

MICAELA RODRIGUEZ

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updated 12/11/24

EDUCATION

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

EMPLOYMENT

- 2020-2021 **Columbia University Irving Medical Center**
Research Assistant, Department of Psychiatry & New York State Psychiatric Institute
Anxiety Disorders Clinic & Center of Excellence in Cultural Competence

RESEARCH INTERESTS

Loneliness; Solitude; Social Connection; Emotion Regulation; Health & Well-Being; Technology

HONORS, AWARDS, & FELLOWSHIPS

RESEARCH

- 2024 **Robert B. Zajonc Scholar Award, UMich**
Awarded to support cross-cultural research on social isolation, loneliness, and health leveraging an extensive dataset containing 250,000 participants across 70 nations
- 2024 **Pillsbury Graduate Research Award, UMich**
To support the development of an original evidence-based loneliness intervention
- 2023 **Philip Brickman Memorial Prize, UMich**
Awarded to the best graduate student research paper published in the Social Psychology Area (for "Sensory Emotion Regulation" in *Trends in Cognitive Sciences*)
- 2023 **Patricia Gurin Research Award, UMich**
To support an innovative research proposal on identity, diversity, and self-control
- 2023 **Rackham Graduate Student Research Grant, UMich**
To support research for doctoral candidates
- 2023 **Pittsburgh Summer Methodology Series Training Award, UMich**
For intensive workshops in dyadic data analysis and multilevel modeling for longitudinal data
- 2022 **Rackham Graduate Student Research Grant, UMich**
To support research for doctoral pre-candidates
- 2022 **Institute for Social Research Summer Training Award, UMich**
For intensive summer statistical training in multilevel modeling
- 2022 **Ruth Hamill Graduate Student Research Award, UMich**
Awarded to a social psychology graduate student with a promising research proposal
- 2019 **Harvard College Research Program Travel Grant**
To support summer travel to Nairobi, Kenya to conduct a positive psychology intervention with low-income adolescents experiencing elevated depression and anxiety symptoms
- 2019 **Harvard College Research Program Grant**
To support in-person data collection for an original honors thesis study

TEACHING & MENTORING

- 2024 **Outstanding Graduate Student Instructor Award, UMich**
Awarded annually to a Psychology graduate student for demonstrating excellence, creativity, and intellectual engagement in undergraduate teaching
- 2023 **Outstanding Undergraduate Research Mentor Award, UMich**
Awarded to 2% of graduate students for excellence in mentoring undergraduates to conduct independent scholarly research through the Undergraduate Research Opportunity Program

SCHOLARSHIP

- 2021-26 **Rackham Merit Fellowship, UMich**
Competitive supplemental graduate funding for underrepresented students who demonstrate academic excellence and dedication to diversity
- 2020 **Phi Beta Kappa**
- 2020 **Gordon W. Allport Prize, Harvard University**
Awarded to an outstanding senior honors thesis in Social Psychology
- 2018-19 **John Harvard Scholar**
Awarded to the top 5% of Harvard undergraduates for academic excellence

FEDERAL GRANTS

- 2024-25 NIH Plasticity of Well-Being Network, Secondary Data Analysis Grant (\$30,000, Co-I; PIs Dr. Ethan Kross & Dr. Alexandra Wormley). *Examining the Role of Culture in the Links Between Loneliness, Time Alone, and Well-Being.*

PEER-REVIEWED PUBLICATIONS

12. Nguyen, T. T. & **Rodriguez, M.** (2024). Deconstructing solitude and its links to well-being. *Social and Personality Psychology Compass*, e70020. <https://doi.org/10.1111/spc3.70020>
11. **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>

Received Brickman Award for best paper in the Social Psych Area, University of Michigan
Featured in *The Washington Post*, *Medium*, and *Everyday Health*
10. **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>
9. **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>
8. **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>
7. 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>
6. Osborn, T. L., Venturo, K., Gan, J., **Rodriguez, M.**, Alemu, R., Roe, E., Arango, S., Wasil, A., 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>

5. 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>
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., Ndetei, 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. (Revision Under Review). Lonely or just alone? Beliefs shape the experience of being alone.
- Rodriguez, M.** & Campbell, S. W. (Revision Under Review). From ‘isolation’ to ‘me-time’: Linguistic shifts enhance solitary experiences.

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)*.

CONFERENCE PRESENTATIONS

- Rodriguez, M.**, Diamond, E., From, A., Gordon, A. M. & Feinberg, M. (2025, February) “Interacting with an AI Companion Promotes Well-Being: Evidence from a Seven-Week Longitudinal Study.” Data Blitz presented at the 2025 Society for Personality and Social Psychology (SPSP) Annual Convention, Happiness and Well-Being Pre-Conference, Denver, CO.
- Rodriguez, M.**, Schertz, K. E., Kross, E. (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, February) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Talk in **Co-Chaired Symposium**, “Time Alone: An Asset or Liability to Health and Well-Being?” (Co-Chair: Dr. Ethan Kross) at the 2024 Society for Personality and Social Psychology (SPSP) Annual Convention, San Diego, CA.
- Rodriguez, M.** (2023, May) “The Importance of Disentangling Loneliness from Time Spent Alone.” 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. (2023, February) “Understanding the Links Between Social Media Use and Depressive Symptoms: A Longitudinal and Idiographic 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.

INVITED TALKS

2025 University of Michigan, Department of Psychology, Personality and Social Contexts Area
University of Michigan, Ross School of Business, Center for Positive Organizations

ADVANCED STATISTICAL TRAINING

- 2024 *Designing Ambulatory Assessment Studies*
SMaRT Workshop; Taught by Dr. Aidan Wright
- 2023 *Dyadic Longitudinal Data Analysis*
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, ICPSR; Taught by Dr. Mark Manning

MEDIA COVERAGE

- 2024 *Twill Care*, [How To Be Alone Without Being Lonely](#)
- 2023 *The Washington Post*, [It’s a Busy, Noisy Bright World. For Some, Going Out is Hard.](#)
- 2023 *Elite Daily*, [15 Reasons Why You Should Spend More Time With Yourself](#)
- 2023 *Everyday Health*, [13 Ways to Hack Your Personal Space for Better Mental Health](#)
- 2023 *Medium*, [5 Self-Soothing Strategies For Surviving an Emotional Crisis](#)
- 2023 *Very Well Mind*, [How Important is Time Alone for Mental Health?](#)
- 2020 *El País* (Premier daily newspaper in Spain), [Social Media and Emotional States](#)

TEACHING EXPERIENCE

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MICHIGAN

UNDERGRADUATE COURSES

	<i>RATING</i>
FALL 2024 <i>Psychology of Close Relationships</i> , Graduate Student Instructor	
WINTER 2024 <i>Cultural Psychology</i> , Graduate Student Instructor	5.0/5.0
FALL 2023 <i>Intro to Psychology</i> , Graduate Student Instructor	4.8/5.0
WINTER 2023 <i>Organizational Psychology</i> , Graduate Student Instructor	5.0/5.0
FALL 2022 <i>Intro to Social Psychology</i> , Graduate Student Instructor	5.0/5.0
WINTER 2022 <i>Intro to Social Psychology</i> , Graduate Student Instructor	4.9/5.0

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

UNDERGRADUATE COURSES

- WINTER 2024 *Leading Yourself & Managing Your Professional Relationships*, Grader & Tutor
- WINTER 2023 *Leading Yourself & Managing Your Professional Relationships*, Grader & Tutor

GRADUATE COURSES

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

INVITED GUEST LECTURES

- FALL 2024 “The Rise of Artificially Intelligent Companions.” *Psychology of Close Relationships*
- WINTER 2024 “Culture and Emotion.” *Cultural Psychology*
- WINTER 2024 “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” *Leading Yourself and Managing Your Professional Relationships*
- WINTER 2023 “Time Alone: An Asset or Liability to Psychological Well-Being?” *Leading Yourself and Managing Your Professional Relationships*

MENTORING EXPERIENCE

HONORS THESES SUPERVISED

- 2024- Hannah Lubowitz (Psychology & Education, UMich)
- 2024- Natalie Pierce (Psychology & Criminal Justice, UMich)
- 2023-2024 Sofia Micale (Psychology & Cognitive Science, UMich); *Highest Honors*

SELECT CONFERENCE PRESENTATIONS BY MENTEES

† denotes undergraduate mentee

- Micale, S.†, Rodriguez, 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.†, Rodriguez, 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.

PROFESSIONAL SERVICE

JOURNAL AD-HOC REVIEWING

- BMC Psychiatry*
- Cognition and Emotion*
- Health Communication*
- Journal of Personality*
- Nature Human Behaviour (Co-Reviewer)*
- Personality & Individual Differences*
- Personality and Social Psychology Bulletin (Co-Reviewer)*
- PLoS One*
- Social Psychological and Personality Science*
- Scientific Reports*

DEPARTMENTAL SERVICE

UNIVERSITY OF MICHIGAN

- 2024- Departmental Associate, Department of Psychology
Selected to represent Social Psychology graduate students at faculty meetings; voting rights at faculty meetings; meet with departmental leaders to discuss issues related to the graduate program
- 2023- Integrity Board, Rackham Graduate School
Serve on academic misconduct hearings, evaluate cases, deliberate, and recommend sanctions as part of a Board composed of a graduate student representative and two faculty members
- 2023-24 Graduate Admissions Committee, Social Psychology Area
Reviewed and evaluated PhD program applications; interviewed applicants
- 2023-24 Culture Committee, Social Psychology Area
Organized community-building and professional development events
- 2022-23 Recruitment Weekend Committee, Social Psychology Area
Helped plan and organize recruitment weekend for prospective PhD students

HARVARD UNIVERSITY

- 2023- Alumni Interviewer (Detroit & NYC Areas)
Conduct interviews with 6-8 undergraduate applicants to Harvard College per year, write and submit detailed reports to the Harvard Admissions Office
- 2019-20 Committee on Undergraduate Instruction, Department of Psychology
Selected to represent undergraduate students in monthly meetings with faculty members to discuss changes to the undergraduate psychology curriculum
- 2019-20 Undergraduate Planning Committee, Department of Psychology
Organized and led information sessions for prospective psychology majors

AFFILIATIONS

Association for Psychological Science (APS)
International Society for the Science of Existential Psychology (ISSEP)
Society for Affective Science (SAS)
Society for Personality and Social Psychology (SPSP)

CONFERENCE POSTER REVIEWING

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

OTHER TEACHING AND CLINICAL EXPERIENCE

- 2021-2022 Peer Support Leader, Mood Lifters, Ann Arbor MI
Led peer support sessions of an evidence-based mental health program for graduate students
- 2020-2021 Clinical Interviewer, Life is Precious Youth Organization, New York NY
Conducted clinical interviews with Latina adolescents experiencing suicidal ideation
- 2019-2020 Clinical Intern, Center for Psychiatric Rehabilitation, Boston University, Boston MA
Co-facilitated skills development workshops, including digital literacy and resume building, for community adults living with severe developmental disabilities
- 2017-2020 Debate Chair, Harvard Model Congress, Boston, San Fran, Hong Kong, Singapore, Tokyo
Taught high school students parliamentary procedures and guided them through government simulation debates; taught over 400 students across seven national and international conferences
- 2017-2019 Science Teacher and Mentor, Harvard Education Portal, Allston MA
Designed and taught after-school science curricula for middle school students; mentored middle and high school students one-on-one in topics ranging from creative writing to computer coding
- 2017, 2018 Instructor, Harvard Summit for Young Leaders in China, Beijing ('17) & Shanghai ('18)
Created and taught two week-long seminars for 100+ Chinese high school students; topics were 'Designing the Modern Skyscraper' ('17) and 'The Morality of Artificial Intelligence' ('18)

LANGUAGES & TECHNICAL SKILLS

LANGUAGES: Spanish (Native Speaker), French (Proficient)

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

REFERENCES

1. ETHAN KROSS, PHD
Professor of Psychology and Management & Organizations
University of Michigan
Email: ekross@umich.edu
2. AMIE M. GORDON, PHD
Assistant Professor of Psychology
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3. RICHARD J. McNALLY, PHD
Professor of Psychology
Harvard University
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4. SHINOBU KITAYAMA, PHD
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