GERALD YOUNG
Curriculum Vitae

Email:
geraldyoung@ohio.edu

Google Scholar Page

Academic Appointments

Assistant Professor of Psychology — 2024 - Present
Department of Psychology
Ohio University

Education

Ph.D., Social-Personality Psychology — 2024
Advisors: Iris Mauss, Ph.D. & Oliver John, Ph.D.
University of California, Berkeley

M.A., Social Psychology — 2018
Advisor: David Matsumoto, Ph.D.
San Francisco State University

B.A., Psychology — 2012
California State University, East Bay

A.A., Liberal Arts & Science — 2010
Las Positas College

Fellowships & Grants

IPSR Bob Levenson Graduate Research Awards — 2024
"Emotion Beliefs and Mental Health"
PI: G. Young, Award Amount: $2,000

The Sheldon Zedeck Program for Culture, Behavior and Management Study Grant — 2019
"Emotional Fit and Its Implications for Well-Being"
PI: G. Young, Award Amount: $3,000

Eugene Cota-Robles Fellowship for Graduate Study — 2018 - 2020
University of California, Berkeley, Graduate Division
Award Amount: $56,000

Publications

Manns, B. H., Borelli, J. L., Feinstein, B., Ibonie, S. G., Kang, Y., Mauss, I. B., Nusslock, R., Purcell, J. R., Villanueva, C. M., **Young, G.**, & Gruber, J. (In Press). Believing is feeling? Emotion malleability beliefs in both at-risk and clinically diagnosed bipolar disorders. *Emotion*.

Zheng, X., **Young, G.**, Woodcock, A., Estrada, M., Schultz, W. P., Hernandez, P. (2026). Does Self-Esteem Influence Scientific Community Integration? A Preregistered, Longitudinal Investigation Among Black and Hispanic STEM Students. *Belonging*, *2*(3), 187-202. https://doi.org/10.1177/30290805261444410

Rosa, L., **Young, G.**, Ibonie, S. G., LeMoult, J., Mauss, I. B., Alloy, L. B., Borelli, J. L., Holley, S. R., Jopling, E., Moriatrity, D. P., Nusslock, R., Strauss, G., Villanueva, C. M., Weinstock, L. M., Bidwell, C., Gruber, J. (2026). The highs and lows: Cannabis use and positive valence bipolar mood and emotion processes in emerging adults. *Affective Science*, *40*(15), 121640. https://doi.org/10.1016/j.jad.2026.121640

Young, G., Mauss, I. B., Jopling, E., LeMoult, J., Borelli, J. L., Nusslock, R., Ibonie, S. G., Villanueva, C. M., & Gruber, J. (2025). A Multi-site, longitudinal investigation of emerging adult mental health across multiple stages of the COVID-19 pandemic. *Scientific Reports*, *15*(1), 42030, https://doi.org/10.1038/s41598-025-22792-8

Jopling, E., Jameson, T., Ibonie, S. G., **Young, G.**, Mauss, I. B., Alloy, L.B., Borelli, J. L., Bullock, B., Holley, S. R., Kamble, S., Mason, L., Moriarity, D. P., Nusslock, R., Okuma, A., Rutledge, R.B., Strauss, G.P., Van Bavel, J. J., Villanueva, C. M., Gruber, J., & LeMoult, J. (2025). Testing Models of Resilience in University Students: A Multi-Site Study. *Affective Science*, *6*(3), 438-450. https://doi.org/10.1007/s42761-025-00322-z

Willroth, E.C., **Young, G.**, Ford, B.Q., Troy, A., Swierzewicz, D., & Mauss, I.B. (2025). A preregistered replication and extension of "The Wisdom to know the difference: Strategy-situation fit in emotion regulation in daily life is associated with well-being." *Psychological Science*, *36*(5), 367-383. https://doi.org/10.1177/09567976251335567

Ibonie, S., G., **Young, G.**, Ploe, M. L., Mauss, I. B., Alloy, L., Bavel, J. V., Borelli, J. L., Bullock, B., Holley, S. R., Jopling, E., Kamble, S., LeMoult, J., Mason, L., Moriarty, D., Nusslock, R., Okuma, A., Rutledge, R. B., Strauss, G., Villanueva, C. M., & Gruber, J. (2025). Bipolar spectrum risk and social network dimensions in emerging adults: Two social sides?. *Journal of Clinical and Social Psychology*, *44*(1), 1-28. https://doi.org/10.1521/jscp.2025.44.1.001

Miller, S., Aldana, C. C., Wenyi, D., Lee, H., Maldonado, N., Sandoval, P., Vong, J., **Young, G.**, Handelsman, J., Broderick, N. A., Hernandez, P., & Estrada, M. (2025). Tiny Earth CURE Demonstrates Equitable Benefits for U.S. College Science Students. *CBE – Life Sciences Education*, *24*(2), ar30. https://doi.org/10.1187/cbe.23-06-0117

Young, G., Srivastava, A., Estrada, M., Schultz, P. W., & Hernandez, P.R. (2025). Colliding Identities? The role of multiple identities among historically underrepresented students pursuing scientific research careers. *Self and Identity*, *24*(1-2), 81-105. https://doi.org/10.1080/15298868.2024.2447253

Willroth, E. C., **Young, G.**, Tamir, M., & Mauss, I.B. (2023). Judging emotions as good or bad: Individual differences and associations with psychological health. *Emotion*, *23*(7), 1876-1890. https://doi.org/10.1037/emo0001220

Smith, A. M., **Young, G.**, & Ford, B. Q. (2023). The interpersonal correlates of believing emotions are controllable. *Motivation and Emotion*, *47*, 323-332. https://doi.org/10.1007/s11031-023-10016-3

Young, G. R., Karnilowicz, H. R., Mauss, I. B., Hastings, P. D., Guyer, A. E., & Robins, R. W. (2022). Prospective associations between emotion regulation and depressive symptoms among Mexican-origin adolescents. *Emotion*, *22*(1), 129-141. https://doi.org/10.1037/emo0001060

Estrada, M., **Young, G.**, Flores, L., Hernandez, P., Hosoda, K., & DeerInWater, K. (2022). Culture and quality matter in building effective mentorship relationships with Native STEM scholars. *BioScience*, *72*(10), 999-1006. https://doi.org/10.1093/biosci/biac064

Estrada M., **Young, G. R.**, Flores, L., Yu, B., & Matsui, J. (2021). Content and quality of science training programs matter: Longitudinal study of the biology scholars program. *Cell Biology Education – Life Sciences Education*, *20*(3):ar44. https://doi.org/10.1187/cbe.21-01-0011

Bratman, G. N, **Young, G.**, Mehta, A., Babineaux, I. L., Daily, G. C., & Gross, J. J. (2021). Affective benefits of nature contact: The role of rumination. *Frontiers in Psychology*, *12*. https://doi.org/10.3389/fpsyg.2021.643866

White, M., Bratman, G., Pahl, S., **Young, G.**, & Cracknell, D. (2020). Affective reactions to losses and gains in biodiversity: Testing a prospect theory approach. *Journal of Environmental Psychology*, *72*, 10152. https://doi.org/10.1016/j.jenvp.2020.101502

Young, G., & Suri, G. (2020). Emotion regulation choice: A broad examination of external factors. *Cognition and Emotion*, *34*(2), 242-261. https://doi.org/10.1080/02699931.2019.1611544

Estrada, M., **Young, G. R.**, Nagy, J., Goldstein, E. J., Ben-Zeev, A., Márquez-Magaña, L., & Eroy-Reveles, A. (2019). The influence of micro affirmations on undergraduate persistence in science career pathways. *Cell Biology Education – Life Sciences Education*, *18*(3), 18:ar40. https://doi.org/10.1187/cbe.19-01-0012

Suri, G., Lavaysse, L. M., **Young, G.**, Moodie, C., Tersakyan, A., Gross, J. J., & Gard, D. E. (2018). An investigation into the drivers of avolition in schizophrenia. *Psychiatry Research*, *261*, 225-231. https://doi.org/10.1016/j.psychres.2018.01.001

Suri, G., Sheppes, G., **Young, G.**, Abraham, D., McRae, K., & Gross, J. J. (2018). Emotion regulation choice: The role of environmental affordances. *Cognition and Emotion*, *32*(5), 963-971. https://doi.org/10.1080/02699931.2017.1371003

Mehta, A., **Young, G.**, Wicker, A., Barber, S., & Suri, G. (2017). Emotion regulation choice: Differences in U.S. and Indian populations. *International Journal of Indian Psychology*, Volume 4, Issue 2, No. 94, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.160/20170402, ISBN:978-1-365-84229-0

Under Review and In Preparation

Hernandez, I. A., **Young, G.**, Sohl, C. D., Villodas, M. T., Smith, J. L., Thoman, D. B. (Under Review). Socialization of scientific values in research labs and implications for STEM interest and career motivation. *Group Processes & Intergroup Relations*.

Young, G., John, O. P., Mauss, I. B. (In Preparation). *Should People Control Emotions – and Can They? Two Distinct Beliefs Influenced by Valence and Response Channel*

Awards and Honors

Trainee Diversity Award – Society for Affective Science 2023

Outstanding Graduate Student Instructor 2020

2nd Place: 32nd Annual California State University Research Competition 2018
Behavioral and Social Sciences – Graduate

1st Place: SFSU level of the California State University Student Research Competition 2018
Behavioral and Social Sciences – Graduate

1st Place: SFSU College of Science of Engineering Student Project Showcase 2017
Behavioral Sciences – Graduate

Teaching

Emotion Regulation	Spring 2026
Structural Equation Modeling	Spring 2025, Fall 2026
General Psychology	Fall 2024, Fall 2025
Graduate Student Instructor: Social Psychology	Spring 2024
Graduate Student Instructor: General Psychology	Fall 2021, Spring 2022, Fall 2023
Graduate Student Instructor: Research and Data Analysis in Psychology	Fall 2020, Spring 2021

Professional Service

Emotion Preconference - Organizing Committee 2025 - 2028
Society for Personality and Social Psychology

Abstract Review Board 2026
Society for Affective Science

Ad-hoc Reviewer

Affective Science
Canadian Psychology
Cognition and Emotion
Emotion
Heliyon
International Journal of STEM Education
Journal of Child & Adolescent Trauma
Journal of Affective Disorders

Journal of Experimental Social Psychology
Journal of Happiness Studies
Motivation and Emotion
Nature – Mental Health
New Ideas in Psychology
PLOS One
Psychological Reports
Psychology of Sport & Exercise
Scientific Reports
Self and Identity
Social Psychological and Personality Science
Trends in Cognitive Science

Conference Symposiums, Talks, & Posters

Young, G. (2026). *Too Much or Too Little Goal Progress? Emotion-Related Goal Discrepancies Quadratically Relate to Worse Psychological Health*. Invited Speaker at the Emotion Pre-conference at the Society for Personality and Social Psychology Conference, Chicago, IL.

Young, G., & Xu, Y. (2024). *Beliefs about controlling emotions: Implications for emotion regulation and their structure across two distinct types*. Roundtable Discussion at the Virtual APS Global Psychological Science Summit.

Young, G., John, O., & Mauss, I. B., (2024). *Can and should emotions be controlled? The role of emotional response channel, valence, and culture*. Invited Speaker at the Emotion Regulation Pre-conference at the Society for Affective Science Conference, New Orleans, LA.

Young, G., John, O., & Mauss, I. B., (2024). *Can and should emotions be controlled? The role of emotional response channel, valence, and culture*. Talk given as part of the "Emerging Research on Emotion Beliefs: Considering Daily Life, Culture, and Biology" Symposium at the Society for Affective Science Conference, New Orleans, LA.

Young, G., John, O., & Mauss, I. B., (2023). *Can and should emotions be controlled? The role of emotional response channel, valence, and culture*. Flash talk given at the Bay Area Affective Science Conference, Davis, CA.

Young, G., Estrada, M., Mauss, I. B., Flores, L., Yu, B., Matsui, J., Schultz, & P. Wesley, Hernandez, P. H. (2023). *STEM students' subjective well-being across time and as a function of social integration*. Flash talk given at the Society for Affective Science Conference, Long Beach, CA.

Young, G., Karnilowicz, H. R., Mauss, I. B., Hastings, P. D., Guyer, A. E., & Robins, R. W. (2022). *Prospective associations between emotion regulation and depressive symptoms among Mexican-origin adolescents*. Poster presented at the Society for Personality and Social Psychology Conference, San Francisco, CA.