2017	AAPA Convention Committee Registration Co-Chair
2015 – 2016	APA Division 45 Proposal Reviewer
2012 – 2015	Association for Psychological Science Student Research Award Reviewer
2010 – Present	AAPA Presentation Proposal Reviewer
2012 – 2012	AAPA Division of Students Research Coordinator

***University Service (California State University, San Marcos)***

2017 – 2018	Faculty Mentor for the Faculty Mentoring Program
2017 – 2018	Institutional Review Board Member

***Departmental Service (New York University)***

2020 – Present	QUEST Program Planning Committee (Member)
2020 – Present	Counseling Psychology Brown Bag Committee (Chair)
2019 – Present	Undergraduate Program Committee (Member)
2018 – Present	MA in Counseling for Mental Health and Wellness Program Committee (Member)
2019 – 2020	Curriculum Committee (Member)
2019 (Spring)	Counseling Psychology Program Improvement Committee (Member)
2018 – 2019	MA in Counseling for Mental Health and Wellness Admissions Committee (Member)

***Departmental Service (California State University, San Marcos)***

2016 – 2018	Online Instruction and Technology Committee
2016 – 2017	Psi Chi and Psychological Student Organization Faculty Advisor

**PROFESSIONAL AFFILIATIONS**

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- Asian American Psychological Association (AAPA)
- Association for Psychological Science (APS)
- APA Division 45 Society for the Psychological Study of Ethnic Minority Issues
- APA Division 38 Society for Health Psychology
- Society for Behavioral Medicine (SBM)
- American Psychosomatic Society (APS)
- Taiwan Psychology Network (TPN)

**CLINICAL TRAINING**

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2015 – 2016	<b>Psychology Intern</b> , VA Healthcare System (West Los Angeles) Completed APA-accredited internship. Conducted individual and group therapy with veterans using a range of evidence-based treatments. Conducted comprehensive psychodiagnostic and neuropsychological assessments. <i>Director of Training:</i> Anna Okonek, Ph.D.
2014 – 2015	<b>Advanced Therapist</b> , UCLA Psychology Clinic Conducted individual adult therapy using an integrative modality (cognitive-behavioral, psychodynamic). <i>Supervisor:</i> Donald Hiroto, Ph.D.
2014 – 2015	<b>Clinical Therapy Supervisor</b> , UCLA Psychology Clinic Supervised beginning graduate student in cognitive-behavioral therapy. Reviewed session videotapes and met with student for weekly supervision. Oversaw writing of clinical reports and case management. Attended weekly seminar with licensed psychologist about the supervision process. <i>Supervisor:</i> Jill Waterman, Ph.D.
2013 – 2014	<b>Psychology Pre-Intern</b> , VA Healthcare System (Sepulveda) Conducted evidence-based trauma treatments with Veterans with PTSD (Prolonged Exposure, Cognitive Processing Therapy). Led mindfulness and psychoeducational group therapies with Veterans in a primary-care setting. <i>Supervisor:</i> Shana Spangler, Psy.D.
2012 – 2013	<b>Practicum Student Therapist</b> , UCLA Counseling and Psych Services Conducted short-term individual therapy with diverse student populations using an integrative modality (cognitive-behavioral, interpersonal, psychodynamic). Co-led psychoeducational groups and DBT skills group.

*Practicum Training Director:* Bonnie Zucker, Ph.D.

2010 – 2012

**Graduate Student Therapist**, UCLA Psychology Clinic

conducted child, adult, and couples therapy using evidence-based approaches (Cognitive-behavioral therapy, Integrative Behavioral Couples Therapy) with diverse populations from the community.

*Supervisors:* Bruce Chorpita, Ph.D. and Andrew Christensen, Ph.D.

2010 – 2011

**Assessor**, UCLA Psychology Clinic

Conducted comprehensive psychodiagnostic, personality, and neuropsychological assessments. Wrote clinical reports and recommendations for treatment.

*Supervisor:* Eric Miller, Ph.D.