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EDUCATION

9/2005 – 6/2011	University of California - Los Angeles; Los Angeles, CA Graduate Major: Clinical Psychology Minors: Health Psychology; Quantitative Measurement & Psychometrics Degree: Clinical Psychology, Ph.D. , Granted June 2011 Graduate Advisor: Hector F. Myers, PhD Clinical Psychology, M.A. : Granted December 2006
8/2001 - 12/2004	Louisiana State University; Baton Rouge, LA Major: Psychology, <i>with college honors, summa cum laude</i> Degree: Psychology, B.S. ; Granted December 2004

POSTDOCTORAL TRAINING

8/2011 – 8/2013	Postdoctoral Fellow, University of Pittsburgh – Cardiovascular Behavioral Medicine Research Training Program; Pittsburgh, PA Mentors: Karen A. Matthews, PhD, Thomas W. Kamarck, PhD
10/2013 – 08/2015	Advanced Women's Health Fellow, VA Health Services Research & Development (HSR&D) Center for the Study of Healthcare Innovation, Implementation, and Policy, VA Greater Los Angeles Healthcare System Mentors: Donna L. Washington, MD, Bevanne Bean-Mayberry, MD

PROFESSIONAL LICENSURE

3/2023 – Present	Licensed Psychologist, California Board of Psychology
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EMPLOYMENT

8/2015 – Present	Pepperdine University; Malibu, CA Courses: Health Psychology, Clinical Psychology, Research Methods, Adult Development & Aging, Introduction to Psychology, Supervised Field Work, Research in Psychology, Independent Research in Psychology, Directed Studies <i>8/2025 – Present</i> <i>Full Professor of Psychology</i> <i>8/2023 – Present</i> <i>Associate Professor III of Psychology</i> <i>8/2021 – 8/2023</i> <i>Associate Professor II of Psychology</i> Blanche E. Seaver Professor of Social Science (2022-2027) <i>8/2019 – 8/2021</i> <i>Associate Professor I of Psychology</i> <i>8/2017 – 7/2019</i> <i>Assistant Professor III of Psychology</i> Seaver Fellow in Social Science (2017-2018) <i>8/2015 – 7/2017</i> <i>Assistant Professor II of Psychology</i>
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RESEARCH GRANTS

Co-Principal Investigator, with Dr. Blanco; Cross-School Collaborative Research Award. Pepperdine University Provost Office.

Project Title: “Adapting and Piloting a Financial Intervention Program: Can a Financial Intervention Program Improve Financial, Psychological, and Biobehavioral Health?”

Award Period: 08/2023-08/2024

Principal Investigator; Academic Research Enhancement Award. National Institutes of Health (NIH).

Project Title: “A New Approach to Understanding Daily Life Mechanisms Explaining the Role of Social Status Stressors in Blood Pressure Disparities”

Award Period: 09/2018 – 06/2023

Principal Investigator; Seaver Research Council Grant. Pepperdine University Dean’s Office.

Project Title: “Does A Financial Intervention Program Improve Cortisol, a Stress Hormone?”

Award Period: 08/2024-07/2025

Consultant; R01 Award to PI Samuele Zilioli. National Institutes of Health (NIH).

Project Title: “Stress, Racism, and Cardiovascular Risk among Urban African American Adults: A Multilevel, Mixed Methods Approach”

Award Period: 04/2021-03/2026

Co-Principal Investigator (multiple time award), with undergraduate student researchers; Academic Year Undergraduate Research Initiative (AYURI). “Student-Faculty Research on the Impacts of Various Socioeconomic and Neighborhood Factors on Negative Emotion, Sleep, and Health Outcomes.”

Co-Principal Investigator, with undergraduate trainees. Pepperdine University AYURI grant. “Student-Faculty Research on the Blood Pressure Impacts of Subjective Social Status amongst Emerging Adults and the Impacts of Socioeconomic Stressors on Stress and Substance Use”

Co-Principal Investigator, with Drs. Amaro and de los Santos. Pepperdine University CDUIR Grant. “Health Outcomes of Mommy Exchanges on Social Media (H.O.M.E.S.): Part 3”

Co-Principal Investigator (multiple time award), with undergraduate trainees. Pepperdine University AYURI grant. “Student-Faculty Research in the Emotional and Physiological Impacts of Social Media Interactions amongst First-time Mothers”

Co-Principal Investigator, with Drs. MacRae, and Trammell. Seaver Research Council Grant (SRC). “Exercise and cognition in young adults: Does exercise type and heart rate response matter?”

Co-Principal Investigator, with Drs. Amaro and de los Santos. Pepperdine University CDUIR Grant. “Health Outcomes of Mommy Exchanges on Social Media (H.O.M.E.S.): Part 2”

Co-Principal Investigator, with undergraduate trainee. Pepperdine University AYURI Grant. “Student-Faculty Health Psychology Research in Daily Life Psychosocial Factors, Blood Pressure, and Health Behaviors”

Co-Principal Investigator, with Drs. Amaro and de los Santos. Pepperdine University CDUIR Grant. “Health Impact of Mommy Exchanges in Social Media (H.O.M.E.S.) study, Part I: Emotional Communication in “Mommy” Social Media Interactions”

Principal Investigator, Locally Initiated Project Funding, VA Health Services Research & Development (HSR&D) Center for the Study of Healthcare Innovation, Implementation, and Policy VA Greater Los Angeles Healthcare System. “Patient perspective on a cardiovascular risk tools and template implementation effort”

Co-Principal Investigator, with Dr. Peterson; Center on Race & Social Problems Grant, University of Pittsburgh. “Investigating the impact of African Americans’ experiences of racial discrimination on ambulatory blood pressure and health risk behaviors using ecological momentary assessment”

Award Recipient, National Institutes of Health (NIH) Health Disparities Loan Repayment Program, National Institute on Minority Health and Health Disparities (NIMHD)

Principal Investigator, Society for the Psychological Study of Social Issues (SPSSI) Grant-in-Aid

Principal Investigator, UCLA Institute of American Cultures (IAC) Research Grant

Principal Investigator, Excellence in Research Award, UCLA Psychology Department

OTHER GRANTS

Awardee, Teaching Stipend, Resilience-Informed Skills Education (RISE) Program (2022)

Awardee, Pedagogy Enhancement Grant, Pepperdine Center for Teaching Excellence (2019)

Awardee, Inclusion Matters Faculty Collaboration Grant, Seaver Student Success Center (2018)

PEER-REVIEWED PUBLICATIONS * = student trainee

Xiang, Z.*, **Joseph, N.T.**, & Peterson, L.M. (2025). Understanding momentary alcohol use cognitions through the lenses of momentary socioeconomic identification, unfair treatment, and strain. *Substance Use and Misuse*, 60(3), 373-380.

Kim, E.*, Davis, K.M., Shields, G.S., **Joseph, N.T.**, Slavich, G.M., & Zilioli, S. (in press). Validation of The Stress and Adversity Inventory for Adults (Adult STRAIN) among urban middle-aged and older African Americans. *Journal of Health Psychology*.

Knauff, K., Davis, K.M., Jiang, Y., Shields, G.S., Slavich, G.M., **Joseph, N.T.**, & Zilioli, S. (2025). Lifetime stressor severity and diurnal cortisol in older African American adults: A comparison of three theoretical models. *Developmental Psychobiology*.

Zilligen, M.*, **Joseph, N.T.**, & Peterson, L.M. (in press). Subjective social status and ambulatory blood pressure among African American emerging adults. *Psi Chi Journal of Psychological Research*.

Shin, E.*, Chai, E.*, **Joseph, N.T.**, & Peterson, L.M. (in press). Negative social interactions and ambulatory blood pressure: The moderating role of social support. *Psi Chi Journal of Psychological Research*.

Joseph, N.T., & Peterson, L.M. (2024). The Social Status Adversity and Health in Daily Life Moments Study: Ecological momentary assessment and ambulatory health assessments to examine meaning and mechanisms. *BMC Psychology*, 12.

Zilioli, S., Jiang, Y., Byrd, D., & **Joseph, N.T.** (2023). Lifetime discrimination, habitual and daily everyday discrimination, and diurnal cortisol among older African Americans adults. *Psychoneuroendocrinology*, 152.

Davis, K., Knauff, K., Lewis, L., Rappaport, L., Fritz, H., Cutchin, M., Levy, P., **Joseph, N.T.**, Luca, F., Zilioli, S. (2023). The Heart of Detroit Study: A window into urban middle-aged and older African Americans' daily lives to understand psychosocial determinants of cardiovascular disease risk. *BMC Psychiatry*, 23(1).

Fernandez, J., Sherchan, J., Cho, Y.J., Nanaw, J., **Joseph, N.T.**, & Forde, A.T. (2023). College students' underlying perceptions of COVID-19 threat and health inequities associated with self-rated health across racial and ethnic groups in the U.S. *Frontiers in Public Health*.

Joseph, N.T., de los Santos, T., & Amaro, L.M. (2022). Naturalistic social cognitive and emotional reactions to technology-mediated social exposures and cortisol in daily life. *Biological Psychology*, 173.

Bean-Mayberry, B., Moreau, J., Hamilton, A.B., Yosef, J., **Joseph, N.T.**, Batuman, F., Wight, S.C., & Farmer, M.M. (2022). Cardiovascular risk screening among women veterans: Identifying provider and patient barriers and facilitators to develop a clinical toolkit. *Women's Health Issues*, 32(3), 284-292. <https://doi.org/10.1016/j.whi.2021.12.003>

- Joseph, N.T.**, Chow, E.*, Peterson, L., Kamarck, T., Clinton, M.*, & DeBruin, M.* (2021). What can we learn from over 140,000 Moments of EMA-assessed negative emotion and ambulatory blood pressure?: A systematic review and meta-analysis. *Psychosomatic Medicine*, 83(7), 746-755.
- Joseph, N.T.**, Jiang, Y., & Zilioli, S. (2021). Momentary emotions and salivary cortisol: A systematic review and meta-analysis of ecological momentary assessment studies. *Neuroscience and Biobehavioral Reviews*, 125, 365-379.
- Harriger, J.A., **Joseph, N.T.**, & Trammell, J. (2021). The detrimental associations of cumulative trauma, avoidant coping, and loneliness with health behavior and negative emotionality during the COVID-19 pandemic. *Emerging Adulthood*, 9(5), 479-491.
- Trammell, J., **Joseph, N.T.**, & Harriger, J.A. (2021). Racial and ethnic minority disparities in COVID-19 related health, health beliefs and behaviors, and well-being among students. *Journal of American College Health*, 71(1), 242-248.
- Jauregui, D.*, **Joseph, N.T.**, & Mancuso-Krumrei, E. (2021). Anti-immigration media portrayals and Latino psychological well-being. *Psi Chi Journal of Psychological Research*, 26(2), 238-251.
- Joseph, N.T.**¹, Peterson, L.M.¹, Gordon, H., & Kamarck, T.W. (2020). The double burden of racial discrimination in daily-life moments: Increases in negative emotions and depletion of psychosocial resources among emerging adult African Americans. *Cultural Diversity & Ethnic Minority Psychology*, 27(2), 234-244. <https://doi.org/10.1037/cdp0000337>
- ¹ = indicates equal first authorship with both authors contributing equally to the manuscript
- Amaro, L.M., **Joseph, N.T.**, & de los Santos, T. (2019). Relationships of online social comparison and parenting satisfaction among new mothers: The mediating roles of belonging and emotion. *Journal of Family Communication*, 19(2), 144-156.
- de los Santos, T., Amaro, L.M., & **Joseph, N.T.** (2019). Social comparison and emotion across social networking sites for mothers. *Communication Reports*, 32(2), 82-97.
- Furman, M.*, **Joseph, N.T.**, & Miller-Perrin, C. (2018). Associations between coping strategies, perceived stress, and health indicators. *Psi Chi Journal of Psychological Research*, 23(1), 61-71.
- Loeb, T.B., **Joseph, N.T.**, Wyatt, G.E., Zang, M., Chin, D., Thames, A., & Aswad, Y. (2017). Predictors of somatic symptom severity: the role of cumulative history of trauma and adversity in a diverse community sample. *Psychological Trauma: Theory, Research, Practice, and Policy*, 10(5), 491-498. doi:10.1037/tra0000334.
- Farmer, M.M., Stanislawski, M.A., Plomondon, M., Bean-Mayberry, B., **Joseph, N.T.**, Thompson, L.E., Zuchowski, J.L., Daugherty, S.L., & Ho, M. (2017). Sex differences in one-year outcomes after percutaneous coronary intervention in the Veterans Health Administration. *Journal of Women's Health*, 26(10), 1062-1068. <https://doi.org/10.1089/jwh.2016.6057>
- Joseph, N.T.**, Muldoon, M.F., Manuck, S.B., Matthews, K.A., & Kamarck, T.W. (2016). The role of occupational status in the association between job strain and ambulatory blood pressure during working and nonworking days. *Psychosomatic Medicine*, 78(8), 940-949.
- Joseph, N.T.**, Kamarck, T.W., Muldoon, M.F., & Manuck, S.B. (2014). Daily marital interaction quality and carotid artery intima medial thickness in healthy middle aged adults. *Psychosomatic Medicine*, 76(5), 347-354.
- Joseph, N.T.**, Matthews, K.A., & Myers, H.F. (2014). Conceptualizing health consequences of Hurricane Katrina from the perspective of socioeconomic status decline. *Health Psychology*, 33(2), 139-146.
- Delany-Brumsey, A., **Joseph, N.T.**, Myers, H.F., Ullman, J.B., & Wyatt, G.E. (2013). Modeling the relationship between trauma and psychological distress among HIV-positive and HIV-

- negative women. *Psychological Trauma: Theory, Research, Practice, and Policy*, 5(1), 69-76.
- Joseph, N.T.**, Myers, H.F., Schettino, J., Olmos, N.T., Lesser, I.M., & Poland, R.E. (2011). Support and undermining in interpersonal relationships are associated with treatment response to a trial of antidepressant medication. *Psychiatry: Interpersonal and Biological Processes*, 74, 240-254.
- Schettino, J.R., Olmos, N.T., Myers, H.F., **Joseph, N.T.**, Poland, R.E., & Lesser, I.M. (2011). Religiosity and treatment response to antidepressant medication: a prospective multi-site clinical trial. *Mental Health, Religion, and Culture*, 14, 805-818.
- Lesser, I.M., Myers, H.F., Lin, K., Mira, C.B., **Joseph, N.T.**, Olmos, N.T., Schettino, J., & Poland, R.E. (2010). Ethnic differences in antidepressant response: a prospective multi-site clinical trial. *Depression and Anxiety*, 27, 56-62.

OTHER PUBLISHED WORKS

- Joseph, N.T.** (2025). The social ladder to wellbeing. *Nature: Human Behavior*. Invited News and Views article.
- Joseph, N.T.** (2021). Multiply conscious and in need of divine intervention. In J.V. Galen & J. Sablan (Eds.), *Amplified voices, intersecting identities: First-generation PhDs navigating institutional power* (pp. 112-118). Brill. https://doi.org/10.1163/9789004445253_014

RESEARCH PRESENTATIONS

* = student co-author; ** = selected as newsworthy or citation presentation

- Blanco, L.¹, **Joseph, N.T.**¹, Richards, M., & Sedrakyan, F. (2025, March). *Community-partnered digital financial capability and stress management intervention*. 2025, March, Paper presented at the 18th Annual Health Disparities Conference. 2025, August, 18th International Congress of Behavioral Medicine. [paper accepted for oral presentation, but declined to present]
- ¹ = indicates equal first authorship with both authors contributing equally to the presentation
- Krebs, S.*, **Joseph, N.T.**, & Trammell, J (under review). *Self-efficacy as a moderator of the effectiveness of a sleep hygiene intervention*. Abstract submitted to the 2025 meeting of the American Psychological Association.
- Knauff, K.M.*, Davis, K.M., Bruinsma, J., Rappaport, L.M., **Joseph, N.T.**, Levy, P., & Zilioli, S. (2025, March). *Between- and within-person associations between daily conflict and daily blood pressure among African Americans*. Poster presented at the 82nd Annual Meeting of the Society for Biopsychosocial Science and Medicine.
- **Selected as a citation poster**
- Shin, E.*, Chai, E.*, **Joseph, N.T.**, & Peterson, L.M. (2024, August). *Negative social interactions and ambulatory blood pressure: The moderating role of social support*. Poster presented at the 2024 meeting of the American Psychological Association.
- **Selected for the Outstanding Poster Presentation award; student awarded the Psi Chi travel grant to present this presentation**
- Alvarez, I.*, **Joseph, N.T.**, & Peterson, L.M. (2024, May). *Higher levels of neighborhood disorder as an indicator of walking: A study on African American emerging adults*. Poster presented at the 2024 meeting of the Association for Psychological Science.
- Francis, G.*, **Joseph, N.T.**, & Peterson, L.M. (2024, August). *Snooze and society: The influence of sleep impairment and community well-being on negative affect in African Americans*. Poster presented at the 2024 meeting of the American Psychological Association.

- Terry, A.C.*, **Joseph, N.T.**, & Peterson, L.M. (2024, August). *Shades of identity: Skin tone, racial identity, and self-esteem in African American emerging adults*. Poster presented at the 2024 meeting of the American Psychological Association.
- Joseph, N.T.**, Peterson, L.M., Zilioli, S., Kim, E.*, Xiang, Z.*, & Zilligen, M.* (2023, March). *Momentary examinations of socioeconomic status-related identity, threat, and resilience and ambulatory blood pressure*. In L. Banihashemi (Chair), *Multi-level adversities and health: Relationships with neural, cardiometabolic and mental health outcomes* [Symposium]. American Psychosomatic Society, San Juan, Puerto Rico.
- Joseph, N.T.**, de los Santos, T., & Amaro, L.M. (2022, March). *Naturalistic social cognitive and emotional reactions to technology-mediated social exposures and cortisol in daily life*. Abstract presented at the 2022 meeting of the American Psychosomatic Society.
- Kim, E.*, Shields, G., Spahr, C., **Joseph, N.T.**, Slavich, G.M., & Zilioli, S. (2022, March). *Validation of the Stress and Adversity Inventory for Adults (Adult STRAIN) among urban middle-aged and older African Americans*. Poster presented at the 2022 meeting of the American Psychosomatic Society.
- **Clinton, M.*, De La Barra, E.*, Espinoza, M.*, Kim, H.S.*, **Joseph, N.T.**, & Peterson, L.M. (2020, December). *Community conditions and cardiovascular health: Neighborhood socioeconomic status, perceptions, and exposures as predictors of nocturnal blood pressure dipping in African American young adults*. Poster presented at the 2020 meeting of the American Psychosomatic Society.
- Kim, E.*, Brown, E.*, Kwan, A.*, Craig, A.*, **Joseph, N.T.**, & Peterson, L.M. (2020, December). *Sleep, pray, and status: Religiosity as a moderator in the association between subjective social status and sleep in African American young adults*. Poster presented at the 2020 meeting of the American Psychosomatic Society.
- Maness, S.*, Krumrei-Mancuso, E., & **Joseph, N.** (2020, August). *Implications of young women's perceived risk of breast cancer and heart disease*. Poster presented at the 2020 American Psychological Association conference.
- Joseph, N.T.**, Chow, E.*, Peterson, L.M., Kamarck, T.W., Clinton, M*, & DeBruin, M*. (2020, March). *Using over 140,000 moments of negative emotion and ambulatory blood pressure to advance the field: A systematic review and meta-analysis*. Paper presentation accepted to the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference canceled due to COVID-19*. Abstract published in *Psychosomatic Medicine*, 82(6), A-203.
- Kim, H.S., Peterson, L.M., & **Joseph, N.T.** (2020, June). *Racial identity as a protective mechanism for substance use vulnerability*. Poster accepted for presentation at the 91st annual meeting of the Eastern Psychological Association, Boston, MA. Conference originally scheduled for March but occurred virtually in June due to COVID-19.
- Joseph, N.T.** (2019, August). *Momentary associations between positive and negative emotions and salivary cortisol among healthy adults: A quantitative systematic review and recommendations*. Abstract presented at the annual conference of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Joseph, N.T.**¹, Peterson, L.M.¹, Gordon, H.*, & Kamarck, T.W. (2019, June). *The double burden of racial discrimination in lived moments*. Paper presented at the annual meeting of the Society for the Psychological Study of Social Issues (SPSSI), San Diego, CA.
- ¹ = indicates equal first authorship with both authors contributing equally to the manuscript
- Jauregui, D.*, **Joseph, N.T.**, Mancuso-Krumrei, E., & Martinez, T. (2019, June). *Links between anti-immigration efforts and the psychological well-being of Latino young adults*. Paper presented at the annual meeting of the Society for the Psychological Study of Social Issues (SPSSI), San Diego, CA.

- Joseph, N.T.**¹, Trammell, J.¹, Thompson, B.*, Lahiji, L.*, Lazuka, R.*, & Thore, E.* (2019, May). *The role of cognitive effort in the effect of exercise on cognition*. Poster presented at the Association for Psychological Science (APS) Annual Convention, Washington, D.C.
- ¹ = indicates equal first authorship with both authors contributing equally to the presentation
- Joseph, N.T.**, Amaro, L., & de los Santos, T. (2019, April). *Looking up and lying down: Upward social comparison, emotion, and sleep in social networking mothers*. Paper presented at the Western Psychological Association convention, Pasadena, CA.
- Joseph, N.T.** (2019, April). *Is it me?: Social cognition and the associations between class-based discrimination, physical symptoms, and sleep*. Paper presented at the Western Psychological Association convention, Pasadena, CA.
- Amaro, L.M., **Joseph, N.T.**, & de los Santos, T. (2019, February). *Relationships of online social comparison, belonging, and emotion to parenting satisfaction among new mothers*. Paper presented at the Western States Communication Association conference, Seattle, WA.
- Laky, Z.E.*, Glantzman-Leib, L.*, Peterson, L.M., & **Joseph, N.T.** (2019, February). *Exploring racial discrimination and racism vigilance: Subclinical health outcomes for Black emerging adult*. Poster presented at the 2019 Eastern Psychological Association (EPA) 90th Annual conference, New York, NY.
- Swanson, S.*, Miller-Perrin, C., & **Joseph, N.T.** (2018, May). Evaluating health orientations: medical maximizers-minimizers, social cognitive theory, and health-protective behaviors. Poster presented at the 2018 Association for Psychological Science (APS) Annual Convention, San Francisco, CA.
- Lee, C.*, Ng, N.*, Pak, J.*, Trammell, J., **Joseph, N.T.**, & MacRae, P. (2017, October). *Acute exercise and cognition in young adults: does intensity and skill matter?* Poster presented at the Annual Meeting of the Southwest Chapter of American College of Sports Medicine (SWACSM), Long Beach, CA.
- de los Santos, T., Amaro, L.M., & **Joseph, N.T.** (2017, May). *Emotion, social support, and social comparison in online mommy platforms: a content analysis*. Paper presented at the International Communication Association conference, San Diego, CA.
- Monroe, J.*, Peterson, L. M., & **Joseph, N.T.** (2017, May). *Perceived discrimination is associated with greater stress and negative affect in African American emerging adults*. Poster presented at the 29th Annual Association for Psychological Science Convention, Boston MA.
- **Joseph, N.T.**, Peterson, L.M., Kamarck, T.W., & Thurston, R. C. (2017, March). *EMA-assessed momentary positive racial identification and ambulatory blood pressure in African American young adults*. Poster presented at the 75th Annual Scientific Meeting of the American Psychosomatic Society, Seville, Spain.
- Joseph, N.T.**, Rose, D.E., Bean-Mayberry, B.A., Farmer, M.M., & Washington, D.L. (2014, July). *Emotional difficulties, perceived weight loss barriers, and exercise in overweight or obese women veterans*. Poster presented at the 2014 National Health Services Research & Development (HSR&D) Conference on Partnerships for Research and Care of Women Veterans: Building the Evidence Base for Clinical and Policy Action, Arlington, VA.
- **Joseph, N.T.**, Kamarck, T.W., Manuck, S.B., Muldoon, M.F., & Sutton-Tyrrell, K.C. (2013, March). *Quality of daily spousal interactions explains the association between marital cohesion and carotid atherosclerosis*. Paper presented at the 71st Annual Scientific Meeting of the American Psychosomatic Society, Miami, FL.
- **Joseph, N.T.**, & Matthews, K.A. (2013, March). *Parental unemployment status is associated with adolescent cardiometabolic biomarkers*. Citation poster presented at the 71st Annual Scientific Meeting of the American Psychosomatic Society, Miami, FL.
- Joseph, N.T.**, Kamarck, T.W., Manuck, S.B., Matthews, K.A., Bajaj, A., Hall, M., Muldoon, M.F., Sutton-Tyrrell, K.C., Wong, P.M., Wood, A., & Bender, J. (2013, March). *Sleep efficiency by*

- actigraphy is associated with carotid intima-media thickness in late middle adulthood.* Poster presented at the 71st Annual Scientific Meeting of the American Psychosomatic Society, Miami, FL.
- **Bajaj, A., Kamarck, T.W., Joseph, N.T., Manuck, S.B., Muldoon, M.F., & Sutton-Tyrrell, K.C.** (2013, March). *Negative affect in daily life is correlated with carotid atherosclerosis.* Citation poster presented at the 71st Annual Scientific Meeting of the American Psychosomatic Society, Miami, FL.
- Joseph, N.T., Muldoon, M.F., Manuck, S.B., Matthews, K.A., & Kamarck, T.W.** (2012, April). *Low occupational status workers more vulnerable to the effect of job strain on ambulatory blood pressure at work and at home.* Poster presented at the 33rd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Joseph, N.T., Matthews, K.A., & Myers, H.F.** (2012, March). *Acute lowering of socioeconomic status as a result of Hurricane Katrina is associated with later poor health among African-Americans.* Poster presented at the 70th Annual Scientific Meeting of the American Psychosomatic Society, Athens, Greece.
- Joseph, N.T., Muldoon, M.F., Manuck, S.B., Matthews, K.A., & Kamarck, T.W.** (2012, February). *Low occupational status workers more vulnerable to the effect of job strain on ambulatory blood pressure at work and at home.* Poster presented at the Annual Health Psychology and Behavioral Medicine Poster Session, Psychology Department, University of Pittsburgh.
- Joseph, N.T.** (2011, May). *On the validity and quantitative measurement of the perceived stress endurance construct.* Poster presented at the 23rd Annual Association for Psychological Science Convention, General subject area, Washington, DC.
- Joseph, N.T., & Myers, H.M.** (2011, April). *Hurricane Katrina-associated stress, trauma, and coping predict subjective health ratings in survivors over 4 years after Hurricane Katrina.* Poster presented at the 32nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
- Delany-Brumsey, A., Joseph, N.T., Zhang, M., & Myers, H.F.** (2010, May). *Racial discrimination, trauma burden, and posttraumatic stress disorder severity in minority women.* Poster presented at the 2010 Association for Psychological Science (APS) Annual Convention, Boston, MA.
- Joseph, N., Myers, H.F., & Wyatt, G.E.** (2007, May). *Effects of chronic stress on depression and CD4 in HIV.* Poster presented at the 2007 Western Psychological Association Convention, Vancouver, BC, Canada.
- Joseph, N., & Myers, H.F.** (2006, October). *The longitudinal effects of chronic stress burden on psychological and biological outcomes of HIV Seropositive Women: Is there hope through the ways they cope?* Poster presented at the 2006 Conference of Ford Fellows, Washington, DC.

STUDENT PRESENTATIONS IN UNDERGRADUATE AVENUES

* = student author

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- Krebs, S.*, Joseph, N.T., & Trammell, J.** (2025, April). *Self-efficacy as a moderator of the effectiveness of a sleep hygiene intervention.* Poster presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Shin, E.*, Chai, E.*, Joseph, N.T., & Peterson, L.M.** (2024, March). *Negative social interactions and ambulatory blood pressure: The moderating role of social support.* Poster presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Alvarez, I.*, Joseph, N.T., & Peterson, L.M.** (2024, March). *Higher levels of neighborhood disorder as an indicator of walking: A study on African American emerging adults.* Poster presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.

- Terry, A.C.*, **Joseph, N.T.**, & Peterson, L.M. (2024, March). *Shades of identity: Skin tone, racial identity, and self-esteem in African American emerging adults*. Poster presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Xiang, Z.*, **Joseph, N.T.**, & Peterson, L.M. (2022, November). *Understanding momentary substance use cognitions and behaviors through the lenses of momentary socioeconomic identification, discrimination, and strain*. Paper presentation at the Southern California Conferences for Undergraduate Research (SCCUR), Malibu, CA.
- Zilligen, M.*, & **Joseph, N.T.** (2022, November). *Self-perceived community social standing and ambulatory blood pressure*. Paper presentation at the Southern California Conferences for Undergraduate Research (SCCUR), Malibu, CA.
- Wang, T.*, & **Joseph, N.T.** (2022, November). *Associations between actigraphy-assessed objective sleep and EMA-assessed next day socioemotional experience at work*. Poster presentation at Southern California Conferences for Undergraduate Research (SCCUR), Malibu, CA.
- Kim, E.*, DeBruin, M.*, Kwan, A.*, & **Joseph, N.T.** (2021, April). *Customizable approaches for recruiting African Americans on Craigslist: Credibility, compensation, or core social identity appeals?* Poster presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Jauregui, D.*, Laing, C.*, Kim, E.*, Freeman, K.*, **Joseph, N.T.**, Amaro, L., & de los Santos, T. (2019, March). *Biological and behavioral impacts of social media interactions amongst first-time mothers*. Paper presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Jauregui, D.*, **Joseph, N.T.**, & Mancuso-Krumrei, E. (2019, March). *Links between anti-immigration efforts and the psychological well-being of Latino young adults*. Paper presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Swanson, S.*, Miller-Perrin, C., & **Joseph, N.T.** (2018, March). *Evaluating health orientations: medical maximizers-minimizers, social cognitive theory, and health-protective behaviors*. Poster presented at the Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Green, A.*, Jauregui, D.*, Johnson, E.*, Amaro, L., **Joseph, N.T.**, & de los Santos, T. (2018, March). *An application of the Process of Responsive Identification on Social Media (PRISM) Model in the online mommy platform context*. Poster presented at Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Furman, M.*, **Joseph, N.T.**, & Miller-Perrin, C. (2017, March). *Coping strategies as a moderator between perceived stress and health indicators of sleep and blood pressure dipping*. Poster presented at Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Zielinski, B.*, Copti, O.*, Kang, S.*, **Joseph, N.T.**, de los Santos, T., & Amaro, L. (2017, March). *Emotion, social support, and social comparison in online mommy platforms: a content analysis*. Poster presented at Research and Scholarly Achievement Symposium, Pepperdine University, Malibu, CA.
- Kaufmann, C. S.*, Peterson, L. M., & **Joseph, N.T.** (2015, October). *Perceived discrimination and blood pressure in African American young adults: Exploring the influence of social support*. Poster session presented at the Fifth Diversity Forum, La Salle University, Philadelphia, PA.

SELECT PRESS AND APPEARANCES

- Jargon, Julie (2022, December 10). The research is in: Facebook mom groups really do stress women out. *The Wall Street Journal*. Retrieved from <https://www.wsj.com/articles/the-research-is-in->

facebook-mom-groups-really-do-stress-women-out-11670634950?st=ejun5m9p0ajdokh&reflink=desktopwebshare_permalink

- Ellwood, Beth (2022, November 2). Mothers who spend more time on social media sites about motherhood experience higher stress hormone levels, study finds. *PsyPost*. Retrieved from <https://www.psypost.org/2022/11/mothers-who-spend-more-time-on-social-media-sites-about-motherhood-experience-higher-stress-hormone-levels-study-finds-64206>
- Biggs, Jade (2022, December 13). This is the impact that 'mummy bloggers' have on your mental health. *Yahoo*. Retrieved from <https://www.yahoo.com/now/impact-mummy-bloggers-mental-health-124500647.html>
- Sabur, Rozina (2022, November 7). Parenting sites can cause more harm than good, new mothers warned. *The Telegraph*. Retrieved from <https://www.telegraph.co.uk/world-news/2022/12/13/parenting-sites-can-cause-harm-good-new-mothers-warned/>
- Payton, L'oreal (2022, December 17). Do Facebook mom groups stress women out? Experts say yes. *Fortune*. Retrieved from <https://fortune.com/well/2022/12/17/facebook-mom-groups-mental-health/>
- Joseph, N.T. (2020, May 4, with A. Martinez as host). *Mental health during coronavirus* [interview]. KPCC radio station, Take Two program. <https://www.scpr.org/programs/take-two/2020/05/04/20823/>
- Galarreta, Lori (2020, May 6). Quick tips on how to stay sane in a pandemic, from a psychologist. *LAist*. Retrieved from https://laist.com/2020/05/06/pandemics_are_hard_one_expert_explains_how_to_take_care_of_your_mental_health_and_your_kids.php
- Joseph, N.T. (2020, March 12, with A. Martinez as host;). *Coronavirus psychology* [interview]. KPCC radio station, Take Two program. <https://www.scpr.org/programs/take-two/2020/03/12/20682/>
- Knopper, Steve (2020, March 12). Post Malone and Billie Eilish sneak in final shows before coronavirus cancellations. *Billboard*. Retrieved from <https://www.billboard.com/articles/business/touring/9335101/post-malone-billie-eilish-final-shows-coronavirus-cancellations-critics>
- Emling, Shelley (2014, June 26). Yes, a happy marriage really does lead to a healthy heart. *The Huffington Post*. Retrieved from http://www.huffingtonpost.com/2014/06/26/good-marriage-healthy-hea_n_5533135.html
- Prigg, Mark (2014, June 26). How an unhappy marriage could really break your heart: Researchers say bad relationships can increase risk of cardiovascular disease. *Daily Mail*. Retrieved from http://www.dailymail.co.uk/sciencetech/article-2671447/How-unhappy-marriage-REALLY-break-heart-Researchers-say-bad-relationships-damage-arteries-increase-risk-cardiovascular-disease.html?ITO=1490&ns_mchannel=rss&ns_campaign=1490
- Blaszczak-Boxe, Agata (2014, July 8). Heart disease risk tied to poor partner relations. *Fox News*. Retrieved from <http://www.foxnews.com/health/2014/07/08/heart-disease-risk-tied-to-poor-partner-relations/>

TEACHING PRESENTATIONS

- Joseph, N.T.** (2019, March). *Invited Symposium: Best Practices in Teaching Psychosomatic Medicine*. Invited symposium at the 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, Canada.
- Joseph, N.T.** (2018, November). *Flipping the Classroom for the First Time*. Presentation at the Technology and Learning Team Flipped Classroom Event, Pepperdine University, Malibu, CA.

Joseph, N.T. (2018, October). *Where Have I Landed?": Demonstration of An Active Exercise for the First Day of Social Psychology Courses*. Presentation at the APA's Society for the Teaching of Psychology's 17th Annual Conference on Teaching, Phoenix, AZ.

INVITED TALKS

Biopsychosocial Health & Interventions in Daily Life (March 2023). Invited talk at the Pepperdine Board of Directors Meeting; Los Angeles, California.

A Moment for Flourishing: Meaning and Mechanisms in Biopsychosocial Health During Daily Life Moments (October 2022). Invited talk at the Pepperdine Faculty and Staff Leadership Conference; Westlake, California.

"It it's not one thing, it's another." Social Adversity, Resilience, and Health: A Role for Momentary Assessment (March 2018). Invited talk at California State University-Northridge (CSUN) Psychology Colloquium; Northridge, California.

Mental Health in African-American Hurricane Katrina Survivors (April 2009). University of California-Los Angeles Academic Achievement Program, *Recovering Katrina: A Retrospection and Call for Action Symposium*.

Examining Mental and Physical Health of African-Americans: Research Findings, Directions, & Complications (April 2008). Xavier University, McNair Program; New Orleans, Louisiana.

PRESENTATIONS TO COMMUNITY ORGANIZATIONS

Blanco, L.¹, **Joseph, N.T.**¹, Richards, M.*, & Sedrakyan, F.* (2025, April). *Dollars and Zen: A randomized control trial of a community-partnered digital financial stress management intervention among low-income Hispanic adults*. Presentation to the Wellness Leadership Team of the Malibu Boys and Girls Club.

¹ = indicates equal first authorship with both authors contributing equally to the presentation

STUDENT MENTORING & SUPERVISION

2017 – 2023	Research Mentor/Supervisor, NIH grant trainees (cumulatively, 26 students; 6 graduate and 20 undergraduate)
2018 – 2024	Faculty Teaching/Research Mentor, Pepperdine Faculty/Student Mentorship Program (4 students, multiple semesters)
2016 – 2022	Research Mentor/Supervisor, internal grant trainees (17 students)
2015 – 2025	Research Mentor, Psychology Honors Research Program (5 students)
2016 – 2020	Spiritual Mentor, Pepperdine University Convocation Program (3 students)
2013 – 2014	Research Mentor/Supervisor (6 students)
2007 – 2008	Mentor in Psychology, UCLA Academic Advancement Program and UCLA McNair Program, <i>nominated for AAP Graduate Mentor of the Year</i>
Several quarters	Clinical Supervisor UCLA Counseling and Psychological Services; UCLA Psychology Clinic

PROFESSIONAL SERVICE

2020 – Present	Associate Editor, <i>Affective Science</i>
2024 – Present	3 year term, Councilwoman, Society for Biopsychosocial Science and Medicine (formerly, American Psychosomatic Society)
2023 – Present	4 year term, Panel Member and Federal Grant Application Reviewer, National Institutes of Health (NIH) review panel, Center for Scientific

	Review (CSR), Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) study section
2025 – Present	1 year term, Nominating Committee Member, Society for Biopsychosocial Science and Medicine (formerly, American Psychosomatic Society)
2024 – Present	Membership committee, Society for Biopsychosocial Science and Medicine (formerly, American Psychosomatic Society)
2020 – Present	Editorial Board, <i>Annals of Behavioral Medicine</i>
2020 – Present	Editorial Board, <i>Biopsychosocial Science and Medicine</i> (formerly, <i>Psychosomatic Medicine</i>)
2022 – Present	Consulting Editor, <i>Health Psychology</i>
2022 – 2024	Consulting Editor, <i>Cultural Diversity and Ethnic Minority Psychology</i>
2019 – Present	Ad hoc NIH grant reviewer, panels: Maternal Health Research Centers of Excellence FOA review panel, National Heart, Lung, and Blood Institute (NHLBI) Special Emphasis review panel - Mentored Career Development Award to Promote Faculty Diversity in Biomedical Research (K01), Social Psychology, Personality and Interpersonal Processes (SPIP) study section, Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) study section, Mechanisms and Consequences of Sleep Disparities in the US
2008 – Present	Ad hoc reviewing, journals: <i>Health Psychology</i> , <i>Psychosomatic Medicine</i> , <i>Annals of Behavioral Medicine</i> , <i>Journal of Health Psychology</i> , <i>Nature: Human Behavior</i> , <i>Women and Health</i> , <i>Affective Science</i> , <i>Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes</i> , <i>Journal of Hypertension</i> , <i>Stress and Health</i> ; conferences: American Psychosomatic Society, Society of Behavioral Medicine, NASPA First-Generation Student Success Conference, Society for the Psychological Study of Social Issues
2017 – 2020	Program Committee, American Psychosomatic Society
03/2020	Facilitator (with 2 co-facilitators), national higher education dialogue on <i>Supporting Black first gen students through public health emergencies like coronavirus</i> [live virtual chat]. Zoom.
03/2019	Facilitator, Careers in Teaching Psychosomatic Medicine Roundtable. 77 th Annual American Psychosomatic Society meeting; Vancouver, Canada.
10/2018	Discussant/Host, Lunch and Learn Table, “Service Learning and Vocational Exploration in Classes”, APA’s Society for the Teaching of Psychology’s 17 th Annual Conference on Teaching., Phoenix, AZ.
03/2018	Chair, <i>Cardiovascular Reactivity</i> , Paper Session at 76th Annual American Psychosomatic Society meeting; Louisville, KY.

UNIVERSITY SERVICE

09/2024 – 03/2025	Chair, search committee, psychology tenure-track faculty search
10/2024 – 03/2025	Search committee, Seaver College Dean search
08/2024 – Present	Institutional Review Board (IRB) member
08/2025 – Present	Second year mentor, New Faculty Mentoring Program
10/2024	Peer Evaluator, RTP rank promotion for 1 sociology colleague
08/2022 – 08/2024	At-large Representative, Seaver Faculty Senate Executive Committee
10/2020 – Present	Social Science Division Assessment Organizer
05/2018 – Present	Assessor / 5 year Program Review lead, Psychology Department

10/2022 – Present	Faculty advisor, Zeta Omega Chapter at Pepperdine University, First Generation College Student National Honor Society
06/2019 – Present	Institutional representative, First Forward Recognition Program, Center for First-Generation Student Success
05/2018 – Present	Chairperson, First Wave Advisory Council
04/2019 – Present	Application review committee, First Wave Ambassador Scholarship
07/2023 – Present	Search committee member, psychology tenure-track faculty search
04/2022	Faculty speaker, Loqui
Summer 2020	Presidential Action Advisory Team member
8/2019 – Present	Participant, Vocation and Calling Community of Practice, Lilly Foundation/NETVUE
09/2016 – 08/2021	Admissions and Scholarships Committee (2019-21 chair), Pepperdine University
09/2016 – 09/2021	Alcohol and Other Drug Coalition, Pepperdine University
2020, 2019	Faculty speaker, Pepperdine Summer Preview (PSP)
03/2019	Faculty moderator, Seaver College Research and Scholarly Achievement Symposium, Oral Presentation session
01/2019 - 02/2019	Peer Evaluator, 5-year post-tenure peer review for 2 psychology colleagues
08/2018 - 05/2019	Junior mentor, New Faculty, Pepperdine University
01/2018	Faculty participant, Posse Plus Retreat
2018, 2017, 2015	Panelist, Psi Chi Graduate School Night, Pepperdine University
2017, 2016, 2015	Step Forward Day, Pepperdine University
08/2017 - 05/2018	Search committee member, sociology tenure-track faculty search
11/2016	Search committee member, psychology visiting faculty search
09/2016	Panelist, <i>When Learning Rocks Your Faith: Finding Heroes and Mentors for the Journey</i> . Center for Faith & Learning and Office of the Chaplain, Pepperdine University Convocation Program.
2016, 2010	Common Book Ambassador, UCLA First-Year Student Common Book Discussions
Academic Yr 08-09	Clinical Area Committee (CAC) - Student Representative, UCLA

SELECT COMMUNITY SERVICE

2019/20; 2023-present	Hospitality / Welcome Team, Cornerstone – West Los Angeles
December 2023	Presenter, Holiday Stress Workshop; Malibu Boys & Girls Club
June 2022	Presenter, Virtual Career Incubator, Minds Matter LA
March 2018 – March 2021	Board member, Minds Matter, Young Professional Advisory Board
October 2016 – Present	Founder, Resilience Personified 501(c)(3) nonprofit

Select Past Activities

Tutor, Brainiacs, Cornerstone West Los Angeles
Volunteer interviewer / writer, American Heart Association press release on the impact of a billboard counting smoking deaths in the West Los Angeles Area, World No Tobacco Day
Church usher and Saturday outreach team
Volunteer health professional (Center for Health Equity, University of Pittsburgh)

SELECT PAST EMPLOYMENT

Spring 2015	Adjunct Professor, Psychology of Health Counseling, California State University – Channel Islands; Camarillo, California
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7/2010 - 6/2011	Psychology Intern, UCLA Counseling and Psychological Services; Los Angeles, CA
7/2008 - 12/2009	Graduate Student Researcher, UCLA Psychiatry and Biobehavioral Sciences; Los Angeles, CA
9/2008 - 7/2009	Assessor, UCLA Psychology Clinic; Los Angeles, CA
Summers 2009/08/06	Graduate Student Researcher, UCLA; Los Angeles, CA
Summer 06	Teaching Assistant, Psychological Statistics, UCLA Psychology Department
1/2005 – 9/2005	Psychological Counselor, River Oaks Psychiatric Hospital; Harahan, LA Clinical Associate, St. Charles Parish Hospital Psychiatric Unit; Luling, LA
2/2004-12/2004	Teacher and Tutor, GRE, SAT, ACT Prep, Kaplan Test Prep, Inc.
8/2001 - 12/2004	Research Assistant, Louisiana State University, Baton Rouge, LA

AWARDS & HONORS

The Stephen D. Davis Award for Scholarly Achievement (2022)
 Blanche E. Seaver Professor of Social Science (2022-2027)
 Fellow Status, Society for Biopsychosocial Science and Medicine (formerly, American Psychosomatic Society) (2022 - Present)
 Distinction in Diversity and Inclusive Excellence Award, Pepperdine University (April 2022)
 Selected Scholar, NIH-NHLBI CVD Program to Increase Diversity Among Individuals Engaged in Health-Related Research (2016-2017)
 American Psychosomatic Society Young Scholar Award (2013)
 National Institutes of Health, Health Disparities Loan Repayment Award - National Institute on Minority Health and Health Disparities (NIMHD) (2012)
 American Psychosomatic Society Minority Initiative Award (2012)
Graduate Awards/Honors
 Graduate Division Portable Fellowship, Evelyn Troup and William Hobson Dissertation Year Fellowship, Mary Murphy Graduate Scholarship, Quantitative Training for Underrepresented Groups, Ford Foundation Diversity Fellowship: Predoctoral, Graduate Division Summer Research Mentorship Award, Eugene Cota Robles Fellowship
Undergraduate Awards/Honors
 National Achievement Award Scholarship, TOPS Honors Scholarship, Chancellor's Alumni Scholarship, LSU's Black Faculty & Caucus Black Scholars Award, Phi Kappa Phi George Robertson Awardee, The National Dean's List, LSU Chancellor's Honor Roll, Sophomore Honors Distinction, 2004 W.E.B. Dubois Award

PROFESSIONAL MEMBERSHIPS

Society for Biopsychosocial Science and Medicine (formerly, American Psychosomatic Society; 2012-Present)
 American Psychological Association (2022 – Present; additional previous years)
 Society for Affective Science (2024 – Present)
 International Society of Psychoneuroendocrinology (2019 –2020)
 Faculty Affiliate, National Association of Student Personnel Administrators (NASPA) (2019 –2020)
 Alpha Alpha Alpha (first generation college student honor society) (2023-Present)
 Psi Chi: International Honor Society in Psychology (2003 – Present)
 Phi Beta Kappa (2004 – Present)