

# MICAELA RODRIGUEZ

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updated 5/31/24

## EDUCATION

- 2021-2026 (exp.)      **University of Michigan**  
Ph.D. in Psychology, Social Area  
Primary Advisor: Ethan Kross, PhD  
Secondary Advisor: Amie Gordon, PhD
- 2021-2023              **University of Michigan**  
M.S. in Psychology  
GPA: 4.00
- 2016-2020             **Harvard University**  
B.A. in Psychology, *highest departmental honors*  
GPA: 3.91, *magna cum laude*  
Advisor: Richard J. McNally, PhD

## EMPLOYMENT

- 2020-2021            **Research Assistant**  
Anxiety Disorders Clinic & Center of Excellence in Cultural Competence  
Department of Psychiatry, Columbia University Irving Medical Center & NYSPI

## RESEARCH INTERESTS

Loneliness; Solitude; Social Connection; Emotion Regulation; Mental Health & Well-being

## HONORS, AWARDS, AND FELLOWSHIPS

- 2024              **Pillsbury Graduate Research Award (\$2,500)**  
Awarded to a doctoral candidate in Psychology with a promising research proposal
- 2023              **Philip Brickman Memorial Prize (\$2,000)**  
Awarded to the best pre-doctoral research paper published in the Social Psychology Area, University of Michigan (for “Sensory Emotion Regulation” in *Trends in Cognitive Sciences*)
- 2023              **Rackham Graduate Student Research Grant (\$3,000)**  
To support pre-doctoral student research for PhD candidates
- 2023              **Pittsburgh Summer Methodology Series Training Award (\$1,200)**  
For two intensive summer workshops in dyadic data analysis and multilevel modeling for longitudinal data
- 2023              **Patricia Gurin Research Award (\$500)**  
To support an innovative research proposal on identity, diversity, and self-control
- 2023              **Outstanding Undergraduate Research Mentor Award (\$500)**  
For excellence in mentoring undergraduates to conduct independent scholarly research through the University Research Opportunity Program (UROP), University of Michigan
- 2023              **Rackham Conference Travel Grant (\$900)**
- 2022              **Rackham Graduate Student Research Grant (\$1,500)**  
To support pre-doctoral student research for PhD pre-candidates
- 2022              **Institute for Social Research Summer Training Award (\$3,000)**  
For intensive summer statistical training in multilevel modeling
- 2022              **Ruth Hamill Graduate Student Research Award (\$1,000)**  
Awarded to a social psychology graduate student with a promising research proposal
- 2022              **Rackham Conference Travel Grant (\$900)**
- 2021              **Rackham Conference Travel Grant (\$900)**

- 2021-26 **Rackham Merit Fellowship** (\$10,000)  
Competitive supplemental graduate funding for underrepresented students who demonstrate academic excellence and dedication to diversity, University of Michigan
- 2020 **Phi Beta Kappa**, Harvard University
- 2020 **Gordon W. Allport Prize**, Harvard University  
Awarded to an outstanding senior honors thesis in the area of social psychology
- 2020 **Summa Cum Laude**, Senior Honors Thesis, Harvard University
- 2019 **Harvard College Research Program Travel Grant** (\$4,000)  
To support summer travel to Nairobi, Kenya to conduct a positive psychology intervention with low-income adolescents who suffer from elevated depression and anxiety symptoms
- 2019 **Harvard College Research Program Grant** (\$1,000)
- 2018-19 **John Harvard Scholar**  
Awarded to the top 5% of Harvard undergraduates for academic excellence

## PEER-REVIEWED PUBLICATIONS

11. **Rodriguez, M.**, Pratt, S., Bellet, B. W., McNally, R. J. (2023). Solitude can be good—If you see it as such: Reappraisal helps lonely people experience solitude more positively. *Journal of Personality*, 00, 1-18. <https://doi.org/10.1111/jopy.12887>
10. **Rodriguez, M.**, & Kross, E. (2023). Sensory emotion regulation. *Trends in Cognitive Sciences*, 27(4), 370-390. <https://doi.org/10.1016/j.tics.2023.01.008>  
  
Featured in the *Washington Post*, *Medium*, and *Everyday Health*.
9. Lam, P., Simpson, D., John, D., **Rodriguez, M.**, Bridgman-Packer, D., O'Neill, M., & Lewis-Fernández, R. (2022). Differential engagement by race/ethnicity in experimental trials of mental health treatment interventions: A systematic review. *Journal of Clinical Psychiatry*, 83(6), 21r14343. <https://doi.org/10.4088/JCP.21r14343>
8. Osborn, T. L., Venturo, K., Gan, J., **Rodriguez, M.**, Alemu, R., Roe, E., Arango, S., Wasil, A. R., Campbell, S., Weisz, J. R., Wasanga, C. (2022). Depression and anxiety symptoms amongst Kenyan adolescents: Psychometric properties, prevalence rates, and associations with psychological well-being and sociodemographic factors. *Research on Child and Adolescent Psychopathology*, 50(11), 1471-1485. <https://doi.org/10.1007/s10802-022-00940-2>
7. **Rodriguez, M.**, Osborn, T. L., Gan, J., Weisz, J. R., & Bellet, B. W. (2022). Loneliness in Kenyan adolescents: Socio-cultural factors and network association with depression and anxiety symptoms. *Transcultural Psychiatry*, 59(6), 797-809. <https://doi.org/10.1177/13634615221099143>
6. Venturo-Conerly, K. E., Osborn, T. L., Alemu, R., Roe, E., **Rodriguez, M.**, Gan, J., Arango, S., Wasil, A., Wasanga, C., Weisz, J. R. (2022). Single-session interventions for adolescent anxiety and depression symptoms in Kenya: A cluster-randomized controlled trial. *Behaviour Research and Therapy*, 151, 104040. <https://doi.org/10.1016/j.brat.2022.104040>
5. **Rodriguez, M.**, Aalbers, G., & McNally, R. J. (2022). Idiographic network models of social media use and depression symptoms. *Cognitive Therapy and Research*, 46(1), 124-132. <https://doi.org/10.1007/s10608-021-10236-2>
4. Osborn, T. L., Venturo-Conerly, K. E., Arango, S. G., Roe, E., **Rodriguez, M.**, Alemu, R., Gan, J., Wasil, A. R., Otieno, B. H., Rusch, T., Ndeti, D. M., Wasanga, C., Schleider, J. L., & Weisz, J. R. (2021). The Shamiri group intervention for adolescent anxiety and depression in Sub-Saharan Africa: A randomized clinical trial. *JAMA Psychiatry*, 78(8), 829-837. <https://doi.org/10.1001/jamapsychiatry.2021.1129>
3. **Rodriguez, M.**, Bellet, B. W., & McNally, R. J. (2020). Reframing time spent alone: Reappraisal buffers the emotional effects of isolation. *Cognitive Therapy and Research*, 44, 1052-1067. <https://doi.org/10.1007/s10608-020-10128-x>  
  
Featured in *El País*, *Very Well Mind*, *Elite Daily*, and *Twill Care*.

2. Osborn, T. L., **Rodriguez, M.**, Wasil, A. R., Venturo-Conerly, K. E., Gan, J., Alemu, R. G., Roe, E., Arango, S., Otieno, B. H., Wasanga, C. M., Shingleton, R., & Weisz, J. R., (2020). Single session digital intervention for adolescent depression, anxiety, and well-being: Outcomes of a randomized controlled trial with Kenyan adolescents. *Journal of Consulting and Clinical Psychology*, 88(7), 657-668. <https://doi.org/10.1037/ccp0000505>
1. Osborn, T. L., Venturo-Conerly, K. E., Wasil, A. R., **Rodriguez, M.**, Roe, E., Arango, S., Alemu, R., Gan, J., Schleider, J. L., & Weisz, J. R. (2020). The Shamiri group intervention for adolescent anxiety and depression: Study protocol for a randomized controlled trial of a lay provider-delivered, school-based intervention in Kenya. *Trials*, 21, 938. <https://doi.org/10.1186/s13063-020-04732-1>

### SELECTED MANUSCRIPTS UNDER REVIEW

**Rodriguez, M.**, Schertz, K. E., Kross, E. (Under Review). Lonely or just alone? Beliefs shape the experience of being alone.

Nguyen, T. T. & **Rodriguez, M.** (Under Review). Deconstructing solitude and its effects on well-being. (Proposal accepted at *Social & Personality Psychology Compass*.)

### POPULAR WRITING

**Rodriguez, M.**, Pratt, S., Bellet., B. W. (2023, November). [Improving our relationship to being alone](#). *Character & Context Blog, Society for Personality and Social Psychology (SPSP)*.

### ORAL PRESENTATIONS

**Rodriguez, M.** (2024, May) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Single presenter talk in **Symposium**, “Innovative Tools to Address Our Loneliness Epidemic: Leveraging Affective, Cognitive, and Behavioral Processes” at the 2024 Association for Psychological Science (APS) Annual Convention, San Francisco, CA.

**Rodriguez, M.** (2024, April) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Single presenter talk at the 2024 Michigan Student Symposium for Interdisciplinary Social Sciences (MSSISS), “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone?” Ann Arbor, MI.

**Rodriguez, M.** (2024, February) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Single presenter talk in **Co-Chaired Symposium**, “Time Alone: An Asset or Liability to Health and Well-Being?” (Co-Chair: Ethan Kross) at the 2024 Society for Personality and Social Psychology (SPSP) Annual Convention, San Diego, CA.

**Rodriguez, M.**, Bellet, B. W., McNally, R. J., Kross, E. (2023, May) “When Does Being Alone Lead to Loneliness? Experimental and Longitudinal Evidence.” Single-presenter talk in **Symposium**, “Coming Together to Reduce Loneliness: Leveraging Multimodal Data and Methods to Understand Loneliness, its Consequences, and its Treatment” at the 2023 Association for Psychological Science (APS) Annual Convention, Washington D.C.

**Rodriguez, M.** (2023, March) “Time Spent Alone: An Asset or Liability?.” Presented at the Latinx Research Week Speaker Series, University of Michigan, Ann Arbor, MI.

**Rodriguez, M.**, Aalbers, G., & McNally, R. J. (2023, February) “Does Social Media Use Amplify Depressive Symptoms? An Idiographic and Network Analytic Approach.” Data Blitz presented at the 2023 Society for Personality and Social Psychology (SPSP) Annual Convention, Psychology of Media and Technology Pre-Conference, Atlanta, GA.

**Rodriguez, M.** (2023, February) “Social Media Use and Depression: A Person-Centered Approach.” Data blitz presented at the Psychology Recruitment Weekend, University of Michigan, Ann Arbor, MI.

**Rodriguez, M.** (2022, February) “An Epidemic of Loneliness: What Can We Do?” Data blitz talk presented at the Psychology Recruitment Weekend, University of Michigan, Ann Arbor, MI.

Lewis-Fernández, R. & **Rodríguez, M.** (2021, June) “Addressing Racial and Ethnic Disparities in Mental Health Risk, Assessment, and Service Delivery.” Presented to the Board of Directors of the National Institute of Mental Health at the NIMH Director’s Innovation Speaker Series, Washington D.C.

Lewis-Fernández, R., Jiménez-Solomon, O., & **Rodríguez, M.** (2020, June) “A Multi-Level Approach to Cultural Competence: Reducing Disparities in Psychiatric Care.” Presentation given at the New York State Psychiatric Institute (NYSPI) at Columbia University Irving Medical Center, New York, NY.

## GUEST LECTURES

**Rodríguez, M.** (2024, April) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Guest lecture in undergraduate course “Leading Yourself and Managing Your Professional Relationships” (Prof. Ethan Kross, MO 324). Department of Management and Organizations, Ross School of Business, University of Michigan, Ann Arbor, MI.

**Rodríguez, M.** (2024, March) “Culture and Emotion.” Guest lecture in undergraduate course “Cultural Psychology” (Prof. Shinobu Kitayama, PSYCH 487). Department of Psychology, University of Michigan, Ann Arbor MI.

**Rodríguez, M.** (2023, March) “Time Alone: An Asset or Liability? The Power of Beliefs”. Guest lecture in undergraduate course “Leading Yourself and Managing Your Professional Relationships.” (Prof. Ethan Kross, MO 324). Department of Management and Organizations, Ross School of Business, University of Michigan, Ann Arbor, MI.

## POSTER PRESENTATIONS

† indicates undergraduate student mentee

Micale, S.†, **Rodríguez, M.**, Schertz, K. E., Gordon, A. M., Kross, E. (2024, February). “Do you know how I feel? Nature promotes empathic accuracy between romantic partners.” Poster presented at the 2024 Society for Personality and Social Psychology (SPSP) Annual Convention, San Diego, CA.

Pratt, S.†, **Rodríguez, M.**, Bellet, B. W., McNally, R. J. (2023, August) “Brief cognitive interventions help lonely individuals experience their time alone more positively.” Poster presented at the 2023 American Psychological Association (APA) Annual Convention, Washington D.C.

Micale, S.†, **Rodríguez, M.**, Kross, E. (2023, April). “Meaning-making and emotion regulation strategies predict emotions in daily life.” Poster presented at the Undergraduate Research Opportunity Program (UROP) Annual Showcase, University of Michigan, Ann Arbor, MI.

Pratt, S.†, **Rodríguez, M.**, Bellet, B. W., McNally, R. J. (2023, February) “Brief cognitive interventions help lonely individuals experience their time alone more positively.” Poster presented at the 2023 Society for Personality and Social Psychology (SPSP) Annual Convention, Atlanta, GA.

**Rodríguez, M.**, Bellet, B. W., McNally, R. J. (2022, February) “Reframing time spent alone: Reappraisal buffers the emotional effects of isolation.” Poster presented at the 2022 Society for Personality and Social Psychology (SPSP) Annual Convention, Emotion Pre-Conference, San Francisco, CA.

## ADVANCED STATISTICAL TRAINING

2023 *Dyadic Longitudinal Data Analysis Workshop*  
University of Pittsburgh; Taught by Drs. Amie Gordon & Kate Thorson

2023 *Longitudinal Multilevel Modeling*  
University of Pittsburgh; Taught by Dr. Aidan Wright

2022 *Multilevel Models I: Introduction and Application*  
University of Michigan, Ann Arbor, ICPSR; Taught by Dr. Mark Manning

## TEACHING EXPERIENCE

### PSYCHOLOGY DEPARTMENT, UNIVERSITY OF MICHIGAN

#### UNDERGRADUATE COURSES

- WINTER 2024 Cultural Psychology (PSYCH 487), Graduate Student Instructor  
Teaching Evaluation: **5.0/5.0**
- FALL 2023 Intro to Psychology (PSYCH 111), Graduate Student Instructor  
Teaching Evaluation: **4.8/5.0**
- WINTER 2023 Organizational Psychology (PSYCH 385), Graduate Student Instructor  
Teaching Evaluation: **5.0/5.0**
- FALL 2022 Intro to Social Psychology (PSYCH 280), Graduate Student Instructor  
Teaching Evaluation: **5.0/5.0**
- WINTER 2022 Intro to Social Psychology (PSYCH 280), Graduate Student Instructor  
Teaching Evaluation: **4.9/5.0** (College-wide median: 4.6/5.0)

### MANAGEMENT AND ORGANIZATIONS, ROSS SCHOOL OF BUSINESS, UNIVERSITY OF MICHIGAN

#### UNDERGRADUATE COURSES

- WINTER 2024 Leading Yourself & Managing Professional Relationships (MO 324), Grader & Tutor
- WINTER 2023 Leading Yourself & Managing Professional Relationships (MO 324), Grader & Tutor

#### GRADUATE COURSES

- FALL 2024 Negotiations (MBA Course), Teaching Assistant & Grader
- FALL 2021 Intro to Management & Organizations (MBA Orientation), Teaching Assistant

## SELECT MEDIA COVERAGE

- The Washington Post: [It's a Busy, Noisy Bright World. For Some, Going Out is Hard.](#) (Aug 2023)
- Twill Care: [How To Be Alone Without Being Lonely](#) (Sept 2023)
- Elite Daily: [15 Reasons Why You Should Spend More Time With Yourself](#) (Jun 2023)
- Everyday Health: [13 Ways to Hack Your Personal Space for Better Mental Health](#) (Apr 2023)
- Medium: [5 Self-Soothing Strategies For Surviving an Emotional Crisis](#) (Apr 2023)
- Very Well Mind: [How Important is Time Alone for Mental Health?](#) (Mar 2023)
- El País: [Social Media and Emotional States](#) (Nov 2020)

## MENTORING EXPERIENCE

#### HONORS THESES SUPERVISED

- 2024-2025 Natalie Pierce (Psychology & Criminal Justice, University of Michigan)
- 2023-2024 Sofia Micale (Psychology & Cognitive Science, University of Michigan)

## PROFESSIONAL ACTIVITIES

#### JOURNAL AD-HOC REVIEWING

- BMC Psychiatry*
- Cognition and Emotion*
- Health Communication*
- Journal of Personality*
- PLOS One*
- Social Psychological and Personality Science*
- Scientific Reports*

#### CONFERENCE POSTER REVIEWING

- Society of Personality and Social Psychology (SPSP), 2024 Annual Convention
- Association for Psychological Science (APS), 2022 Annual Convention

#### CURRENT AFFILIATIONS

- Association for Psychological Science (APS)
- Society for Affective Science (SAS)
- Society for Personality and Social Psychology (SPSP)

## DEPARTMENTAL SERVICE

### UNIVERSITY OF MICHIGAN

Departmental Associate, Department of Psychology (2024-present)  
Culture Committee, Social Psychology Area (2023-present)  
Integrity Board, Rackham Graduate School (2023-present)  
Graduate Admissions Committee, Social Psychology Area (2023-2024)  
Recruitment Weekend Committee, Social Psychology Area (2022-2023)

### HARVARD UNIVERSITY

Alumni Interviewer for Undergraduate Applicants (Detroit & NYC Areas; 2023-present)  
Committee on Undergraduate Instruction, Department of Psychology (2019-2020)  
Undergraduate Planning Committee, Department of Psychology (2019-2020)

## VOLUNTEER EXPERIENCE

2021- Pen Pal, Letter Writing Campaign, Compassion Prison Project  
2021-2022 Co-Leader for Mood Lifters (Non-Profit Peer-Led Mental Health Program), Ann Arbor MI  
2019-2020 Research & Clinical Intern, Boston University Center for Psychiatric Rehabilitation, Boston MA  
2017-2020 Program Director, Debate Chair, & Business Manager, Harvard Model Congress, Multiple Locations (Boston; San Francisco; Hong Kong; Singapore; Tokyo)  
2017-2019 After School Science Teacher for 8<sup>th</sup> Grade Students, Harvard Education Portal, Allston MA  
2017, 2018 Seminar Instructor, Harvard Summit for Young Leaders in China, Beijing & Shanghai, China

## LANGUAGES & TECHNICAL SKILLS

LANGUAGES: Spanish (Native), French (Proficient)

TECHNICAL SKILLS: R, SPSS, Qualtrics, Prolific, CloudResearch, Amazon MTurk, WordPress, Photoshop, Adobe InDesign, REDCap, Microsoft Office