**KATE A. LEGER**

**CURRICULUM VITAE**

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106-B Kastle Hall

Lexington, KY 40506

**ACADEMIC APPOINTMENTS**

2018- present **University of Kentucky**

Assistant Professor, Psychology Department

**EDUCATION**

|  |  |  |
| --- | --- | --- |
| 2018 | Ph.D. | **University of California, Irvine** |
|  |  | Psychology and Social Behavior |
|  |  | Major: Health Psychology |
|  |  | Minor: Quantitative Psychology  Dissertation: The Lingering Effects of Stressors on Affect and their Associations with Physical Health |
| 2015 | M.A. | **University of California, Irvine** |
|  |  | Major: Health Psychology |
|  |  | Master’s Thesis: The Association of Daily Physical Symptoms with Future Health |
| 2010 | B.A. | **Carleton College** |
|  |  | Major: Psychology, *Magna Cum Laude* |
|  |  | Senior Honors Thesis: False Feelings of Familiarity: The Effects of Different Types of Primes on Arousal and the Illusion of Familiarity |

**HONORS AND AWARDS**

|  |  |
| --- | --- |
| 2018  2018  2016  2014 | Ellen Greenberger Excellence in Graduate Research Award, $1,000  UCI Dean’s Dissertation Writing Fellowship, $8,000  UCI Student Travel Grant, $400  Alison Clarke-Stewart Excellence in Research Award, $500 |
| 2014, 2017 | UCI Social Ecology Graduate Student Mentoring Award, $200 |
| 2014 | American Psychosomatic Society Newsworthy Presentation |
| 2012-2013 | Dean’s Fellowship, University of California Irvine, $21,000 |
| 2010 | John K Bare Prize in Psychology, awarded to a member of the senior class at Carleton College for demonstrating excellence in the field of psychology, $500 |
| 2010 | Undergraduate Senior Thesis Honors Award in psychology |

**PUBLICATIONS**

(*Note*. \* denotes student author)

**Peer-Reviewed Journal Articles**

**Leger, K.A.,** Lee, S., Chandler, K.D., & Almeida, D.M. (Accepted). Effects of a workplace intervention on daily stressors and well-being. *Journal of Occupational Health Psychology*.

Segerstrom, S.C., \*Blevins, T., **Leger, K.A.,** Reed, R.G., & Crawford, L.R. (2021). Eudaemonic well-being in midlife women: correspondence between daily and retrospective reports. *Collabra: Psychology, 7,* 21433.

**Leger, K.A.,** Turiano, N.A., \*Bowling, W., Burris, J.L., & Almeida, D.M. (2021). Personality traits predict long-term physical health via affect reactivity to daily stressors. *Psychological Science.* Advanced Online Publication.

Haynes, E.N., Hilbert, T.J., Westneat, S.C, **Leger, K.A.,** \*Keyton, K., & Bush, H.M (2021). Impact of the COVID-19 shutdown on mental health in Appalachia by working status. *Journal of Appalachian Health, 3*, 18-28.

Acevedo, A.M., **Leger, K.A,** Jenkins, B.N. & Pressman, S.D. (2020). Keep calm or get excited? Examining the effects of different types of positive affect on responses to acute pain. *Journal of Positive Psychology,* 1-10.

\*Tsukerman, D. **Leger, K.A.,** & Charles, S.T. (2020). Work-family spillover stress predicts health outcomes across two decades. *Social Science and Medicine,* 113516.

**Leger, K.A.,** \*Blevins, T., Crawford, L., & Segerstrom, S.C. (2020). Mean levels and variability in psychological well-being and its associations with sleep in midlife and older women. *Annals of Behavioral Medicine.* Advanced Online Publication.

Huo, M. Ng, Y.T., Fuentecilla, J., **Leger, K.A.,** & Charles, S.T. (2020). Positive encounters as a buffer: Older adults’ pain and sleep disturbances in everyday life. *Journal of Aging and Health.* Advanced Online Publication.

**Leger, K.A.,** & Charles, S.T. (2020). Affective recovery from stress and its associations with sleep. *Stress and Health, 36,* 693-699.

**Leger, K.A.,** Charles, S.T., & Almeida, D.M. (2020). Positive emotions experienced on days of stress are associated with less same day and next day negative emotion. *Affective Science, 1,* 20-27*.*

**Leger, K.A.,** Charles, S.T., & Fingerman, K. L. (2019). Affect variability and sleep: Emotional ups and downs are related to a poorer night’s rest. *Psychosomatic Research, 124,* 109758.

Charles, S.T., Mogle, J., **Leger, K.A.,** & Almeida, D.M. (2019). Age and the factor structure of emotional experience in adulthood. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 74,* 419 – 429.

**Leger, K.A.,** Charles, S.T., & Almeida, D.M. (2018). Let it go: Lingering negative affect in response to daily stressors can impact physical health years later. *Psychological Science, 29,* 1283-1290.

**\*\* Rated as one of the “top ten” papers from the MIDUS dataset in the past 6 years (out of 400 papers)**

**Leger, K.A.,** Charles, S.T., Turiano, N. & Almeida, D.M. (2016). Personality and stressor-related affect.*Journal of Personality and Social Psychology,111,* 917-928.

**Leger, K.A.,** Charles, S.T., Ayanian, J.Z., & Almeida, D.M. (2015). The associations of daily physical symptoms with future health. *Social Science & Medicine, 143,* 241-248.

Abrams, K., **Leger, K.**, Schlosser, L., Merrill, A., Bresslour, M., & Jalan, A. (2011). Nicotine withdrawal exacerbates fear reactivity to CO2-induced bodily sensations among smokers**.** *Nicotine & Tobacco Research, 13(11), 1052- 1058.*

Abrams, K., Schlosser, L., **Leger, K.,** Donisch, D., Widmer, A., & Minkina, A. (2011). Panic-relevant cognitive processes among smokers. *Journal of Cognitive Psychotherapy, 25(1),* 71-81*.*

**Invited Book Chapters and Encyclopedia Entries**

Charles, S.T., **Leger, K.A.,** & Urban, E.J. (2014). Emotional Experience and Health: What we Know, and Where to go from here. *In A.D. Ong & C.E. Löckenhoff (Eds.), New Developments in Emotional Aging.*

Charles, S.T., & **Leger, K.A.** (2014). Age and Emotion. In *Encyclopedia of Mental Health, 2nd Edition.* Academic Press.

**MANUSCRIPTS UNDER REVIEW**

Ong, A.D. & **Leger, K.A.** (Invited Revision). Advancing the study of resilience to daily stressors. *Perspectives on Psychological Science.*

**Leger, K.A.,** \*Gloger, E. M., \*Maras, J., Marshburn, C. K. (Under Review). Lifetime discrimination and health: The mediating role of daily stress processes. *Health Psychology.*

Cross, M.P., Acevedo, A.M., **Leger, K.A.,** & Pressman, S.D. (Under Review). How and why could smiling influence physical health? A conceptual review. *Health Psychology Review.*

**RESEARCH SUPPORT**

**Completed:**

|  |  |
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| 2017 - 2018 | **Dissertation Data Collection Grant**  Title: The Lingering Effects of Stressors on Affect and Associations with Physical Health  Total Costs: $2,000  Role: PI  Institution: University of California, Irvine |

**Not Awarded:**

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| 2021  2019 | **National Institutes of Health (R01)**  Title: School COVID-19 Mitigation Strategies and Personnel Health and Well-Being Study  Role: Co-I; MPIs: Erin Haynes & Heather Bush  Institution: University of Kentucky  **Igniting Research Collaborations Pilot Grant**  Title: Interventions for Coping with Racial Trauma.  Role: Co-PI (MPIs: C. Marshburn & C. Hargons).  Institution: University of Kentucky |

**INVITED TALKS**

*“Stressors in Daily Life: Implications for Health and Well-being.”* University of Kentucky Clinical Psychology Professional Development Series. February 2021.

*“Everyday Experiences and their Impact on Long-Term Health.”* Invited speaker at Washington University in St. Louis Colloquium Series. February 2020.

*“Emotional Responses to Everyday Life: Affect Dynamics, Health, and Well-being.”* University of Kentucky Colloquium Series. January 2020

*“Do Everyday Stressors Shape Health? An Introduction to the Emotion, Stress, and Health lab.”* University of Kentucky Graduate Interview Day. January 2020

*“Emotional Responses to Everyday Stressors: Implications for Health and Well-being.”* Invited speaker at University of Kentucky APA Division 38 Health Psychology Event. March 2019

***“****It’s the Little Things: Emotional Responses to Daily Stressors Influence Long-term Physical Health Outcomes.* Invited speaker at CSU Long Beach Colloquium Series.” December 2017

***“****The Lingering Effects of Stressors on Affect and their Associations with Physical Health.”* Invited speaker at UC Irvine Colloquium Series. May 2017

***“****Let it go: Lingering Negative Affect and Physical Health*.” Psychology and Social Behavior Department Colloquium, UC Irvine. March 2017

***“****The Ability of Physical Symptoms to Predict Future Health 10 Years Later.”* Psychology and Social Behavior Department Colloquium, UC Irvine. May 2014

**CONFERENCE PRESENTATIONS**

(*Note*. \* denotes student author)

**Chaired Symposia:**

**Leger, K.A.** & Jenkins, B.N. (March 2020). *Affect Dynamics and Health: How Changes in Affect Predict and Account for Behavioral, Physiological, and Physical Health Outcomes.* American Psychosomatic Society, Long Beach, CA.

**Leger, K.A.** & Jenkins, B.N. (March 2019). *Unpacking the Influence of Stress on Sleep: Do Emotion and Stressor Characteristics Play a Role?* American Psychosomatic Society, Vancouver, BC.

**Paper Presentations:**

**Leger, K.A.,** Turiano, N.A., \*Bowling, W., & Burris, J., & Almeida, D.M. (November 2021). *Personality and health: The mediating role of affective reactivity.* Gerontological Society of America, Phoenix, AZ.

**Leger, K.A.,** Charles, S.T., & Almeida, D.M. (November 2020). *Positive emotions experienced on days of stress are associated with less same day and next day negative emotion.* Gerontological Society of America**,** virtual conference**.**

**Leger, K.A.,** Turiano, N.A., \*Bowling, W., & Burris, J., & Almeida, D.M. (March 2020). *Affect reactivity to daily stressors mediates the relationship between personality and future physical health.* American Psychosomatic Society, Long Beach, CA.

**Leger, K.A.,** Charles, S.T., & Fingerman, K. L. (November 2019). *Affect Variability and Sleep: Emotional Ups and Downs are Related to a Poorer Night’s Rest.* Gerontological Society of America, Austin, Tx.

Turiano, N.A., **Leger, K.A.,** & Hill, P.L. (November 2019*) Childhood Misfortune Predicts Lifespan Health Into Late Adulthood.* Gerontological Society of America, Austin, Tx.

Huo, M., Fuentecilla, J.I., **Leger, K.A.,** & Fingerman, K.I. (November 2019) *Does Receiving Support Hurt? Pain and Sleep in Older Adults’ Everyday Lives*. Gerontological Society of America, Austin, Tx.

**Leger, K.A.,** & Charles, S.T. (March 2019). *Affective Recovery from Stress and its Associations with Sleep.* American Psychosomatic Society, Vancouver, BC.

\*Hong, J.H., **Leger, K.A.,** Charles, S.T., & Fingerman, K.L (November 2018). *Getting by with a Little Help From my Friends: Functional Limitations and Daily Emotional Experiences.* Gerontological Society of America, Boston, MA.

**Leger, K.A.,** Charles, S.T., & Almeida, D.M. (July 2017). *Age and Lingering Negative Affect in Response to Daily Stressors.* World Congress of Gerontology, San Francisco, CA.

Charles, S.T., Mogle, J., **Leger, K.A.,** & Almeida, D.M. (May 2016). *Not More Complex, Just Different:  Age and the Factor Structure of Emotional Experiences in Adulthood*. Association for Psychological Sciences, Chicago, Il.

**Poster Presentations:**

Segerstrom, S., \*Blevins, T., **Leger, K.A.,** & Crofford, L., (October 2019). *Psychological Well-being: Retrospective vs. Daily Reports.* Society for the Study of Human Development, Portland, OR.

Urban, E.J., **Leger, K.A.,** Hong, J.H & Charles, S.T. (April 2017). *State Rumination Predicts Affective Reactivity to and Exaggerated Memory for Acute Stressors.* Society for Affective Sciences, Boston, MA.

Acevedo, A.M., **Leger, K.A.,** Shader, J., Hunter, J., Cross, M. P., & Pressman, S.D. (March 2017). *Keep calm and carry on: Low arousal positive affect is associated with higher parasympathetic function but no sympathetic activation during experimentally induced pain.* Submitted to the 75th Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.

**Leger, K.A**., Charles, S.T., Turiano, N.A., & Almeida, D.M. (November 2016). *It’s not who you are, but how you react: Emotional reactivity to stressors partially mediates the relationship between conscientiousness and physical health-related outcomes*. Gerontological Society of America, New Orleans, LA.

**Leger, K.A**., Charles, S.T., Turiano, N.A., & Almeida, D.M. (March 2016). *The Role of Stressor-Related Appraisals in Mediating the Relationship between Conscientiousness and Emotional Reactivity to Stressors.* Society for Affective Sciences, Chicago, Il.

**Leger, K.A**., Charles, S.T., Turiano, N.A., & Almeida, D.M. (February 2016). *Personality and Emotional Reactivity to Daily Stressors: The Role of Stressor-Related Appraisals.* UC Irvine Social Ecology Poster Session, Irvine, CA.

\*Chase, D.R., \*Shader, J.L., **Leger, K.A.,** & Pressman, S.D. (May 2015). *Examining the relationship between health locus of control and chronic conditions.* UCLA Psychology Undergraduate Research Conference, Los Angeles, California.

Pressman, S.D., Acevedo, A.M., & **Leger, K.A.** (February 2015). *Associations between ideal high and low arousal positive affect and psychological stress.* Society for Personality & Social Psychology, Long Beach, CA.

\*McKenna, C., \*Cendejas, C., \*Lal, B., **Leger, K.A**., Acevedo, A.M., & Pressman, S.D. (February 2015). *Acculturation of positive ideal affect in Asian-Americans*. Society for Personality & Social Psychology, Long Beach, CA.

\*Tang, S., \*McKenna, C., **Leger, K.A.,** Acevedo, A.M., & Pressman, S. D. (February 2015). *The association between anxiety sensitivity and parasympathetic responses to stress*. Society for Personality & Social Psychology, Long Beach, CA.

**Leger, K.A.**, S.T. Charles, D.M. Almeida. (November 2014). *The Role of Conscientiousness in Emotional Reactivity to Daily Stressors.* Gerontological Society of America, Washington, DC.

**Leger, K.A.**, S.T. Charles, D.M. Almeida. (March 2014) *Physical Symptoms, Negative Affect, and Health: The Ability of Physical Symptoms to Predict Future Health 10 Years Later.* Poster presented at the annual convention of the American Psychosomatic Society, San Francisco, CA.

**Leger, K.A.**, M. Cross, S.D. Pressman. (March 2014) *The Relationship Between* *Self-Rated Health, Heart Rate, and Heart Rate Variability in Healthy Young Adults.*Poster presented at the annual convention of the American Psychosomatic Society, San Francisco, CA.

**Leger, K.A.** (June 2010). *False feelings of Familiarity: The Effects of Different Types of Primes on Autonomic Arousal and the Illusion of Familiarity.* Poster presented at the annual Super Friday Poster Session at Carleton College, Northfield, MN.

Abrams, K., **Leger, K.A.,** Schlosser, L., Minkina, A., and Emmon, H. (March 2010). *Does Acute Nicotine* *Use or Withdrawal Promote Panicky Symptoms? – Some Surprising Findings from Biological Challenge Studies.* Paper presented at the 30th annual convention of the Anxiety Disorders Association of America, Baltimore, MD.

**TEACHING EXPERIENCE**

|  |  |
| --- | --- |
| **Instructor of Record (UK unless otherwise noted)** | |
| Spring 2021  Fall 2020  Fall 2020  Spring 2020  Spring 2020  Fall 2019  Spring 2019  Fall 2018  Spring 2017 | Surveys in Health Psychology (PSY 626)  Applied Statistics in Psychology (PSY 216)  Research Methods in Social Psychology (PSY 440)  Applied Statistics in Psychology (PSY 216)  Research Methods in Social Psychology (PSY 440)  Applied Statistics in Psychology (PSY 216)  Research Methods in Social Psychology (PSY 440)  Research Methods in Social Psychology (PSY 440)  Applied Statistics for Psychological Research, UC Irvine |
| **Guest Lectures** |  |
| Fall 2020  Fall 2019  Fall 2017  Fall 2016  Spring 2015 | Psychology Scholars: An Introduction to the Emotion, Stress, and Health lab. University of Kentucky  Research Methods in Social Psychology. Experimental Design. University of Kentucky  Health Psychology. Disparities in Cardiovascular Disease, CSU Long Beach  Lifespan Development. Adulthood: Family, work, and well-being, UC Irvine  Health Psychology. Recognizing Health and Illness: How do we decide when we’re sick? UC Irvine |
| Fall 2014 | Abnormal Psychology. Abnormal and Successful Aging, UC Irvine |
|  |  |
| **Teaching Assistant** | | |
| Fall 2017  Spring 2017  Fall 2015 | Abnormal Psychology, UC Irvine  Naturalistic Field Research, UC Irvine  Naturalistic Field Research, UC Irvine |
| Spring 2015 | Health Psychology, UC Irvine |
| Winter 2015 | Honors Applied Statistics, UC Irvine |
| Fall 2014 | Abnormal Psychology, UC Irvine |
| Spring 2014 | Research Methods and Design, UC Irvine |
| Winter 2014 | Honors Applied Statistics, UC Irvine |
| Fall 2013 | Child Therapies, UC Irvine |
| Spring 2010 | Introduction to Psychology, Carleton College |

**Laboratory Instructor**

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| Winter 2014, 2015 | Honors Applied Statistics, UC Irvine |

**RESEARCH SUPERVISION AND MENTORING**

**Graduate Advising**

|  |  |
| --- | --- |
| 2020-present | **Jessica Maras** (Developmental, Social, & Health Psychology) |

**Dissertation Committees**

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| 2018-2019 | **Sarah Beth Bell** (Social Psychology, University of Kentucky) *When Brain Stimulation Backfires* (Ph.D. advisor C. Nathan DeWall) |

**Advisory Committees for Qualifying Examinations:**

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| 2021-present | **Elana Gloger** (Social Psychology, University of Kentucky) *CMV, Self-Regulation, and Daily Stress Processes* (Ph.D. advisor Suzanne Segerstrom) |

**Master’s Committees**

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| 2021-present  2020- 2021  2020-2021 | **William Bowling** (Clinical Psychology, University of Kentucky)  *Smoking Cessation in Cancer Survivors in Rural Appalachia* (Ph.D. advisor Jessica Burris)  **Brandon Reinkensmeyer** (Social Psychology, University of Kentucky) *Closing the Distance: Investigating Cognitive Reappraisal as a Form of High-Level Construal* (Ph.D. advisor Christopher Marshburn)  **Kyle Rawn** (Developmental Psychology, University of Kentucky) *Physiological Stress Response During Negative Memory Recollection and the Habitual Use of Psychological Coping Strategies* (Ph.D. advisor Peggy Keller) |

**Undergraduate Honors Theses**

2019-2020 **Undergraduate Honors Thesis**

Project title: *How did you sleep?: Variability in daily sleep predicts future physical and mental health outcomes.*

Mentee: Leahshea Vance

2016-2017 **Undergraduate Research Opportunity Program**

Project title: *The Relationship Between Personality Traits and Emotional Responses to a Stressor*

Mentees: Candace Wong, Leslie Alvarado, and Jennifer Sango; presented at UC Irvine Undergraduate Research Symposium

**Undergraduate Research Opportunity Program**

2016-2017 Project title: *Age and Cultural Differences in How We Regulate Emotions*

Mentees: Jennifer Sango, Leslie Alvarado, and Candace Wong; presented at UC Irvine Undergraduate Research Symposium

2014-2015 **Undergraduate Research Opportunity Program**

Project title: *Understanding the Effects of Positive Emotions on the Stress Response and Associations with Race*

Students: Tianyu Li, Bijal Lal, & Robert Aceves; presented at UC Irvine Undergraduate Research Symposium

**Other Student Mentorship**

2018-present Internship in Psychology (PSY 399) Sponsor - 2 undergraduate students

2018-present Research in Psychology (PSY 394/395) – 20 undergraduate students

2016-2018 Graduate Mentor for First Year Graduate Students, UC Irvine

**PROFESSIONAL SERVICE**

**Department**

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| 2019-present  2016  2015 | **Developmental, Social, and Health Area Colloquium Coordinator**, University of Kentucky  **Graduate Student Panel**, UC Irvine  **Developmental/Health Faculty Search Committee**, UC Irvine |
| 2014-2015 | **Graduate Student Recruitment Coordinator**, UC Irvine |

**University**

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| 2020  2019  2019-present | **A&S Virtual Speaker Series: “Happy Holiday? How to Cope in a COVID World**” University of Kentucky  **New Faculty Orientation Panel: What I Wish I Had Known,** University of Kentucky  **Health, Society, and Populations Faculty Affiliate,** University of Kentucky |
| 2014-2015 | **APA Division 38 (Health Psychology) Campus Representative,** UC Irvine |

**The Field: Ad-hoc Journal Reviews**

*Psychological Science*

*Emotion*

*Annals of Behavioral Medicine*

*Journals of Gerontology Series B: Psychological Sciences and Social Sciences*

*Social Science and Medicine*

*Psychology and Aging*

*Social Science and Humanities Open*

*American Psychosomatic Society*

*Stress and Health*

*Motivation and Emotion*

*Journal of Appalachian Health*

**ADDITIONAL TRAINING**

|  |  |
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| 2016 | Mentoring Excellence Program Certificate |
| 2015 | University of California Health Consortium Workshop |
| 2014 | Mindware Technologies Heart Rate Variability and Impedance Cardiography Seminars |

**SELECTED MEDIA COVERAGE**

UKNow, *“New Research Illuminates School Staff Experiences through COVID-19”* February 2021

Men’s Journal, *“How Letting It Go Can Impact Your Health”* August 2018

Reddit top post, 4/10/18

U.S. News and World Reports*, “Let It Go May Be Good Advice for Health,”* April 2018

Daily Mail, *“Why You Really Shouldn’t Sweat the Small Stuff,”* April 2018

NIH Research Matters, *“Lingering Feelings over Daily Stress May Impact Long Term Health,”* April 2018

**PROFESSIONAL MEMBERSHIP**

American Psychosomatic Society

APA Division 38, Health Psychology

APA Division 20, Adult Development and Aging

Gerontological Society of America

Society for Affective Sciences