Claire Whiting

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Education

2022-28	Ph.D. Psychology Princeton University
2022-24	M.A. 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	Research Assistant, King's College London. *Adviser: Charlotte Russell*

Awards

2026	Graduate School Teaching Award, *Princeton University*
2026	STEM Star Award, *Princeton University Center on Science and Technology*
2024	Best Poster (New Idea) Award, *Society for Affective Science Annual Conference*
2022	Dean's List (Faculty of Brain Sciences), *University College London*
2022	Bridge Research Prize (best thesis), *UCL & 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

2025	Program in Cognitive Science Graduate Research Grant ($3,960)
2024	Princeton University Center for Health and Wellbeing Grant ($5,000)
2024	Princeton Precision Health Grant ($55,000)
2023	TigerWell Initiative Research Grant ($3,000)

Publications

Whiting, C. & Nook, E.C. (in revision). A Systematic Review of Research on Emotion Differentiation and Emotion Regulation.

Whiting, C., Arroyo, J., & Nook, E.C. (under review). Examining Factors that Influence Acceptability of Mindfulness-Based Cognitive Therapy: Experimental and Correlational Approaches.

Whiting, C., Rozek, C.S., Rozek, D.C., Kedl, B., Doom, J.R., Nook, E.C. (under review). Distanced Language is a Correlate, Not a Cause, of Reappraisal Success.

Huang, E., **Whiting, C.**, Mesquiti, S., Baran, S.S., & Nook, E.C. (in preparation). Linguistic markers of self-representation reflect emotional experiences in expressive writing.

Griffiths, S., **Whiting, C.,** Norbury, C., Hull, D., & Nook, E.C. (in preparation). Smaller expressed vocabularies are associated with higher symptoms of anxiety and depression in online text-based therapy for adolescents.

Whiting, C., Fling, K., Meigs, J.M., Naim, R., Haller, S., Henry, L., Silverman, W.K., Lebowitz, E.R., Brotman, M.A., & Tseng, W.-L. (2026) Family accommodation of pediatric irritability: Development and psychometrics of the Family Accommodation Scale for Irritability. *Behavior Therapy, 57*(1), 162-175. https://doi.org/10.1016/j.beth.2025.07.006

Coles, N. A., Perz, B., Behnke, M., Eichstaedt, J. C., Kim, S.-H., Vu, T. N., Raman, C., Tejada, J., Huynh, V. T., Zhang, G., Cui, T., Podder, S., Chavda, R., Pandey, S., Upadhyay, A., Padilla-Buritica, J. I., Barrera Causil, C. J., Ji, L., Dollack, F., Kiyokawa, K., Liu, H., Perusquia-Hernandez, M., Uchiyama, H., Wei, X., Cao, H., Yang, Z., Iancarelli, A., McVeigh, K., Wang, Y., Berwian, I. M., Chiu, J. C., Mirea, D.-M., Nook, E. C., Vartiainen, H.I., **Whiting, C.**, Cho, Y. W., Chow, S.-M., Fisher, Z. F., Li, Y., Xiong, X., Shen, Y., Tagliazucchi, E., Bugnon, L., Ospina, R., Bruno, N. M., D'Amelio, T. A., Zamberlan, F., Mercado Diaz, L. R., Pinzon-Arenas, J. O., Posada-Quintero, H. F., Bilalpur, M., Hinduja, S., Marmolejo-Ramos, F., Canavan, S., Jivnani, L., Saganowski, S. (2025) Big team science reveals promises and limitations of machine learning efforts to model the physiological basis of affective experience. *Royal Society Open Science, 12*(6), 241778. https://doi.org/10.1098/rsos.241778

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

Conference Talks and Posters

Whiting, C. & Nook, E.C. (2027) *Emotion differentiation, emotion regulation, and mental health: Piloting a global study.* Poster to be presented at the annual Society for Personality and Social Psychology conference. Philadelphia, PA.

Huang, E., Whiting, C., Mesquiti, S., Baran, S. S., & Nook, E. C. (2027). *Linguistic markers of self-representation reflect emotional experiences in expressive writing.* Poster to be presented at the annual convention of the Society for Personality and Social Psychology. Philadelphia, PA.

Whiting, C., Rozek, D.C., Kedl, B., Doom, J.R., Rozek, C.S., & Nook, E.C. (2026). *Testing the Causal Role of Linguistic Distancing in Emotion Regulation.* Flash talk presented at the annual Society for Affective Science Conference. Pittsburgh, PA.

Whiting, C., Reschke, P., Rogers, A., Nook, E.C. (2025). *Emotion Differentiation in Parent-Child Dyads*. Spotlight Talk and Poster presented at the annual Society for Affective Science conference. Portland, OR.

Whiting, C., Baran, S., & Nook, E.C. (2024). *Evaluating Expressive Writing as an Intervention to Improve Emotion Differentiation.* Spotlight Talk and Poster 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 Science 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

2025	Department of Psychology Social Research Seminar. Princeton, NJ *Emotion Differentiation, Emotion Regulation, and Mental Health: A Big Team Science Proposal*
2024	Department of Psychology Social Research Seminar. Princeton, NJ *Dear Diary: A Randomized Controlled Trial of Expressive Writing for Young Adults*
2024	Department of Psychology Interview Day. Princeton, NJ. *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation.*
2023	Department of Psychology Social Research Seminar. Princeton, NJ. *Does Distancing One's Language Improve Emotion Regulation Efficacy?*
2023	Department of Psychology Interview Day. Princeton, NJ *Testing the Causal Impact of Linguistic Distancing on Emotion Regulation: A Field Experiment.*
2022	Yale Child Study Centre Research in Progress Series. New Haven, CT. *Irritability in Adults: Associations with Sleep, Emotion Regulation, and Internalizing Symptoms.*

Teaching

Fall 2025	Teaching Assistant for PSY254: Developmental Psychology, Princeton University
Spr 2025	Teaching Assistant for PSY317: Health Psychology, Princeton University
Fall 2023	Teaching Assistant for PSY254: Developmental Psychology, Princeton University

Undergraduate Research Advising

Princeton University

2025-	Sofía Fernandez, thesis student
2025-	Laura Chen, research assistant
2024-	Shauna Contreras, thesis student
2024-25	Reyna Perelis, PSY 230/231 research-based course
2024-25	Jack Musser, PSY 230/231 research-based course
2024	Grace Porter, research assistant
2024	Chloe Lau, research assistant
2023-24	Sidra Alibrahim, PSY 230/231 research-based course
2022-24	Jesus Arroyo, thesis student
2022-24	Sofia Baran, thesis student

Manuscript Reviewing

British Journal of Developmental Psychology; Cognition and Emotion; Emotion; Journal of Mood and Anxiety Disorders; Journal of Psychopathology and Behavioral Assessment; Psychiatry Research; Psychology of Language and Communication; Scientific Reports; Thinking Skills and Creativity

Community Service / Other Activities

2025-	Princeton University TigerWell Initiative – Grant Selection Committee Member
2025-	Princeton University McGraw Center - Graduate Teaching Fellow
2025	Princeton University Office of Sustainability – Sustainability Action Plan Project Assistant
2025	Princeton University Office of Sustainability – University Administration Fellow
2024-	Princeton Center on Science and Technology – University Administrative Fellow
2023-24	Princeton Graduate Housing Committee - Garden Manager
2022-23	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 – Volunteer Teaching Assistant
2018-19	The Economist – Brand Ambassador
2018	Help Refugees & Refugee Community Kitchen - Volunteer