



# Social Personality & Health Pre-Conference

January 26, 2012, San Diego, California  
Co-Chairs: David Sherman & Sally Dickerson

# Schedule

8:00 - 8:30			BREAKFAST		
8:30 - 8:45	Alex Rothman		SPH Network Update		
8:45-9:15	Sarah Pressman		Pathways Connecting Positive Emotions to Better Health		
9:15-9:45	John Updegraff		Framing Messages to Motivate Healthy Behavior		
9:45-10:30			Data Blitz		
10:30-10:45			BREAK		
10:45-11:15	Howard Friedman		Healthy Models: Zoom Out		
11:15-11:45	Janet Tomiyama		How Psychologically Savvy Are Your Immune Cells? What Telomeres Can and Can't Tell Us		
11:45-12:15	Jerry Suls		How Some Social Psychologists Successfully Became Health Psychologists: Their Histories and Stories		
12:15-1:30			LUNCH		
1:00-1:30			SPSP registration		
1:35-1:40	John Updegraff		SPH Network Anthem		
1:45-3:10	William Klein (Moderator), Cathy Backinger, David Hammond, Rob Ruiter, Linda Cameron		Social Policy Roundtable on Tobacco Legislation		
3:10-3:25			BREAK		
3:25-4:25	NCI Keynote Address Brian Wansink		Smarter Lunchrooms: From Mindless Eating to Mindlessly Eating Better		
4:25-4:30	David Sherman & Sally Dickerson		Closing Remarks		

# Abstracts

Sarah Pressman, University of Kansas: *Pathways Connecting Positive Emotions to Better Health*

While the majority of research has focused on the connection between negative psychosocial variables and health, there is growing interest and recognition that positive emotions may also be of great importance to physical well-being. This presentation will focus on a discussion of the connections between positive emotion and physical health outcomes with a discussion of the pathways connecting these variables. This will include a review of plausible direct connections via alteration in physiological markers (e.g., immune function, cortisol, cardiovascular function), health behaviors, and social relationships, as well as the evidence suggesting a role for positive emotion in stress-buffering and recovery. Finally, the presentation will end with a brief discussion on novel but less studied pathways in this field including the role of facial expressions and oxytocin levels.

John Updegraff, Kent State University: *Framing Messages to Motivate Healthy Behavior*

Historically, the biopsychosocial model of challenge and threat evolved as an outgrowth of prior work relating “cardiovascular reactivity” and cardiovascular disease. The biopsychosocial model countered widespread notions in the 1980s and early 1990s that relative differences in cardiovascular responses during stressful situations were themselves traits (e.g., “hot reactors” and “cold reactors”) predictive of disease. The latter approach appeared to minimize the value of understanding underlying psychological processes and constructs by framing mostly singular cardiovascular responses as traits. Instead, the challenge and threat model is based on the assumption that the relationships between cardiovascular indexes and health are complex involving the interplay among cognitive, affective, personality, and motivational factors. This interplay is delineated and its role in disease described.

Howard Friedman, University of California, Riverside: *Healthy Models: Zoom Out*

Healthy models should not be too thin, but should be well-proportioned with well-articulated features, without being obese. Having the right personality is especially important, in many ways. The Longevity Project twists the lens, takes the long view, and reveals that careful steps down the runway are important, but competitive stress and worry lines are not a problem. Health psychology research with a social-personality essence should ignore current fashion and zoom out before it zooms in.

Janet Tomiyama, Rutgers University: *How Psychologically Savvy Are Your Immune Cells? What Telomeres Can and Can't Tell Us*

This lecture will review the psychological and behavioral correlates of telomere length. There has long been a search for ‘psychobiomarkers’-- measures that index psychosocial stress and well-being, and precede and predict early disease and mortality. Telomeres appear to be such a psychobiomarker. There have now been many studies that link telomere shortness to psychological stress, as well as to other high stress conditions, including depression, anxiety, PTSD, domestic abuse, and early trauma. The generality of telomere shortening in conditions of distress emphasizes the lack of specificity as a biomarker, but may also provide clues to understanding common causes of early cell aging. This lecture will discuss possible

commonalities underlying these states of emotional distress that may be promoting telomere attrition, both psychological processes, such as threat appraisal, that promote stress arousal, as well as biochemical mediators of stress arousal that are known to affect the telomere/telomerase maintenance system.

Jerry Suls, University of Iowa: *How Some Social Psychologists Successfully Became Health Psychologists: Their Histories and Stories*

As part of a larger project, I conducted interviews and collected e-mail responses from more than 25 psychologists, who were trained in social-personality in the 1970's and 1980's, and who became successful health psychologists. My respondents were asked why and how they started a research program in health psychology, what obstacles and challenges they encountered, and what strategies or circumstances facilitated their transition. The participants also offered guiding principles and advice that might be helpful to current graduate students and young faculty who wish to apply social psychological theory and methods to public health problems. A selection of their responses, including strategies and history, will be shared.

### **Social Policy Roundtable on Tobacco Legislation**

William Klein, National Cancer Institute: *Moderator*

Cathy Backinger, Food and Drug Administration

*The US Food and Drug Administration's Graphic Health Warnings for Cigarette Packages: Past, Present & Future*

The 2009 Family Smoking Prevention and Tobacco Control Act provided the Food and Drug Administration (FDA) authority to require cigarette label warnings. Consequently, FDA released 36 proposed color graphics images and a proposed rule for public comment in November 2010. In order to select the final nine cigarette health warnings, FDA considered relevant scientific literature, more than 1,700 public comments, and conducted a study of 18,000 adults smokers, youth smokers, and youth susceptible to smoking to assess emotional and cognitive reactions, recall of images and statements, influences on beliefs, and behavioral responses. FDA announced its selection of the new warnings and issued the final rule in June 2011. When these warnings go into effect in September 2012, it will be the first change in cigarette warnings in the U.S. in more than 25 years. FDA plans to assess their impact via surveys, a longitudinal cohort study, and other research.

David Hammond, University of Waterloo

*Pictorial Health Warnings for Tobacco Products: Will They "Work" In the US?*

Pictorial health warnings on tobacco products have been implemented in more than 30 countries and have emerged as an important component of tobacco control policy. In September 2012, US cigarette packages will begin displaying one of nine pictorial health warnings covering the top 50% of packs. This presentation will provide a very brief overview of international regulatory practices, a summary of existing evidence on the impact of pictorial health warnings, as well as "pre-implementation" research conducted on the 9 warnings to be displayed on US packs. The presentation will also examine evidence gaps and implications for research design.

Rob Ruiter, Maastricht University

*What is Wrong with Experimental Evidence? On the Denial of Experimental Findings Against the Use of Pictorial Health Warnings*

Fear appeals are popular, but they generally have no effect or even a counterproductive effect in changing health behavior. Governmental reports and scientific papers on the implementation of pictorial warnings on tobacco packages largely ignore the *experimental* evidence against the use of graphic health warnings. We wonder why and present a study in which we demonstrate the persistent belief in the effectiveness of health warnings even after providing opposing evidence. We conclude by discussing the question why people hold on to fear-arousing messages whereas more effective methods are readily available.

Linda Cameron, University of California, Merced

*Getting Graphic: Do Graphic Warning Labels Discourage Smoking Among Young Adults?*

INSERT ABSTRACT HERE.

**NCI Keynote Address**

Brian Wansink, Cornell University:

*Smarter Lunchrooms: From Mindless Eating to Mindlessly Eating Better*



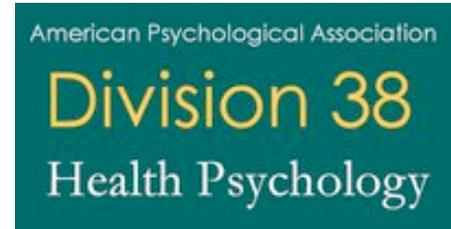
# Data Blitz

1. Eva Jansen, Maastricht University. The influence of narrative risk communication on feeling of cancer risk
2. Fiona Grant, Claremont Graduate University. I think I can, I know we can: Group identification and physical activity
3. Lisa Lipschitz, University of Toronto. Self-concept and psychosocial outcomes in breast cancer following lumpectomy or mastectomy with immediate, delayed or no reconstruction surgery.
4. Stephanie Fowler, University of Toledo. Feminine primes reduce pain tolerance for feminine men.
5. Lauren Human, University of British Columbia. Personality change and the metabolic syndrome.
6. Jill Brown, University of Toledo. Decisions, decisions: Does choice complexity alter treatment efficacy?
7. Tristen Inagaki, University of California, Los Angeles. The neural overlap between physical and social warmth.
8. Megan Roberts, Dartmouth College. Intentions, Willingness, and Experience: The influence of visual primes on risk decision-making.
9. Cameron McCabe, Portland State University. Predictors of daily alcohol consumption among extraverts: The meditational role of coping.
10. Camille Basilio, Arizona State University. Ethnic differences in perceived vulnerability to diabetes.
11. Amber Emanuel, Kent State University. Self-affirmation counters self-control depletion in restrained eaters.
12. Ho Phi Huynh, University of California, Riverside. Doctorship styles predict patient satisfaction and adherence behavior.
13. Keely Muscatell, University of California, Los Angeles. Social status moderates neural activity in the mentalizing network.
14. Megan Robbins, University of Arizona. Emotional expression in the daily conversations of couples coping with breast cancer.

15. Laura Case, University of California, San Diego. Alternating gender incongruity: A novel neuropsychiatric condition?
16. Loryana Vie, University of California, Riverside. Conscientiousness as a predictor of giving health-related social control to a partner.
17. Ranjit Bhagwat, Rutgers University – New Brunswick. Skin tone, psychological distress, and self-rated health in a South Asian American sample.
18. Sara Andrews, University of California, Riverside. Wise optimism and well-being: What conventional wisdom gets right.
19. Kirsten Nielsen, University of Florida. Is information avoidance driven by current or predicted affect?
20. Jenny Howell, University of Florida. Barriers to oral cancer screening: A focus group study of rural African American adults.

# Acknowledgements

## Sponsors



## Contributors

Cameron Brick  
Jamie Arndt  
John Updegraff  
Laurel Peterson  
Rachel Burns  
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Stephanie Fowler  
Jill Brown

Webpage  
Finances  
Anthem  
Check-in  
Check-in  
Blitz timer  
Program Design  
Mentor Lunch Organizer  
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