

## ÖZGE UGURLU

*Curriculum Vitae*

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[ou23@georgetown.edu](mailto:ou23@georgetown.edu)

### 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.**, Luerssen, A., Ayduk, O. Affect Labeling and Children's Self-Control
5. 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 (Psyccday 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

<b>UC Berkeley – Department of Psychology</b>		<b>Rating</b>
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*  
*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  
[ayduk@berkeley.edu](mailto:ayduk@berkeley.edu)

**Dacher Keltner, Ph.D.**

Professor, Department of Psychology  
University of California, Berkeley  
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**Iris Mauss Ph.D.**

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