

Claire Whiting

claire.whiting@princeton.edu
clairewhiting.com

Education

- 2022- Ph.D. (Psychology)
Princeton University.
- 2020-22 M.Res. Developmental Neuroscience and Psychopathology, *Distinction*
University College London & Yale University
- 2017-20 B.A. (Hons) Natural Sciences, *Double 1st*
University of Cambridge

Research Experience

- 2022 Ph.D. Student, Princeton University.
Adviser: Erik Nook
- 2021-22 M.Res. Student, Yale Child Study Centre Affective Youth Lab
Adviser: Wan-Ling Tseng
- 2020-21 Research Assistant, Millfields Medium-Secure Unit, East London NHS Foundation Trust
Manager: Celia Taylor
- 2019-20 B.A. Student, Memory Laboratory, University of Cambridge.
Advisers: Jon Simons & Colleen Rollins
- 2019-20 Research Assistant, Centre for Family Research, University of Cambridge.
Adviser: Claire Hughes
- 2019 Summer Research Assistant, King's College London.
Adviser: Charlotte Russell

Awards

- 2022 Dean's List (Faculty of Brain Sciences), *University College London*
- 2022 Bridge Research Prize (best thesis), *Anna Freud Centre*
- 2022 Best Talk Runner-Up, *Psychology Postgraduate Affairs Group (PsyPAG)*
- 2022 Provost's PhD Fellowship (declined), *University of Southern California*
- 2020 Dr. Kaetrin V. Simpson Prize (highest rank in Natural Sciences), *Christ's College, University of Cambridge*
- 2020 Graduate Scholarship (honorary), *Christ's College, University of Cambridge*
- 2019 College Prize, *Christ's College, University of Cambridge*

Research Grants

- 2023 Princeton University TigerWell Seed Grant (\$3,000)

Publications

Whiting, C., Bellaert, N., Deveney, C., & Tseng, W.-L. (2023). Associations between sleep quality and irritability: Testing the mediating role of emotion regulation. *Personality and Individual Differences*, 213, 112322. <https://doi.org/10.1016/j.paid.2023.112322>

Manuscripts in Progress

Whiting, C., Bellaert, N., Deveney, C.M., & Tseng, W.L. Cross-sectional and longitudinal associations between irritability and emotion dysregulation in adults. [in prep]

Whiting, C., Meigs, J., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W-L. Family Accommodation of Pediatric irritability: Development and Psychometric Properties of the Family Accommodation Scale for Irritability. [in prep] [\[poster\]](#)

Freestone, M., Mathlin, G., Whiting, C., Kuester, L., Skan, R., Jones, B., & Taylor, C. Effectiveness of psychological treatments for offenders diagnosable with a 'personality disorder': A systematic review and meta-analysis. [submitted][\[registration\]](#)

Conference Talks and Posters

Whiting, C., Baran, S., & Nook, E.C. (2024). *Evaluating Expressive Writing as an Intervention to Improve Emotion Differentiation*. Spotlight Talk and Poster to be presented at the annual Society for Affective Science conference. New Orleans, LA.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2024). *Examining the Causal Effects of Linguistic Distancing on Emotion Regulation Success*. Poster presented at the annual Society for Personality and Social Psychology conference. San Diego, CA.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2023). *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation*. Poster presented at the Princeton Summit on Affective Science. Princeton, NJ.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2023). *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation: A Field Experiment*. Flash talk at the annual Society for Affective Sciences conference. Long Beach, CA.

Whiting, C., Meigs, J., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W-L. (2022). *A New Measure for Assessing Family Accommodation of Irritability*. Poster presented at the annual Society for Research in Psychopathology conference. Philadelphia, PA.

Whiting, C., Meigs, J., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W-L. (2022). *Measuring Family Accommodation of Irritability*. Talk given at the annual Psychology Postgraduate Affairs Group (PsyPAG) conference. Virtual.

Other Talks

- | | |
|------|--|
| 2024 | Department of Psychology Interview Day. Princeton, NJ.
<i>Testing the Causal Impact of Linguistic Distancing on Emotion Regulation.</i> |
| 2023 | Department of Psychology Social Research Seminar. Princeton, NJ.
<i>Does Distancing One's Language Improve Emotion Regulation Efficacy?</i> |
| 2023 | Department of Psychology Interview Day. Princeton, NJ
<i>Testing the Causal Impact of Linguistic Distancing on Emotion Regulation: A Field Experiment.</i> |
| 2022 | Yale Child Study Centre Research in Progress Series. New Haven, CT.
<i>Irritability in Adults: Associations with Sleep, Emotion Regulation, and Internalizing Symptoms.</i> |

Teaching

Fall 2023 PSY254: Developmental Psychology (Assistant in Instruction)
Princeton University

Research Advising

Princeton University
2023- Sidra Alibrahim, undergraduate student
2022- Jesus Arroyo, undergraduate thesis student
2022- Sofia Baran, undergraduate thesis student

Manuscript Reviewing

Emotion (co-review)
Psychiatry Research (co-review)
Thinking Skills and Creativity

Other Activities

2023- Housing Committee (Princeton Graduate Apartments) - Garden Manager
2022- Project SHORT - Mentor
2018-20 Cambridge University Psychology Society – Founding Member & Treasurer
2019-20 Prison Advice and Care Trust – Volunteer Playworker
2020 Student-led Covid-19 Taskforce on Domestic Violence – Researcher
2020 Access Oxbridge – Mentor
2019 Cambridge Hub Social Innovation Programme - Placement
2019 Chesterton Community College – Teaching Assistant
2018-19 The Economist – Brand Ambassador
2018 Help Refugees & Refugee Community Kitchen - Volunteer