

CURRICULUM VITÆ (ABRIDGED)
EDWARD C. CHANG, PH.D.

BIOGRAPHICAL INFORMATION

Birthplace: Seoul, South Korea

Office Address: Department of Psychology
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University of Michigan
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Perfectionism and
Optimism-Pessimism Lab: <http://sites.lsa.umich.edu/chang-lab/>

Sport Psychology Lab: <http://sites.lsa.umich.edu/chang-lab/chang-sports-lab-members/>

China/Asia Lab: <http://sites.lsa.umich.edu/chang-lab/other-labs/>

Changz Lab: <https://sites.lsa.umich.edu/chang-lab/changz-lab/>

Chang Grad Lab: <https://sites.lsa.umich.edu/chang-lab/chang-grad-lab/>

EDUCATION

1995 **State University of New York at Stony Brook**
Doctor of Philosophy in Psychology (Clinical Psychology)
(APA accredited program)
Doctoral Thesis: Distinguishing Optimism, Pessimism, and
Trait Anxiety
(Chairperson: Thomas J. D’Zurilla, Ph.D.)

1992 **State University of New York at Stony Brook**
Masters of Arts in Psychology
Master’s Thesis: Assessing the Dimensionality of
Optimism and Pessimism
(Chairperson: Thomas J. D’Zurilla, Ph.D.)

1990 **State University of New York at Buffalo**
B.A. in Psychology and Philosophy
Graduate Course: Heidegger: *Sein und Zeit*
Philosophy Honors Thesis: Camus’ Appropriation of
Nietzsche’s *Amor Fati*
(Readers: Kah Kyung Cho, Ph.D. & Paul Kurtz, Ph.D.)

PROFESSIONAL POSITIONS

2013-to present **Professor of Social Work**
School of Social Work
UNIVERSITY OF MICHIGAN

2012-to present **Faculty Affiliate of the Joint Program in Social Work and
Psychology**
School of Social Work
UNIVERSITY OF MICHIGAN

2011-to present **Professor of Psychology, Clinical Science**
Department of Psychology
UNIVERSITY OF MICHIGAN

2005-2011 **Associate Professor of Psychology, Clinical Psychology**
(Granted Tenure)
Department of Psychology

UNIVERSITY OF MICHIGAN

2001-to present **Faculty Associate in Asian/Pacific Islander American Studies**
Program in American Culture
UNIVERSITY OF MICHIGAN

1999-to 2005 **Assistant Professor of Psychology, Clinical Psychology**
Department of Psychology
UNIVERSITY OF MICHIGAN

1999 **Associate Professor of Psychology**
(Granted Tenure)
Department of Psychology
NORTHERN KENTUCKY UNIVERSITY

1997-2002 **Assistant Professor, Clinical Psychology**
(*Adjunct Faculty*)
Department of Psychology
UNIVERSITY OF CINCINNATI

1997-1999 **Assistant Professor, Clinical Psychiatry**
(*Adjunct Training Faculty - APA accredited Clinical Internship*)
Department of Psychiatry
BELLEVUE HOSPITAL CENTER - NEW YORK UNIVERSITY
SCHOOL OF MEDICINE

1997-1999 **Honors Program Faculty**
NORTHERN KENTUCKY UNIVERSITY

1995-1999 **Assistant Professor of Psychology**
(*Graduate Faculty Status*)
Department of Psychology
NORTHERN KENTUCKY UNIVERSITY

UNDERGRADUATE COURSES TAUGHT

Introduction to Behavior Therapy
Introduction to Psychology
Introduction to Psychopathology (taught every year since 1994)
Introduction to Personality Theory
Introduction to Race and Gender
Introduction to Statistics for the Social Sciences
Advanced Laboratory in Psychopathology (fulfills upper level writing requirement)
Forensic Psychology
Health Psychology
Human Sexuality
Social Psychology
Sport Psychology (fulfills upper level writing requirement)
Topical Seminars (Construction of Psychopathology; Optimism; Research Methodology; Sports Psychology)
Independent Study (Independent Study/Research; Senior Honors Thesis; UROP; SROP)

GRADUATE COURSES TAUGHT

Theories in Clinical Psychology (Cognitive and Behavioral Models)
Adult Psychopathology (Life Span II)

PROFESSIONAL ACTIVITIES

ADVISORY BOARD: (2016-) Exercise & Sport Science Initiative (R. Zernicke & E. Arruda, Co-Directors, University of Michigan)
 (2015- 2018) Human Affectome Project (Leory Lowe, *Neuroqualia*)

ASSOCIATE EDITOR: (2015-2016) *American Psychologist*
 (2014-) *International Journal of Existential Psychology and Psychotherapy*
 (2005-) *Cognitive Therapy and Research*
 (2009-2014) *Asian American Journal of Psychology*
 (2009-2012) *Journal of Personality and Social Psychology: PPID*
 (2004-2008) *Journal of Social and Clinical Psychology*

GUEST EDITOR: (2013-2014) *Asian Journal of Psychiatry* (“Psychopathology in Asian Americans and the

- (2015-2016) *DSM-5*
Asian American Journal of Psychology (“Asian Americans and Positive Psychology”)
- EDITORIAL BOARD: (2010-) *Journal of Clinical Psychology*
(2005-2009) *Dictionary of Psychology* (D. Matsumoto, Editor in Chief)
(1998-2004, 2008-) *Journal of Social and Clinical Psychology*
(1999-2009) *Journal of Personality and Social Psychology*, an APA journal
(1999-2005) *Cognitive Therapy and Research*
(1999-2005) *Asian Journal of Social Psychology*
- REVIEWER: (1995-) *Health Psychology*, an APA journal
(1995-) *Journal of Counseling Psychology*, an APA journal
(2001-) *Psychology and Aging*, an APA journal
(2001-) *Cultural Diversity and Ethnic Minority Psychology*, an APA journal
(2002-) *Journal of Abnormal Psychology*, an APA journal
(2002-) *Psychological Assessment*, an APA journal
(2004-) *Journal of Consulting and Clinical Psychology*, an APA journal
(regular reviewer on numerous non-APA journals)

PROFESSIONAL AFFILIATIONS

American Philosophical Association
American Psychological Association
American Psychological Society
Asian American Psychological Association
Asian Association of Social Psychology
Council on Undergraduate Research
International Association for Cross-Cultural Psychology

International Society for the Study of Individual Differences
Sigma Xi
Society for the Teaching of Psychology
Society of Experimental Social Psychology
(nomination approved on 8/14/01)

ACADEMIC AND PROFESSIONAL HONORS, AWARDS, AND DISTINCTIONS

- 2019 Nominated for the Golden Apple Award, Student Nominated Award Recognizing Outstanding University Teaching
The Golden Apple Award Committee, University of Michigan
- 2019 Stanley Sue Award for Distinguished Contributions to Diversity in Clinical Psychology
Society of Clinical Psychology (Division 12)
- 2018 Nominated for the Robert S. Daniel Teaching Excellence Award for 4-Year Colleges
Society for the Teaching of Psychology (Division 2)
- 2018 APAGS/Psi Chi Junior Scientist Fellowship (Mentor to: Abigael Lucas: Project: *Conceptualization and Development of the Social Identity Management Scale [SIMS]*)
American Psychological Association of Graduate Students/*Psi Chi*
- 2018 Nominated for the Harold R. Johnson Diversity Service Award
Office of Provost, University of Michigan
- 2018 *Psi Chi* Summer Research Grant/Mamie Phipps Clark Diversity Research Grant (Mentor to: Mingqi Li: Project: *Personal Growth Initiative and Life Satisfaction in Chinese and American College Students*)
Psi Chi, The International Honor Society in Psychology
- 2018 *Psi Chi* Spring Undergraduate Research Grant (Mentor to: Harrison D. Angoff: Project: *Trauma and Suicidal Risk in College Students: Does Personal Control Moderate the Relationship?*)
Psi Chi, The International Honor Society in Psychology
- 2018 *Ricker Undergraduate Research Fund* (Mentor to: Olivia D. Chang: Project: *Examining Contingencies of Self-Worth as Mediators of the Association Between Self-Esteem and Eating Disturbances in Female College Students*)
Center for the Education of Women, University of Michigan
- 2017 Faculty Spring/Summer Research Grant (Mentor to: Kaidi Wu: *Conceptualization and Development of a Maximizing/Satisficing Scale in Adults*)
Rackham Graduate School and the Office of the Vice President for Research, University of Michigan
- 2017 Nominated for the Golden Apple Award, Student Nominated Award Recognizing Outstanding University Teaching

The Golden Apple Award Committee, University of Michigan

- 2017 *Psi Chi* Summer Research Grant/Mamie Phipps Clark Diversity Research Grant (Mentor to: Jerin Lee; Project: *Predicting Body Weight Among Indian Adolescents: Distinguishing Between Self-Control and Dieting Concerns*)
Psi Chi, The International Honor Society in Psychology
- 2017 *Psi Chi* Summer Research Grant/Mamie Phipps Clark Diversity Research Grant (Mentor to: Abigail Lucas; Project: *Positive Expectancies for the Future as Protective Factors of Suicide Risk in Adults: Does Optimism and Hope Predict Suicidal Behaviors in Primary Care Patients?*)
Psi Chi, The International Honor Society in Psychology
- 2016 APAGS/*Psi Chi* Junior Scientist Fellowship (Mentor to: Kaidi Wu; Project: *Situated Perceptions of Cultural Differences Between Easterners and Westerners*)
American Psychological Association of Graduate Students/*Psi Chi*
- 2016 Established the *Edward C. Chang Undergraduate Diversity Research Award* (annual award of \$500) for best research produced by an undergraduate focusing on diversity science
Department of Psychology, University of Michigan
- 2016 Maize Award for Single-Term Projects, 2nd Place, U-M Library Undergraduate Research Award (Mentor to: Jerin Lee; Project: *Examining Sexual Assault Victimization and Loneliness as Risk Factors Associated with Non-Lethal Self-Harm Behaviors in Female College Students*)
University of Michigan Library
- 2016 *Psi Chi* Summer Research Grant (Mentor to: Tina Yu; Project: *Evaluative Concerns and Personal Standards Perfectionism as Predictors of Body Dissatisfaction in Asian and European American Female College Students: Does Ethnicity Matter?*)
Psi Chi, The International Honor Society in Psychology
- 2016 APS/*Psi Chi* Summer Research Grant (Mentor to: Jerin Lee; Project: *Predicting Depression and Stress-Related Growth Among Indian Adults with HIV-Positive Serostatus: On the Importance of Differentiating Religiosity and Spirituality*)
Association for Psychological Science/*Psi Chi*
- 2016 Psychology Graduate Student Diversity Research Award
(Mentor to: Elizabeth Yu; Paper: *Asian American Culturally Relevant Values as Predictors of Meaning in Life in Asian and European American College Students: Evidence for Cultural Differences?*)
Department of Psychology, University of Michigan
- 2015 Nominated for the Golden Apple Award, Student Nominated Award Recognizing Outstanding University Teaching
The Golden Apple Award Committee, University of Michigan
- 2015 Recognized as Michigan Volleyball Faculty Member of the Match, November 21, 2015, Michigan vs. Nebraska (nominated by Krystalyn Goode, Women's Volleyball Team)
University of Michigan Athletic Department
- 2015 Maize Award for Single-Term Projects, 3rd Place, U-M Library Undergraduate Research Award (Mentor to: Tina Yu; Project: *Hope Under Assault: Understanding the Impact of Sexual Assault on the Relation Between Hope and Suicidal Risk*)
University of Michigan Library
- 2015 APS/*Psi Chi* Summer Research Grant (Mentor to: Tina Yu; Project: *Being Happy and Feeling Good Among South Asian Adults with a Diagnosis of HIV/AIDS: Examining Stress-Related Growth and Coping and Predictors of Positive Well-Being*)
Association for Psychological Science/*Psi Chi*
- 2014 APAGS/*Psi Chi* Junior Scientist Fellowship (Mentor to: Elizabeth Yu; Project: *Doubling Up on Positive Future Cognitions in Diverse Ethnic Groups*)
American Psychological Association of Graduate Students/*Psi Chi*
- 2014 Nominated for the Stanley Sue Award for Distinguished Contributions to Diversity in Clinical Psychology
Society of Clinical Psychology (Division 12)
- 2013 Alice F. Chang Scholar Award (Mentor to: Elizabeth A. Yu; Poster: *Drive for Thinness and Bulimic Symptoms in Asian and European American Females: Examining the Roles of Interpersonal Influences and Perfectionism*)
Asian American Psychological Association's Division of Women

- 2013 Maize Award for Single-Term Projects, 1st Place, U-M Library Undergraduate Research Award (Mentor to: Elizabeth A. Yu; Project: *Optimism/Pessimism and Future Orientation in Predicting Depressive Symptoms and Suicide Behavior in Primary Care Adults*)
University of Michigan Library
- 2013 APS/Psi Chi Summer Research Grant (Mentor to: Elizabeth A. Yu; Project: *Is Doubling Up on Positive Future Cognitions Associated with Reduced Suicidal Risk in Latinos?: A Look at Hope and Positive Problem Orientation*)
Association for Psychological Science/Psi Chi
- 2012 Fellow of Association for Psychological Science
APS Board of Directors (President: Dr. Douglas L. Medin)
- 2012 Theodore Millon Award in Personality Psychology
American Psychological Foundation and the Society of Clinical Psychology (Division 12)
- 2012 APS/Psi Chi Summer Research Grant (Mentor to: Marisa J. Perera; Project: *Contingencies of Self-Worth and Eating Dysfunction in Southeast Asian Males and Females*)
Association for Psychological Science/Psi Chi
- 2011 Fellow of Asian American Psychological Association
AAPA Executive Committee (Chair: Dr. Christine Iijima Hall)
- 2011 University Undergraduate Teaching Award
Rackham Graduate School, University of Michigan
- 2010 Faculty Spring/Summer Research Grant
Rackham Graduate School and the Office of the Vice President for Research,
University of Michigan
- 2010 APS/Psi Chi Summer Research Grant (Mentor to: Jean M. Kim; Project: *Cultural Variations in Health Outcome Cognitive Biases Between Asian and European Americans: Part II*)
Association for Psychological Science/Psi Chi
- 2009 Faculty Recognition Award for Outstanding Research Mentorship
Undergraduate Research Opportunity Program, University of Michigan
- 2009 APS/Psi Chi Summer Research Grant (Mentor to: Jean M. Kim; *Cultural Variations in Health Outcome Cognitive Biases Between Asian and European Americans: Part I*)
Association for Psychological Science/Psi Chi
- 2008 LSA Excellence in Education Award
Office of the Dean, College of Literature, Science, and the Arts, University of Michigan
- 2007 1 of 70 identified "Top Producers of Scholarly Publications in Clinical Psychology PhD Programs" (Stewart, Wu, & Roberts, 2007) from a pool of 1,927 core faculty members across 166 clinical psychology training programs
- 2003 Faculty Recognition Award for Outstanding Research Mentorship
Undergraduate Research Opportunity Program, University of Michigan
- 2002 Faculty Advisor to University of Michigan Chapter of the *National Society of Collegiate Scholars*, Advisor and Mentor to University of Michigan Chapter President Tracy J. Bell
The National Society of Collegiate Scholars, Washington, DC
- 2001 Nominated for the 2002 Templeton Positive Psychology Prize (Nominator: Dr. William N. Dember)
- 2001 2000-2001 Faculty Career Development Award
Office of the Provost and Executive Vice President for Academic Affairs, University of Michigan
- 2000 Ranked 11th in "Individual and Institutional Productivity of Racial Ethnic Minority Research in the *Journal of Counseling Psychology*" (Perez, Constantine, & Gerard, 2000)
- 1999 Invited by Drs. Martin E. P. Seligman, Mihaly Csikszentmihalyi, and Raymond D. Fowler to participate in the first Positive Psychology Conference, Akumal, Mexico; Nominated by Dr. David G. Myers, Hope College
- 1998 Awarded the Outstanding Junior Faculty Award in the College of Arts and Sciences at NKU
- 1997-1998 President of *Sigma Xi*, The Scientific Research Society, Northern Kentucky Chapter
- 1996-1997 Vice President of *Sigma Xi*, The Scientific Research Society, Northern Kentucky Chapter

- 1993-1994 Advanced Student Research Award: "Conceptualization and Assessment of Optimism and Pessimism as Bidimensional Constructs."
Department of Psychology, State University of New York at Stony Brook
- 1990 Graduated *Summa Cum Laude*
State University of New York at Buffalo
- 1990 Phi Beta Kappa
State University of New York at Buffalo
- 1990 Chancellor's Excellence Award
State University of New York at Buffalo

GRANTS IN PROGRESS, SUBMITTED, OR AWARDED

- 2008 Principle Investigator, Pilot Grant for *Is There a Need to Develop a Measure of Suicide Risk in Asian American College Students?: An Exploratory Study* (amount requested \$15,000/year for 2 years – not funded).
American Foundation for Suicide Prevention
- 2007-2008 Principal Investigator, Faculty Research Grant for *Self-Enhancement and Self-Criticism in Japan and US: Exploring Mechanisms and Effects of Cognitive Bias* (amount requested \$8,200 – funded).
Center for Japanese Studies, University of Michigan
- 2007 Faculty Instructor, Instructional Development Fund for *Revision of Instructional Materials Used in PSYCH 270* (amount requested \$250 – funded).
Center for Research on Learning and Teaching (CRLT), University of Michigan
- 2001-2002 Principal Investigator, Faculty Research Grant for *Self-Enhancement and Self-Criticism in Japan and US: A Follow Up* (amount requested \$5,200 - funded).
Center for Japanese Studies, University of Michigan
- 2000-2001 Principal Investigator, Faculty Mini-Grant for *A Prospective Study of Cultural Differences in Personality and Adjustment* (amount requested \$4,620 - funded).
Undergraduate Research Opportunities Program, University of Michigan

SUPERVISED CLINICAL EXPERIENCE THERAPY

- Sept. 1994 Clinical Psychology Intern
to Sept. 1995 **Bellevue Hospital Center** - New York University Medical Center, New York
Training Director: Carmen I. Vazquez, Ph.D.
- Sept. 1990 Clinical Psychology Trainee
to May 1994 **Psychological Center**, State University of New York at Stony Brook
Training Director: Susan G. O'Leary, Ph.D.
- Feb. 1993 Clinical Psychology Trainee
to May 1993 Seminar in Psychodynamic Psychotherapy
Student Counseling Center, State University of New York at Stony Brook
Training Director: Anne V. Peterson, Ph.D.
- Feb. 1993 Outpatient Adult Psychiatry Extern
to May 1993 Outpatient Adult Psychiatry
University Hospital, State University of New York at Stony Brook
Supervisor: Darla Broberg, Ph.D.

ASSESSMENT

- 1991 - 1993 Psychoeducational Assessment
Psychological Center, State University of New York at Stony Brook
Supervisor: David Pomeranz, Ph.D.

PRACTICUM EXPERIENCE

- Sept. 1990 As part of the clinical curriculum I participated in practica taught by Drs. Daniel Klein,
to May 1991 Susan O'Leary and K. Daniel O'Leary. These practica were coordinated with the
assessment and intervention courses and placed emphasis on testing and treatment,

Sept. 1991 to May 1992 respectively. The testing practicum involved learning to administer a wide variety of intellectual, personality, and educational tests, as well as interviewing and behavioral assessment techniques. The intervention practicum emphasized treatment techniques spanning cognitive-behavioral, gestalt, family/systemic, and behavioral modalities.

SCHOOL OF SOCIAL WORK

FACULTY VOLUNTEER

Dec 2018 to present Publishing Club in Social Work
School of Social Work, University of Michigan
Faculty Director/Organizer, Dr. William Elliott III

CENTER FOR POSITIVE ORGANIZATIONS

FACULTY ASSOCIATE

April 2018 to present Center for Positive Organizations
Stephen M. Ross School of Business, University of Michigan
Faculty Director, Dr. Gretchen M. Spreitzer

COLLEGE OF LSA, UNIVERSITY OF MICHIGAN

FACULTY PANEL MEMBER

April 2018 Transfer Initiatives and Partnerships, LSA Student Recruitment
Dean's Office, Undergraduate Education, College of LSA, University of Michigan
Assistant Director, Mr. Michael Hartman

COMMUNITY EDUCATIONAL OUTREACH

WOLVERINE EXPRESS FACULTY PARTICIPANT

Sept. 2017 to March 2018 Wolverine Express
Center for Educational Outreach, University of Michigan
Community Outreach Program Manager, Ms. Sheri Samaha

COMMUNITY MENTAL HEALTH

RESEARCH ASSOCIATE VOLUNTEER

Jan. 2015 to present **Asian Center Southeast Michigan (ACSE MI)** - Southfield, MI
Program Director: Janilla Lee, Ph.D.

COMMUNITY MENTAL HEALTH

PROGRAM EVALUATOR/COORDINATOR

Sept. 2013 to Dec. 2015 Michigan Department of Community Health, Division of Health, Wellness, and Disease Control, Health Disparities Reduction and Minority Section – Building Organizational Capacity to Adopt Culturally and Linguistically Appropriate Standards (BOCA-CLAS)
Asian Center Southeast Michigan (ACSE MI) - Southfield, MI
Program Director: Janilla Lee, Ph.D.

COMMUNITY MENTAL HEALTH

PROGRAM EVALUATOR/COORDINATOR

Jan. 2011 to Sept. 2013 Michigan Department of Community Health – Social Determinants of Health: Phase II
Asian Center Southeast Michigan (ACSE MI) - Southfield, MI
Program Director: Janilla Lee, Ph.D.

COMMUNITY RESEARCH

NETWORK MEMBER

March 2012 to present Detroit Community-Academic Urban Research Center (URC)
School of Public Health, University of Michigan
Director: Barbara A. Israel, Dr.P.H.

RESEARCH INTERESTS

Cognitive-behavioral processes, stress, and coping in general. The intersection between clinical, social, personality, sport, and positive psychology, particularly issues concerning outcome cognitions and perfectionism as correlates and predictors of psychological and physical well-being in

diverse populations. Interests in examining sociocultural and ethnoracial influences on psychological and physical well-being, and their implications for clinical and counseling psychology. Also, the role of individual differences predictors of positive and negative affective conditions in diverse international populations (e.g., Chinese, Hungarian, Indian, Turkish, Brazilian, Spanish, Japanese, Romanian, Italian, Australian, German, Danish, Polish, & Russian).

GOOGLE SCHOLAR CITATION INDICES BASED ON RESEARCH PRODUCTIVITY AND IMPACT

Citations:	11,600+
h-Index	55
i10-Index	131

PEER-REFEREED JOURNAL PUBLICATIONS

(*Denotes corresponding author; Mentee/student co-authors are underlined)

1. **Chang, E. C.***, Chang, O. D., Rollock, D., Lui, P. P., Watkins, A. F., Hirsch, J. K., & Jeglic, E. L. (2019). Hope above racial discrimination and social support in accounting for positive and negative psychological adjustment in African American adults: Is “knowing you can do it” as important as “knowing how you can”? *Cognitive Therapy and Research*, *43*, 399-411.
2. **Chang, E. C.***, Chang, O. D., Yu, E. A., Wu, K., Lucas, A. G., Lui, P. P., Rollock, D., Chen, X., Hirsch, J. K., & Jeglic, E. L. (2019). How future orientation is associated with depressive symptoms in multiethnoracial adults: A preliminary examination of basic psychological needs as a mediator. *The Journal of Psychology: Interdisciplinary and Applied*, *153*, 89-101.
3. de la Fuente, A., **Chang, E. C.***, Cardeñoso, O., & Chang, O. D. (2019). Examining coping strategies used by Spanish female social work students: Evidence for the importance of social problem-solving abilities. *Social Work Education*, *38*, 314-329.
4. Li, M., **Chang, E. C.***, & Chang, O. D. (2019). Psychometric properties of the Interpersonal Outcome Expectancies for Thinness (IOET) scale: Evidence for validity, reliability, and utility in the study of eating disturbances in females. *Journal of Social and Clinical Psychology*, *38*, 160-179.
5. Lui, P. P., Samuel, D. B., Rollock, D., Leong, F. T. L., & **Chang, E. C.** (in press). Measurement invariance of the Five-Factor Model of Personality: Facet-level analyses among Euro and Asian Americans. *Assessment*.
6. Hirsch, J. K., Hall, B. B., Wise, H. A., Brooks, B. D., **Chang, E. C.**, & Sirois, F. M. (in press). Negative life events and suicide risk in college students: Conditional indirect effects of hopelessness and self-compassion. *Journal of American College Health*.
7. **Chang, E. C.***, Schaffer, M. R., Novak, C. J., Ablow, D. B., Gregory, A. E., Chang, O. D., Lucas, A. G., & Hirsch, J. K. (in press). Sexual assault history and self-destructive behaviors in women college students: Testing the perniciousness of perfectionism in predicting non-suicidal self-injury and suicidal behaviors. *Personality and Individual Differences*.
8. **Chang, E. C.***, Tian, W., Jiang, X., Yi, S., Liu, J., Bai, Y., Liu, C., Luo, X., Wang, W., Chang, O. D., Li, M., & Hirsch, J. K. (in press). Understanding the relationship between loneliness, psychological ill-being and well-being in females: Do social problem-solving processes matter? *Personality and Individual Differences*.
9. de la Fuente, A., **Chang, E. C.***, Cardeñoso, O., & Chang, O. D. (in press). The psychological impact of social problem solving under stress in adults: Debased life satisfaction, heightened depressed mood, or both? *Personality and Individual Differences*.
10. Lucas, A. G., **Chang, E. C.***, Li, M., Chang, O. D., Yu, E. A., & Hirsch, J. K. (in press). Trauma and suicide risk in college students: Does lack of agency, lack of pathways, or both, add to further risk? *Social Work*.
11. Yi, S., **Chang, E. C.***, Chang, O. D., Seward, N. J., McAvoy, L. B., Krause, E. R., Schaffer, M. R., Novak, C. J., Ip, K., & Hirsch, J. K. (in press). Coping as a predictor of suicide risk and protection in college students: Does being optimistic still matter? *Crisis*.
12. **Chang, E. C.***, Chang, O. D., & Kamble, S. V. (2019). Relationship between positive mood and life satisfaction in Westerners and Easterners: Is feeling good associated with building agency, broadening pathways, or both? *Journal of Happiness Studies*, *20*, 2159-2172.
13. **Chang, E. C.***, Lee, J., Morris, L. E., Lucas, A. G., Chang, O. D., & Hirsch, J. K. (in press). A preliminary examination of negative life events and sexual assault victimization as predictors of psychological functioning in female college students: Is one more important than the other? *Journal of Interpersonal Violence*.

14. **Chang, E. C.***, Lee, J., Wright, K. M., Najarian, A. S.-M., Yu, T., Chang, O. D., & Hirsch, J. K. (in press). Examining sexual assault victimization and loneliness as risk factors associated with non-lethal self-harm behaviors in female college students: Is it important to control for concomitant suicidal behaviors (and vice versa)? *Journal of Interpersonal Violence*.
15. **Chang, E. C.***, Kamble, S. V., Li, M., Zhou, Z., Yang, J. Z., Duan, T., Batterbee, C. N.-H., & Chang, O. D. (in press). Relationship between interpersonal violence victimization and suicide risk in Indian college students: Does prior exposure to interpersonal violence also matter? *International Social Work*.
16. **Chang, E. C.***, Lucas, A. G., Chang, O. D., Duan, T., Zhou, Z., Yang, J. Z., Morris, L. E., Angoff, H. D., & Hirsch, J. K. (in press). Presence of trauma and suicide risk: Personal control as a moderator. *Death Studies*.
17. **Chang, E. C.***, Chang, O. D., Li, M., Xi, Z., Liu, Y., Zhang, X., Wang, X., Li, X., Zhang, M., Zhang, X., & Chen, X. (in press). Positive emotions, hope, and life satisfaction in Chinese adults: A test of the broaden-and-build model in accounting for subjective well-being in Chinese college students. *The Journal of Positive Psychology*.
18. **Chang, E. C.***, Yang, H., Yi, S., Xie, F., Liu, J., Ren, H., Zhang, J., Zhang, Z., Wu, R., Lin, Y., Li, M., Wu, K., Ip, K., Lucas, A. G., & Chang, O. D. (in press). Is personal growth initiative associated with later life satisfaction in Chinese college students?: A 15-week prospective analysis. *Asian Journal of Social Psychology*.
19. **Chang, E. C.***, Lucas, A. G., Chang, O. D., Angoff, H., Li, M., Duong, A. H., Huang, J., Perera, M. J., Sirois, F. M., & Hirsch, J. K. (in press). Relationship between future orientation and pain severity in fibromyalgia patients: Self-compassion as a coping mechanism. *Social Work*.
20. **Chang, E. C.***, Yi, S., Liu, J., Kamble, S. V., Zhang, Y., Shi, B., Ye, Y., Fang, Y., Cheng, K., Xu, J., Shen, J., Li, M., & Chang, O. D. (in press). Coping behaviors as predictors of hedonic well-being in Asian Indians: Does being optimistic still matter? *Journal of Happiness Studies*.
21. **Chang, E. C.***, Chang, O. D., Martos, T., Sallay, V., Zettler, I., Steca, P., D'Addario, M., Boniwell, I., Pop, A., Tarragona, M., Slemp, G. R., Shin, J., de la Fuente, A., & Cardeñoso, O. (in press). The positive role of hope on the relationship between loneliness and unhappy conditions in Hungarian young adults: How pathways thinking matters! *The Journal of Positive Psychology*.
22. **Chang, E. C.***, Chang, O. D., Lee, J., Lucas, A. G., Li, M., Castro, K. M., Pham, S., Cho, G. Y., Purmasir, Y. S., Yu, E. A., Wu, K., Lui, P. P., Rollock, D., Kwon, P., Chen, X., Hirsch, J. K., & Jeglic, E. L. (in press). Going beyond ethnoracial discrimination and social support in accounting for psychological adjustment: Evidence for the importance of hope as a positive psychological construct in multiethnic adults. *The Journal of Positive Psychology*.
23. **Chang, E. C.***, Chang, O. D., Lucas, A. G., Li, M., Eisner, R. S., Beavan, C. B., McManamon, B. M., Rodriguez, N. S., Katamanin, O. M., Bourke, E. C., de la Fuente, A., Cardeñoso, O., Wu, K., Yu, E. A., Jeglic, E. L., & Hirsch, J. K. (in press). Depression, loneliness, and suicide risk in Latino college students: A test of a psychosocial interaction model. *Social Work*.
24. Kaniuka, A., Kelliher Rabon, J., **Chang, E.C.**, Sirois, F., & Hirsch, J.K. (in press). *Symptoms of anxiety and depression and suicidal behavior in college students: Conditional indirect effects of non-suicidal self-injury and self-compassion*. Manuscript submitted for publication. (**Journal of College Student Psychotherapy**).
25. Meyers, C., Aumer, K., Schonowitz, A., Janicki, C., Pauker, K., **Chang, E. C.**, Gaither, S. E., & Williams, A. (in press) Experiences with microaggressions and discrimination in racially diverse and homogeneously White contexts. *Cultural Diversity and Ethnic Minority Psychology*.
26. Lee, J., **Chang, E. C.***, Lucas, A. G., & Hirsch, J. K. (in press). Academic motivation and psychological needs as predictors of suicidal risk. *Journal of College Counseling*.
27. Wu, K., & **Chang, E. C.*** (in press). Feeling good—and feeling bad—affect social problem solving: A test of the broaden-and-build model in Asian Americans. *Asian American Journal of Psychology*.
28. Yu, E. A., & **Chang, E. C.*** (in press). Meaning in life as a predictor of optimism: How parents mattering matters to Asian and European Americans. *Personality and Individual Differences*.
29. Yu, E. A., & **Chang, E. C.*** (in press). Construction of the Relational Meaning in Life Questionnaire: An exploratory and confirmatory factor-analytic study of relational meaning. *Current Psychology*.
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147. **Chang, E. C.***, Asakawa, K., & Sanna, L. J. (2001). Cultural variations in optimistic and pessimistic bias: Do Easterners really expect the worst and Westerners really expect the best when predicting future life events? *Journal of Personality and Social Psychology, 81*, 476-491.
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BOOKS PROPOSED/UNDER CONTRACT/PUBLISHED

1. **Chang, E. C.** (Ed.). (2019). *Loneliness: Theory, research, and treatment*. Washington, DC. Proposal in progress at publisher's request (C. Kalaher, APA Books Social Psychology Division).
2. Yu, E. A., **Chang, E. C.**, & Lucas, A. G. (Eds.). (under contract). *Positive mentoring, teaching, and supervision in multicultural contexts*. New York: Springer.
3. **Chang, E. C.** (Ed.). (under contract). *Optimism and pessimism: Advances in theory, research, and practice (2nd Edition)*. Washington, DC: American Psychological Association.
4. **Chang, E. C.**, Downey, C. A., Yang, H., Zettler, I., & Muyan, M. (Eds.). (in press). *The international handbook of positive psychology: A global perspective on the science of positive human existence*. New York: Springer. Book under contract.
5. Downey, C. A., & **Chang, E. C.** (Eds.). (in progress). *Historical context, impacts, and interventions for substance use disorders among racial and ethnic groups*. Washington, DC: American Psychological Association. Book under contract.
6. Hirsch, J. K., **Chang, E. C.**, & Rabon, J. K. (Eds.). (2018). *A positive psychological approach to suicide: Theory, research and prevention*. New York: Springer.
7. **Chang, E. C.**, Downey, C. A., Hirsch, J. K., & Yu, E. A. (Eds.). (2018). *Treating depression, anxiety, and stress in ethnic and racial groups: Cognitive behavioral approaches*. Washington, DC: American Psychological Association.
8. Perera, M. J., & **Chang, E. C.** (Eds.). (2018). *Biopsychosocial approaches to understanding health in South Asian Americans*. New York: Springer.

9. **Chang, E. C.**, Downey, C. A., Hirsch, J. K., & Lin, N. J. (Eds.). (2016). *Positive psychology in racial and ethnic groups: Theory, research, and practice*. Washington, DC: American Psychological Association.
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13. **Chang, E. C.**, D’Zurilla, T. J., & Sanna, L. J. (Eds.). (2004). *Social problem solving: Theory, research, and training*. Washington, DC: American Psychological Association.
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15. **Chang, E. C.** (Ed.). (2001). *Optimism and pessimism: Implications for theory, research, and practice*. Washington, DC: American Psychological Association.
16. **Chang, E. C.** (1998). *Instructor’s resource manual to accompany Psychology Wortman/Loftus/Weaver (5th edition)*. New York: McGraw-Hill.

BOOK CHAPTER PUBLICATIONS

1. **Chang, E. C.**, Downey, C. A., Yang, H., Zettler, I., Muyan-Yılık, M., Lucas, A. G., & Chang, O. D. (in press). The making of a global positive science of human existence: From appreciating existential foundations to identifying WEIRD research trends. To appear in E. C. **Chang**, C. A. Downey, H. Yang, I. Zettler, & M. Muyan (Eds.). (in press). *The international handbook of positive psychology: A global perspective on the science of positive human existence*. New York: Springer.
2. Hirsch, J. K., Rabon, J. K., & **Chang, E. C.** (2018). Applied resiliency and suicide prevention: A strengths-based, risk-reduction framework. In J. K. Hirsch, **Chang, E. C.**, & Rabon, J. K. (Eds.). *A positive psychological approach to suicide: Theory, research and prevention* (pp. 301-319). New York: Springer.
3. Rabon, J. K., Hirsch, J. K., & **Chang, E. C.** (2018). Positive psychology and suicide prevention: An introduction and overview of the literature. In J. K. Hirsch, **Chang, E. C.**, & Rabon, J. K. (Eds.). *A positive psychological approach to suicide: Theory, research and prevention* (pp. 1-15). New York: Springer.
4. Kahle, E. R., **Chang, E. C.**, Yu, E. A., & Yu, T. (in press). Optimism and pessimism: Conceptualization, personality correlates, and contextual considerations. To appear in A. Di Fabio, D. H. Saklofske, & C. Stough (Eds.), *The Wiley encyclopedia of personality and individual differences (Volume area III: Personality processes and individual differences)*. New York: John Wiley & Sons.
5. **Chang, E. C.**, Downey, C. A., Hirsch, J. K., & Yu, E. A. (2018). Introduction to cognitive-behavioral models, measures, and treatments in ethnoracial groups. In E. C. Chang, C. A. Downey, J. K. Hirsch, & E. A. Yu (Eds.), *Cognitive-behavioral models, measures, and treatments for depression, anxiety, and stress in ethnic and racial groups* (pp. 3-20). Washington, DC: American Psychological Association.
6. Downey, C. A., **Chang, E. C.**, Hirsch, J. K., & Yu, E. A. (2018). Where we are and what we need to do: Developing an inclusive path for applying cognitive-behavioral models, measures, and treatments for everyone. In **E. C. Chang**, C. A. Downey, J. K. Hirsch, & E. A. Yu (Eds.), *Cognitive-behavioral models, measures, and treatments for depression, anxiety, and stress in ethnic and racial groups* (pp. 339-354). Washington, DC: American Psychological Association.
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8. Perera, M. J., & **Chang, E. C.** (2018). A call for healthy South Asian Americans: Need to shape intervention by provides, policies, and prospects. In M. J. Perera & E. C. Chang (Eds.), *Biopsychosocial approaches to understanding health in South Asian Americans* (pp.237-251). New York: Springer.
9. Jilani, Z., **Chang, E. C.**, Lee, J., & Batterbee, C. N.-H. (2018). Psychological models of health in South Asian Americans. To appear in M. J. Perera & E. C. Chang (Eds.), *Biopsychosocial approaches to understanding health in South Asian Americans* (pp. 71-94). New York: Springer.
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groups: Theory, research, and practice (pp. 131-149). Washington, DC: American Psychological Association.

11. **Chang, E. C.**, Downey, C. A., Hirsch, J. K., & Lin, N. J. (2016). Introduction to positive psychology in racial and ethnic groups: A second call to action! In **E. C. Chang**, C. A. Downey, J. K. Hirsch, & N. J. Lin (Eds.), *Positive psychology in racial and ethnic groups: Theory, research, and practice* (pp. 3-12). Washington, DC: American Psychological Association.
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14. Yu, E. A., & **Chang, E. C.** (2016). Hope for pessimists. In L. Bormans (Ed.), *World book of hope* (pp. 82-84). Lannoo Publishers: Tielt, Belgium.
15. Downey, C. A., & **Chang, E. C.** (2014). History of cultural context in positive psychology: We finally come to the start of the journey. In J. T. Pedrotti & L. M. Edwards (Eds.), *Perspectives on the intersection of multiculturalism and positive psychology* (pp. 3-16). New York: Springer Publications.
16. Downey, C. A., & **Chang, E. C.** (2014). Positive psychology: Current knowledge, multicultural and ethical considerations, and the future of the movement. In F. T. L. Leong, L. Comas-Diaz, G. C. Nagayama Hall, V. McLoyd, & J. E. Trimble (Eds.), *APA handbook on multicultural psychology, Vol. 2: Applications and training* (pp. 133-149). Washington, DC: American Psychological Association.
17. **Chang, E. C.**, Downey, C. A., & Kim, J. M. (2012). Integrating positive psychology and developmental viewpoints into the study of mental health across diverse groups. In **E. C. Chang** & C. A. Downey (Eds.). (2012). *Handbook of race and development in mental health* (pp. 1-10). New York: Springer Publications.
18. Downey, C. A., & **Chang, E. C.** (2012). Multidimensional clinical competence: Considering racial group, development, and the positive psychology movement in clinical practice. In **E. C. Chang** & C. A. Downey (Eds.). (2012). *Handbook of race and development in mental health* (pp. 355-382). New York: Springer Publications.
19. **Chang, E. C.**, & Fabian, C. G. (2012). Introduction to adult psychopathology in Asians: From nomothetic to idiographic approaches. In **E. C. Chang** (Ed.), *Handbook of adult psychopathology in Asians: Diagnosis, etiology, and treatment* (pp. 1-11). New York: Oxford University Press.
20. Fabian, C. G., & **Chang, E. C.** (2012). Where do we go from here?: Future directions, challenges, and considerations. In **E. C. Chang** (Ed.), *Handbook of adult psychopathology in Asians: Diagnosis, etiology, and treatment* (pp. 435-446). New York: Oxford University Press.
21. Downey, C. A., & **Chang, E. C.** (2009). Perfectionism. In D. Matsumoto (Ed.), *The Cambridge Dictionary of Psychology*. Cambridge University Press.
22. Chang, R., & **Chang, E. C.** (2009). Pessimism. In D. Matsumoto (Ed.), *The Cambridge Dictionary of Psychology*. Cambridge University Press.
23. Chang, R., **Chang, E. C.**, Sanna, L. J., & Hatcher, R. (2008). Optimism and pessimism as personality variables linked to adjustment. In G. J. Boyle, G. Matthews, & D. H. Saklofske (Eds.), *Handbooks of personality theory and testing* (pp. 470-485). London: Sage.
24. **Chang, E. C.** (2008). Introduction to self-criticism and self-enhancement: Views from ancient Greece to the modern world. In **E. C. Chang** (Ed.), *Self-criticism and self-enhancement: Theory, research, and clinical implications* (pp. 3-15). Washington, DC: American Psychological Association.
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26. **Chang, E. C.**, Chang, R., & Chu, J. P. (2006). In search of personality in Asian Americans: What we know or what we don't know? In F. T. L. Leong, A. Inman, A. Ebreo, L. Yang, L. Kinoshita, & M. Fu (Eds.), *Handbook of Asian-American Psychology (2nd ed.)* (pp. 265-301). New York: Sage Publications.
27. **Chang, E. C.**, Tugade, M. M., & Asakawa, K. (2006). Stress and coping among Asian Americans: Lazarus and Folkman's model and beyond. In P. T. P. Wong & L. C. J. Wong (Eds.), *Handbook of multicultural perspectives on stress and coping* (pp. 439-456). Dordrecht, Netherlands: Kluwer Academic Publishers.

28. **Chang, E. C.**, D’Zurilla, T. J., & Sanna, L. J. (2004). Introduction: Social problem solving for the real world. In **E. C. Chang**, T. J. D’Zurilla, & L. J. Sanna (Eds.), *Social problem solving: Theory, research, and training* (pp. 3-7). Washington, DC: American Psychological Association.
29. **Chang, E. C.**, Downey, C. A., & Salata, J. L. (2004). Social problem solving and positive psychological functioning: Looking at the positive side of problem solving. In **E. C. Chang**, T. J. D’Zurilla, & L. J. Sanna (Eds.), *Social problem solving: Theory, research, and training* (pp. 99-116). Washington, DC: American Psychological Association.
30. D’Zurilla, T. J., **Chang, E. C.**, & Sanna, L. J. (2004). Social problem solving: Current status and future directions. In **E. C. Chang**, T. J. D’Zurilla, & L. J. Sanna (Eds.), *Social problem solving: Theory, research, and training* (pp. 241-253). Washington, DC: American Psychological Association.
31. **Chang, E. C.**, & Sanna, L. J. (2003). Beyond virtue and vice in personality: Classical themes and current trends. In **E. C. Chang** & L. J. Sanna (Eds.), *Virtue, vice, and personality: The complexity of behavior* (pp. xix-xxvi). Washington, DC: American Psychological Association.
32. **Chang, E. C.** (2003). On the perfectibility of the individual: Going beyond the dialectic of good versus evil. In **E. C. Chang** & L. J. Sanna (Eds.), *Virtue, vice, and personality: The complexity of behavior* (pp. 125-144). Washington, DC: American Psychological Association.
33. Peterson, C., & **Chang, E. C.** (2003). Optimism and flourishing. In C. L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. 55-79). Washington, DC: American Psychological Association.
34. **Chang, E. C.** (2001). A look at the coping strategies and styles of Asian Americans: Similar and different? In C. R. Snyder (Ed.), *Coping with stress: Effective people and processes* (pp. 222-239). New York: Oxford University Press.
35. **Chang, E. C.** (2001). Cultural influences on optimism and pessimism: Differences in Western and Eastern construals of the self. In **E. C. Chang** (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 257-280). Washington, DC: American Psychological Association.
36. Norem, J. K. , & **Chang, E. C.** (2001). A full glass: Adding complexity to our thinking about the implications and applications of optimism and pessimism research. In **E. C. Chang** (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 347-367). Washington, DC: American Psychological Association.
37. **Chang, E. C.** (2001). Optimism and pessimism: Moving beyond the most fundamental question of all. In **E. C. Chang** (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 3-12). Washington, DC: American Psychological Association.
38. **Chang, E. C.** (1998). Distinguishing between optimism and pessimism: A second look at the “optimism-neuroticism hypothesis.” In R. R. Hoffman, M. F. Sherrick, & J. S. Warm (Eds.), *Viewing psychology as a whole: The integrative science of William N. Dember* (pp. 415-432). Washington, DC: American Psychological Association.

SELECTED PROFESSIONAL PRESENTATIONS

1. **Chang, E. C.** (2019, March). *Beyond discrimination and social support in predicting psychological adjustment in multiracials living in the US: Does hope still matter?* Invited talk presented to Department of Psychology, Universidad Iberoamericana, Santo Domingo, Dominican Republic.
2. **Chang, E. C.** (2018, July). *Perfectionism in Easterners and Westerners: Evidence for both universality and specificity in the research findings.* Invited talk presented to Department of Psychology, Peking University, Beijing, China.
3. **Chang, E. C.** (2018, July). *Situating the study of perfectionism across race and culture: Emerging findings and future prospects.* Invited talk presented to School of Psychology, Faculty of Psychology, Beijing Normal University, Beijing, China.
4. **Chang, E. C.** (2017, April). *Looking at perfectionism in diverse ethnoracial groups: From top-down to bottom-up approaches.* Invited colloquia presented to Social Science Area, College of Arts and Sciences, New York University-Shanghai, Shanghai, China.
5. **Chang, E. C.** (2017, February). *Looking at perfectionism in diverse ethnoracial groups: From top-down to bottom-up approaches.* Invited colloquia presented to the Department of Applied Psychology, Steinhardt School of Culture, Education, and Human Development, New York University, NY.

6. Chen, W., Yu, T., Najarian, A. S.-M., Wright, K. M., Chang, O. D., Du, Y., & **Chang, E. C.** (September, 2016). *Understanding how negative life events is associated with suicidal risk in college students: Examining self-compassion as a potential mediator.* Poster presented at the 39th Australasian Society for the Study of Brain Impairment Annual Brain Impairment Conference, Macau.
7. Batterbee, C. N.-H., **Chang, E. C.**, Kamble, S. V., Yu, T., & Chang, O. D. (August, 2016). *Examining stress-related growth and coping as predictors of sadness in HIV+ Indian adults: Some preliminary findings.* Presentation at the 4th International Conference, Panjim, Goa, India.
8. Jilani, Z., **Chang, E. C.**, Muyan, M., Yu, T., Minami, Y., Vargas, L., Lin, J., & Hirsch, J. K. (November, 2015). *Is spirituality multidimensional? Further evidence for construct validity of the RiTE scale using the NEO-PI-R.* Poster presented at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.
9. Yu, T., **Chang, E. C.**, Muyan, M., Jilani, Z., Vargas, L., Minami, Y., Lin, J., & Hirsch, J. K. (November, 2015). *Sexual assault and negative affective conditions in female students: Is loss of hope enough to account for the relationship?* Poster presented at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.
10. Jilani, Z., **Chang, E. C.**, Yu, T., Lin, J., Hirsch, J. K., & Kamble, S. V. (April, 2015). *Optimism and hope as predictors of depressive symptoms in adult females diagnosed with fibromyalgia: A test of the doubling-up hypothesis.* Poster presented at the Society of Behavioral Medicine Conference, San Antonio, Texas.
11. Vargas, L., Jilani, Z., **Chang, E. C.**, Minami, Y., Yu, T., Lin, J., Muyan, M., & Hirsch, J. K. (May, 2015) *The role of self-compassion in understanding the link between negative life events and psychological maladjustment conditions in female college students.* Poster presented at the 27th Association of Psychological Science Annual Convention, New York City, NY.
12. Nielsen, A.L., O'Neil, C.J., Mottlowitz, M. M., Jilani, Z., & **Chang, E. C.** (April, 2015). *Comparing sports orientation as a predictor of athletic identity between college students active and not active in sports: Does mood also matter?* Poster presented at the 87th annual Midwestern Psychological Association Conference, Chicago, IL.
13. **Chang, E. C.** (2014, April). *Looking at perfectionism in Asian and European Americans: From top-down to bottom-up approaches.* Invited colloquia presented to the Department of Psychology, University of Macau, Taipa, Macau, China.
14. Hernandez, V., Yu, E. A., **Chang, E. C.**, Kahle, E. R., Yu, T., Hirsch, J. K., & Jeglic, E. L. (2014, May). *Ethnic identity and negative life events as predictors of adjustment.* Poster presented at the 86th annual Midwestern Psychological Association Conference, Chicago, IL.
15. Yu, E. A., **Chang, E. C.**, Kahle, E. R., Hernandez, V., Yu, T., Jeglic, E. L., & Hirsch, J. K. (2014, March). *Is doubling up on positive future cognitions associated with lower depressive symptoms and suicide behaviors in Latinos?: A look at hope and positive problem orientation.* Poster presented at the 12th annual Depression on College Campuses Conference, Ann Arbor, MI.
16. Yu, E. A., **Chang, E. C.**, Kahle, E. R., Kupfermann, Y., Lee, J. Y., Perera, M. J., & Hirsch, J. K. (2013, July). *Is doubling up on positive future cognitions a good thing?.* Poster presented at the 121st Annual Convention of the American Psychological Association Conference, Honolulu, HI.
17. Lee, J. Y., **Chang, E. C.**, Kupfermann, Y., Yu, E. A., Perera, M. J., Kahle, E. R., & Hirsch, J. K. (2013, August). *Hope and optimism as predictors of quality of life and health in adults.* Poster presented at the 121st Annual Convention of the American Psychological Association Conference, Honolulu, HI.
18. Kahle, E. R., **Chang, E. C.**, Perera, M. J., Yu, E. A., Kupfermann, Y., Lee, J. Y., & Hirsch, J. K. (2013, August). *Relations between religiosity, spirituality, and negative affective outcomes: Evidence for the centrality of hope as a mediator.* Poster presented at the 121st Annual Convention of the American Psychological Association Conference, Honolulu, HI.
19. Kahle, E. R., **Chang, E. C.**, Lee, J. Y., Yu, E. A., Perera, M. J., Kupfermann, Y., & Hirsch, J. K. (2013, August). *Hope and vitality as predictors of depressive symptoms in adults: Is there evidence for an interactive model?.* Poster presented at the 121st Annual Convention of the American Psychological Association Conference, Honolulu, HI.
20. Perera, M. J., **Chang, E. C.**, Lee, J. Y., Kahle, E. R., Kupfermann, Y., Yu, E. A., & Hirsch, J. K. (2013, July). *Burdensomeness and belongingness as predictors of suicide risk in an at-risk adult population: Controlling for concurrent depressive symptoms.* Poster presented at the 121st Annual Convention of the American Psychological Association Conference, Honolulu, HI.
21. Yu, E. A., **Chang, E. C.**, Lee, J. Y., & Kahle, E. R. (2013, July). *Drive for thinness and bulimic symptoms in Asian and European American females: Examining the roles of interpersonal influences and perfectionism.*

Poster presented at the 2013 Annual Asian American Psychological Association Convention, Honolulu, HI.

22. Kahle, E. R., **Chang, E. C.**, Lee, J. Y., Yu, E. A., Perera, M. J. (2013, July). *Perfectionism and loneliness as predictors of depressive and anxious symptoms in Asian and European Americans: Do self-construal schemas also matter?* Poster presented at the 2013 Annual Asian American Psychological Association Convention, Honolulu, HI.
23. Lee, J. Y., **Chang, E. C.**, Kahle, E. R., Yu, E. A. (2013, July). *Perfectionism and eating disturbances in female college students: Examining the role of self-construal in Asian and European Americans.* Poster presented at the 2013 Annual Asian American Psychological Association Convention, Honolulu, HI.
24. Kuan, J. L., Yu, E. A., **Chang, E. C.**, Kupfermann, Y., Perera, M. J., Kahle, E. R., & Lee, J. Y. (2013, May). *On the confluence of hope and optimism on suicide risk in adults: Is doubling up on positive future cognitions a good thing?* Poster presented at the 85th annual meeting of the Midwestern Psychological Association Conference, Chicago, IL.
25. Colasanti, K. E., Lee, J. Y., **Chang, E. C.**, Kahle, E. R., Yu, E. A., Kuan, J. L., Babu, P. V., Rew, J. E., Ton 14, C. V., & Lin, E. Y. (2013, February). *Perfectionism and eating disturbances in female college students: Examining the role of self-construal in Asian and European Americans.* Poster presented at the 11th annual Depression on College Campuses Conference, Ann Arbor, MI.
26. Kahle, E. R., **Chang, E. C.**, Hirsch, J. K., Yu, E. A., Kupfermann, Y., Perera, M. J., Zawistowski, L. A., Yang, Y., & Lin, N. J. (2012, October). *Examining hope in understanding the role of spirituality/religiosity in depressive adults.* Poster presented at the 2012 Annual Meeting of the Society for Research in Psychopathology, Ann Arbor MI.
27. Perera, M. J., Yang, Y., **Chang, E. C.**, Hirsch, J. K., Lin, N. J., Zawistowski, L. A., Kupfermann, Y., Kahle, E. R., & Yu, E. A. (2012, October). *Burdensomeness and belongingness as predictors of suicide risk in an at-risk adult population: Controlling for concurrent depressive symptoms.* Poster presented at the 2012 Annual Meeting of the Society for Research in Psychopathology, Ann Arbor MI.
28. Yu, E. A., **Chang, E. C.**, Hirsch, J. K., Kupfermann, Y., Kahle, E. R., Lin, N. J., Perera, M. J., Yang, Y., & Zawistowski, L. A. (2012, March). *Optimism/pessimism and suicidal risk: Does future orientation make a difference?* Poster presented at the 2012 Annual Meeting of the Society for Research in Psychopathology, Ann Arbor MI.
29. Kupfermann, Y., **Chang, E. C.**, Hirsch, J. K., Yu, E. A., Kahle, E. R., Yang, Y., Lin, N. J., Zawistowski, L. A., & Perera, M. J. (2012, May). *Examining the role of optimism and affect as predictors of adjustment.* Poster presented at the 2012 Annual Meeting of the Association for Psychological Science, Chicago IL.
30. Lin, N. J., **Chang, E. C.**, Issa, A. M., Perera, M. J., Zawistowski, L. A., & Yang, Y. (2012, May). *Perfectionism, eating symptoms, and appearance teasing: Are maximizing motives involved?* Poster presented the 2012 Annual Meeting of the Midwestern Psychological Association, Chicago, IL.
31. Perera, M. J., **Chang, E. C.**, Zawistowski, L. A., Issa, A. M., Lin, N. J., Yang, Y. & Hirsch, J. K. (2012, May). *Predicting psychological and physical adjustment in college students: Evidence for BIS/BAS and loneliness as predictors.* Poster presented at the 2012 Annual Meeting of the Midwestern Psychological Association, Chicago, IL.
32. Herringshaw, A. J., **Chang, E. C.**, Perera, M. J., Issa, A. M., & Lin, N. J. (2011, November). *Understanding how rumination relates to poor life satisfaction in college students: Evidence for a mediation model involving negative affect.* Poster presented at the 2011 convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
33. Herringshaw, A. J., **Chang, E. C.**, Perera, M. J., Issa, A. M., Lin, N. J., Hirsch, J. K., & Jeglic, E. L. (2011, November). *Loneliness and negative life events as predictors of hopelessness and suicidal behaviors in Latinos: Evidence for a diathesis-stress model.* Poster presented at the 2011 convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
34. Perera, M. J., **Chang, E. C.**, Herringshaw, A. J., Issa, A. M., Lin, N. J., Hirsch, J. K., & Jeglic, E. L. (2011, November). *Perfectionism and Loneliness as Predictors of Psychological Adjustment in Latinos and Latinas: Evidence for Preliminary Sex Differences.* Poster presented at the 2011 convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
35. Perera, M. J., **Chang, E. C.**, Herringshaw, A. J., Issa, A. M., & Lin, N. J. (2011, August). *A Preliminary Examination of Contingencies of Self-Worth and Perfectionism in South Asian Americans: Predicting Positive and Negative Well-Being.* Poster presented at the 2011 conference of the Asian American Psychological Association, Washington, DC.
36. Lin, N. J., **Chang, E. C.**, Herringshaw, A. J., Perera, M. J., & Marchenko, V. V. (2011, May). *Understanding link between perfectionism and adjustment in college students: Examining the role of*

maximizing motives. Poster presented at the 2011 Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

37. Kim, J. M., **Chang, E. C.**, Moreano, G. M., Lin, N. J., Ng, M. L., Tsai, W., Diaz, V., & Cohen, S. (2010, August). *The conceptualization and assessment of the perceived consequences of perfectionism: A validation study*. Poster presented at the 118th Annual Convention of the American Psychological Association, San Diego, CA.
38. Lin, N.J., Tsai, W., **Chang, E.C.**, Ng, M.L., Kim, J.M., Diaz, V., Cohen, S.A., Massing-Schaffer, M., Bensusan, K., & Bachmann, J. (2010, April) *Ruminations and adjustment in college students: A focus on ethnic differences*. Poster presented at the 2010 Annual Meeting of the Midwestern Psychological Association, Chicago, IL.
39. Moreano, G. M., **Chang, E. C.**, Kim, J. K., Tsai, W., & Guadarrama, J. (2009, October). *A Measure to assess for the perceptions of perfectionism: The Consequences of Perfectionism Scale*. Poster presented at the 2009 NIMH-COR Colloquium, Albuquerque, NM.
40. Tsai, W., **Chang, E. C.**, Hazlett, K. E., Kim, J. M., Srivastava, K., Singh, R., & Ng, M. (2009, August). *Examining the relations between rumination and adjustment: A focus on ethnicity*. Poster presented at the annual convention of the Asian American Psychological Association, Toronto, ON.
41. Kim, J. M., **Chang, E. C.**, Srivastava, K., Singh, R. Tsai, W., Hazlett, K. E., & Ng, M. L. (2009, May). *Development of the appearance perfectionism scale: Preliminary findings and implications*. Poster presented at the 21st annual convention of the Association for Psychological Science, San Francisco, CA.
42. Hazlett, K. E., **Chang, E. C.**, Kim, J. M., Singh, R., Tsai, W., Srivastava, K., & Ng, M. (2009, May). *Examining the relationship between perfectionism and psychological symptoms: Is there evidence for the utility of the CPQ?* Poster presented at the 21st annual convention of the Association for Psychological Science, San Francisco, CA.
43. Kim, J. M., Hirsch, J. K., **Chang, E. C.**, Hazlett, K. E., Tsai, W., Srivastava, K., Jeglic, E. L., Singh, R., & Ng, M. L. (2009, April). *Perfectionism and suicidal risk in a college student population*. Poster presented at the 81st annual meeting of the Midwestern Psychological Association, Chicago, IL.
44. Tsai, W., **Chang, E. C.**, Hazlett, K. E., Chang, R., Srivastava, K., Kim, J. M., & Singh, R. (2009, April). *Testing the usefulness of performance perfectionism theory across cultures: Does negative self-oriented perfectionism in the US and Japan predict depressive symptoms across time?*. Poster presented at the 30th annual meeting of the Society of Behavioral Medicine, Montreal, Quebec.
45. Hazlett, K. E., **Chang, E. C.**, Tsai, W., Kim, J. M., Srivastava, K., & Ng, M. L. (2009, March). *Examining the relationship between perfectionism and psychological symptoms: Is there evidence for the utility of the CPQ?* Poster presented at the annual meeting of the Eastern Psychological Association, Pittsburgh, PA.
46. Bodem, M. R., **Chang, E. C.**, Srivastava, K., Hermann, N. B., Balino, A. M., Tsai, W., & Kim, J. M. (2008, May). *Optimism and pessimism: Is there any value to considering a domain-specific framework?* Poster presented at the 20th annual convention of the Association for Psychological Science, Chicago, IL.
47. Bodem, M. R. **Chang, E. C.**, & Chang, R. (2008, May). *Loneliness as a moderator of the link between perfectionism and depressive and anxious symptoms in college students: Does being lonely make being perfect more distressing?* Poster presented at the 20th annual convention of the Association for Psychological Science, Chicago, IL.
48. Srivastava, K., **Chang, E. C.**, Hermann, N. B., Bodem, M. R., Lombardero, A., Lee, M., Singh, R., Uremek, N. N., & Wardjiman, E. C. (2008, May). *Attachment styles and relationship quality in college students involved in romantic and non-romantic relationships: Is it important to consider expectancies and perfectionism?* Poster presented at the 80th annual meeting of the Midwestern Psychological Association.
49. Singh, R., Bodem, M., **Chang, E. C.**, Hermann, N. B., Srivastava, K., Uremek, N., Lee, M., & Wardjiman, E. (2008, May). *Perfectionism, loneliness, and psychological adjustment: A look at gender differences*. Poster presented at the 80th annual meeting of the Midwestern Psychological Association.
50. Uremek, N., Bodem, M., **Chang, E. C.**, Srivastava, K., Hermann, N. B., Singh, R., Wardjiman, E., & Lee, M. (2008, May). *Loneliness as a moderator of the link between perfectionism and depressive and anxious symptoms*. Poster presented at the 80th annual meeting of the Midwestern Psychological Association.
51. Lombardero, A., **Chang, E. C.**, Srivastava, K., Hermann, N. B., & Bodem, M. (2007, November) *Optimistic and pessimistic bias in European Americans and Asian Americans: Distinguishing between predictions for physical and psychological health outcomes*. Poster session presented at the National Institute of Mental Health annual career opportunities in research and training colloquium, Albuquerque, NM.
52. **Chang, E. C.** (2007, January). *Being Asian in academia: A professional development workshop*. Panelist in workshop presented to the Asian American Psychology Student Association, University of Michigan, Ann Arbor, MI.

53. Girz, L. P., **Chang, E. C.**, Zumberg, K. M., Kade, A. M., Shair, S. R., Hermann, N. B., & Srivastava, K. (2007, January). *The Relationship between perfectionism, behavioral inhibition and activation, and worry*. Poster presented at the 8th annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
54. Shair, S. R., **Chang, E. C.**, Zumberg, K. M., Kade, A. M., Hermann, N. B., Srivastava, K., & Girz, L. P. (2006, November). *The relationship between perfectionism, behavioral inhibition and activation, and worry*. Winner of the Blue Ribbon Award (1st Place) for poster in Behavioral Sciences. Poster session presented at the 10th annual meeting of Sigma Xi: The Scientific Research Society, Detroit, MI.
55. Zumberg, K. M., **Chang, E. C.**, & Min, K. E. (2006, November). *Optimistic and pessimistic bias in European 30 and Asian American college students: Distinguishing between predictions for physical and psychological health outcomes*. Poster presented at the 10th annual meeting of Sigma Xi: The Scientific Research Society, Detroit, MI.
56. Downey, C. A., & **Chang, E. C.** (2006, November). *Perfectionism and eating disturbances in female college students: Considering the role of negative affect and body dissatisfaction*. Reanalysis of data, presented at the Annual Meeting of the Association of Behavioral and Cognitive Therapies.
57. Zumberg, K. M., **Chang, E. C.**, Edwards, M., Riley, M. M., & Thornburg, A. M. (2006, November). *Relations between problem-solving styles and psychological outcomes in college students: Is stress a mediating variable in college students?* Poster presented at the 40th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
58. Kade, A., & **Chang, E. C.** (2006, August). *Paradigms in introductory psychopathology textbooks: A comparison with literature trends*. Poster presented at the 114th annual meeting of the American Psychological Association, New Orleans, LA.
59. Min, K. E., **Chang, E. C.**, & Zumberg, K. M. (2006, July). *Performance perfectionism and positive psychological functioning in young adults*. Poster presented at the 20th annual Summer Research Opportunity Research Conference, Urbana Champaign, IL.
60. Thornburg, A. M., **Chang, E. C.**, D'Zurilla, T. J., Riley, M. M., & Zumberg, K. M. (2006, May). *Social problem solving and positive functioning in middle-adulthood*. Poster presented at the 18th annual meeting of the Association for Psychological Science, New York, NY.
61. Riley, M. M., **Chang, E. C.**, Edwards, M. C., Zumberg, K. M., & Thornburg, A. M. (2006, May). *Relations between problem-solving styles and psychological outcomes: Is stress a mediating variable?* Poster presented at the Association for Psychological Science 18th annual convention, New York, NY.
62. Zumberg, K. M., **Chang, E. C.**, D'Zurilla, T. J., Riley, M. M., & Thornburg, A. M. (2005, November). *Social problem solving and positive functioning in middle-adulthood*. Poster presented at the 39th annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
63. Chang, R., Chu, J. P., & **Chang, E. C.** (2005, August). *Do we all think alike, too?: Studying Asian Americans' personality*. Poster presented at the annual meeting of the Asian American Psychological Association, Washington, DC.
64. Kashima, Y., **Chang E. C.**, Ivezaj, V., Morady, A. R., & Chung, J. K. (2005, May). *Distinguishing optimism and pessimism in middle-aged adults: Relations to personality and subjective well-being probes*. Winner of the *Psi Chi* Regional Research Award. Paper presented at the 77th Annual Midwestern Psychological Association Meeting, Chicago, IL.
65. **Chang, E. C.** (2003, December). *Cultural differences in psychological distress in Asian and Caucasian Americans: Examining the role of cognitive and affective concomitants*. Invited talk presented to the Department of Clinical and Counseling Psychology, Teachers College, Columbia University, New York, NY.
66. Paterson, A., & **Chang, E. C.** (2002, March). *Pros and cons of theory-driven research*. Talk presented as part of the Wednesday Didactics Schedule, Behavioral Medicine Clinic, University of Michigan, Ann Arbor, MI.
67. **Chang, E. C.** (2002, March). *Cultural differences in psychological distress in Asian and Caucasian Americans: Examining the role of cognitive and affective concomitants*. Invited talk presented to the staff of the Psychological Clinic, University of Michigan, Ann Arbor, MI.
68. **Chang, E. C.** (2001, May). *Cultural differences in psychological distress in Asian and Caucasian Americans*. Paper presented at the Western Psychological Association Convention, Maui, HI.
69. **Chang, E. C.** (2001, March). *Cultural differences in psychological distress in Asian and Caucasian Americans: Examining the role of cognitive and affective concomitants*. Invited talk presented to the Department of Applied Psychology, School of Education, New York University, New York, NY.
70. **Chang, E. C.** (2001, February). *Cultural differences in psychological distress in Asian and Caucasian Americans: Examining the role of cognitive and affective concomitants*. Invited talk presented to the

Department of Counseling, Educational Psychology, and Special Education in the College of Education, Michigan State University, East Lansing, MI.

71. **Chang, E. C.** (2000, July). *Moving beyond the fundamental question of being: On bonum futurum and malum futurum*. Symposium paper presented at the 1st International Conference on Personal Meaning, Vancouver, British Columbia, Canada.
72. **Chang, E. C.** (1999, October). *Optimism and pessimism: A look backward and a look forward*. Presentation given to the Clinical Area of the Department of Psychology, University of Michigan, Ann Arbor, MI.
73. **Chang, E. C.** (1999, August). *Optimism and pessimism in independent and interdependent cultural groups: Implications for research and practice*. Paper presented at the 3rd annual meeting of the Asian Association of Social Psychology, Taipei, Taiwan.
74. **Chang, E. C.** (1999, May). *Theory, research, and therapy in working with Asians*. Didactic seminar presented as part of the APA-accredited internship in the Department of Psychiatry, Bellevue Hospital Center - New York University Medical School, New York, NY.
75. **Chang, E. C.** (1999, February). *Cultural influences on optimism and pessimism: Some implications for research and intervention*. Invited colloquia presented to the Counseling Area of the Department of Counseling, McGill University, Montréal, Quebec.
76. **Chang, E. C.** (1999, January). *Optimism, appraisals, and coping: Predicting psychological and physical adjustment*. Invited colloquia presented to the Department of Psychology, University of Michigan, Ann Arbor, MI.
77. **Chang, E. C.** (1999, January). *Cultural influences on optimism and pessimism: Some implications for research and intervention*. Invited colloquia presented to the Clinical Area of the Department of Psychology, University of Michigan, Ann Arbor, MI.
78. **Chang, E. C.** (1999, January). *What is positive in one cultural context might not be positive in another*. Paper presented at a special meeting co-hosted by Drs. Martin Seligman and Mihaly Csikszentmihalyi to consider the development of Positive Psychology, Akumal, Mexico.
79. **Chang, E. C.** (1998, August). *Cultural differences, perfectionism, and suicidal risk: Does social problem solving still matter?* Interactive poster session presented at the 14th international and silver jubilee congress of the International Association for Cross-Cultural Psychology, Bellingham, WA.
80. **Chang, E. C.** (1998, February). *Dispositional optimism and appraisals: Controlling for confounding influences and relations to coping and adjustment*. Invited colloquia presented to the Department of Psychology, University of California at Berkeley, Berkeley, CA.
81. **Chang, E. C.** (1998, February). *Pessimism in Asian Americans: Some implications for theory and practice*. Colloquia presented to staff and scholars of the National Research Center on Asian American Mental Health, University of California at Davis, Davis, CA.
82. **Chang, E. C.** (1998, February). *Cultural differences in optimism, pessimism, and coping: Predictors of adjustment among Asian Americans and Caucasian Americans*. Invited colloquia presented to the Clinical Area of the Department of Psychology, University of California at Berkeley, Berkeley, CA.
83. **Chang, E. C.** (1998, January). *Theory, research, and therapy in working with Asians*. Didactic seminar 36 as part of the APA-accredited internship in the Department of Psychiatry, Bellevue Hospital Center - New York University Medical School, New York, NY.
84. **Chang, E. C.** (1997, November). *Dispositional optimism and appraisals: Controlling for confounding influences and relations to coping and adjustment*. Paper presented at the annual meeting of the Kentucky Psychological Association, Louisville, KY.
85. **Chang, E. C.** (1997, August). *Dispositional optimism and appraisal of a natural stressor: Relations to coping and psychological and physical adjustment*. Paper presented at the 2nd annual meeting of the Asian Association of Social Psychology, Kyoto, Japan.
86. **Chang, E. C.,** Maydeu-Olivares, A., & D'Zurilla, T. J. (1997, July). *Optimism, pessimism, positive affectivity, and negative affectivity*. Interactive poster session presented at the 1st Regional Congress of Psychology for Professionals in the Americas, Mexico City, Mexico.
87. **Chang, E. C.** (1997, July). *Dispositional optimism as moderator and mediator*. Interactive poster session presented at the 1st Regional Congress of Psychology for Professionals in the Americas, Mexico City, Mexico.
88. **Chang, E. C.** (1997, May). *Race, perfectionism, and suicidal risk: Does social problem solving still matter?* Poster session presented at the 69th annual meeting of the Midwestern Psychological Association, Chicago, IL.

89. **Chang, E. C.**, & Glenn, J. S. (1996, August). *Cultural differences in social problem solving and personality: A comparison of Asians and Caucasians*. Interactive poster session presented at the 26th International Congress of Psychology, Montréal, Canada.
90. **Chang, E. C.** (1996, May). *Distinctions between optimism and pessimism*. Paper presented at Psychology Beyond the Threshold: A Conference on General and Applied Experimental Psychology and a *Festschrift* for William N. Dember, University of Cincinnati, Cincinnati, OH.
91. **Chang, E. C.** (1996, February). *Pessimism in Asian Americans: Some implications for practice*. Invited colloquia presented to the Clinical Area of the Department of Psychology, University of Cincinnati, Cincinnati, OH.
92. **Chang, E. C.** (1996, January). *Optimism and pessimism in Asians: Some implications for practice*. Invited colloquia presented to the Department of Psychiatry, Bellevue Hospital Center - New York University Medical Center, New York, NY.
93. **Chang, E. C.** (1995, November). *Linking basic and applied science in the study of psychological phenomena: Reasons for some optimism and pessimism*. Paper presented at the November meeting of the Northern Kentucky Chapter of Sigma Xi, The Scientific Research Society, Northern Kentucky University, Highland Heights, KY.
94. **Chang, E. C.** (1995, October). *Distinguishing between optimism and pessimism: Relations to life satisfaction and depressive symptoms*. Invited colloquia presented to the Experimental Area of the Department of Psychology, University of Cincinnati, Cincinnati, OH.
95. **Chang, E. C.**, Maydeu-Olivares, A., D'Zurilla, T. J., & Emiliano, L. C. (1993, November). *Construction and preliminary validation of a bidimensional measure of optimism and pessimism*. Poster session presented at the 27th annual meeting of the Association for Advancement of Behavior Therapy, Atlanta, GA.

COVERAGE AND APPEARANCES IN POPULAR MEDIA AND PRINT

1. Redefining the good life: A new focus in the social sciences (1999, February 12). *The Chronicle of Higher Education*, 45, A13. [Interview by Jennifer K. Ruark.]
2. Uncommon sense: Cheers! (2002, February). *O: The Oprah Magazine*, 3, 2. [Interview by Lisa Funderburg.]
3. Perfect to a fault. (2004, May 12). *The Seattle Times*, F1-F2. [Interview by Kyung Song.]
4. The office pessimists may not be lovable, but are often right. (2007, November 27). *The Wall Street Journal*. [Interview by Jared Sandberg.]
5. Best and worst health habits. (2008, January 25). *WebMD*. [Interview by Neil Osterweil.]
6. Popular perfectionism study. (2008, January 31). *Martha Stewart Live*. [Interview by Martha Stewart.]
7. Self-criticism. (2008, February 25). *Voices in the Family* (an NPR affiliate radio show). [Interview by Dr. Daniel Gottlieb.]
8. How to be (im)perfect (2008, June). *Body + Soul*, 27. [Interview by Terri Trespicio.]
9. Optimists vs. pessimist. (2009, April 5). *Pittsburgh Tribune*. [Interview by William Loeffler]
10. Pessimistas para ter os pés na terra, optimistas para seguir em frente [trans. *Pessimists to have their feet on the ground, optimists to move forward*] (2012, December 27). *Público* [the national newspaper for Portugal]. [Interview by Joana Gorjão Henriques]
11. What makes Americans so optimistic?: Why the U.S. tends to look on the bright side. (2015, March 25). *The Atlantic*. [Interview by Jared Keller]
12. The psychology (and philosophy) of 'no regrets'. (2015, April 17). *Pacific Standard*. [Interview by Jared Keller]