Claire Whiting

claire.whiting@princeton.edu | clairewhiting.com | Princeton, NJ (location flexible)

Researcher in emotion regulation, mental health and language across ages. Runs experimental and naturalistic studies, analyzes data with mixed methods, and applies AI to study design and analysis. Interested in health, well-being and education research.

EDUCATION

Princeton University — Ph.D., Psychology; M.A., Psychology (2024) Expected graduation: 06/28

University College London & Yale University — M.Res., Developmental Neuroscience & Psychopathology (Distinction) 2022

- Bridge Research Prize for best thesis (2022)

University of Cambridge — B.A. (Hons), Natural Sciences (Double First) 2020

- Dr. Kaetrin V. Simpson Prize for top Natural Sciences rank, Christ's College (2020)

RESEARCH EXPERIENCE

Ph.D. Researcher, Princeton University (Adviser: Erik Nook) 2022–present

- **Linguistic markers of emotion regulation across ages:** Led four lab, online, and field experiments (N = 4,293; including high school students) showing that a linguistic marker of psychological distance tracks with successful emotion regulation.
- **Language markers of mental health in therapy:** Analyzed text-based therapy messages (~7,000 adolescents; 678K messages) to examine links between linguistic markers (e.g., psychological distance, language complexity) and anxiety and depression.
- **Writing intervention for mental health:** Compared emotional writing (to oneself or a close other) with factual writing in a 14-day diary intervention (N = 161; 2,000+ entries); depression and anxiety fell 6–21% in all conditions, and NLP embeddings showed mood was higher on days people described themselves positively.
- **Qualitative analysis of diary entries:** Led thematic analysis of 2,000+ entries: built a codebook (topic themes, emotion regulation strategies); trained and managed two coder teams.
- **AI for emotion regulation research:** Developing prompts for an LLM chatbot that guides people through reappraising an upsetting experience and an LLM-assisted pipeline for qualitative coding of text data.
- **Multi-country study lead:** Leading a 25+ country Psychological Science Accelerator study (planned N = 13,000+): ran the US online pilot (N = 200) and coordinate across project management, translation, data and ethics leads.
- **Treatment acceptability:** Ran two experiments (N = 1,010) showing that religiosity was associated with Mindfulness-Based Cognitive Therapy acceptability. Framing the study as religious vs. scientific did not influence acceptability, but addressing concerns did.
- **Funding:** Won $67K across four competitive grants.

M.Res. Researcher, Yale Child Study Center (Adviser: Wan-Ling Tseng) 2021–2022

- **Measure validation:** Led psychometric validation of a new measure of family accommodation of irritability (131 parents and children).
- **Neuroimaging:** Linked brain activity (fMRI) during an emotional task to sleep duration and problems in 9–15-year-olds.

Research Assistant, East London NHS Foundation Trust 2020–2021

- Conducted a systematic review and meta-analysis of treatments for offenders with personality disorders; shadowed clinical staff in a medium secure unit; improved the unit's clinical databases.

SKILLS

- Experimental design (lab, online, field), survey design and psychometrics, diary studies, statistical analysis, large-scale text analysis, NLP, LLM prompting, thematic analysis, fMRI, preregistration, IRB protocols
- Tools: R, Qualtrics, Gorilla Experiment Builder, Prolific

SELECTED PUBLICATIONS

- **Whiting, C.**, et al. (2026). Family accommodation of pediatric irritability: Development and psychometrics of the Family Accommodation Scale for Irritability. *Behavior Therapy*.
- **Whiting, C.**, et al. (2023). Associations between sleep quality and irritability: Testing the mediating role of emotion regulation. *Personality and Individual Differences*.
- Coles, N. A., … **Whiting, C.**, et al. (2025). Big team science reveals promises and limitations of machine learning efforts to model the physiological basis of affective experience. *Royal Society Open Science*.
- **Whiting, C.**, & Nook, E.C. (in revision, *Perspectives on Psychological Science*). A systematic review of research on emotion differentiation and emotion regulation.

COMMUNICATION, TEACHING & SERVICE

- 14 conference talks and posters; Best Poster Award from the Society for Affective Science (2024).
- Mentored 10 undergraduate research assistants and thesis students; TA for 135 students across 3 courses; McGraw Center Teaching Fellow; Graduate School Teaching Award (2026)
- University Administrative Fellow with the Princeton Center on Science and Technology (2024–present): research and events for the Princeton Better for Birds Project; contributed to the 2046 Sustainability Action Plan; STEM Star Award (2026).