

WILLIAM TSAI, PH.D.

Curriculum Vitae

CONTACT

Department of Psychology
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ACADEMIC APPOINTMENT

Fall 2016 - present **Assistant Professor**, *Department of Psychology*
California State University San Marcos

EDUCATION & TRAINING

June 2016 **Ph.D., Clinical Psychology**
University of California, Los Angeles
Minor: Health Psychology
Dissertation Title: *Cultural Differences in Emotion Expression and Suppression: Implications for Health and Well-Being*

2015 – 2016 **APA-accredited Clinical Psychology Predoctoral Internship**
Veterans Affairs Greater Los Angeles Healthcare System
Site: West Los Angeles VA Medical Center

December 2011 **M.A., Clinical Psychology**
University of California, Los Angeles
Thesis Title: *Cultural Differences in the Effects and Processes of Self-Reflection over Negative Experiences*

May 2010 **B.S., Psychology (Magna Cum Laude)**
University of Michigan, Ann Arbor
Minor: Applied Statistics
Honors Thesis Title: (Awarded High Honors): *Examining the Relations Between Rumination and Adjustment: A Focus on Ethnicity*

FELLOWSHIPS

2014 – 2015 UCLA Dissertation Year Fellowship
2012 UCLA Graduate Summer Research Mentorship Award
2011 – 2012 UCLA Center for Culture, Brain, and Development Fellowship

2011 UCLA Graduate Summer Research Mentorship Award
2010 – 2011 UCLA University Fellowship

HONORS AND AWARDS

2017 Invited participant to the CSULB Center for Health Equity Research
Institute (six days intensive NIH Grant application development program
funded by the NIH)

2016 APA Committee on Ethnic Minority Affairs (CEMA) Jeffrey S. Tanaka
Memorial Dissertation Award in Psychology – Semi-finalist

2016 APA Division 45 Distinguished Student Research Award – Runner-up

2014 Asian American Psychological Association Division of Students Graduate
Research Award

2014 Nominated - Shepherd Ivory Franz Distinguished Teaching Assistant
Award

2013 Nominated - Shepherd Ivory Franz Distinguished Teaching Assistant
Award

2012 Association for Psychological Science RISE Research Award – Honorable
Mention

2011 Asian American Psychological Association Student Travel Award

2009 Asian American Psychological Association Undergraduate Research
Award

GRANTS

1. Tsai W. (PI, 2017). CSUSM Grant Proposal Seed Money Grant (\$3,000). Internet Feasibility Pilot Study: Recruiting Ethnic Minority Cancer Survivors over Facebook.
2. Tsai, W. (PI, 2017). CSUSM Research, Scholarship, and Creative Activity Grant (\$7,000). Multi-modal Exploration of Expressive Suppression on Memory.
3. Tsai, W. (PI, 2016). CSUSM Faculty Center Professional Development Grant (\$750). Physiological Effects of Emotion Suppression on Memory.
4. Tsai, W. (PI, 2016). CSUSM College of Humanities, Arts, Behavioral & Social Sciences Faculty Development Grant (\$1,000). Reflecting on Negative Experiences: The Role of Self-Distancing.

5. Tsai, W. (PI, 2014). UCLA Institute of American Cultures Research Grant (\$2,460). Cultural Differences in Emotion Expression and Suppression: Implications for Health and Well-Being.
6. Tsai, W. (PI, 2014). Asian American Psychological Association Dissertation Grant (\$500). Cultural Differences in Emotion Expression and Suppression: Implications for Health and Well-Being.
7. Tsai, W. (PI, 2012). UCLA Institute of American Cultures Research Grant (\$3,000). Emotional Expression and Disclosure in Ethnic Matching.
8. Tsai, W. (PI, 2012). UCLA Asian American Studies Center Okura Research Grant (\$3,000). Emotional Expression and Disclosure in Ethnic Matching.
9. Tsai W. (PI, 2011). UCLA Center for Culture, Brain, and Development Research Grant (\$6,000). Examining the effects of Rumination on Health across Asian and European American College Students.

PEER-REVIEWED PUBLICATIONS

*Student Advisee

1. Tsai, W. & Lu, Q. (in press). Acculturation Matters in the Relation between Ambivalence over Emotional Expression and Well-being among Chinese American Breast Cancer Survivors. *Quality of Life Research*.
2. Tsai, W., Wang, K., & Wei, M.F. (in press). Reciprocal Relations between Social Self-Efficacy and Loneliness among Chinese International Students. *Asian American Journal of Psychology*.
3. Tsai, W., Lau, A. S., Nguyen, J.*, Ngo, V., & Bahr, W. (2017). Cultural differences in the reciprocal relations between emotion suppression coping, depressive symptoms and interpersonal functioning among adolescents. *Journal of Abnormal Child Psychology*, 45, 657-669.
4. Lau, A. S., Guo, S., Tsai, W., Nguyen, D. J.*, Nguyen, H. T., Ngo, V., & Bahr, W. (2016). Adolescents' stigma attitudes toward internalizing and externalizing disorders: Cultural influences and implications for distress manifestations. *Clinical Psychological Science*, 4, 704-717.
5. Tsai, W., Sun, M., Wang, S. W., & Lau, A. S. (2016). Implications of emotion expressivity for daily and trait interpersonal and intrapersonal functioning across ethnic groups. *Asian American Journal of Psychology*, 7, 52-63.

6. Tsai, W., Chiang, J. J., Lau, A. S. (2015). The Effects of Self-Enhancement and Self-Improvement on Recovery from Stress Differ across Cultural Groups. *Social Psychological and Personality Science*, 7, 21-28.
7. Tsai, W., Lau A. S., Niles, A. N., Coello, J., Lieberman, M. D., Ko, A. C.*, Hur, C.*, Stanton, A. L. (2015). Cultural Differences in Self-Enhancement and Self-Improvement Motivations during Expressive Writing. *Cultural Diversity and Ethnic Minority Psychology*, 21, 584-592.
8. Lau, A. S., Tsai, W., Shih, J., Hwang, W.C., Liu, L., & Takeuchi, D. (2013). The Immigrant Paradox among Asian American Women: Is the increased burden of depression and anxiety paradoxical or explicable? *Journal of Consulting and Clinical Psychology*, 81, 901-911.
9. Tsai, W. & Lau, A. S. (2013). Cultural Differences in the Effects and Processes of Self-Reflection over Negative Experiences. *Cognition and Emotion*, 27, 416-429.
10. Tsai, W., Chang, E. C., Herringshaw, A. J. (2011). An Examination of Happiness as a Buffer of the Rumination-Adjustment Link: Ethnic Differences Between European and Asian American Students. *Asian American Journal of Psychology*, 2, 168-180.
11. Chang, E. C. & Tsai, W. (2010). Examining the relations between rumination and adjustment: Do ethnic differences exist between Asian and European Americans? *Asian American Journal of Psychology*, 1, 46-56.

MANUSCRIPTS UNDER REVIEW

1. Tsai, W. & Lu, Q. (under review). Social Support Mediates the Longitudinal Relations between Ambivalence over Emotional Expression and Quality of Life among Chinese Breast Cancer Survivors.
2. Gallagher, M. W., Long, L. J., Tsai, W., Stanton, A. L., Lu, Q. (under review). The Unexpected Impact of Expressive Writing on Posttraumatic Stress and Growth in Chinese American Breast Cancer Survivors.

MANUSCRIPTS IN PREPRATION

1. *Chen, L., Tsai, W., Lau, A. S., Wu, Y. (in prep). The Functions of Rumination across Cultures: Mediating Role of Social Problem Solving.
2. *Ridenour, C. & Tsai, W. (in prep). When it Hurts Less to Ruminates: The Moderating Role of Trait Resilience.

3. Tsai, W. & Lu. (in prep). Culture, Emotion Expression, and Health. Invited submission to *Social Psychology and Personality Compass*.

INVITED TALKS

1. Tsai W. (2017, April). *Bottom-up and Top-down Approaches to Research: Drawing from your own Cultural Experiences*. Invited talk for the Cross-Cultural Center at the California State University, San Marcos, CA.
2. Tsai, W. (2017, January). *Ways of Thinking and Feeling – Different Cultural Pathways to Health and Well-being*. Invited talk at the National Chengchi University, Taipei, Taiwan.

CONFERENCE PRESENTATIONS

*Student Advisee

†Paper symposium

1. *Ridenour, C. & Tsai, W. (2017, November). Resilience Moderates the Relationship between Rumination and Emotional Reactivity. Poster to be presented at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
2. †Tsai, W. & Lu, Q. (2017, October). Emotional Restraint, Relationships, and Health among Chinese Breast Cancer Survivors. Symposium to be presented at the Annual Convention of the Asian American Psychological Association, Las Vegas, NV.
3. †Tsai, W. (2017, October). Now What? Finding Success After Graduation. Symposium to be presented at the Annual Convention of the Asian American Psychological Association, Las Vegas, NV.
4. †Tsai, W. & Lu, Q. (2017, May). Social Support Mediates the Longitudinal Relations between Ambivalence over Emotional Expression and Quality of Life among Chinese Breast Cancer Survivors. Data-Blitz presented at the Cultural-Clinical Psychology APS Pre-Conference, Boston, MA.
5. *Ramirez, J., *Mendez, D., *Gomez, S., & *Qasem, A., *Ridenour, C., & Tsai, W. (2017, May). Context differentiation as a Mediator of the link between Emotional Expression and Well-being. Poster presented at the 26th Annual UCLA Psychology Undergraduate Research Conference. Los Angeles, CA.
6. *Qasem, A., *Clifford, L., *Gomez, S., *De Lisser, O., *Ridenour, C., & Tsai, W. (2017, May). Examining the Mechanisms between Positive Emotional Expressivity and Life Satisfaction Among Latino Americans. Poster presented at the 26th Annual UCLA Psychology Undergraduate Research Conference. Los Angeles, CA.
7. †Tsai, W., Wang, K.T., & Wei, M. (2017, May). Ties that Bind: Culture Shapes the Effects of Support and Friendships on Health and Well-Being. Sources of Friendship,

- Social Self-Efficacy, and Loneliness among Chinese International Students. Symposium presented at the Annual Convention of the Association for Psychological Science, Boston, MA.
8. Gallagher, M. W., Long, L. J., Tsai, W., Stanton, A. L., Lu, Q. (2017, May). The Unexpected Impact of Expressive Writing on Posttraumatic Stress and Growth in Chinese American Breast Cancer Survivors. Poster presented at the Annual Convention of the Association for Psychological Science, Boston, MA.
 9. *Ramirez, J., *Mendez, D., *De Lisser, O., *Gomez, S., *Qasem, A., *Clifford, L., *Ridenour, C., & Tsai, W. (2017, April) Ambivalence over Emotional Expression and Well-being among Latino Americans: A Moderated Mediated Model. Poster presented at the 24th Annual CSUSM Psychology Undergraduate Research Conference. San Marcos, CA.
 10. Tsai, W. & Lu, Q. (2017, March). Acculturation Moderates Ambivalence over Emotional Expressions and Well-being among Chinese Breast Cancer Survivors. Poster presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
 11. Tsai, W., Wang, K.T., & Wei, M. (2016, August). Reciprocal Relations between Social Self-Efficacy and Loneliness among Chinese International Students. Poster presented at the Annual Convention of the Asian American Psychological Association, Denver, CO.
 12. †Tsai, W., Wang, K.T., & Wei, M. (2016, August). Reciprocal Relations between Social Self-Efficacy and Loneliness among Chinese International Students. Paper presented at the International Congress of the International Association for Cross-Cultural Psychology. Nagoya, Japan.
 13. †Tsai, W., Lau, A.S. (2015, August). Culturally distinct pathways to recovering from stress: Bolstering Esteem vs Striving for Improvement. Invited Symposium presented at the Annual Convention of the Asian American Psychological Association, Toronto, ON.
 14. Chen, K. K.*, Lam, C.*, Martinez, S.*, He, R., Campos*, E., Tsai, W., & Lau, A. S. (2015, May). Cultural differences in coping and experience of face loss: context matters. Poster presented at the 15th Annual Stanford Undergraduate Psychology Conference. Stanford, CA.
 15. He, R. *, Martinez, S. *, Campos, E. *, Lam, C. *, Chen, K. K. *, Tsai, W., & Lau, A. S. (2015, May). Context matters: cultural differences in the experience of face loss. Poster presented at the 24th Annual Psychology Undergraduate Research Conference. Los Angeles, CA.
 16. Sun, M., Tsai, W., Wang, S.W., Lau, A.S. (2014, November). Culture and emotion expression: Daily and trait interpersonal and intrapersonal functioning between Asian and European American college students. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

17. Tsai, W., Lau A. S., Niles, A. N., Coello, J., Lieberman, M. D., Ko, A. C.*, Hur, C.*, Stanton, A. L. (2014, August). Ethnicity Moderates the Outcomes of Self-Enhancement and Self-Improvement Themes in Expressive Writing. Poster presented at the Annual Convention of the Asian American Psychological Association, Washington, DC.
18. Chen, K. K.*, Tsai, W., & Lau, A. S. (2014, August). Coping with Face Loss in Achievement vs. Interpersonal Domains. Paper presented at the Annual National McNair Symposium. University of California, Berkeley.
19. Tsai, W., Lau A. S., Niles, A. N., Coello, J., Lieberman, M. D., Ko, A. C.*, Hur, C.*, Stanton, A. L. (2014, May). Cultural Differences in Self-Enhancement and Self-Improvement Motivations during Expressive Writing. Poster presented at the Annual Conference of the Association for Psychological Sciences, San Francisco, CA.
20. Hur, C.*, Ko, A. C.*, Savikaluck, K.*, Kerr, T.*, Tsai, W., & Lau, A. (2014, Feb). Cultural Differences in the Utilization and Function of Self-Enhancement Domains. Poster presented at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
21. †Tsai, W., & Lau, A. S. (2013, August). Informing Prevention Efforts with Emerging Findings from the ACES Study: Cause, consequence or correlate? Reciprocal prospective associations between Emotion Suppression and Internalizing Symptoms. Symposium presented at the Annual Convention of the Asian American Psychological Association, Honolulu, Hawaii.
22. †Tsai, W. (Chair), Lau, A. S., Sims, T., Tsai, J., Choi, E., & Chentsova-Dutton, Y. (2013, June). Examining the Effects of Culture on Emotional Expression and Reactivity: Effects of Ethnic Match on Emotional Expression. Symposium presented at the International Association for Cross-Cultural Psychology Regional Conference, Los Angeles, CA.
23. †Lau, A.S., Tsai, W., Guo, S., Ngo, V., & Weiss, B. (2013, June). Understanding Adolescent Psychopathology Across Cultures: Cultural Values, Stress Vulnerability, and Symptom Profiles. Symposium presented at International Society for Research on Child and Adolescent Psychopathology, Leuven, Belgium.
24. Tsai, W. & Lau, A. S. (2012, May). Cultural Differences in the Effects and Processes of Self-Reflection over Negative Experiences: Evaluating Alternate Models of the Influence of Cultural Values on Adolescent Internalizing Problems. Poster presented at the Annual Conference of the Association for Psychological Sciences, Chicago, IL. (RISE-UP Research Award Honorable Mention)
25. Ko, A. C.*, Yang, M.*, Tsai, W. & Lau, A. (2012, May). Cultural Differences Underlying the Role of Life Satisfaction in Negative Self-Reflection. Poster presented at the 21st Annual Psychology Undergraduate Research Conference at University of California, Los Angeles.

26. Hur, C.*, Ko, A. C.*, Yang, M.*, Tsai, W., & Lau, A. (2012, March). Cultural Differences Underlying the Role of Life Satisfaction in Negative Self-Reflection. Poster presented at the 2nd Berkeley Psychology Undergraduate Conference at University of California, Berkeley.
27. Tsai, W. & Lau, A. S. (2011, August). The Effects of Negative Self-Reflection on the Mood: Are There Cultural Differences? Poster presented at the Annual Convention of the Asian American Psychological Association, Washington, D.C.
28. †Ng, F., Loke, S., Tsai, W., Yuen, C., Chung, S., Liu, M., Dang, P., Yi-Chen, J. (2011, August). Addressing the Challenges of Graduate School from the Student Perspective. Symposium presented at the Annual Convention of the Asian American Psychological Association, Washington, D.C.
29. Tsai, W., Herringshaw, A. J., Chang, E. C., Lin, N. J. (2010, August). Relations Between Rumination and Psychological Adjustment in Asian and European Americans: Evidence for Ethnic Differences in the Impact of Emotional Happiness. Poster presented at the Annual Convention of the Asian American Psychological Association, San Diego, CA.
30. Tsai, W., Hirsch, J. K., Chang, E. C., Hazlett, K. E., Kim, J. M., Singh, R., Srivastava, K., Jeglic, E. L., Ng, M., Jacobson, J. R. (2009, August). Perfectionism and Suicidal Risk in a College Student Population. Poster presented at the 117th Annual Convention of the American Psychological Association, Toronto, ON.
31. Tsai, W., Chang, E. C., Srivastava, K., Kim, J. M., Hazlett, K. E., Singh, R., Ng, M., Jacobson, J. R. (2009, August). Loneliness : A Moderator for Relations Between Social Problem-Solving and Adjustment. Poster presented at the 117th Annual Convention of the American Psychological Association, Toronto, ON.
32. Tsai, W., Chang, E. C., Hazlett, K. E., Kim, J. M., Srivastava, K., Singh, R., & Ng, M., (2009, August). Examining the Relations Between Rumination and Adjustment: A Focus on Ethnicity. Poster presented at the Annual Convention of the Asian American Psychological Association, Toronto, ON.
33. Hazlett, K. E., Hirsch, J. K., Chang, E. C., Tsai, W., Srivastava, K., Kim, J. M., Jeglic, E. L., Singh, R., & Ng, M. (2009, July). Perfectionism and Suicidal Risk in a College Student Population: Does Loneliness Affect the Link? Poster presented at the 2009 Association for Research in Personality Conference, Evanston, IL.
34. Tsai, W., Chang, E. C., Hazlett, K. E., Singh, R., Kim, J. M., Srivastava, K., & Bodem, M. R. (2009, May). Optimism-Pessimism: Is There Any Value in Considering a Domain-Specific Framework? Poster presented at the 21st annual Convention of the Association for Psychological Science, San Francisco, CA.
35. Tsai, W., Chang, E. C., Hazlett, K. E., Chang, R., Srivastava, K., Kim, J. M., & Singh, R. (2009, April). Testing the usefulness of performance perfectionism theory across cultures:

Does negative self-oriented perfectionism in the US and Japan predict depressive symptoms across time? Poster presented at the 30th annual Society of Behavioral Medicine meeting at Montreal.

36. Tsai, W., Chang, E. C., Srivastava, K., Singh, R., Hazlett, K. E., & Kim, J. M. (2008, November). An examination of the maladaptive theory of perfectionism in college students: Is there a growing gap between theory and data? Poster session presented at the 2008 Sigma Xi Annual Meeting and Student Research Conference, Washington, D. C.
37. Tsai, W., Tardif, T., Chan, C., Meng, X.Z., (2008, May) Infant word-learning in English and Mandarin. Poster session presented at the 17th annual Psychology Undergraduate Research Conference at UCLA.
38. Tsai, W., Tardif, T., Chan, C., Meng, X.Z., (2008, April) Infant word-learning in English and Mandarin. Poster session presented at the Psychology Undergraduate Research Forum at the University of Michigan.

TEACHING EXPERIENCE

UNDERGRADUATE COURSES

Abnormal Psychology	Fall 2016, Spring 2017, Fall 2017
Psychological Testing	Spring 2017, Fall 2017

GRADUATE COURSES

Proseminar in Clinical Psychology	Fall 2016
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PROFESSIONAL AFFILIATIONS

Asian American Psychological Association (AAPA)
Association for Psychological Science (APS)
APA Division 45 Society for the Psychological Study of Ethnic Minority Issues
International Association for Cross-Cultural Psychology (IACCP)
Society for Behavioral Medicine (SBM)
Society for Personality and Social Psychology (SPSP)

SERVICE

PROFESSIONAL SERVICE

2017	AAPA Award Committee Member
2015 – 2017	AAPA Convention Committee Registration Co-Chair
2015 – 2016	APA Division 45 Proposal Reviewer
2012 – 2015	APS Student Research Award Reviewer
2010 – 2016	AAPA Presentation Proposal Reviewer
2010 – 2012	AAPA Division of Students Research Coordinator

UNIVERSITY SERVICE

2017 – current Faculty Mentor for the Faculty Mentoring Program
2017 – current IRB Committee Member

DEPARTMENTAL SERVICE

2016 – current Online Instruction and Technology Committee
2016 – current Psi Chi and Psychology Student Organization Faculty Advisor

EDITORIAL SERVICE

Ad Hoc Reviewer *American Journal of Psychology*
Cultural Diversity and Ethnic Minority Psychology
Cognition and Emotion
Frontiers in Psychology
Journal of Clinical Psychology
Journal of Cross-Cultural Psychology
Journal of Family Psychology

MASTER THESIS COMMITTEES

2016 – current Kathryn Layton
2016 – current Cliff Ridenour

GRADUATE AND UNDERGRADUATE RESEARCH ASSISTANTS SUPERVISED

2017 – current Graduate research assistants: Cliff Ridenour
Undergraduate research assistants: Sol Gomez, Amelia Qasem, Denisse Mendez, Marivic Albao, Daisy Zavale

2016 – 2017 Graduate research assistants: Cliff Ridenour
Undergraduate research assistants: Lauren Clifford, Olivia De Lisser, Johnathan Ramirez, Sol Gomez, Amelia Qasem, Denisse Mendez

OTHER UNDERGRADUATE RESEARCH EXPERIENCES SUPERVISED

2014 – 2015 Keer Chen – McNair Research Scholars Program at UCLA
2011 – 2012 Ahra Ko – Psychology Opportunities Research Program at UCLA

CLINICAL EXPERIENCE

2015 – 2016 **Psychology Intern**, VA Healthcare System (West Los Angeles)
Completed APA-accredited internship. Conducted individual and group therapy with veterans using a range of evidence-based treatments.

Conducted comprehensive psychodiagnostic and neuropsychological assessments. *Director of Training*: Anna Okonek, Ph.D.

- 2014 – 2015 **Advanced Therapist**, UCLA Psychology Clinic
 Conducted individual adult therapy using an integrative modality (cognitive-behavioral, psychodynamic). *Supervisor*: Donald Hiroto, Ph.D.
- 2014 – 2015 **Clinical Therapy Supervisor**, UCLA Psychology Clinic
 Supervised beginning graduate student in cognitive-behavioral therapy. Reviewed session videotapes and met with student for weekly supervision. Oversaw writing of clinical reports and case management. Attended weekly seminar with licensed psychologist about the supervision process. *Supervisor*: Jill Waterman, Ph.D.
- 2013 – 2014 **Psychology Pre-Intern**, VA Healthcare System (Sepulveda)
 Conducted evidence-based trauma treatments with Veterans with PTSD (Prolonged Exposure, Cognitive Processing Therapy). Led mindfulness and psychoeducational group therapies with Veterans in a primary-care setting. *Supervisor*: Shana Spangler, Psy.D.
- 2012 – 2013 **Practicum Student Therapist**, UCLA Counseling and Psych Services
 Conducted short-term individual therapy with diverse student populations using an integrative modality (cognitive-behavioral, interpersonal, psychodynamic). Co-led psychoeducational groups and DBT skills group. *Practicum Training Director*: Bonnie Zucker, Ph.D.
- 2010 – 2012 **Graduate Student Therapist**, UCLA Psychology Clinic
 Conducted child, adult, and couples therapy using evidence-based approaches (Cognitive-behavioral therapy, Integrative Behavioral Couples Therapy) with diverse populations from the community. *Supervisors*: Bruce Chorpita, Ph.D. and Andrew Christensen, Ph.D.
- 2010 – 2011 **Assessor**, UCLA Psychology Clinic
 Conducted comprehensive psychodiagnostic, personality, and neuropsychological assessments. Wrote clinical reports and made recommendations for treatment. *Supervisor*: Eric Miller, Ph.D.

LANGUAGES

Mandarin: Reading, speaking, and writing (native)

Japanese: Reading, speaking, and writing (intermediate)