

Zlatan Križan, Ph.D.

CV

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Updated: November, 2025

Iowa State University
Department of Psychology
W112 Lagomarcino
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- **Education**

Ph. D. Psychological Sciences (2007), University of Iowa [Personality and Social Psychology]

B. A. Psychology with Honors (2001), *Magna Cum Laude*, Winona State University, MN.

- **Academic and Professional Experience**

Professor of Psychology, Iowa State University (2018 – present)

Sleep and Fatigue Specialist, O2X Human Performance (2022-present)

Visiting Research Scientist, Sleep and Performance Research Center-
Washington State University (2025)

Visiting Research Scientist, University of Minnesota (2015)

Associate Professor of Psychology, Iowa State University (2013 – 2018)

Assistant Professor of Psychology, Iowa State University (2007 – 2013)

- **Peer-Reviewed Publications** (* indicates students, $h_{\text{GoogleScholar}} = 33$)

57. **Krizan, Z.**, Curran, B., & Leo, R. (under revision). How Sleep Disruption Impacts the Evidentiary Value of Statements and Confessions: Toward Evidence-Based Standards. *Revision under review at Psychology, Public Policy, and Law*.

56. Hisler, G. C.*, **Krizan, Z.**, Manuck, S. B., Marsland, A., Hasler, B., & Wright, A. G. C. (in press). Examining the bi-directional day-level associations between personality states and sleep. *European Journal of Personality*.

55. Ren, Z., Ellingson, J., Hopfer, C., Krueger, R. F., **Krizan, Z.**, Markon, K. E., Ones, D. S., Panchal, Z., Megan Ross, J., Vrieze, S., Zellers, S. M., & McGue, M.. (2025). Sleep and maladaptive personality traits: A twin study. *Journal of Sleep Research*.

54. Krizan, Z., & Curran, B.* (2024). How sleep and fatigue shape statements in evidence: A psycho-legal perspective. *Frontiers in Cognition*, 3.
52. Mann, F. D., Cuevas, A. G., Clouston, S. A. P., Freilich, C. D., **Krizan, Z.**, Zuber, S., Wanstrom, L., Muniz-Terrera, G., O'Keefe, P., Voll, S., Hofer, S., Rodgers, J. L., & Krueger, R. F. (2024). A novel approach to cumulative stress: Area under the s-factor curve. *Social Science & Medicine*.
53. **Krizan, Z.** & Jones, M. (2024). Investigative Fatigue: How Sleep-Circadian factors shape investigative processes. *SLEEP Advances*.
51. **Krizan, Z.**, Strauel, C.,* & Boehm, N*. (2024). How emotions impact sleep: A Quantitative review of experiments. *Sleep Medicine Reviews*.
 $IF_{2023}=11.4$
50. **Krizan, Z.**, Miller, A. J.*, & Meissner, C. A., & Jones, M. (2023). How Alertness vs. Fatigue Impact Interrogators: An Actigraphic Study of Field Investigation. *Scientific Reports*.
 $IF_{2023}=5.0$
49. **Krizan, Z.**, Freilich, C., Krueger, R. F., & Mann, F. (2023). Linking Genetic Foundations of Sleep Disturbances to Personality Traits: A Study of Mid-Life Twins. *In press at Journal of Sleep Research*.
 $IF_{2023}=5.3$
48. **Krizan, Z.**, Miller, A. J., Meissner, C. A. (2021). Sleep and interrogation: Does Sleep Restriction Impact Criminal history disclosure? *SLEEP*, 44.
 $IF_{2019}=4.81$
47. **Krizan, Z.**, & Hisler, G.* (2021). The Iowa Resistance to Sleeplessness Test (iREST). *Sleep Health*.
 $IF_{3-year}=3.4$
46. **Krizan, Z.**, Hisler, G.,* Krueger, R. F., & McGue, M. (2021). What ties personality to sleep quality? A biometric analysis of aging twins. *Journal of Research in Personality*.
 $IF_{5-year} = 3.4$
45. Kane, H., & **Krizan, Z.** (2020). Sleep and Provision of Social Support and Strain: A Multi-Dimensional Approach. *Sleep Health*.
 $IF_{3-year}=3.4$
44. Hisler, G.,* **Krizan, Z.**, DeHart, T., & Wright, A. T. (2020). Neuroticism as the Intensity, Reactivity, and Variability in day-to-day affect: A test and replication. *Journal of Research in Personality*.
 $IF_{5-year} = 3.4$

43. Hisler, G.,* Muranovic, D.*, & **Krizan, Z.** (2019). Changes in sleep difficulties among the U.S. population from 2013 to 2017: Results from the National Health Interview Survey. *Sleep Health*.
 $IF_{3\text{-year}}=3.4$
42. Hisler, G.*, Twenge, J., & **Krizan, Z.** (in press). Associations between screen time and short sleep duration among adolescents varies by media type: Evidence from a cohort study. *Sleep Medicine*.
 $IF_{5\text{-year}} = 3.7$
41. **Krizan, Z.**, & Hisler, G.* (2019). Personality and sleep: Neuroticism and conscientiousness predict behaviorally-recorded sleep years later. *European Journal of Personality*, 33, 133-153.
 $IF_{2015} = 3.9$
40. Twenge, J., Hisler, G.,* & **Krizan, Z.** (2019). Associations between screen time and sleep duration are primarily driven by portable electronic devices: Evidence from a population-based study of U.S. children ages 0 to 17. *Sleep Medicine*, 56, 211-218.
 $IF_{5\text{-year}} = 3.7$
39. **Krizan, Z.**, & Hisler, G. * (2019). Sleepy anger: Sleep restriction amplifies angry feelings. *Journal of Experimental Psychology: General*, 148, 1239-1250.
 $IF_{5\text{-year}} = 5.1$
38. Hisler, G.,* **Krizan, Z.**, & DeHart, T. (2018). Does stress explain less self-control following a sleepless night? A month-long daily diary study. *Personality and Social Psychology Bulletin*, 45, 864-877.
 $IF_{5\text{-year}}= 3.6$
37. Zell, E., Strickhouser, J. E., & **Krizan, Z.** (2018). Subjective social status and health: a meta-analysis of community and society ladders. *Health Psychology*, 37, 979-987.
 $IF_{5\text{-year}} = 4.4$
36. Herlache, A. D.,* Lang, K. M.,* & **Krizan, Z.** (2018). Withdrawn and Wired: Problematic Internet Use Accounts for the Link of Neurotic Withdrawal to Sleep Disturbances. *Sleep Science*, 11, 69-73.
 $IF_{3\text{-year}} = 1.7$
35. Stephan, Y., Sutin, A. R., Bayard, S., **Krizan, Z.**, & Terracciano, A. (2018). Personality and subjective sleep quality: Evidence from four prospective studies. *Health Psychology*, 37, 271-281
 $IF_{5\text{-year}} = 4.4$

34. Hisler, G.,* & **Krizan**, Z (2017). Sleepiness and behavioral risk-taking: Do sleepy people take more or less risks? *Behavioral Sleep Medicine*, 17, 364-377.
 $IF_{5\text{-year}} = 2.7$
33. Twenge, J., **Krizan**, Z., & Hisler, G.* (2017). Decreases in self-reported sleep duration among U.S. adolescents 2009-2015 and association with new media screen time. *Sleep Medicine*, 39, 47-53.
 $IF_{5\text{-year}} = 3.7$
32. Hisler, G.,* & **Krizan**, Z. (2017). Anger and sleep: Quick tempers and poor anger control are associated with objectively measured sleep disruption. *Journal of Research in Personality*, 71, 17-26.
 $IF_{5\text{-year}} = 3.4$
31. Strickhouser, J. E., Zell, E., & **Krizan**, Z. (2017). Does personality predict health and well-being? A metasynthesis. *Health Psychology*, 36, 797-810.
 $IF_{5\text{-year}} = 4.4$
30. **Krizan**, Z., & Herlache, A. D.* (2017). The Narcissism Spectrum Model: A synthetic view of narcissistic personality. *Personality and Social Psychology Review*, 22, 3-31.
 $IF_{2015} = 7.6$
29. Hisler, G. C.,* Phillips, A. L., & **Krizan**, Z. (2017). Individual Differences in Chronotype and Time-of-Exercise Interact to Predict Physical Activity. *Annals of Behavioral Medicine*, 51, 391-401.
 $IF_{5\text{-year}} = 4.3$
28. Miller, J. C.* & **Krizan**, Z. (2016). Walking facilitates positive affect (even when expecting the opposite). *Emotion*, 16, 775-785.
 $IF_{5\text{-year}} = 4.4$
27. **Krizan**, Z., & Herlache, A. D.* (2016). Sleep disruption and aggression: Implications for violence and its prevention. *Psychology of Violence*, 6, 542-552.
 $IF_{5\text{-year}} = 3.7$
26. Manchiraju, S.,* & **Krizan**, Z. (2015). What's materialism? Testing the two dominant perspectives on materialism in marketing literature. *Management & Marketing*, 89-102.
25. Zell, E., **Krizan**, Z., & Teeter, S. R. (2015). Global gender differences can be operationalized and tested. *American Psychologist*, 70, 664-665.
 $IF_{5\text{-year}} = 7.3$
24. **Krizan**, Z., & Johar, O.* (2015). Narcissistic rage revisited. *Journal of Personality and Social Psychology*, 108, 784-801.

$$IF_{5\text{-year}} = 7.4$$

23. Zell, E., **Krizan**, Z., & Teeter, S. R. (2015). Evaluating gender similarities and differences using metasynthesis. *American Psychologist*, 70, 10-20.
 $IF_{5\text{-year}} = 7.3$
22. Zell, E., & **Krizan**, Z. (2014). Do People Have Insight Into Their Abilities? A Meta-Synthesis. *Perspectives on Psychological Science*, 9, 111-125.
 $IF_{5\text{-year}} = 12.1$
21. Lannin, D. *, Guyll, M., **Krizan**, Z., & Madon, S. (2014). Grandiose and vulnerable narcissism: Uniquely unhelpful. *Personality and Individual Differences*, 56, 127-132.
 $IF_{5\text{-year}} = 2.4$
20. Sweeny, K., & **Krizan**, Z. (2013). "Sobering Up" toward the moment of truth: A quantitative review of temporal declines in optimism. *Psychological Bulletin*, 139, 702-724.
 $IF_{5\text{-year}} = 22.0$
19. **Krizan**, Z., & Sweeny, K. (2013). Causes and consequences of expectation trajectories: "High" on optimism in a public referendum. *Psychological Science*, 24, 706-714.
 $IF_{5\text{-year}} = 6.3$
18. Bruchmann, K., Suls, J., Lee, S., Rose, J., **Krizan**, Z., & Windschitl, P. D. (2013). Searching for the limits of the non-selective superiority bias. *Social Psychological and Personality Science*, 4, 124-130.
 $IF_{2015} = 2.3$
17. Stieger, S., & **Krizan**, Z. (2013). Cultural influences on number preferences: Christmas and grading systems. *Psychological Record*, 63, 185-190.
 $IF_{2015} = 0.86$
16. **Krizan**, Z., & Johar, O.* (2012). Envy divides the two faces of narcissism. *Journal of Personality*. 80, 1415- 1451.
 $IF_{2015} = 3.7$
15. **Krizan**, Z., & Bushman, B. (2011). Better than my loved ones: Social comparison tendencies among narcissists. *Personality and Individual Differences*, 50, 212-216.
 $IF_{5\text{-year}} = 2.4$
14. Suls, J., Chambers, J. R., **Krizan**, Z., Mortensen, C., Koestner, B., & Bruchmann, K. (2010). The role of group size and focalism in the Better/Worse than average effects: Single- and multi-item entities as comparison targets and referents. *Organizational Behavior and Human Decision Processes*, 113, 62-72.

$$IF_{5\text{-year}} = 4.1$$

13. **Krizan, Z.** (2010). Synthesizer 1.0: A varying coefficient meta-analytic tool. *Behavior Research Methods*, 42, 863-870.
 $IF_{2015} = 3.1$
12. **Krizan, Z., Miller, J. C.*, & Johar. O.*** (2010). Wishful thinking in the 2008 U.S. Presidential election? *Psychological Science*, 21, 140-146.
 $IF_{5\text{-year}} = 6.3$
11. Windschitl, P. D., Smith, A. R., Rose, J. P., & **Krizan, Z.** (2010). The desirability bias in predictions: Going optimistic without leaving realism. *Organizational Behavior and Human Decision Processes*, 111, 33-47.
 $IF_{5\text{-year}} = 4.1$
10. **Krizan, Z., & Windschitl, P. D.** (2009). Wishful thinking about the future: Does desire bias optimism? *Social and Personality Psychology Compass*, 3, 1-17.
9. **Krizan, Z., & Suls, J.** (2009). Implicit self-esteem in the context of trait models of personality. *Personality and Individual Differences*, 46, 659-663.
 $IF_{5\text{-year}} = 2.4$
8. **Krizan, Z.** (2008). What is implicit about implicit self-esteem? *Journal of Research in Personality*, 42, 1635-1640.
 $IF_{5\text{-year}} = 3.4$
7. **Krizan, Z., & Suls, J.** (2008). Losing sight of oneself in the above-average effect: When egocentrism, focalism and group diffuseness collide. *Journal of Experimental Social Psychology*, 44, 929-942.
 $IF_{5\text{-year}} = 3.1$
6. **Krizan, Z., & Suls, J.** (2008). Are implicit and explicit measures of self-esteem related? A meta-analysis for the Name-Letter Test. *Personality and Individual Differences*, 44, 521-531
 $IF_{5\text{-year}} = 2.4$
5. Windschitl, P. D., Conybeare, D., & **Krizan, Z.** (2008). Direct-comparison judgments: When and why above- and below-average effects reverse. *Journal of Experimental Psychology: General*, 137, 182-200.
 $IF_{5\text{-year}} = 5.1$
4. **Krizan, Z., & Windschitl, P. D.** (2007). Team allegiance can lead to both optimistic and pessimistic predictions. *Journal of Experimental Social Psychology*, 43, 327-333.
 $IF_{5\text{-year}} = 3.1$

3. **Krizan, Z.**, & Windschitl, P. D. (2007). The influence of outcome desirability on optimism. *Psychological Bulletin*, 133, 95-121.

*IF*_{5-year} = 22.0

2. **Krizan, Z.**, & Baron, R. S. (2007). Group polarization and choice-dilemmas: How important is self-categorization? *European Journal of Social Psychology*, 37, 191-201.

*IF*_{5-year} = 2.2

1. Windschitl, P. D., & **Krizan, Z.** (2005). Contingent approaches to making likelihood judgments about polychotomous cases: The influence of task factors. *Journal of Behavioral Decision Making*, 18, 281-303.

*IF*₂₀₁₈ = 1.8

- **External Research Funding**

Krizan, Z., (PI) & Margolis, S.. **Under revision.** (*National Science Foundation: Law & Science, 2025-2028*). Confirmation Bias in Criminal Investigations: Understanding and Mitigating Fatigue-Related Errors. Est. \$635,760

Krizan, Z. (PI) & Meissner, C. A. (Co-PI). (*Federal Bureau of Investigation: 2018-2022*). Sleep and interrogation: Improving Collector vigilance and information diagnosticity [\$554,000, #15F06718C000253].

Krizan, Z. (PI). (*National Science Foundation: 2017*). Improving graduate student preparedness to enter the workforce: Interdisciplinary training in sleep assessment [\$9,975].

Krizan, Z. (PI) (*National Science Foundation: 2015-2018*). Sleep disruption as an amplifier of aggressive behavior [\$473,389, #1525390]

- **Books, Chapters, and Comments** (* indicates graduate students)

15. Buunk, A. P., Gibbons, F. X., Dijkstra, P., & **Krizan, Z.** (2022). Individual Differences in Social Comparison: The Complex Effects of Social Comparison Orientation. To appear in J. Suls, R. Collins, & L. Wheeler (Eds.), *Social comparison in judgment and behavior*. Oxford University Press.

14. **Krizan, Z.**, Hisler, G.* (2020). Social factors in sleep. In M. Robbins and K. Sweeny (Eds.), *The Wiley encyclopedia of health psychology* (Vol. 2). New York: Wiley.

13. **Krizan, Z.** (2019). Zlatan Križan: An autobiography. In V. Zeigler-Hill and T. Schackelford (Eds.), *Encyclopedia of Personality and Individual Differences*. New York: Springer/Nature.

12. **Krizan, Z.**, Editor (2019). *Sleep, Personality, and Social behavior*. New York: Springer/Nature.
11. Duggan, K. A. & **Krizan, Z.** (2019). How sleep and personality influence each other. In Z. Krizan (Ed.), *Sleep, Personality, and Social behavior*. New York: Springer/Nature.
10. Hisler, G.* & **Krizan, Z.** (2019). The dynamics between sleep and self-control. In Z. Krizan (Ed.), *Sleep, Personality, and Social behavior*. New York: Springer/Nature.
9. **Krizan, Z.** (2018). Toward patterns in personality: A comment on Hopwood (2018). *European Journal of Personality*, 32, 525-624.
8. **Krizan, Z.** (2018). The narcissism spectrum model: A spectrum perspective on narcissistic personality. In T. Hermann, A. Brunell, & J. Foster (Eds.), *The handbook of trait narcissism: Key advances, research methods, and controversies*. New York: Springer.
7. **Krizan, Z.** (2018). Social Comparison. In the *Oxford Research Encyclopedia of Psychology*. Oxford, UK: Oxford University Press.
6. **Krizan, Z.**, Hisler, G.* (2016). The essential role of sleep in self-regulation. In K. Vohs and R. Baumeister (Eds.), *The Handbook of Self-Regulation (3rd Ed.)*. Guilford: New York.
5. **Krizan, Z.**, & Gibbons, F. X. (Eds.) (2014). *Communal functions of social comparison*. Cambridge, UK: Cambridge University Press.
4. **Krizan, Z.**, & Smith, R. H. (2014). When comparisons divide: Invidious emotions and their social control. In Z. Krizan & F. X. Gibbons (Eds.), *Communal functions of social comparison*. Cambridge, UK: Cambridge University Press.
3. Suls, J., & **Krizan, Z.** (2005). On the relationships between explicit and implicit global self-esteem and personality. In Marsh, H., Craven, R. G., & McInerney, D. M. (Eds.), *The New Frontiers of Self Research (Vol. 2)*. Greenwich, CT: Information Age.
2. **Krizan, Z.** (2004). Correlation coefficient. In A. J. Christensen, R. Martin, and J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (Vol. 4, pp). New York: Plenum/Kluwer Press.
1. **Krizan, Z.** (2004). Double-blind design. In A. J. Christensen, R. Martin, and J. M. Smyth (Eds.), *Encyclopedia of Health Psychology* (Vol. 4, pp). New York: Plenum/Kluwer Press.

- **Invited Colloquia and Symposia (n = 50)**

50. The School of Interdisciplinary Forensics, Arizona State University (November, 2025). *How Sleep and Fatigue Shape Reliability of Legal Statements and Criminal Culpability*.
49. Spokane Police Department--Investigative Division (June, 2025). *The role of sleep and fatigue in criminal investigations*.
48. Sleep and Performance Research Center, Washington State University. (June, 2025). *Investigative fatigue: How sleep-circadian factors shape criminal investigations*.
47. Missouri Public Defender Spring Training, Kansas City, MO (April, 2025). *Sleep and fatigue as a factor in reliability of legal statements and culpability in criminal action*.
46. The Innocence Network (Virtual, November, 2024). *Sleep and fatigue as a factor in reliability of legal statements and culpability in criminal action*.
45. The Innocence Project (New York, NY, October, 2024). *Sleep and fatigue as a factor in reliability of legal statements and culpability in criminal action*.
44. University of Kansas Medical Center (College of Medicine, November 2024). *The Role of Personality Differences in Sleep Health*
43. Science of Personality Podcast (October, 2024). *The Psychology of Nightmares*. Hogan Assessments, Inc.
42. Innocence for Lawyers: Innocence Project of Texas (Austin, TX, August, 2024). *How Sleep and Fatigue shape Statements and Confessions*.
41. Illinois Public Defenders' Annual Conference (May, 2024). *How Sleep and Fatigue shape Statements and Confessions*.
40. Texas Association for Behavioral Analysis (upcoming April, 2024). *Sleep-related fatigue in legal interactions*. Houston, TX.
38. Center for Excellence in Learning and Teaching, Iowa State University (April, 2024). *Sleeping to Success: How to Manage Sleep and Fatigue in a Restless World*
37. Wrongful Convictions Unit, State Public Defender Office (April, 2024). *How Sleep and Fatigue shape Statements in Evidence*. Des Moines, IA.

36. Office of the Public Defender, Santa Clara County, CA. (March, 2024). *How Sleep and Fatigue shape Statements in Evidence*. San Jose, CA.
35. Science of Personality Podcast (February, 2024). *The Psychology of Sleep*. Hogan Assessments, Inc.
34. Public Safety Athletic Trainer's Society Virtual Meeting: Resilience (February, 2024). *Sleep and Fatigue Management Principles for Public Safety Workers*.
33. The 2nd Annual Health and Wellness Symposium, Iowa State University (February, 2024). *Sleeping to Success: How to Manage Sleep and Fatigue in a Restless World*
32. University of Arizona College of Medicine (September, 2023). *The Role of Personality Differences in Sleep Health*
31. Fatigue Management and Mitigation: Perspectives for Safety and Reporting; {Joint meeting of the U.S. Government Federal Fatigue Management & Research Working Group, Department of Transportation Human Factors Coordinating Working Group, and Working Time Society (March, 2023)}. *The role of alertness (vs. fatigue) in the performance of professional criminal investigators..*
30. Indigent Defense Services (March, 2023). *The role of sleep-related fatigue in evidentiary value of subject statements and confessions*. Wayne County, MI.
29. Iowa Public Defenders Association (June, 2022). *The Role of Sleep deprivation in police interviews*.
28. Sleep Research Society Virtual Seminar Series (March, 2021). *"Sleep and Personality Differences"*.
27. Arizona State University, School of Social and Behavioral Sciences (March, 2020). *"Sleep and Interrogation: How Sleep Impacts Subjects and Collectors"*
26. Walter Reed Army Institute for Research-Center for Sleep Research (January, 2020). *"Sleep and Collection of Human Intelligence"*. Silver Springs, MD.
25. Research Brief, Intelligence and Interviewing FBI-HIG Research Symposium (November, 2019). *"Sleep and Interrogation: A New Era"*
24. Invited Speaker, Association for Psychological Science (May 2018). *"The Narcissism Spectrum Model"*.

23. Invited Speaker, Annual Meeting of the Midwestern Psychological Associations (April, 2018). *“How sleep shapes self-control”*
22. Pittsburgh University Medical Center, Pittsburgh, PA. (2017): *“How Sleep Supports Self-Control: Implications for health.”*
21. Northwestern University (2017). *“How and why sleep matters for self-control”*
20. Fall Dean’s Lecture; Speaker and Panel Member at the Des Moines Alumni Event (2016); LAS, Glen Oakes Country Club, Des Moines.
19. Ohio University (2016): *“Rested and Restrained: How and why sleep matters for self-control”*
18. University of Connecticut (2016): *“Rested and Restrained: How and why sleep matters for self-control”*
17. Loyola University (2016): *“Rested and Restrained: How and why sleep matters for self-control”*
16. University of Chicago – Illinois (2016): *“Rested and Restrained: How and why sleep matters for self-control”*
15. University of Minnesota (2015): *“Dissecting Narcissistic Personality”*
14. University of Iowa (2014): *“Dissecting Narcissistic Personality”*
13. Linfield College (2013): *“Wishful thinking in Political Elections”*
12. Colby College (2013): *“Wishful thinking in Political Elections”*
11. Krizan, Z., Invited Chair (September, 2013). *The ups and downs of optimism*. Invited symposium presented at the annual meeting of the Society for Experimental Social Psychology.
10. University of Minnesota (2012): *“Narcissistic Aggression Reconsidered”*
9. University of Kentucky (2012): *“Narcissism under Threat: Envy, Anger, and Aggression”*
8. Dartmouth College (2011): *“The Role of Meta-Analytic Thinking in Behavioral Science”*
7. University of Missouri – Columbia (2011): *“Digesting Data”*
6. University of Kansas (2010): *“Wishful Thinking about the Future”*

5. University of California – Riverside (2009): “*Wishful Thinking about Future*”
4. University of Iowa (2008): “*Narcissism as Social Comparison*”
3. Psi-Chi Induction Address (2008). “*Can we love ourselves too much?*”
2. Wake Forest University (2007): “*How Motivations Influence Predictions*”
1. Washington University - St. Louis (2007): “*How Motivations Influence Predictions*”

- **Trade Publications and Technical Reports**

Krizan, Z., & Leo, R. (2023). How sleep-related fatigue shapes evidentiary value of interview statements. *Champion*, bi-monthly publication of the *National Association of Criminal Defense Lawyers*.

Krizan, Z., & Meissner, C. (2022). *Sleep and Interrogation: Improving Interrogator Vigilance and Information Diagnosticity*. Unclassified Research report for the High-Value Detainee Interrogation Group, Federal Bureau of Investigation.

Krizan, Z., (2022). *The impact of investigator alertness on investigative interview outcomes*. Technical report prepared for the Wichita Police Department, KS.

Krizan, Z., (2017). *Identifying How Sleep Shapes Human Intelligence Gathering and Diagnosticity*. Report for the National Academy of Sciences' Committee for the Decadal Survey of Social and Behavioral Sciences for Applications to National Security. https://sites.nationalacademies.org/cs/groups/dbasseite/documents/webpage/dbasse_179894.pdf

Krizan, Z., (2022). *The impact of investigator alertness on investigative interview outcomes*. Technical report prepared for the Wichita Police Department, KS.

- **Professional Training and Consultation**

Scientific Expert. Kansas City *Office of the Public Defender* (2025). Ferguson, MO.

Scientific Expert. *Office of the Public Defender* (2025). San Jose, CA.

Scientific Expert. *Missouri Office of the Public Defender* (2025). Kansas City, MO.

Scientific Expert. *Miami-Dade Public Defender* (2025). Miami, FL.

Scientific Expert. *Florida Public Defender* (2025). Tallahassee, FL.

Fatigue Management Training; *Missoula Rural Fire, Missoula Fire Department, Missoula Police Department* (2025). Missoula, MT.

Fatigue Management Training; *Dearborn Fire Department* (2025), Dearborn, MI.

Scientific Expert. *Goethals & Stone, PC* (2025). San Mateo County, CA.

Scientific Expert. *Indigent Defense Services* (2024). Wayne County, MI.

Scientific Expert. *Office of the Legal Advocate* (2024). Maricopa County, AZ.

Fatigue Management Training, Prospective Navy Commanding Officers, *Surface Warfare Officers School, U.S. Navy* (2024). Newport, RI.

Fatigue Management Training, *Lexington Fire Department* (2024), Lexington, KY.

Fatigue Management Training , *Cincinnati Police Department* (2023), Cincinnati, OH.

Fatigue Management Training *Navy Commanding Officers, Surface Warfare Officers School, U.S. Navy* (2023). Newport, RI.

Scientific Expert, *Des Moines office of the Public Defender* (2022). Des Moines, IA.

Fatigue Management Training; *Center for Security Forces, Naval Technical Training Center*. (2022). Lackland, TX.

Fatigue Management Training; *Navy Commanding Officers, Surface Warfare Officers School, U.S. Navy* (2022). Newport, RI.

Fatigue Management Training; Corporate Security Investigators, *Amazon Inc.* (2022, virtual).

Fatigue Management Training; *Boston Fire Department Training Academy* (2022). Boston, MA.

Investigative Fatigue Management; *Special Victims Unit, Mesa Police Department* (2021). Mesa, AZ.

- **Media Engagements**

TV: CBS, Canadian Broadcasting Corporation, KCCI-TV Des Moines, KCRG-TV Cedar Rapids, WHO-TV Des Moines

Radio: Iowa Public Radio, Radio Iowa

Print: US News & World Report, Wall Street Journal, Huffington Post, The Daily Mail, The Conversation, The Atlantic, Australian Financial Review, Vice, Science Daily, Des Moines Register, Cedar Rapids Gazette, Health Magazine, Business Insider, Yahoo News, Futurity, Sleepopolis, etc.

- **Refereed Presentations** (* indicates students; n = 82)

Krizan, Z., & Miller, A.* (2025). *Evaluating the Causal Impact of Sleep Restriction on Cognitive and Affective Empathy*. Talk given at the annual meeting of the annual meeting of the Sleep Research Society, Seattle, WA.

Curran, B.,* Miller, A.,* & Krizan, Z. (2025). *Does being sleep-deprived make you appear less truthful?* Talk given at the annual meeting of the American Psychology-Law Society, San Juan, Puerto Rico.

Krizan, Z., & Leo, R. (2025). *How Sleep-Related Fatigue Shapes Statements and Confessions: Toward-Science Based Standards*. Talk given at the annual meeting of the American Psychology-Law Society, San Juan, Puerto Rico.

Krizan, Z. (June, 2024). *The Impact of Lifetime Trauma Exposure Among Law-Enforcement on Actigraphically-Recorded Sleep*. Talk given at the annual meeting of the Sleep Research Society. Houston, TX.

Krizan, Z. (March, 2024). *Investigative Fatigue: How sleep-circadian factors shape investigative processes*. Talk given at the annual meeting of the American Psychology-Law Society, Los Angeles, CA.

Curran, B.,* Miller, A. J.*, & Krizan, Z. (March 2024). *Time-of-Day effects on deception detection*. Poster presented at the the annual meeting of the American Psychology-Law Society, Los Angeles, CA.

Krizan, Z., & Miller, A. J.* (July, 2023). *Personality, Real-Time Sleep, and Fatigue: A biomathematical study of law enforcement*. Poster presented at the bi- annual meeting of the Association for Research in Personality, Evanston, IL.

Krizan, Z., Miller, A. J.*, & Meissner, C. A. (June, 2023). *The Role of Alertness (vs. Fatigue) in the Performance of Professional Criminal Investigators*. Talk given at the annual meeting of the Sleep Research Society. Indianapolis, IN.

- Strauel, C. B.*, & Krizan, Z. (June, 2023). *The impact of Negative Emotions on Sleep: An at-home experiment*. Poster presented at the annual meeting of the Sleep Research Society. Indianapolis, IN.
- Curran, B.*, Miller, A. J.*, & Krizan, Z. (June, 2023). *Circadian Effects on Deception Detection*. Poster presented at the annual meeting of the Sleep Research Society. Indianapolis, IN.
- Krizan, Z., Miller, A. J.*, & Meissner, C. A. (March, 2023). *The Role of Alertness (vs. Fatigue) in the Performance of Professional Criminal Investigators*. Talk given at the annual meeting of the American Psychology-Law Society, Philadelphia, PA.
- Curran, B.*, Hawthorne, B.*, Miller, A. J.*, & Krizan, Z. (March 2023). Do Personality Traits Predict Criminal History Disclosure? Poster presented at the annual meeting of the American Psychology-Law Society, Philadelphia, PA.
- Miller, A. J.*, Krizan, Z., & Meissner, C. A. (March, 2023). *How Sleep Loss Affects Credibility Cues*. Talk given at the annual meeting of the American Psychology-Law Society, Philadelphia, PA.
- Krizan, Z., Strauel, C. & Hisler, G. C.* (February, 2023). *Estimating Circadian Rhythmicity across Psychosocial States*. Poster presented at the bi-annual meeting of the Advances in Sleep and Circadian Science, Clearwater, FL.
- Krizan, Z., & Boehm, N.* (June, 2022). *How Emotions Impact Sleep: A Review of the Evidence*. Talk given at the annual meeting of the Sleep Research Society, Charlotte, NC.
- Krizan, Z., Freilich, C., Krueger, R. F., & Mann, F. D. (March, 2022). *Sleep and Personality: Genetic and Environmental Sources Across Trait Domains*. Talk given at the Dynamics in Personality Development pre-conference of the Annual meeting for the Society for Personality and Social Psychology.
- Hisler, G.*, Krizan, Z., and Wright, A. G. C. (March, 2021). *The role of sleep in expression of personality states*. Talk given at the annual meeting of Society for Personality and Social Psychology (virtual).
- Hisler, G.*, & Krizan, Z. (March, 2021). *Are there circadian rhythms in personality states?* Talk given at the annual meeting of Society for Personality and Social Psychology (virtual).
- Krizan, Z., Miller, A. J.*, & Meissner, C. A. (August, 2020). *Sleep and interrogation: Does sleep loss impact criminal history disclosure?* Poster presented at the annual meeting of the Sleep Research Society (virtual).
- Krizan, Z., Miller, A. J.*, & Hisler, G.*. (August, 2020). *Does losing sleep unleash anger: Experimental and diary evidence?* Poster presented at the annual meeting of the Sleep Research Society (virtual).

- Mickelson, C. A., Mantua, J. R., Burke, T. M., Choynowski, J., Bessey, A. F., Naylor, J. A., Krizan, Z., Sowden, W. J., Capaldi, V. F., McKeon, A. B. (June, 2020). *Sleep duration and subjective resilience to sleep loss predict functional impairment in elite infantrymen during military training*. Sant Antonio, TX.
- Duggan, K. A., Krizan, Z., Hisler, G., Slavish, D., Rojo-Wissar, D. M. (March, 2020). New Insights into the role of personality for sleep. Virtual symposium presented at the annual meeting of Society for Psychosomatic Medicine.
- Krizan, Z., Miller, A. J.*, & Meissner, C. A. (November, 2019). *Sleep and interrogation: Implications for Subjects and Collectors*. Talk given at 'Intelligence and Interviewing FBI-HIG Symposium, Washington, DC.
- Krizan, Z., Meissner, C. A., & Hisler, G.* (February, 2019). *Sleep and interrogation: How sleep loss shapes disclosure and emotionality about illegal behavior*. Talk to be given at 'Psychology and Law: An International Perspective" preconference at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.
- Miller, A. J.*, Hisler, G.*, & Krizan, Z. (February, 2019). *Too tired to care? How sleepiness constrains empathy*. Talk to be given at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Krizan, Z., Meissner, C., & Hisler, G.* (October, 2018). *Sleep and interrogation: How sleep shapes emotionality and information diagnosticity about illegal behavior*. Paper presented at the annual meeting of the Society for Experimental Social Psychology, Seattle, WA.
- Miller, A. J.*, & Krizan, Z. (April, 2018). Too tired to care? How sleepiness constrains empathy. Talk given at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Krizan, Z., Hisler, G.*, & DeHart, T. (March, 2018). *Does stress explain less self-control following a sleepless night? A month-long daily diary study*. Talk given at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Krizan, Z., & Hisler, G.* (July, 2017). *The power of personality for sleep: Personality traits predict objectively-recorded sleep years later*. Poster presented at the bi-annual meeting of Association for Research in Personality, Sacramento, CA.
- Krizan, Z., & Hisler, G.* (June, 2017). *The power of personality for sleep: Personality traits predict objectively-recorded sleep years later*. Poster presented at the annual meeting of Sleep Research Society, Boston, MA.
- Hisler, G.* & Krizan, Z. (June, 2017). *The Curvilinear Relation Between Sleepiness And Risk-taking: Do Sleepy People Take More or Less Risk?*

Poster presented at the annual meeting of Sleep Research Society, Boston, MA.

Krizan, Z., & Herlache, A. D.* (January, 2017). *The narcissism spectrum model*. Talk given at annual meeting of the Society for personality and Social Psychology, San Antonio, TX.

Krizan, Z., & Hisler, G.* (**Chairs**, May, 2016). *The force within: Sleep as an essential psychological process*. Symposium presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Krizan, Z., Hisler, G.,* & Gentile, D. (May, 2016). *Rested and restrained: How and why sleep matters for individual differences in self-control*. Talk given at the annual meeting of the Association for Psychological Science, Chicago, IL.

Krizan, Z. (**Chair**) & Watson, D (Co-Chair). (January, 2016). *The other third of our lives: A self-regulatory perspective on sleep and social behavior*. Symposium presented at the annual meeting of the Society for personality and Social Psychology, San Diego, CA.

Hisler, G. C.,* & Krizan, Z., & Gentile, D. A. (January, 2016). *Rested and Restrained: Optimal Sleep as a Core Component of Individual Differences in Self-Control*. Symposium presented at the annual meeting of the Society for personality and Social Psychology, San Diego, CA.

Krizan, Z., Herlache, A. D.,* & Gentile, D. A. (July, 2015). *The role of sleep in aggressive personality*. Talk given at the bi-annual meeting of the Association for Research in Personality, St. Louis, MO.

Krizan, Z. **Chair** (July 2015). The neglected third of our lives: The role of sleep in personality processes. Symposium presented at the bi-annual meeting of the Association for Research in Personality, St. Louis, MO.

Manchiraju, S.,* & Krizan, Z. (2015, March). What's materialism? Testing the two dominant perspectives on materialism. Paper presented at the *American Marketing Association/American Collegiate Retailing Association Triennial Conference*, Coral Gables, FL.

Miller, J. C.,* & Krizan, Z. (February, 2015). *Approach motivation accounts for the relationships between locomotion and positive affect*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Herlache, A. D.,* & Inman, A.,* & Krizan, Z. (February, 2015). *Who heeds anxieties precautionary tale? Contingencies of self-worth and exam performance*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

- Krizan, Z., & Herlache, A. D.* (July, 2014). *Are narcissists paranoid?* Talk given at the bi-annual meeting of the European Association for Personality Psychology, Lausanne, Switzerland.
- Johar, O.,* & Krizan, Z. (February, 2014). *Unfolding of envy in time*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Herlache, A. D.,* & Krizan, Z. (February, 2014). *The Sleep problems in the digital age: Neuroticism, Impulsivity, and Problematic Internet use*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Miller, J. C.,* & Krizan, Z. (February, 2014). *Moving makes you feel better, basically always*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Johar, O.,* & Krizan, Z. (February, 2013). *The interpersonal function of procedural fairness*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Krizan, Z. **Chair** (January, 2013). *Narcissistic Aggression Revisited*. Symposium presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Krizan, Z., & Johar, O.* (January, 2013). *Holding it in and taking it out: Narcissistic vulnerability, rumination, and aggression*. Talk given at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Lannin, D. G.,* Cornish, M., Gyll, M., Krizan, Z., & Madon, S. (January, 2013). *Grandiose and vulnerable narcissism: Two uniquely unhelpful faces*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Johar, O.,* & Krizan, Z. (January, 2013). *Unfolding of envy in time*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Hoogland, C.,* Kim, S. H., Krizan, Z., Martin, A., & Smith, R. H. (2013). *The political ideology of envy and greed: Venture of vulture capitalism*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Miller, J. C.,* & Krizan, Z. (January, 2013). Incidental physical activity facilitates positive affect (even when expecting the opposite). Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

- Krizan, Z., Miller, J. C.,* & Watson, D. (July, 2012). *The perils of night life: Chronotypes, personality, and academic performance*. Talk given at the bi-annual convention of the European Association for Personality Psychology, Trieste, Italy.
- Johar, O.*, & Krizan, Z. (January, 2012). *When the innocent are blamed for unintended advantage*. Poster presented at the annual meeting of Society for Personality and Social Psychology, San Diego, CA.
- Miller, J. C.*, & Krizan, Z. (January, 2012). *Reappraisal predicts decreased message acceptance during a fear appeal*. Poster presented at the annual meeting of Society for Personality and Social Psychology, San Diego, CA.
- Murray, R. A.*, Krizan, Z., & Blankenship, K. (January, 2012). *The role of intellect and orderliness in overlap among measures of motivated cognition*. Poster presented at the annual meeting of Society for Personality and Social Psychology, San Diego, CA.
- Krizan, Z. **Chair** (June, 2011). *The paradox of narcissism: From individual differences to clinical manifestations*. Symposium presented at the annual meeting of the Association for Research in Personality, Riverside, CA.
- Krizan, Z., & Johar, O.* (June, 2011). Envy divides the two faces of narcissism. Talk given at the bi-annual meeting of the Association for Research in Personality, Riverside, CA.
- Johar, O.*, & Krizan, Z. (January, 2011). *Social comparison and pro-environmental behavior: Do others make you "green"?* Poster presented at the annual meeting of Society for Personality and Social Psychology, San Antonio, TX.
- Miller, J. C.*, & Krizan, Z. (January, 2011). *Boosting mood via unintentional physical activity: The role of expectations*. Poster presented at the annual meeting of Society for Personality and Social Psychology, San Antonio, TX.
- Krizan, Z., & Sweeny, K. **Chairs** (May, 2010). *Illusions in Everyday Prophecies: Causes and Consequences*. Symposium presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Krizan, Z. (May, 2010). *Wishful Thinking about the Future*. Talk given at the annual meeting of the Association for Psychological Science, Boston, MA.
- Rose, J. P., & Krizan, Z. **Chairs** (January, 2010). *When and how social comparative standing impact well-being and affect*. Symposium presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Rose, J. P., & Krizan, Z. (January, 2010). *Social comparisons of affectivity and their role in well-being: A cross-cultural analysis*. Talk given at the

annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Johar, O.*, & Krizan, Z. (January, 2010). *Do narcissists envy, and if so, which do?* Poster to be presented at the annual meeting of Society for Personality and Social Psychology, Las Vegas, NV.

Miller, J. C.*, & Krizan, Z. (January, 2010). *Exercise for extraverts: Do they feel event better than others afterwards?* Poster to be presented at the annual meeting of Society for Personality and Social Psychology, Las Vegas, NV.

Johar, O.*, & Krizan, Z. (May, 2009). *Do narcissists envy, and if so, which do?* Poster presented at the annual meeting of American Psychological Society, San Francisco, CA.

Krizan, Z., **Chair** (February, 2009). *Narcissism as addiction to status and superiority: Temperamental and interpersonal bases.* Symposium presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

Krizan, Z., & Bushman, B. J. (February, 2009). *Better than my friends and family: Social comparison tendencies among narcissists.* Talk given at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

Rose, J. P., & Krizan, Z. (February, 2009). *On having a satisfied life: Social comparison, trait affectivity, and life satisfaction.* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

Rose, J. P., & Krizan, Z. (November, 2008). *Relative measures of trait affectivity.* Poster presented at the annual meeting of the Society for Judgment and Decision Making, Chicago, IL

Krizan, Z. (May, 2008). *The public side of performance predictions.* Poster presented at the annual meeting of American Psychological Society, Chicago, IL.

Krizan, Z. (February, 2008). *The “about-average” effect: When public identifiability reduces bias in social comparisons.* Poster presented at the annual meeting of Society for Personality and Social Psychology, Albuquerque, NM.

Krizan, Z. (January, 2007). *Is implicit self-esteem really implicit? The case of the Name-letter effect.* Poster presented at the annual meeting of Society for Personality and Social Psychology, Memphis, TN.

Krizan, Z., & Windschitl, P. D. (May, 2004). *Paradoxical effects of wishful thinking*. Poster presented at the annual meeting of American Psychological Society, Chicago, IL.

Krizan, Z. (April, 2003). *Rule-based vs. associative processing in multiple-outcome probability judgment*. Talk given at the 4th Annual James F. Jakobsen Graduate Forum, University of Iowa.

Krizan, Z. & Windschitl, P. D. (November, 2002). *Rule-based vs. associative processing in multiple-outcome probability judgment*. Poster presented at the annual meeting of Society for Judgment and Decision Making, Kansas City, MO.

Marmolejo, G., & Krizan, Z. (June, 2001). *Does massed retrieval repetition of simple actions increase their memorability?* Poster presented at the annual meeting of American Psychological Society, Toronto, ON.

Editor-in-Chief: * *Journal of Research in Personality* ($IF_{5\text{-year}} = 3.9$)
(600+ manuscripts/year, since 2020)

Associate Editor:

* *SLEEP Advances* (*Journal of Sleep Research Society*)
($IF_{2022}=3.3$)
(5 manuscripts/year, since 2020)

Personality and Social Psychology Bulletin ($IF_{5\text{-years}} = 3.6$)
(2016-2020)

Journal of Research in Personality ($IF_{5\text{-year}} = 3.6$)
(30 manuscripts/year, 2018-2020)

Editorial Board:

**Frontiers in Public Health* (2 manuscripts/year, since 2022)

**Personality Science* (2 manuscript/year, since 2020)

Personality and Social Psychology Review ($IF_{5\text{-year}} = 7.6$)
(3 manuscripts/year, 2013-2020)

Journal of Personality and Social Psychology ($IF_{5\text{-year}} = 7.4$)
(3 manuscripts/year, 2009-2019)

Journal of Research in Personality ($IF_{5\text{-year}} = 3.6$)
(4 manuscripts/year, 2009 – 2018)

Appointed
Committee
Member

**National IQ Database Working Group* (Elsevier, since 2024): Developing guidance for use of the National IQ Database and retraction procedures for questionable research papers.

**Communications Committee for the Sleep Research Society* (1/meeting a month, 2023-26): Managing communications, outreach, and public relations for activities of the sleep-research community

* Virtual Fellow in Assessment 2025 (College Board);
Evaluating the Psychology Advanced Placement Exam

Scientific Offerings Committee for the Sleep Research Society (1/meeting a month, 2019-22): Planning and organizing the 2021 bi-annual interdisciplinary conference on Advances in Sleep and Circadian Science (sessions co-chair).

Co-Organizer:

Advances in Sleep and Circadian Science, bi-annual meeting of the Sleep Research Society (February, 2023)
Clearwater, FL (Co-Chair of Neuropsychology and Measurement sessions).

Sleep, Personality, and Social Processes Mini- Conference
(with Amie Gordon, May 2019, University of California – San Francisco), funded by the Society for Personality and Social Psychology.

Grant Reviewer: *National Science Foundation*
 Israeli Science Foundation
 Research Council of Canada
 Polish Science Foundation
 Swiss Science Foundation
 Huo Family Foundation

Ad-Hoc Reviewer: *Proceedings of the National Academy of Sciences*
 Perspectives on Psychological Science
 Social Science and Medicine
 Psychiatry Research
 Journal of Sleep Research
 Psychological Science
 Personality and Social Psychology Review
 Sleep Medicine
 *Sleep Health... and **30+ other peer-reviewed journals***

External Evaluator

Full Professor: Baylor University (2024); University of Utah (2021);
Michigan State University (2021); Ohio State University –
Mansfield (2020)

Associate Professor/Tenure: University of Oregon (2023); University of
Texas – Dallas (2016)

Doctoral Dissertation: Dartmouth College, New Lincoln University (New
Zealand), Australian National University, University of Western
Australia, University of Wollongong

Invited Book Reviewer

Larsen, R., & Buss, D. (2024). *Personality Psychology: Domains of
knowledge about human nature*. McGraw-Hill.

Rusak, B. (2017). *The Science of Sleep*. Sinaur Associate Publishers.

Hinton, P. (2015). *The perception of people: Integrating cognition and
culture*. New York: Taylor and Francis.

Twenge, J. (2015). *Psychology of Personality*. Pearson. Carver, C. S., & Scheier, M. F. (2012). *Perspective on Personality* (6th Ed.)

Funder, David C. (2007). *The Personality Puzzle* (4th Ed.). New York: W. W. Norton & Co.

- **Awards and Honors**

*Big 12 Fellowship*_(2025). Iowa State University

Fellow (2024). Future Policing Institute.

*Career Excellence in Research Award*_(2023). Department of Psychology, Iowa State University.

Fellow (2018). Association for Psychological Science.

Fellow (2018). Society for Personality and Social Psychology.

Excellence in Graduate Mentoring Award (2018). Department of Psychology, Iowa State University.

*Mid-Career Excellence in Research Award*_. (2017). Department of Psychology, Iowa State University.

Outstanding Faculty Member selected by the Greek Community (2014). Intrafraternity Council and Collegiate Panhellenic Council, Iowa State University.

Fellow (2013). Society for Experimental Social Psychology.

Early Achievement in Teaching Award. (2011) College of Liberal Arts and Sciences, Iowa State University.

Early Career Achievement in Teaching Award. (2011). Department of Psychology, Iowa State University.

Early Career Excellence in Research Award. (2010). Department of Psychology, Iowa State University.

The Kenneth Spence Award (2007). Department of Psychology, University of Iowa.

The Don Lewis Dissertation Year Award for Experimental Psychology (2006). Department of Psychology, University of Iowa.

Summer Dissertation Fellowship [\$3,000] (2006). Graduate College, University of Iowa.

Outstanding Graduate Student as Mentor Award: Honorable Mention (2006). Graduate Student Senate, University of Iowa.

Outstanding Teaching Assistant Award (2005). Department of Psychology, University of Iowa.

- **Internal Grant Awards (ISU)**

Translational Project Award: Iowa Sleep and Personality Project (2019, \$5,000), U-Turn Translational Research Network, Iowa State University.

Dean's High Impact Award for Undergraduate Research (2018, \$1,700, student: Diana Muranovic). College of Liberal Arts and Sciences, Iowa State University.

Engineering-LAS Online Learning (ELO). Hybrid Course Development Grant (2016, \$5000 to develop Sleep and Dreams course).

CELT Booster Program Grant (2013, \$1,200, to transform Personality Psychology into a hybrid format). College of Liberal Arts and Sciences.

Engineering-LAS Online Learning (ELO) Online Course Development Grant (2013, \$3000 to modernize online delivery of Social Psychology course).

LAS Small Grant [\$750, \$1250, \$1,000] (2007, 2008, 2009). College of Liberal Arts and Sciences.

Psychology Department Research Grant [\$2,500, \$3,000] (2012, 2009).

- **University and Departmental Service** (* indicates current appt.)

* *Human Subject Ethics Review Committee* (since 2023, Department of Psychology)

* *Faculty Enhancement Committee* (since 2025, Department of Psychology)

* *Alumni Engagement Committee* (since 2025, Department of Psychology)

* **Chair**, Faculty Enhancement Committee (2023-2025, Department of Psychology)

* *Human Subject Ethics Review Committee* (since 2023, Department of Psychology)

Research Enhancement Committee (2022-2023, Department of Psychology)

Social Committee (2021-23, Department of Psychology).

Psychology-and-Law Search Committee (2022-23, Department of Psychology)

Chair, *Public Relations-Website Committee (2021-22, Department of Psychology)*

Promotion and Tenure Committee (2019-2022, Department of Psychology, Iowa State University.

Chair, *Faculty Development Committee (2017-2020). College of Liberal Arts and Sciences, Iowa State University.*

Faculty Senate Recognition and Development Committee (2017-2020). Faculty Senate, Iowa State University

Committee for Evaluation of Teaching, Research, and Service, (2018-2019). Department of Psychology, Iowa State University.

Chair, *Assistant Professor in Quantitative Psychology Search Committee, (2018-2019). Department of Psychology, Iowa State University.*

Human Subjects Ethics Review Committee (2015-2018). Department of Psychology, Iowa State University.

Chair, *Committee for Evaluation of Teaching, Research, and Service, 2016-2017). Department of Psychology, Iowa State University.*

Chair, *Preliminary Exam Committee (2016, 2011-13, 2008-2009). Department of Psychology.*

Faculty Development Committee (2013 – 2017). College of Liberal Arts and Sciences, Iowa State University.

Committee for Evaluation of Teaching, Research, and Service (voting member, 2014-2016). Department of Psychology, Iowa State University.

Research Participant Pool Committee (2010-2015, 2007-2009). Department of Psychology, Iowa State University.

Departmental Executive Committee (2009-2010). Department of Psychology, Iowa State University.

Research Committee for LAS “Green” Team (2009-2010). Iowa State University.

Co-Director of the Social Psychology Area (2008-2009). Department of Psychology, Iowa State University.

Graduate Program Committee (2008-2009). Department of Psychology, Iowa State University.

Social Area Search Committee Member (2008-2009). Department of Psychology, Iowa State University.

- **Professional Affiliations**

American Psychology-Law Society, since 2021

International Investigative Interviewing Research Group, since 2018.

Sleep Research Society, since 2012

Society for Experimental Social Psychology, since 2012

Association for Research in Personality, since 2009

Society for Personality and Social Psychology, since 2001.

Association for Psychological Science, since 2000.

- **Teaching Experience**

Undergraduate Courses

*Sleep and Dreams (since 2017; **developer**)*

Personality Psychology – Hybrid (since 2015).

Personality Psychology (since 2007).

Social Psychology (2011, 2013).

Graduate Courses

*Advanced Personality Psychology (since 2010; **developer**)*

Graduate Seminar in Social Psychology (2008-09; 2013-14).

Undergraduate Freshman Honors Seminars

Sleep and Dreams (2015)

Self-Consciousness (2012)

Reality vs. Illusions (2009)

- **Mentorship Experience**

Graduate Faculty Advisor:

Breanna Curran (doctoral candidate, MS 2025)
 Gillian Bellman (2024)
 Anthony Miller (Ph.D. 2024)
 Hugo Seguin (MS conferred 2023)
 Nicholas Boehm (2019-2020)
 Garret Hisler (Ph.D. 2019; @ SilverCloud Health)
 Anne Herlache (Ph.D. 2017; @ Internal Revenue Service)
 Jeffrey C. Miller (Ph.D. 2014; @ American Academy of Dermatology)
 Omesh Johar (Ph.D. 2014; @ Central Ohio University)

Dissertation/Thesis Committee Member

Grace Wasinger (MS, since 2022)
 Ariana Daneshbodhi (MS 2023)
 Crystal Jewell (MS 2022)
 Kathryn Bunda (Ph.D. 2022)
 Kristen Slapinski (MS 2020)
 Nicole Hayes (Ph.D. 2022)
 Lanmiao He (Ph.D. 2020)
 Dominick Atkinson (Ph.D. 2019)
 Adrienne Austin (Ph.D. 2019)
 Frederick Clavel (Ph.D. 2017)
 William B. Stone III (MS 2017)
 Lydia Hardy (Ph.D. 2016)
 Wade Kidner (2013-2016)
 Ceren Gunsoy (Ph.D. 2016)
 Srikant Manchiraju (Ph.D. 2015; Merchandising Program)
 Sara Prot (Ph.D. 2015)
 LaPorchia Davis (Ph.D. 2015, Merchandising Program)
 Sam Yeung (degree 2014)
 Rene Murray (Ph.D. 2014)
 Kira Werstein (Ph.D. 2013, Kinesiology)
 Ross O'Hara (Ph.D. 2011, Dartmouth College)
 Christopher P. Barlett (Ph.D. 2011)
 Julia Maier (Ph.D. 2011)
 Kadlicko, Stephanie (MPA 2010)

Honors Thesis Supervisor :

Kallie Yearick ("The role of power in creative thought", 2013-2014)
 Margaret Lyon ("Evaluating interventions on conservation behaviors", 2009-2010)
 Thomas J. Mazzula ("Cognitive Strategies among triathletes", 2008-09)

Freshman Honor's Program Supervisor

Rylee Nevel (2024); Olivia Diggs (2013); Michaela Trenary (2011); Kelly Sebetka (2010); Teri Schnelle (2008)