



## INFORMATION FOR PROSPECTIVE STUDENTS & TRAINEES

### Positive Emotion and Psychopathology Laboratory

Director: Dr. June Gruber

#### LAB RESOURCES

PEP Lab Website (for publications, recent projects, courses, and photos)

<http://www.gruberpeplab.com>

PEP Lab Social Media Links (for recent news)

<https://twitter.com/junegruber>

<https://www.facebook.com/peplab>

PEP Lab Expectations Sheet (Spring 2021)

[https://www.dropbox.com/s/6g0893gyssg59h3/2021\\_Lab\\_Expectation\\_Sheet\\_Example.pdf?dl=0](https://www.dropbox.com/s/6g0893gyssg59h3/2021_Lab_Expectation_Sheet_Example.pdf?dl=0)

#### LAB-GENERATED MENTORING RESOURCES FOR TRAINEES

Letters to Young Scientists Monthly Column in *Science Careers* (Gruber and colleagues)

<https://www.sciencemag.org/tags/letters-young-scientists>

Communicating Psychological Science to the Public: Interview Series (Gruber and DeSteno)

[https://www.psychologicalscience.org/conventions/virtual/communicating-interview?fbclid=IwAR22TQUo7DFdQR4RlySZsaqEKLi\\_xriRWHDJRDcl1-m9sQuvGa6RGWZ90FI](https://www.psychologicalscience.org/conventions/virtual/communicating-interview?fbclid=IwAR22TQUo7DFdQR4RlySZsaqEKLi_xriRWHDJRDcl1-m9sQuvGa6RGWZ90FI)

Gruber et al. (2020). Best practices in research mentoring in clinical science. *Journal of Abnormal Psychology*, 129(1), 70-81.

<https://psycnet.apa.org/record/2019-79779-009>

Hagerty, Barger, Taylor, Carter, & Gruber (2018). Written lab agreements improve mentoring.

<https://www.nature.com/articles/d41586-018-07383-0>

Gruber Advice to Students Interested in Clinical Scientist Careers

[http://www.sscpweb.org/Resources/PDFs/Newsletter/2014/Clinical%20Science%20Fall%2017\(3\)%202014.pdf](http://www.sscpweb.org/Resources/PDFs/Newsletter/2014/Clinical%20Science%20Fall%2017(3)%202014.pdf)

#### LAB OUTREACH ACTIVITIES ON EMOTION AND MENTAL ILLNESS

Gruber et al., (2020). Mental health and clinical psychological science in the time of COVID-19.

<https://www.colorado.edu/asmagazine/2020/10/22/wave-distress-mobilizes-psychologists>

<https://pubmed.ncbi.nlm.nih.gov/32772538/>

#talkmentalillness Interview Series (Brand New!)

<https://www.youtube.com/watch?v=gqLF5o60bTc>

Expert in Emotion Interview Series

[https://www.youtube.com/playlist?list=PLh9mgdi4rNew731mjIzn43G\\_Y5otqKzJA](https://www.youtube.com/playlist?list=PLh9mgdi4rNew731mjIzn43G_Y5otqKzJA)

TEDx talk on the “Dark Side of Happiness”

<https://www.youtube.com/watch?v=fi8Mhvsiyimo>

## LAB EFFORTS TO PROMOTE WOMEN IN SCIENCE

Gruber et al (2020). The future of women in psychological science (co-authored by > 50 women faculty). <https://journals.sagepub.com/doi/10.1177/1745691620952789>

APS Under the Cortex Podcast. *The story behind “future of women in psychological science.”* <https://psychologicalscience.podbean.com/e/the-story-behind-the-future-of-women-in-psychological-science/?fbclid=IwAR312dNdJ3i5IEWuz5bLkvHlbbxUFzlkqxdEb8WbO5C4CPcHO7WNQMBhZ4>

APS Observer feature on gender bias in psychological science (featuring Gruber et al paper): <https://www.psychologicalscience.org/observer/an-uneven-playing-field>

Somerville & Gruber (2020). Through trouble spots facing women in science—and how we can tackle them <https://www.sciencemag.org/careers/2020/10/three-trouble-spots-facing-women-science-and-how-we-can-tackle-them>

Women’s Affective Science Institute for underrepresented women (co-led with Kateri McRae) <http://gruberpeplab.com/WASI/>

Misconceptions of the Mind (MoMi) Conference (co-organized with Tania Lombrozo) <http://momicon.org/>

## SELECTED PUBLICATIONS BY TOPIC

### EMOTION IN BIPOLAR DISORDER

Gruber (2011). Can feeling too good be bad? Positive emotion persistence in bipolar disorder. [http://gruberpeplab.com/pdf/2011\\_Gruber\\_PEP.pdf](http://gruberpeplab.com/pdf/2011_Gruber_PEP.pdf)

### POSITIVE EMOTION AND REWARD DISTURBANCE IN PSYCHOPATHOLOGY

Villanueva, Siltan, Barch, & Gruber (2021). Change is on the horizon: Call to action for the study of positive emotion and reward in psychopathology. *Current Opinion in Behavioral Sciences*, 39, 34-40. <https://www.sciencedirect.com/science/article/pii/S2352154620301674?via%3Dihub>

Gruber, Villanueva, Burr, Purcell, & Karoly, H.(2019). Understanding and taking stock of positive emotion disturbance. *Social Personality and Psychology Compass*, 1-19. <https://onlinelibrary.wiley.com/doi/abs/10.1111/spc3.12515>

Gruber (2019). The Oxford Handbook of Positive Emotion and Psychopathology <https://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780190653200.001.0001/oxfordhb-9780190653200>

Gruber, Mauss & Tamir (2011). A dark side of happiness? [http://gruberpeplab.com/pdf/GruberMaussTamir\\_2011\\_DarkSideHappiness.pdf](http://gruberpeplab.com/pdf/GruberMaussTamir_2011_DarkSideHappiness.pdf)

Summary of Positive Emotion Disturbance Work (APA Science Brief) <http://www.apa.org/science/about/psa/2015/10/positive-emotion.aspx>

### MULTI-MODAL APPROACHES TO STUDY POSITIVE EMOTION IN BIPOLAR DISORDER

#### EXPERIENCE-SAMPLING

Gruber et al. (2013). Real-world emotion? An experience-sampling approach to emotion disturbance and regulation in bipolar disorder. [http://gruberpeplab.com/pdf/2013\\_Gruber.Kogan.Mennin.Murray\\_ESM.pdf](http://gruberpeplab.com/pdf/2013_Gruber.Kogan.Mennin.Murray_ESM.pdf)

#### LONGITUDINAL CLINICAL TRACKING

Gilbert, Nolen-Hoeksema, & Gruber (2013). Positive emotion dysregulation across mood disorders: How amplifying versus dampening predicts emotional reactivity and illness course.

[http://gruberpeplab.com/pdf/2013\\_Gilbert.NolenHoeksema.Gruber\\_PositiveEmotionDysregulation.pdf](http://gruberpeplab.com/pdf/2013_Gilbert.NolenHoeksema.Gruber_PositiveEmotionDysregulation.pdf)

## **AUTONOMIC PSYCHOPHYSIOLOGY**

Gruber et al (2015). Heart rate variability as a potential indicator of positive valence system disturbance.

[http://gruberpeplab.com/pdf/2015\\_Gruber.Mennin.Fields.Purcell.Murray\\_HeartRateVariabilityPositiveEmotion.pdf](http://gruberpeplab.com/pdf/2015_Gruber.Mennin.Fields.Purcell.Murray_HeartRateVariabilityPositiveEmotion.pdf)

Kogan, Oveis, Carr, Gruber et al. (2014). Vagal activity is quadratically related to prosocial emotions, and observer perceptions of prosociality.

[http://gruberpeplab.com/pdf/2014\\_Kogan.Oveis.Carr.Gruber.Mauss.Shallcross.Impett.vanderLowe.Hui.Cheng.Keltner\\_RSAProsociality.pdf](http://gruberpeplab.com/pdf/2014_Kogan.Oveis.Carr.Gruber.Mauss.Shallcross.Impett.vanderLowe.Hui.Cheng.Keltner_RSAProsociality.pdf)

## **fMRI**

Dutra, S. J., Cunningham, W. A., Kober, H., & Gruber, J. (2015). Elevated striatal reactivity across monetary and social rewards in bipolar I disorder.

[http://gruberpeplab.com/pdf/2015\\_Dutra.Cunningham.Kober.Gruber\\_MonetarySocialRewardBD.pdf](http://gruberpeplab.com/pdf/2015_Dutra.Cunningham.Kober.Gruber_MonetarySocialRewardBD.pdf)

Anticevic et al (2013). Global prefrontal and front-amygdala dysconnectivity in bipolar I disorder with psychosis history.

[http://gruberpeplab.com/pdf/2013\\_Anticevicetal\\_GlobalprefrontaldisconnectivityBD.pdf](http://gruberpeplab.com/pdf/2013_Anticevicetal_GlobalprefrontaldisconnectivityBD.pdf)

## **NEUROENDOCRINOLOGY**

Welker, Gruber & Mehta (2015). A positive affective neuroendocrinology (PANE) approach to reward and behavioral dysregulation.

[http://gruberpeplab.com/pdf/2015\\_Welker.Gruber.Mehta\\_PANE.pdf](http://gruberpeplab.com/pdf/2015_Welker.Gruber.Mehta_PANE.pdf)

## **EEG**

Park, Ayduk, O'Donnell, Chun, Gruber et al. (2014). Regulating the high: Cognitive and neural processes underlying positive emotion regulation in bipolar I disorder.

[http://gruberpeplab.com/pdf/2014\\_Park.Ayduk.ODonnell.Chun.Gruber.Kamali.McInnis.Deldin.Kross\\_RegulatingPositiveEmotion.pdf](http://gruberpeplab.com/pdf/2014_Park.Ayduk.ODonnell.Chun.Gruber.Kamali.McInnis.Deldin.Kross_RegulatingPositiveEmotion.pdf)

## **ATTENTION BIAS (EYE TRACKING, DOT PROBE)**

Gruber et al. (2020). Associations between hypomania proneness and attentional bias to happy, but not angry or fearful, faces in emerging adults.

<https://www.tandfonline.com/doi/abs/10.1080/02699931.2020.1810638?journalCode=pcem20>

Raila, Scholl & Gruber (2015). Seeing the world through rose-colored glasses.

[http://gruberpeplab.com/pdf/2015\\_Raila.Scholl.Gruber\\_HappinessVisualAttention.pdf](http://gruberpeplab.com/pdf/2015_Raila.Scholl.Gruber_HappinessVisualAttention.pdf)

## **TARGETED CLINICAL AND AT-RISK POPULATIONS RECRUITED FOR STUDIES**

### **ADULT BIPOLAR AND DEPRESSED PATIENTS**

Gruber, Hay & Gross (2014). Rethinking emotion.

[http://gruberpeplab.com/pdf/2014\\_Gruber.Hay.Gross\\_CognitiveReappraisalPositiveNegativeEmotionBD.pdf](http://gruberpeplab.com/pdf/2014_Gruber.Hay.Gross_CognitiveReappraisalPositiveNegativeEmotionBD.pdf)

### **EMERGING ADULTS AT RISK FOR MANIA**

Devlin, Zaki, Ong & Gruber (2015). Tracking emotional highs but missing the lows: Mania risk associated with positively biased empathic inference.

[http://gruberpeplab.com/pdf/INPRESS\\_Devlin.Zaki.Ong.Gruber\\_EmpathyHypomaniaRisk.pdf](http://gruberpeplab.com/pdf/INPRESS_Devlin.Zaki.Ong.Gruber_EmpathyHypomaniaRisk.pdf)

### **EMERGING ADULTS AT RISK FOR MOOD DISTURBANCE IN COLLEGE (IN PROGRESS)**

<http://gruberpeplab.com/emerge-project/>

### **ADOLESCENT COMMUNITY SAMPLES**

Gruber et al. (2013). Reward dysregulation and mood symptoms in adolescent outpatient samples.

[http://gruberpeplab.com/pdf/INPRESS\\_Gruber.Gilbert.Youngstrom.KogosYoungstrom.Feeny.Finding\\_RewardDysregulationAdolescent.pdf](http://gruberpeplab.com/pdf/INPRESS_Gruber.Gilbert.Youngstrom.KogosYoungstrom.Feeny.Finding_RewardDysregulationAdolescent.pdf)

### **HEALTHY ADULTS (Examine processes dimensionally and normative function)**

Quoidbach, Gruber, et al. (2014). Emodiversity and the emotional ecosystem.

[http://gruberpeplab.com/pdf/2014\\_Quoidbach.Gruber.Mikolajczak.Kogan.Kotsou.Norton\\_Emodiversity.pdf](http://gruberpeplab.com/pdf/2014_Quoidbach.Gruber.Mikolajczak.Kogan.Kotsou.Norton_Emodiversity.pdf)

## COLLABORATORS

We value collegiality and collaboration. We hope and expect that those who join this lab should value both the success of their lab and peers as well as their own. Graduate students have the opportunity to engage in collaborative projects, publications, meetings and networking opportunities with Dr. Gruber and collaborators.

Current collaborator list here: <http://gruberpeplab.com/people.php>

## AFFECTIVE SCIENCE RESOURCES

CU Boulder has a strong and vibrant group of researchers in affective science. In 2014 we began the Colorado Affective Sciences Laboratories (CASL) group ([www.emotioncasl.com](http://www.emotioncasl.com)) CASL initiative is an interdisciplinary and non-profit organization dedicated to fostering scientific inquiry and academic dialogue into understanding emotion. To achieve this goal, CASL has supported recent research and scholarly discussion drawn from a variety of disciplines including work drawn from psychology, neuroscience, philosophy, environmental science, computer science, economics, anthropology, linguistics, sociology, business and other related fields. In the past we held a weekly Affective Science Brownbag Series (PSYCH 5141 – syllabus [here](#), speaker schedule [here](#)) that include speakers from Yale, Stanford, UCLA and USC, in addition to local colleagues from CU Boulder and the University of Denver. The guiding vision is that emotional phenomena is inherently an interdisciplinary field and is best advanced and understood from when it is engaged from, and in collaboration with, a variety of disciplines. Note: CASL has been on a pause and plans to resume in-person activities as soon as possible following COVID-19.



## CU BOULDER: NEUROSCIENCE RESOURCES

### Joint Ph.D. in Neuroscience

<http://www.colorado.edu/neuroscienceprogram/center.html>

<http://www.colorado.edu/ics/graduate-programs/cognitive-neuroscience-combined-phd>

### Interdepartmental Neuroscience Program

<http://www.colorado.edu/neuroscienceprogram/index.html>

## CLINICAL SCIENCE TRAINING RESOURCES

### Clinical Science Website

<http://www.colorado.edu/clinicalpsychology/about-us>

### Psychology Raimy Clinic (Muenzinger Hall)

<http://psych.colorado.edu/~clinical/raimy.html>

**Externships:** Also off-site externships available and developed to meet student training needs and interests

## **BOULDER AREA RESOURCES**

Boulder is a truly outstanding place to live while completing your graduate studies, and is consistently ranked as one of the healthiest and happiest cities in the U.S.

[http://www.dailycamera.com/ci\\_14404187](http://www.dailycamera.com/ci_14404187)

[http://en.wikipedia.org/wiki/Boulder,\\_Colorado](http://en.wikipedia.org/wiki/Boulder,_Colorado)

If you are coming to visit Boulder here are some of my personal favorites (some of these options are experiencing COVID-19 related closures and/or have takeout options):

### **Coffee Shops**

- Boxcar Coffee Roasters (best espresso in Boulder): 1825 Pearl St, Boulder CO
- Trident Cafe (Boulder legend, perfect for evening tea): 940 Pearl St, Boulder CO
- Laughing Goat Coffeehouse (another classic): 1709 Pearl St, Boulder CO
- Dushanbe Teahouse (beautiful handcrafted building by sister city in Tajikistan; best tea in Boulder): 1770 13<sup>th</sup> Street, Boulder CO

### **Food**

- Lucille's (best breakfast/brunch in town, expect a long line!): 2124 14<sup>th</sup> St, Boulder, CO
- Sherpa's (Nepalese/Indian food): 825 Walnut St, Boulder CO
- Chez Thuy Vietnamese Restaurant (Good and well-priced Vietnamese/panasian fare): 2655 28<sup>th</sup> St, Boulder CO
- The Kitchen (excellent, higher-end dining): 1039 Pearl St, Boulder CO
- La Choza (excellent tacos): 4457 Broadway St, Boulder CO

### **Desserts & Sweet Things**

- Two Spoons Gelato & Soup (new good place in downtown): 1021 Pearl St, Boulder CO
- Glacier Homemade Ice cream (rated as one of the 10 best ice-cream shops in the country): 3133 28<sup>th</sup> Street, Boulder CO
- Lucky's Bakery (hands down best bakery in Boulder; their gelato is outstanding too): 3990 Broadway St, Boulder CO
- Piece, Love and Chocolate (chocolate lover fantasy): 805 Pearl St, Boulder CO

### **Other**

- Farmers Market: Weds 3-7pm and Sat 8-2pm, 13<sup>th</sup> Street and Canyon Drive. Great community gathering, local produce and pastries, and great open grass area to picnic on.
- Pearl Street Outdoor Mall: Major tourist attraction where you can walk and visit some shops, dine at restaurants, watch street performers.
- Celestial Seasonings: See the production floor, catch of whiff of the famous mint room, taste any of the teas and view tea-box art in the gallery - all for free.
- Rocky Mountain National Park: Gorgeous and spectacular nature trails and hikes. The adjacent town of Estes Park has restaurants, nice downtown to stroll on, shops, etc.