**HOPE I. WHITE**

hopewhit@buffalo.edu

**EDUCATION**

Ph.D. **University at Buffalo – SUNY**, Buffalo, NY

2018 – present Social-Personality Psychology

. Advisor: Sandra Murray, Ph.D.

M.A. **University at Buffalo – SUNY**, Buffalo, NY

2022 Psychology, Specialization: Clinical Psychology

Advisor: Julie Bowker, Ph.D.

Secondary Advisor: Stephanie Anzman-Frasca, Ph.D.

B.S. **New York University,** New York, NY

2016 Applied Psychology, *summa cum laude* with Honors

**AWARDS AND HONORS**

2022 **Dissertation Fellowship** ($10,000), College of Arts and Sciences, University at Buffalo

2022 **Nominated Finalist, Rice Award for Early Excellence in Research**, University at Buffalo

2021 **Outstanding Research Award**, Psychology Graduate Association, University at Buffalo

2020 **Early Career Scholars Grant**, International Society for the Study of Behavioral Development

2019 **Professional Development Award**, Graduate Student Employees Union, University at Buffalo

2019 **Outstanding Research Award,** Psychology Graduate Student Association, University at Buffalo

2019 **Graduate Student Travel Award**, Society for Research in Child Development

2018 **Presidential Fellowship** ($30,000), University at Buffalo

2016 **John W. Withers Memorial Award**, New York University

2016 **President’s Service Award**, New York University

2016 **Departmental Service Award**, New York University

2016 **University Honors Scholar, Founder’s Day Award**, New York University

2015 **Mary Brabeck Scholarship**, Inaugural Scholar, New York University

2012-2016 **Dean’s List**, New York University

**PUBLICATIONS**

*Peer-Reviewed Publications:*

Bowker, J. C., **White, H. I.**, & Weingarten, J. (2023). Exploratory study of friendship dissolution characteristics during adolescence. *Infant & Child Development, 32*(4), e2428*.* https://doi.org/10.1002/icd.2428

**White, H. I.,** Bowker, J. C., Adams, R. A., & Coplan, R. J. (2022). Solitude and affect during emerging adulthood: When, and for whom, spending time alone leads to positive and negative affect during social interactions. *International Journal of Behavioral Development, 46*(6), 490-499.

Kong, K. L., Anzman-Frasca, S., Burgess, B., Serwatka, C., **White, H. I.**, & Holmbeck, K. (2022). Systematic review of general parenting intervention impacts on weight status as a secondary outcome. *Childhood Obesity.*

**White, H. I.**, Javdani, S., Greenbaum, C. A., Emerson, E., & Donenberg, G. R. (2022). The combined influence ofmonitoring and pubertal timing on disruptive behavior problems in African American girls. *Journal of Child and Family Studies, 31*, 1441-1453.

Bowker, J. C., & **White, H. I.** (2021). Studying peers in research on social withdrawal: Why broader assessments of peers are needed. *Child Development Perspectives*, *15*(2), 90-95.

McCormick, M. P., Neuhaus, R., O’Connor, E., **White, H. I.,** Horn, E. P., Harding, S., Cappella, E., & McClowry, S. G. (2020). Long-term effects of social-emotional learning on academic skills: Evidence from a randomized trial of INSIGHTS. *Journal of Research on Educational Effectiveness, 14* (1), 1-27.

Bowker, J. C., Stotsky, M. T., **White, H. I.**, & Kamble, S. (2020). Being a crush during early adolescence in India: Gender differences in the socio-behavioral and psychological concomitants. *Journal of Adolescence, 80,* 115-124.

McCormick, M. P., Neuhaus, R. N., Horn, E. P., O’Connor, E. E., **White., H. I.**, Harding, S., Cappella, E., & McClowry, S.G. (2019). Long-term effects of an early intervention on “foot in the door” outcomes: Grade retention and receipt of special education. *AERA Open, 5*(3), 1-21.

Javdani, S., Sadeh, N., **White, H. I.**, Emerson, E. M., Houck, C., Brown, L. K., & Donenberg, G. R. (2019). Contextualizing pubertal development: The combination of sexual partners’ age and girls’ pubertal development confers risk for externalizing but not internalizing symptoms among girls in therapeutic day schools. *Journal of Adolescence*, *71,* 84-90.

McCormick, M. P., **White, H. I.**, Horn, E. P., Lacks, R., O’Connor, E. E., Cappella, E., & McClowry, S. (2018). Instructional support and academic skills: Impacts of *INSIGHTS* in classrooms with shy children. *Early Education & Development, 29*(5), 691-715.

*Manuscripts Under Review:*

McVarnock, A. M., Coplan, R. J., **White, H. I.**, & Bowker, J. C. (Stage 1 Registered Report; In Principle Acceptance). Looking beyond time alone: An examination of solitary activities, motivation for solitude, and aloneliness in emerging adulthood. *Journal of Personality*.

**White, H. I.,** Bowker, J. C., Etkin, R. G., & Kamble, S. (under review). Reciprocal associations between social withdrawal subtypes and peer difficulties among early adolescents in urban India.

*Manuscripts in Preparation:*

**White, H. I.**, Kubiniec, E., Savell, M., Eiden, R. D., Epstein, L., Fabiano, G., Kong, K. L., & Anzman-Frasca, S. Play With Me: The development of a positive parenting intervention to promote healthy eating among young children.

**White, H.** **I.**, Holmbeck, K., Ratmansky, J., Kong, K. L., & Anzman-Frasca, S. A systematic review of parenting interventions: Long-term effects, effectiveness in underrepresented populations, and implications for obesity prevention.

**BOOK CHAPTERS**

Bowker, J. C., **White, H. I.**, & Etkin, R. G. (2021). Social withdrawal in adolescence: The role of peers. In R. J. Coplan, J. C. Bowker, & L. J. Nelson (Eds.), *The handbook of solitude: Psychological perspectives on social isolation, social withdrawal, and being alone* (2nd ed., pp. 134-145). John Wiley & Sons, Inc. [*https://doi.org/10.1002/9781119576457*](https://psycnet.apa.org/doi/10.1002/9781119576457)

McCormick, M. P., **White, H. I.**, Horn, E. P., Lacks, R., O’Connor, E. E., Cappella, E., & McClowry, S. (2020). Instructional support and academic skills: Impacts of *INSIGHTS* in classrooms with shy children. In C. L. Smith & D. J. Bridgett (Eds.), *Moving Forward in the Study of Temperament and Early Education Outcomes: Mediating and Moderating Factors.* Routledge.

O’Connor, E. E., Horn, E. P., & **White, H. I.** (2019). Shyness: Helping handout for the school and home. In G. Bear & K. Minke (Eds.), *Helping Handouts: Supporting Students at School and Home*. National Association of School Psychologists.

**PRESENTATIONS**

**White, H. I.,** Kubiniec, E., Savell, M., Eiden, R. D., Epstein, L., Fabiano, G., Kong, K. L., & Anzman-Frasca, S. (2023, March 23-25). *Play With Me: Effects of a shared activities intervention on positive parenting* [Poster presentation]. Society for Research in Child Development 2023 Biennial Meeting, Salt Lake City, UT, United States.

McVarnock, A. M., Coplan, R. J., Bowker, J. C., & **White, H. I.** (2022, June). *Looking beyond time alone: A person-centered examination of solitary activities, motivation for solitude, and aloneliness in emerging adulthood* [Paper symposium]*.* Development 2022, Calgary, AB, Canada.

**White, H.** **I.**, Holmbeck, K., Ratmansky, J., Kong, K. L., & Anzman-Frasca, S. (2022, May). *A systematic review of parenting interventions: Long-term effects and implications for obesity prevention* [Paper presentation]. International Society of Behavioral Nutrition and Physical Activity 2022, Virtual.

\*Also presented at the University at Buffalo Celebration of Academic Excellence 2022

**White, H. I.**, Eiden, R. D., Savell, M., Epstein, L., Fabiano, G., Kong, K. L., Tauriello, S., & Anzman-Frasca, S. (2021, April). *Play With Me: The development of a positive parenting intervention to promote healthy eating among young children* [Poster presentation]. Society for Research on Child Development 2021, Virtual.

**White, H. I.** & Bowker, J. C. (2021, March). *(Dis)agreement in perceptions of interactions and friendship quality in best-friend dyads during early adolescence* [Poster presentation]. Society for Research on Adolescence 2021, Virtual.

Balmer, R. A., Hogan, J. R., Ofori-Akwaboah, J., Nieves, K., Raghunandan, F. K., Stotsky, M., **White, H. I.**, & Bowker, J. C. (2020, April). *A closer look at young adolescents’ crush experiences and psychological adjustment* [Poster presentatation]. Western New York Undergraduate Psychology Conference, Buffalo, NY, United States.

**White, H. I.** & Bowker, J. C. (2020, June). *How friendship quality contributes to shyness-withdrawal during early adolescence*. [Accepted paper presentation – Conference cancelled due to COVID-19]. International Society for the Study of Behavioral Development 2020, Rhodes, Greece.

**White, H. I.** & Bowker, J. C. (2020, June). The influence of time spent alone and internalizing symptoms on daily mood in late adolescence. [Accepted paper presentation – Conference cancelled due to COVID-19]. International Society for the Study of Behavioral Development 2020, Rhodes, Greece.

Bowker, J. C., **White, H. I.**, & Stotsky, M. T. (2020, March). Friendship beak-ups are hard, especially for shy-withdrawn young adolescents [Accepted paper symposium – Conference cancelled due to COVID-19]. Society for Research on Adolescence 2020, San Diego, CA, United States.

**White, H. I.**, Bowker, J. C., Stotsky, M. T., Adams, R. E., & Simms, L. J. (2019, September). *Shyness, time spent alone, and internalizing problems in emerging adulthood* [Poster presentation]. Society for Research in Psychopathology 2019, Buffalo, NY, United States.

Granski, M., **White, H. I.**, & Javdani, S. (2019, June). *Understanding gender and racial disparities in school pushout: The role of trauma, PTSD, and pubertal timing* [Paper symposium]. Society for Community Research & Action Biennial Meeting, Chicago, IL, United States.

**White, H. I.,** O’Connor, E. E., McCormick, M. P., Capella, E., & McClowry, S. G. (2019, March).

*Long-term effects of social-emotional learning on academic achievement: Do impacts vary by early skills?* [Paper symposium]. Society for Research in Child Development 2019, Baltimore, MD, United States.

O’Connor, E. E., **White, H. I**. (\*presenting author), Harding, S., McCormick, M. P., Cappella, E., & McClowry, S. G. (2019, March). *Differential effects of a social emotional intervention due to classroom characteristics.* [Paper symposium]. Society for Research in Child Development 2019, Baltimore, MD. United States.

**White, H. I.,** O’Connor, E. E., McClowry, S. G., Harding, S. H., & McCormick, M. P. (2018). *An examination of the long-term efficacy of INSIGHTS on shy children* [Paper symposium]. Occasional Temperament Conference 2018, Murcia, Spain.

Harding, S., **White, H. I**. (\*presenting author), O’Connor, E. E., McCormick, M.P., & McClowry, S. (2018, April). *Supporting learning in early childhood through classroom context: The role of social emotional interventions* [Paper symposium]. American Education Research Association Conference 2018, New York, NY, United States.

McCormick, M. P., **White, H. I.**, Horn, E. P., Lacks, R., O’Connor, E. E., Cappella, E., & McClowry, S. (2018). *Instructional support and academic skills: Impacts of INSIGHTS in classrooms with shy children* [Paper symposium]. American Education Research Association Conference 2018, New York, NY, United States.

McCormick, M. P., Horn, E. P., O’Connor, E.E., **White, H. I.**, Harding, S., Cappella, E., & McClowry, S. (2018). *Social-emotional learning, special education referral, and grade retention from kindergarten through fifth grade: Long-term effects of early intervention on policy-relevant outcomes* [Paper symposium]. Society for Research on Educational Effectiveness 2018, Washington, D.C., United States.

**White, H. I.**, Javdani, S., Greenbaum, C. A., Emerson, E., & Donenberg, G. R. (2016). *The combined influence of parenting and early puberty on the development of disruptive behavior problems in African American girls* [Poster presentation]. NYU Applied Psychology Undergraduate Conference & PACE University Psychology Conference, New York, NY, United States.

**INVITED TALKS**

**White, H. I.** & Ferkin, A. (2019, October). Introduction to preregistration. Invited presentation at the   
University at Buffalo Clinical Psychology Program Brown Bag Series.

**RESEARCH EXPERIENCE**

1/2022 – present **Doctoral Research Assistant**

Interpersonal Processes Lab

Department of Psychology

University at Buffalo

Supervisor: Sandra Murray, Ph.D.

8/2018 – 1/2022 **Doctoral Research Assistant**

Child & Adolescent Relationships Laboratory

Department of Psychology

University at Buffalo

Supervisor: Julie Bowker, Ph.D.

3/2019 – 12/2022 **Doctoral Research Assistant**

Child Health and Behavior Lab

Department of Pediatrics, Jacobs School of Medicine

University at Buffalo

Supervisor: Stephanie Anzman-Frasca, Ph.D.

6/2016 – 8/2018 **Research Analyst & Project Coordinator**

INSIGHTS Follow Up Study

Institute of Human Development and Social Change

New York University

Supervisors: Erin O’Connor, Ph.D., Meghan McCormick, Ph.D., Elise Capella, Ph.D., & Sandee McClowry, Ph.D., RN, FAAN

9/2014 – 8/2018 **Senior Research Assistant**

Researching Inequalities in Society Ecologically (R.I.S.E.) Team

New York University

Supervisor: Shabnam Javdani, Ph.D.

1/2014 – 5/2014 **Research Extern**

Family Translational Research Group

New York University

Supervisors: Michael Lorber, Ph.D., Amy Smith Slep, Ph.D., Richard Heyman, Ph.D.

**TEACHING EXPERIENCE**

**Teaching Assistantships**

*Department of Psychology, University at Buffalo, SUNY*

Psychology of Personality (Instructor: Dr. Ericka Nus) Spring 2022, Spring 2023

Abnormal Psychology (Instructors: Abigail Cheesman, Erica Goddard) Fall 2020, Fall 2021

Intro to Psychology (Instructors: Dr. Michael Poulin, Dr. Ericka Nus) Spring 2020, Spring 2021

Social Psychology (Instructor: Dr. Shannon Lupien) Fall 2019

Psychological Statistics (Instructor: Dr. Christopher McNorgan) Spring 2019

Health Psychology (Instructor: Dr. Cheryl Kondrak) Fall 2018

*Department of Applied Psychology, New York University*

Seminar in Applied Psychology I (Scientific Writing in Psychology) Fall 2017 - Spring 2018

(Instructors: Laura Schneebaum, LMHC; Adina Schick, Ph.D.)

Developmental Psychology Across the Lifespan Spring 2017

(Instructor: Dr. Christina Medellin)

**TECHINCAL PROFICIENCES**

* Proficient in R, Stata, MPlus, SPSS, REDCap
* Familiar with SAS
* Proficient in advanced programming using Qualtrics Survey Software

**SPECIALIZED STATISTICAL TRAINING**

*Introduction to Multilevel Modeling* May 2019

Curran & Bauer Analytics

Instructors: Dr. Patrick Curran & Dr. Dan Bauer

*Introduction to Structural Equation Modeling* May 2020

Curran & Bauer Analytics

Instructors: Dr. Patrick Curran & Dr. Dan Bauer

*Analysis of Intensive Longitudinal Data: Experience Sampling and* June 2020

*Ecological Momentary Assessment*

American Psychological Association Advanced Training Institute

Instructors: Dr. Niall Bolger, Dr. Kevin Grimm, Dr. Jean-Philippe Laurenceau, Dr. Nilam Ram

**PROFESSIONAL SERVICE**

* 2023 Society for Personality and Social Psychology Student Poster Award Reviewer
* 2021 Mentored Reviewer for Society for Research on Child Development (Panel 22: Social Development; Mentor: Julie Bowker)
* 2020 Mentored Reviewer for Society for Research on Adolescence (Panel 15: Peers; Mentor: Julie Bowker)
* Center for Open Science Ambassador (June 2019-present)
* Society for Research in Psychopathology, University at Buffalo Planning Committee (2019)
* University at Buffalo Clinical Area Diversity, Equity, & Inclusion Committee, Student Member (September 2018 – September 2021)
* University at Buffalo Clinical Area Admissions Committee, Student Member (Winter 2019)
* Editor-in-Chief, Online Publication of Undergraduate Studies, New York University (9/2014 – 5/2016)
* President, Applied Psychology Undergraduate Club, New York University (9/2014 – 5/2016)

**EDITORIAL ACTIVITIES**

***Personality and Social Psychology Review* Emerging Editor Board** (Appointed 2022-2024)

**Ad Hoc Reviewing**

* *Appetite* (Mentored Review with Dr. Stephanie Anzman-Frasca)
* *Journal of Personality* (Mentored Review with Dr. Julie Bowker)

**PROFESSIONAL AFFILIATIONS**

* Society for Personality and Social Psychology
* Society for Research on Child Development

**MEDIA COVERAGE**

* **Theravive:** [**“**Alone Time is Not Always a Good Thing for Those Who Dislike Socializing”](https://www.theravive.com/today/post/alone-time-is-not-always-a-good-thing-for-those-who-dislike-socializing-0004883.aspx)
* **VeryWell Health:** [“We All Need ‘Me Time’ During the Holidays. Here’s How to Optimize It”](https://www.verywellhealth.com/importance-of-restorative-me-time-during-holidays-6950704)