

ÖZGE UGURLU

Curriculum Vitae

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APPOINTMENTS

- 2026 - Postdoctoral Researcher, Department of Psychology
Georgetown University, D.C., USA
- 2025 Fall Academic Visitor, Department of Experimental Psychology
University of Oxford, UK
- 2024 - 2025 Postdoctoral Researcher, Department of Psychology, Social-Personality Area
University of California, Berkeley, CA, USA

EDUCATION

- 2017 - 2024 Ph.D., Department of Psychology, Social-Personality Area
University of California, Berkeley, CA, USA
- 2023 Applied Data Science Graduate Certificate
University of California, Berkeley, CA, USA
- 2010 - 2014 B. A, Magna Cum Laude
Education Faculty with a concentration in Linguistics
METU, Ankara, Turkey
- 2012 - 2013 Exchange Student, Linguistics and Sociology Department
Pitzer College, Claremont, CA, USA
- 2011 - 2015 B.A, Double Major, Sociology
METU, Ankara, Turkey

RESEARCH INTEREST

Emotion, emotion recognition and regulation; experiences of positive, self-transcendental and prosocial emotions; social connection and loneliness; wellbeing and mental health; social and developmental approaches of emotion understanding.

HONORS, AWARDS, & FELLOWSHIPS

SCHOLARSHIP

- 2024 President's Postdoctoral Fellowship, Short Listed
- 2019- 22 National Science Foundation Graduate Research Fellowship, (\$150,000)
The NSF fellowship provides full financial support for three years of graduate study
- 2013 Comenius Scholarship to Teach in Barcelona (\$30,000)
- 2011-12 Full-Year Study Abroad Fellowship - Pitzer College (\$25,000)

RESEARCH

- 2025 Bob Levenson Graduate Research Award, (\$1,500)
- 2024 Society for Affective Science Diversity Trainee Award (\$900)
- 2023 Pittsburgh Summer Methodology Series Training Award (\$700)
- 2020 Society of Multivariate Experimental Psychology Workshop Travel Award (\$700)
- 2019 UC Berkeley Institute for Personality and Social Research Interdisciplinary Grant, (\$2000)
- 2019 UC Berkeley Graduate Division Travel Grant, (\$1,500)
- 2019 Society for Personality and Social Psychology Conference Diversity Graduate Travel Award (\$1,500)
- 2018 The Greater Good Science Center Fellowship (\$15,000)

TEACHING AND MENTORING

- 2023 Outstanding Graduate Student Instructor Award, UC Berkeley
- 2020 Department of Psychology Graduate Student Instructor Excellence Award, UC Berkeley

JOURNAL ARTICLES

Developmental Affective Science

1. **Ugurlu, O.**, Mauss, I., Ayduk, O. (under review). Parents' Beliefs about Children's Capacity to Control Their Emotions: Implications for Children's Beliefs and Emotional Symptoms. *Emotion*
2. **Ugurlu, O.**, Luerssen, A., Ocampo, J., John, O., & Ayduk, O. (2025). Developmental Trajectories and Socioemotional Correlates of Emotion Recognition in Vocal Bursts in Early Childhood. *Developmental Psychology*. <https://doi.org/10.1037/dev0001949>
3. Luerssen, A., **Ugurlu, O.**, Mauss, I., & Ayduk, O. (2023). Predictors of Delay of Gratification Competencies: Joint Contributions of Caregiver Emotion Regulation Socialization and Child Inhibited Temperament. *Scientific Reports: Emotion Socialization*, 14(1), 1798. <https://10.1038/s41598-024-52288-w>

Affect Regulation

4. **Ugurlu, O.**, Keltner, D. (2025). Touch and Emotion Regulation. *Frontiers in Psychology*, 16, 1418374. <https://doi.org/10.3389/fpsyg.2025.1418374>.
Featured in the New York Times

Daily Affective Experiences and Wellbeing

5. **Ugurlu, O.**, Gray, K., Harari, G., Van Bavel, JJ., Matz, S., Guilbeault, D., Motyl, M., Schroeder, J. (under review). Forecasting the Future of Connectedness and Well-Being: Computational Pathways for Psychological Science. *Perspectives on Psychological Science*.
6. **Ugurlu, O.**, Guevarra, D., Prather, A., Epel, E. (R&R). Examining the Association of Loneliness and Post Vaccination Antibody Responses after Covid-19. *Brain, Behavior, and Immunity – Health*.

7. **Ugurlu, O.**, Zerwas, F., Monroy, M., Corona, B., Eagle, J., Amster, M., & Keltner, D. (2026). Daily Experiences of Awe and Loneliness: A Month-Long Longitudinal Study during COVID-19. *Scientific Reports*. <https://doi.org/10.1038/s41598-025-34864-w>.
Featured in News-Medical
8. Monroy, M., **Ugurlu, O.**, Zerwas, F., Corona, B., & Keltner, D., Eagle, J., & Amster, M. (2023). The Influences of Daily Experiences of Awe on Stress, Somatic Health, and Well-Being: A Longitudinal Study During COVID-19. *Scientific Reports*, 13(1):9336. <https://10.1038/s41598-023-35200-w>.
Featured in Forbes, National Geographic, Psychology Today, The Greater Good Magazine
9. Zerwas, F., [and 13 others, including **Ugurlu, O.**] (under review). CBPR During a Pandemic: A Description of Identifying and Generating Solutions to Address the Psychological Effects of COVID-19 in Brownsville, New York. *Scientific Reports*
10. Corona, R., Zerwas, F., Zhang, W., **Ugurlu, O.**, Monroy, M., Keltner, D., Eagle, J., & Amster, M. (under review). Awe as a Practice: Awe Training for Mental Health in Community Members and Healthcare Professionals During the Covid-19 Pandemic. *JMIR*

Replication and Open Science

11. Donnelly, K., [and 22 others, including **Ugurlu, O.**], Moore, D., Nelson, L. (under review). Moral Licensing: An empirical audit and review. *Psychological Bulletin*

PUBLISHED ABSTRACTS

12. **Ugurlu, O.**, Zerwas, F., & Keltner, D. (2024). Social Touch at the Intersection of Reappraisal and Daily Stress. Abstracts from the 2023 Annual Meeting of the Society for Affective Science: Emotion Regulation. *Affective Science*, 5, 26–37.
<https://doi.org/10.1007/s42761-023-00231-z>
Top Ranked Abstracts from the 2023 Annual Meeting of the Society for Affective Science
13. **Ugurlu, O.**, Zerwas, F., Monroy, M., Keltner, D. (2025). Loneliness and Emotion Regulation: A-month Long Longitudinal Study. Abstracts from the 2024 SAS Annual Meeting. *Affective Science*, 6, 1–11. <https://doi.org/10.1007/s42761-025-00296-y>
Top Ranked Abstracts from the 2024 Annual Meeting of the Society for Affective Science

MANUSCRIPTS IN PREPARATION

*Indicates shared first authorship

1. **Ugurlu, O.**, Song, S., Prathap, D., Keltner D. Collective Movement: Implications for Transcendental Emotions and Its Benefits for Stress, Anxiety, and Relational Well-Being
2. **Ugurlu O.**,* Mohr, P., Schaefer, B., Brickau, D., Luhmann, M. Coping with Loneliness at Workplace: Insights for the Middle-Aged Professionals

3. Sands, B., Martinez, M., Schreiber, A., **Ugurlu, O.**, Mittal., V., Haase, C. Temporal Dynamics of Positivity Resonance in Youth-Caregiver Conflict Conversations
4. **Ugurlu, O.** & Orvell, A. Metaphors and Emotion Regulation
5. **Ugurlu, O.**, Luerssen, A., Ayduk, O. Affect Labeling and Children’s Self-Control
6. Jiang, W., **Ugurlu, O.**, Venticinque, J., Marsh, A. Motivation to Change Prosociality

INVITED TALKS

- 2026 Stanford University (Affective Science Seminar Series)
University of Virginia (Colloquium Series)
- 2025 University of Oxford (Social Foundations Lab, Department of Psychology)
Princeton University (Logic of Emotion Lab, Department of Psychology)
- 2024 Georgetown University (The Laboratory on Social & Affective Neuroscience)
Bochum University (Psychological Method Lab, Department of Psychology)
- 2023 University of California, Berkeley (Social-Personality Brown Bag Speaker Series)
- 2022 Koç University (Psyeday Conference)
University of California, Berkeley (Social-Personality Brown Bag Speaker Series)
- 2018 UC Berkeley (Guest Lecturer for the course “Emerging Adulthood”)

CHAired SYMPOSIA

1. **Ugurlu, O.**, Rodriguez, M., Schroeder J., Naclerio, M. (May 2024). Innovative Tools to Address Our Loneliness Epidemic: Leveraging Affective, Cognitive, and Behavioral Processes. Symposium, APS, San Francisco, CA.

SYMPOSIUM TALKS

1. **Ugurlu, O.**, Chen, E., Dominguez, A., Pot, A., Fredrikson, B. (March 2025). Loneliness and Emotion Across the Adult Life Span. Symposium, SAS, Portland, Oregon.
2. **Ugurlu, O.**, Katz, J, Goldy, S., Sturm, V. (March 2025). Awe: What is it, and how can it help us? Symposium, SAS, Portland, Oregon.
3. **Ugurlu, O.**, Monroy, M., Keltner, D. (July 2024). The Emerging Science of Awe and its Cognitive and Social Outcomes. Symposium, ISRE, Belfast, Ireland.
4. **Ugurlu, O.**, Williams, A., Kross, E., Ayduk, O. (May 2022). Bilingualism Shapes Emotional Processes: Integrating Perspectives across Psychological Science. Symposium Talk, APS, Chicago, IL.

SELECT CONFERENCE TALKS

5. **Ugurlu, O.**, Song, S., Prathap, D., Keltner D. (March 2026). Durability of Positive Emotions Elicited by Collective Movement. Flash Talk, SAS Positive Emotion Preconference, Pittsburgh, PA.
6. **Ugurlu, O.**, Kross, E., Ayduk, O. (February 2026). Regulating Emotions in a Foreign Tongue: The Mediating Role of Psychological Distance. Flash Talk, SAS Positive Emotion, Pittsburgh, PA.
7. **Ugurlu, O.**, Kross, E., Ayduk, O. (February 2026). Regulating Emotions in a Foreign Tongue: The Mediating Role of Psychological Distance. Data Blitz Talk, SPSP Emotion Preconference, Chicago, Illinois.
8. **Ugurlu, O.**, Guevarra, D., Prather, A., Epel, E. (June 2025). Diverging Effects of Loneliness on Post-Vaccination Immune Response, Physical Symptoms, and Affective Experience. Flash Talk, SAS, Stanford, CA.
9. **Ugurlu, O.**, Guevarra, D., Prather, A., Epel, E. (May 2025). The Hidden Toll of Loneliness: Impaired Immune Responses and Vaccine Efficacy. Flash Talk, APS, Washington D.C.
10. **Ugurlu, O.**, Zerwas, F., Monroy, M., Corona, B., & Keltner, D. (March 2024). Loneliness and Emotion Regulation. SAS, Flash Talk, New Orleans, LA.
11. **Ugurlu, O.**, Zerwas, F., Monroy, M., Corona, B., & Keltner, D. (February 2024). Loneliness and Emotion Regulation. SPSP, Flash Talk, San Diego, CA.
12. **Ugurlu, O.**, Zerwas, F., & Keltner, D. (June 2023). Social Touch as an Emotion Regulation Tool. BAAS, Flash Talk, UC Davis, CA.
13. **Ugurlu, O.**, Zerwas, F., & Keltner, D. (April 2023). Social Touch as an Emotion Regulation Tool. SAS, Flash Talk, Long Beach, CA.
14. **Ugurlu, O.**, Luerssen, A., Ocampo, J., John, O., & Ayduk, O. (March 2023). Children's Emotion Understanding from Vocal Bursts. SRCD, Talk, Salt Lake City, Utah, USA.
15. **Ugurlu, O.**, Zerwas, F., Monroy, M., Corona, B., & Keltner, D. (July 2022). Cultivating awe: How an awe intervention reduces loneliness in community participants and health care professionals during COVID-19 Pandemic. ISRE, Flash Talk, Los Angeles, CA.
16. **Ugurlu, O.**, Zerwas, F., Monroy, M., Corona, B., & Keltner, D. (April 2022). Cultivating Awe to Battle with Loneliness during COVID-19. SAS Positive Emotion Preconference, Flash Talk, Online.
17. **Ugurlu, O.**, Luerssen, A., Ayduk, O. (November 2021). Linking Affective Processes and Self-Control Competencies. Brown Bag Presentation, Social-Personality Area, Department of Psychology, UC Berkeley, CA.

18. **Ugurlu, O.**, Zerwas, F., Monroy, M., Corona, B., & Keltner, D. (March 2021). Cultivating Awe to Battle with Loneliness during COVID-19. Brown Bag Presentation, Social-Personality Area, Department of Psychology, UC Berkeley, CA.
19. **Ugurlu, O.**, Luerssen, A., Ayduk, O., (November 2019). Linking Delay of Gratification to Family Dynamics in Early Childhood. Brown Bag Presentation, Social-Personality Area, Department of Psychology, UC Berkeley, CA.
20. **Ugurlu, O.**, Williams, A., Leitner, J., Kross, E., Ayduk, O. (March 2019). Regulating emotions in a foreign tongue: Reflecting on negative experiences in a Second language. Oral presentation at the Bay Area Affective Science Meeting, San Francisco State University, San Francisco, CA.
21. **Ugurlu, O.**, Luerssen, A., Ayduk, O. (November 2018). Relationship between Self-Control and Emotion Regulation. Brown Bag Presentation, Social-Personality Area, Department of Psychology, UC Berkeley, CA.

Poster Presentations

22. **Ugurlu, O.**, Luerssen, A., Ayduk, O. (February 2022). Linking Self-Control Processes to Emotion Competencies and Parenting. Poster Presentation, SAS, Online.
23. Hartshon, X., **Ugurlu, O.**, Luerssen, A., Ayduk, O. (February 2022). Development of Emotion Competencies. Poster Presentation, SPSP, San Francisco, CA.
24. **Ugurlu, O.**, Luerssen, A., Ayduk, O., Tang-Tan, A. (October,2020). The Role of Parent's Socioeconomic Status on Child Empathy and Cognition. Poster Presentation, Western Psychological Association Convention, San Francisco, CA.
25. **Ugurlu, O.**, Luerssen, A., Ayduk, O., Tang-Tan, A. (April,2020). The Role of Parental Socioeconomic Status in Child Emotional Development. Poster Presentation, SAS, San Francisco, CA. CANCELED
26. **Ugurlu, O.**, Luerssen, A., Ayduk, O. (February 2020). Precursors of Empathy: Parent's Openness and Children's Emotion Recognition Skills Predict Higher Empathy in Children. Poster Presentation, SPSP, New Orleans, Louisiana.
27. **Ugurlu, O.**, Williams, A., Leitner, J., Kross, E., Ayduk, O. (February 2019). Recalling Negative Memories in a Foreign Language Creates Psychological Distance. Poster Presentation, SPSP, Portland, Oregon.
28. **Ugurlu, O.**, Luerssen, A., Ayduk, O. (May 2018). Recalling Negative Memories in a Foreign Language Creates Psychological Distance. Poster Presentation, APS, San Francisco, CA.

29. **Ugurlu, O.** (April 2015). Is there an effect of congruency in morphology on recognition memory? Poster Presentation, 2nd International Symposium on Brain and Cognitive Science, Ankara, Turkey.

TEACHING EXPERIENCE

| UC Berkeley – Department of Psychology | | Rating |
|---|--|---------------|
| 2023-2024 | Head Graduate Student Instructor: <i>Co-teaching Teaching Psychology to Graduate Students</i> | 6.80/7 |
| 2023 (spring) | Personality Psychology, Graduate Student Instructor | 6.71/7 |
| 2022 (fall) | Research and Data Analysis, Graduate Student Instructor | 6.80/7 |
| 2021 (fall) | Research and Data Analysis, Graduate Student Instructor | 6.57/7 |
| 2019 (spring) | Social Psychology, Graduate Student Instructor | 6.67/7 |
| 2018 (fall) | Emerging Adulthood, Graduate Student Instructor | 6.65/7 |
| 2018 (spring) | General Psychology, Graduate Student Instructor | 6.50/7 |

Pomona College – Department of Linguistics

2012 (spring) Language Acquisition, Teaching Assistant

Institut Francesc Macià – Barcelona, Spain

2012-2013 English Teacher

MENTORSHIP AND ADVISING

Honors Student

Daniel Park, co-advised with Prof. Ozlem Ayduk
Thesis Title: Investigating the Effects of Parental Stress and Household Income on Developing Children's Perceived Self-Worth: A Longitudinal Study

Post-Baccalaureate Research Assistants

Neha Nair (now PhD candidate at UCLA)
Sajia Darwish (now PhD candidate at Harvard)
Meryum Syada (now Master student at UC Berkeley)

Undergraduate Research Assistants

Maria Trinidad Vial (PhD candidate at IOE- London's Global University)
Tianna Liu (now marriage and family therapist)
Angela Tang-Tan (now medical student)
Lucy Eletel (now medical student)
Tiffany Tran (now medical student)
Yuki Schwab (pre-med student)

PROFESSIONAL SERVICE

2019- 2014 Psychology Department Delegate for UC-Berkeley Graduate Assembly
2019 APS Student Research Award Reviewer
2016- 2017 CogNetwork Talk Series organizer, UC Berkeley, USA

2015- 2017 Organizer for The Social Science Matrix Seminar Series, UC Berkeley, USA

Ad Hoc Reviewer

Personality and Social Psychology Bulletin

Psychological Bulletin

Journal of Happiness Studies

Cognition and Emotion

Conference organization and community engagement

2024 SAS Fundraising Committee

2016 Workshop on Metaphor in Cancer Discourse, UC Berkeley, USA

PROFESSIONAL MEMBERSHIPS

Society for Affective Science (SAS)

Society for Personality and Social Psychology (SPSP)

Association for Psychological Science (APS)

STATISTICAL TRAINING

2023 Pittsburgh Summer Methodology Series: Intensive Workshops in Dyadic Data Analysis

2021 Curran and Bauer: Multi Level Modelling

2021 APA Advanced Training Institute: Analysis of Intensive Longitudinal Data

2021 Curran and Bauer: Longitudinal Structural Equation Modelling

2020 Person Specific Data Analysis

2019 Structural Equation Modelling

2019 Causal Inference

2019 Introduction to Computational Tools for Social Science

TECHNICAL SKILLS and RESEARCH TOOLS

Eye Tracking: Data acquisition with Tobii eye tracking software and hardware

Statistical Analysis: Structural equation models, multilevel models, longitudinal analysis, time series analysis, ANOVAs, correlations, t-test, factor analysis, multiple regressions, repeated models, multilevel models.

Experiment programing: Qualtrics, Open Sesame, E-prime

Data Coding: Datavu for behavior video coding

Data Analysis: R

Experience on EEG, blood draw, saliva collection

REFERENCES

Ozlem Ayduk, Ph.D.

Professor, Department of Psychology

University of California, Berkeley

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