

PATRICK J. HEATH

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ACADEMIC APPOINTMENTS

Gustavus Adolphus College Associate Professor Department of Psychological Science	2025-Present
Gustavus Adolphus College Assistant Professor Department of Psychological Science	2019-2025

EDUCATION

University of Iowa Clinical Internship University Counseling Service	2019
Iowa State University Doctor of Philosophy Counseling Psychology (APA Accredited) Certificate: Quantitative Methods Advisor: David L. Vogel, PhD	2019
University of Minnesota – Twin Cities Master of Arts Counseling & Student Personnel Psychology (CSPP) Advisor: Thomas Skovholt, PhD	2013
University of Wisconsin - Madison Bachelor of Science Psychology	2008

PEER REVIEWED JOURNAL ARTICLES

1. Luz, J. V. da, Zanon, C., & **Heath, P. J.** (in press). Measuring stigma, attitudes, and intentions toward seeking therapy in Brazil. *Stigma and Health*.
2. Vogel, D. L., Zhao, N, Vidales, C., Brenner, R. E., **Heath, P. J.**, Hammer, J. H., & Wade, N. G. (in press). Extending the theoretical understanding of mental illness and help-seeking self-stigmas. *Stigma and Health*.

3. Lannin, D. G., Wolf, L. J., & **Heath, P. J.** (2025). Anticipating self-stigma: The roles of values and perceptions of therapy clients. *Stigma and Health*, 10(1), 107-113. <https://doi.org/10.1037/sah0000446>
4. Zanon, C., **Heath, P. J.**, & Martins, J. (2024). Social support, happiness, and distress in Brazil during the pandemic (COVID-19). *Current Psychology*, 43, 35749-35758. <https://doi.org/10.1007/s12144-024-06824-6>
5. Mathison, L., Seidman, A. J., Brenner, R. E., Wade, N. G., **Heath, P. J.**, & Vogel, D. L. (2024). A heavier burden of stigma? Comparing outpatient and inpatient help-seeking stigma. *Stigma and Health*, 9(1), 94-102. <http://dx.doi.org/10.1037/sah0000330>
6. **Heath, P. J.**, Vogel, D. L., Vidales, C., & Abraham, W. T. (2022). Measurement invariance of suicide screening measures across military branch, deployment history, and combat experience. *Military Psychology*, 34(3), 280-287. <http://dx.doi.org/10.1080/08995605.2021.1962186>
7. Li, S., **Heath, P. J.**, Vidales, C. A., Vogel, D. L., & Nie, Y. (2022). Measurement invariance of the Self-Stigma of Mental Illness Scale: A cross-cultural study. *International Journal of Environmental Research and Public Health*, 19(4), 2344. <https://doi.org/10.3390/ijerph19042344>
8. Mendes de Oliveira, C., Zanon, C., de Moraes Bandeira, C., **Heath, P. J.**, & Hofheinz Giacomoni, C. (2022). Evaluating optimism in children and adolescents: Adaptation, dimensionality, convergent validity, and invariance of the Brazilian version of the Youth Life Orientation Test (YLOT). *Psychological Assessment*, 34(1), e1-e14. <https://doi.org/10.1037/pas0001090>
9. Zanon, C., Fabretti, R. R., Silveira, J. Z. M., & **Heath, P. J.** (2022). Adaptation of the Steen Happiness Index (SHI) to Brazil: A comparison of the psychometric properties of SHI and the Subjective Happiness Scale. *Assessment*, 29(8), 1597-1610. <https://doi.org/10.1177/10731911211024354>
10. Bible, J., Lannin, D. G., **Heath, P. J.**, & Yazedjian, A. (2021). An empirical exploration of materialism, social media, and self-stigma. *Stigma and Health*, 6(4), 384-389. <https://psycnet.apa.org/doi/10.1037/sah0000348>
11. Zanon, C., Brenner, R. E., Baptista, M. N., Vogel, D. L., Rubin, M., Al-Darmaki, F. R., Gonçalves, M., **Heath, P. J.**, Liao, H., Mackenzie, C. S., Topkaya, N., Wade, N. G., & Zlati, A. (2021). Examining the Dimensionality, Reliability, and Invariance, of the Depression, Anxiety and Stress Scale-21 (DASS-21) across Eight Countries. *Assessment*, 28(6), 1531-1544. <https://doi.org/10.1177/1073191119887449>
12. Brenner, R. E., Cornish, M. A., **Heath, P. J.**, Lannin, D. G., & Losby, M. (2020). Seeking help despite the stigma: Experiential avoidance as a moderated mediator. *Journal of Counseling Psychology*, 67, 132-140. doi: 10.1037/cou0000365
13. Lannin, D. G., Ludwikowski, W. M. A., **Heath, P. J.**, Vogel, D. L., Wolf, L. J., & Wicker, I. M. (2020). How do personal values influence help-seeking stigma? *The Counseling Psychologist*, 48, 249-276. <https://doi.org/10.1177/0011000019884815>
14. Lannin, D. G., Vogel, D. V., Kahn, J. H., Brenner, R. E., **Heath, P. J.**, & Gyll, M. (2020). A multi-wave test of self-affirmation versus emotionally expressive writing. *Counselling Psychology Quarterly*, 33(3), 333-351. <https://doi.org/10.1080/09515070.2018.1553144>
15. Mackenzie, C. S., **Heath, P. J.**, Vogel, D. L., & Chekay, R. (2019). Age differences in public stigma, self-stigma, and attitudes towards seeking help: A moderated mediation model. *Journal of Clinical Psychology*, 75, 2259-2272. doi: 10.1002/jclp.22845

16. Seidman, A. J., Lannin, D. G., **Heath, P. J.**, & Vogel, D. L. (2019). Setting the stage: The effect of affirming personal values before psychotherapy intake screenings on perceptions of self-stigma and self-disclosure. *Stigma and Health*, 4(3), 256-259. <http://dx.doi.org/10.1037/sah0000140>
17. Surapaneni, S., Larson, L. M., **Heath, P. J.**, & Vogel, D. V. (2019). The interaction of stigma and distress: Predicting the help-seeking attitudes of United States students. *British Journal of Guidance and Counselling*, 47(5), 603-608. <https://doi.org/10.1080/03069885.2018.1504201>
18. Vogel, D. L., **Heath, P. J.**, Engel, K., Brenner, R. E., Strass, H. A., Rashed Al-Darmaki, F., Armstrong, P. I., Galbraith, N., Galbraith, V., Baptista, M. N., Gonçalves, M., Liao, H.-Y., Mackenzie, C., Mak, W. W. S., Rubin, M., Topkaya, N., Wang, Y.-F., & Zlati, A. (2019). Cross-cultural validation of the perceptions of stigmatization by others for seeking help (PSOSH) scale. *Stigma and Health*, 4(1), 82-85. <http://dx.doi.org/10.1037/sah0000119>
19. Brenner, R. E., Vogel, D. L., Lannin, D. G., Engel, K. E., Seidman, A. J., & **Heath, P. J.** (2018). Do self-compassion and self-coldness distinctly relate to distress and well-being? A theoretical model of self-relating. *Journal of Counseling Psychology*, 65(3), 346-357. doi: 10.1037/cou0000257
20. Hammer, J. H., **Heath, P. J.**, & Vogel, D. L. (2018). Fate of the total score: Dimensionality of the Conformity to Masculine Role Norms Inventory (CMNI-46). *Psychology of Men and Masculinity*, 19(4), 645-651. <http://dx.doi.org/10.1037/men0000147>
21. **Heath, P. J.**, Brenner, R. E., Lannin, D. G., & Vogel, D. L. (2018). Self-compassion moderates the relationship of public and anticipated self-stigma of seeking help. *Stigma and Health*, 3(1), 65-68. <http://dx.doi.org/10.1037/sah0000072>
22. Seidman, A. J., Wade, N. G., Lannin, D. G., **Heath, P. J.**, Brenner, R. E., & Vogel, D. L. (2018). Self-affirming values as a way to increase Veterans' intentions to seek counseling. *Journal of Counseling Psychology*, 65(5), 653-660. <http://dx.doi.org/10.1037/cou0000289653>
23. Shechtman, Z., Vogel, D. L., Strass, H. A., & **Heath, P. J.** (2018). Stigma in help-seeking: The case of adolescents. *British Journal of Guidance and Counselling*, 46(1), 104-119. <https://doi.org/10.1080/03069885.2016.1255717>
24. Brenner, R. E., **Heath, P. J.**, Vogel, D. G., & Credé, M. (2017). Two is more valid than one: Examining the factor structure of the self-compassion scale (SCS). *Journal of Counseling Psychology*, 64(6), 696-707. <http://dx.doi.org/10.1037/cou0000211>
25. **Heath, P. J.**, Brenner, R. E., Vogel, D. L., Lannin, D. G., & Strass, H. A. (2017). Masculinity and barriers to seeking counseling: The buffering role of self-compassion. *Journal of Counseling Psychology*, 64(1), 94-103. <http://dx.doi.org/10.1037/cou0000185>
26. **Heath, P. J.**, Seidman, A. J., Vogel, D. L., Cornish, M., & Wade, N. G. (2017). Help-seeking stigma among men in the military: The interaction of restrictive emotionality and distress. *Psychology of Men and Masculinity*, 18(3), 193-197. <http://dx.doi.org/10.1037/men0000111>
27. Lannin, D. G., Vogel, D. V., & **Heath, P. J.** (2017). Can reflecting on personal values online increase positive beliefs about counseling? *Journal of Counseling Psychology*, 64(3), 261-268. <http://psycnet.apa.org/doi/10.1037/cou0000201>
28. Vogel, D. L., Strass, H. A., **Heath, P. J.**, Al-Darmaki, F. R., Armstrong, P., Baptista, M. N., Brenner, R. E., Gonçalves, M., Lannin, D. G., Liao, H.-Y., Mackenzie, C., Mak, W. W. S., Rubin, M., Topkaya, N., Wade, N. G., Wang, Y.-F., & Zlati, A. (2017). Stigma of seeking psychological services: Examining college

- students across ten countries/regions. *The Counseling Psychologist*, 45(2), 170-192. doi: 10.1177/0011000016671411
29. **Heath, P. J.**, Vogel, D. L., & Al-Darmaki, F. R. (2016). Help-seeking attitudes of United Arab Emirates students: Examining loss of face, stigma, and self-disclosure. *The Counseling Psychologist*, 44(3), 331-352. doi: 10.1177/0011000015621149
30. Lannin, D. G., Vogel, D. V., Brenner, R. E., Abraham, W. T., & **Heath, P. J.** (2016). Does self-stigma reduce the probability of seeking mental health information? *Journal of Counseling Psychology*, 63(3), 351-358. <http://dx.doi.org/10.1037/cou0000108>
31. Wade, N. G., Vogel, D. L., Armistead-Jehle, P., Meit, S. S., **Heath, P. J.**, & Strass, H. (2015). Modeling stigma, help-seeking attitudes, and intentions to seek behavioral healthcare in a clinical military sample. *Psychiatric Rehabilitation Journal*, 38(2), 135-141. doi: 10.1037/prj0000131

INVITED BOOK CHAPTERS

1. Vogel, D. L., & **Heath, P.J.** (under review). Men's self-stigma and help seeking. In E. Hoffman, G. Wolfe, & R. Levant (Eds.), *The Oxford Handbook of Masculinities and Mental Health*. Oxford University Press.
2. Vogel, D. L., **Heath, P. J.**, Brenner, R. E., Lannin, D. G., & Zhao, N. (2025). The conceptualization and measurement of self-stigma of help-seeking. In M. Yzer & J. Siegel (Eds.), *The Handbook of Mental Health Communication*. Wiley.
3. **Heath, P. J.**, & Mallo, R. (2023). Tough guys with hard heads. R. Mallo, S. A. Quallich, & M. J. Ravito (Eds.), *Men's Health in Primary Care: Promotion and Management*. Elsevier.
4. **Heath, P. J.** (2022). Mindfulness and self-compassion interventions for stigma. D. L. Vogel & N. G. Wade (Eds.), *The Cambridge Handbook of Stigma and Mental Health* (pp. 449-465). Cambridge, UK: Cambridge University Press.
5. Lannin, D. G., Vogel, D. L., & **Heath, P. J.** (2022). Reducing help-seeking stigma through self-affirmation. W. Goodfriend & A. Nordstrom (Eds.), *Innovative Stigma and Discrimination Reduction Programs Across the World* (pp. 53-64). Routledge/Taylor & Francis. <https://doi.org/10.4324/9781003042464>
6. Vogel, D. L., & **Heath, P. J.** (2016). Men, masculinities, and help-seeking patterns. S. R. Wester & J. Wong (Eds.), *APA Handbook for the Psychology of Men and Masculinities* (pp. 685-707). Washington, DC: American Psychological Association. <http://dx.doi.org/10.1037/14594-031>

CONFERENCE PRESENTATIONS AND PUBLISHED ABSTRACTS

* Denotes student co-author

1. Hintz, A., Williams, S., Lannin, D. G., **Heath, P. J.**, & Rogers, L. (under review). *Psychological strengths and social media: Differential relations with comparison and image-based behaviors*. 2026 European Conference on Positive Psychology, Dublin, Ireland.
2. *Rathke, J. D., & **Heath, P. J.** (accepted). *Subsets of self-compassion mediate the link between mindfulness and self-forgiveness*. 2026 Midwestern Psychological Association Conference, Chicago, IL.

3. **Heath, P. J.**, Zanon, C., Zhao, N., & Vogel, D. L. (August, 2025). *Shame and guilt differentially mediate the link between self-compassion, self-coldness, and distress*. 2025 American Psychological Association Annual Conference, Denver, CO.
4. **Heath, P. J.**, *Melton Hanily, C., *Norton, D., *Rathke, J., *Van Den Heuvel, B., & *Wood, G. (April, 2025). *Self-compassion improves sleep quality through multiple mediating pathways*. 2025 Midwestern Psychological Association Conference, Chicago, IL.
5. *Melton Hanily, C., & **Heath, P. J.** (April, 2025). *An examination of predictive factors between depressive symptoms, mental health stigma, and help-seeking attitudes and intentions*. 2025 Midwestern Psychological Association Conference, Chicago, IL.
6. Sooby, M., Lannin, D. G., & **Heath, P. J.** (April, 2025). *Regardless of gender, masculine norms predict help-seeking styles*. 2025 Midwestern Psychological Association Conference, Chicago, IL.
7. *Westerberg, L. & **Heath, P. J.** (August, 2024). *Acculturation and help-seeking beliefs in Latinx Americans: Cultural values and stigma as mediators*. 2024 American Psychological Association Annual Conference, Seattle, WA.
8. Curry, A., Campbell, K., Nelson, R., Lannin, D. G., & **Heath, P. J.** (April, 2024). *Is help-seeking stigma embedded in social networks? An empirical sociogram investigation*. 2024 Midwestern Psychological Association Conference, Chicago, IL.
9. *Riner, A. M. & **Heath, P. J.** (April, 2024). *"I am not a monster": Efficacy of a brief video intervention on reducing schizophrenia stigma*. 2024 Midwestern Psychological Association Conference, Chicago, IL.
10. *Westerberg, L. & **Heath, P. J.** (August, 2023). *Acculturation and help-seeking beliefs in Latinx Americans: Cultural values and stigma as mediators*. 2023 American Psychological Association Annual Conference, Washington D.C.
11. **Heath, P. J.** (September, 2022). *Self-compassion and mental health stigma: Cross-cultural applications*. 2022 Brazilian Congress on Positive Psychology. Porto Alegre, Brazil.
12. *Coleman, C., & **Heath, P. J.** (August, 2022). *Impact of dual relationships on help-seeking attitudes across rural, suburban, and urban individuals*. 2022 American Psychological Association Annual Conference, Minneapolis, MN.
13. **Heath, P. J.**, *Bailey, A., *Jansen, D., *Magnison, H., *Westerberg, L., Brenner, R. E., & Lannin, D. G. (August, 2022). *Psychological flexibility mediates the effect of self-compassion and self-coldness on depression*. 2022 American Psychological Association Annual Conference, Minneapolis, MN.
14. Lannin, D. G., Seidman, A. J., & **Heath, P. J.**, (August, 2022). *The influence of readiness to change and help-seeking styles on different forms of help-seeking*. 2022 American Psychological Association Annual Conference, Minneapolis, MN.
15. **Heath, P. J.**, *Coleman, C., *Glodoski, J., *Hoffa, M., *Jorgenson, A., *Wiessenberger, J., & Lannin, D. G. (April, 2021). *Values and help-seeking beliefs*. Midwestern Psychological Association Annual Meeting, Chicago, IL.
16. **Heath, P. J.** (August, 2020). *Men's body ideal distress and help-seeking beliefs*. American Psychological Association Annual Conference, Washington, D.C.

17. **Heath, P. J.**, Vogel, D. L., & Brenner, R. E. (August, 2020). *Testing the effect of brief compassion interventions on mental health symptoms and stigma in community men*. American Psychological Association Annual Conference, Washington, D.C.
18. Ozmat, E. E., Ertl, M. M., Brenner, R. E., **Heath, P. J.**, Ladouceur, G. M., Bozek, D. M., Hammer, J. H. (August, 2020). *External coping behaviors mediate the relation between self-compassion and mental health*. American Psychological Association Annual Conference, Washington, D.C.
19. Namboodiri, R., Lannin, D. G., & **Heath, P. J.** (May, 2020). *How stressful will counseling be? Appraisals of control and challenge predict help-seeking intention*. Midwestern Psychology Association Annual Conference, Chicago, IL.
20. **Heath, P. J.**, Vogel, D. L., Ingram, P. B., & Seidman, A. J. (April, 2020). *Examination of the link between mental health stigma and physical health*. Counseling Psychology Conference, New Orleans, LA.
21. Vogel, D. L., Vidales, C., **Heath, P. J.**, & Abraham, T. (October, 2019). *Testing the validity of brief suicide and clinical screeners for military personnel*. International Summit on Suicide Research, Miami, FL.
22. Brenner, R. E., Hammer, J. H., Vogel, D. L., Bitman-Heinrichs, R. L., **Heath, P. J.**, & Wade, N. G. (August, 2019). *Extending the theoretical understanding of mental illness and help-seeking self-stigmas*. American Psychological Association Annual Conference, Chicago, IL.
23. Dazzell, L., Vogel, D. L., Heimerdinger-Edwards, S. R., & **Heath, P. J.** (August, 2019). *Seeking counseling for intimate partner abuse*. American Psychological Association Annual Conference, Chicago, IL.
24. **Heath, P. J.**, & Vogel, D. L. (August, 2019). *Not just for men anymore: Masculine norm adherence and help-seeking outcomes across men and women*. American Psychological Association Annual Conference, Chicago, IL.
25. Vogel, D. L., Vidales, C. A., **Heath, P. J.**, & Abraham, T. (August, 2019). *Post-Traumatic Stress Checklist for Military personnel: Invariance across subgroups of military populations*. American Psychological Association Annual Conference, Chicago, IL.
26. Mackenzie, C. S., **Heath, P. J.**, Vogel, D. L., & Chekay, R. (June, 2019). *Age differences in public stigma, self-stigma, and attitudes toward seeking help: A moderated mediation model*. Canadian Psychological Association, Halifax, NS.
27. Brenner, R. E., Cornish, M. A., **Heath, P. J.**, Lannin, D. G., & Losby, M. M. (August, 2018). *Seeking Help Despite the Stigma; Psychological Flexibility as a Moderated Mediator*. American Psychological Association Annual Conference, San Francisco, CA.
28. **Heath, P. J.**, Lannin, D. G., Brenner, R. E., Seidman, A. J., & Vogel, D. L. (August, 2018). *A tale of two interventions: Testing self-compassion and self-affirmation as a means of reducing distress and stigma*. American Psychological Association Annual Conference, San Francisco, CA.
29. Lannin, D. G., Ludwikowski, W. M. A., Seidman, A. J., **Heath, P. J.**, Brenner, R. E., & Vogel, D. L. (August, 2018). *How do personal values influence psychological help seeking?* American Psychological Association Annual Conference, San Francisco, CA.
30. Seidman, A. J., Lannin, D. G., Wade, N. G., & **Heath, P. J.** (August, 2018). *Patient or person? Self-perception, values, and help-seeking behavior*. American Psychological Association Annual Conference, San Francisco, CA.

31. Vidales, C., **Heath, P. J.**, Vogel, D. L., & Brenner, R. E. (August, 2018). *Predicting self-stigma: The role of self-compassion, coldness and psychological flexibility*. American Psychological Association Annual Conference, San Francisco, CA.
32. Vogel, D. L., **Heath, P. J.**, Seidman, A. J., Wade, N. G., Lannin, D. G., & Brenner, R. E. (August, 2018). *A longitudinal analysis of help-seeking stigma in student Veterans*. American Psychological Association Annual Conference, San Francisco, CA.
33. Brenner, R. E., **Heath, P. J.**, Vogel, D. L., & Egli, M. (August, 2017). *Self-compassion and self-coldness as predictors of psychological distress and well-being*. American Psychological Association annual conference, Washington D.C.
34. **Heath, P. J.**, Brenner, R. E., & Vogel, D. L. (August, 2017). *Shame and depression: A model of moderated mediation*. American Psychological Association annual conference, Washington D.C.
35. Vogel, D. L., **Heath, P. J.**, Engel, K., Brenner, R. E., Strass, H. A., Rashed Al-Darmaki, F.,... & Zlati, A. (August, 2017). *Cross-cultural validation of the Perceptions of Stigmatization by Others for Seeking Help (PSOSH) scale*. American Psychological Association annual conference, Washington D.C.
36. Brenner, R. E., Vogel, D. L., & **Heath, P. J.** (August, 2016). *Adjustment to a romantic relationship breakup: Effects of thought content valence*. American Psychological Association annual conference, Denver, CO.
37. Eckert, T., **Heath, P. J.**, Brenner, R. E., & Vogel, D. L. (August, 2016). *The power of awareness and non-judgment: How mindfulness facets relate to help-seeking self-stigma*. American Psychological Association annual conference, Denver, CO.
38. **Heath, P. J.**, Brenner, R. E., Vogel, D. L., & Martyr, M. A. (August, 2016). *Masculine norm adherence in women: A barrier to seeking psychological help*. American Psychological Association annual conference, Denver, CO.
39. Losby, M. M., **Heath, P. J.**, Lannin, D. G., & Vogel, D. L. (August, 2016). *Why are some narcissists more distressed than others? The role of psychological flexibility*. American Psychological Association annual conference, Denver, CO.
40. Martyr, M. A., Cronin, S., Allen, T., & **Heath, P. J.** (August, 2016). *Do other therapists do these too?: Rituals for resilience within psychotherapy practice*. American Psychological Association annual conference, Denver, CO.
41. Seidman, A.J., Wade, N.G., Vogel, D.L., Lannin, D. G., & **Heath, P. J.** (August, 2016). *The use of a self-affirmation intervention to increase student veterans' attitudes towards help-seeking*. American Psychological Association annual conference, Denver, CO.
42. **Heath, P. J.**, Seidman, A. J., Vogel, D. L., Cornish, M. A., & Wade, N. G. (August, 2015). *Help-seeking self-stigma in military men: The role of distress and restrictive emotionality*. American Psychological Association annual conference, Toronto, Canada.
43. **Heath, P. J.**, Vogel, D. L., & Al-Darmaki, F. R. (August, 2015). *Help-seeking attitudes of United Arab Emirates college students: Examining culture, stigma, and gender*. American Psychological Association annual conference, Toronto, Canada.
44. **Heath, P. J.**, & Vogel, D. L. (March, 2015). *Seeking psychological help: The interplay of masculinity and self-compassion*. International Conference on Masculinities, New York, NY.

45. **Heath, P. J.**, Strass, H. A., Vogel, D. L., Wade, N. G., & Armistead-Jehle, P. (August, 2014). *Towards prevention of ongoing mental health concerns in Veterans: Stigma as a barrier to help-seeking*. American Psychological Association annual conference, Washington D.C.
46. Strass, H., Vogel, D. L., Rashed Al-Darmaki, F., Nunes Baptista, M., Bitman, R. L., Brenner, R. E.,... & Zlati, A. (August, 2014). *Stigma and intentions to seek counseling: Examination across 10 countries*. American Psychological Association annual conference, Washington D.C.
47. Martyr, M., **Heath, P. J.**, Romano, J. L. (April, 2013). *Facets of masculinity as predictors of sexual violence bystander intervention behavior in fraternity men*. American Men's Studies Association Conference, Ann Arbor, MI.
48. **Heath, P. J.**, Vendlinski, M. K., Schmidt, N. L., Lemery-Chalfant, K., Goldsmith, H. H. (2010). Evidence for non-heritable variation in adolescent twin relationships. *Twin Research and Human Genetics*, 13, 263.
49. **Heath, P. J.**, Vendlinski, M. K., Schmidt, N. L., Lemery-Chalfant, K., Goldsmith, H. H. (June, 2010). *Evidence for non-heritable variation in adolescent twin relationships*. 13th International Congress on Twin Studies, Seoul, Korea (South).
50. **Heath, P. J.**, Schmidt, N. L., Lemery-Chalfant, K., Goldsmith, H. H. (May, 2010). *Differential genetic effects on sibling dominance and closeness: A twin study*. Annual meeting of the Association for Psychological Science, Boston, MA.
51. Marceau, K., **Heath, P. J.**, Van Hulle C. A., & Goldsmith, H. H. (May, 2008). *Internalizing versus externalizing problems in the link between parental and youth psychopathology*. Annual meeting of the Association for Psychological Science, Chicago, IL.

AWARDS AND HONORS

Student Award for Distinguished Contributions in Positive Psychology. <i>APA Division 17</i>	2019
Student Merit Award. <i>APA Division 51</i>	2019
Zaffarano Prize. <i>Iowa State University</i>	2019
Sigma XI Membership. <i>Iowa State University Chapter</i>	2019
Violet and Cyril Franks Scholarship. <i>American Psychological Foundation</i>	2018
John and Elaine Bath Outstanding Counseling Graduate Student Award. <i>Iowa State University</i>	2018
University Research Excellence Award. <i>Iowa State University</i>	2018
Graduate and Professional Student Senate Research Award. <i>Iowa State University</i>	2018
Outstanding Empirical Journal Article Award. <i>ISU Department of Psychology</i>	2017
University Teaching Excellence Award. <i>Iowa State University</i>	2017
Fellow. <i>Preparing Future Faculty, ISU Chapter</i>	2017
Mentoring Excellence Award. <i>ISU Department of Psychology</i>	2016
Excellence in Research Award. <i>ISU Counseling Psychology Program</i>	2016

GRANT FUNDING

“Acculturation and Help-Seeking Beliefs in Latinx-Americans: A Follow Up Study”	2023
Summer Undergraduate Research Grant	
Psi Chi National Undergraduate Honors Society	
Total Award = \$3,000	
Role: Faculty Advisor	

Curriculum Development and Revitalization Grant John S. Kendall Center for Engaged Learning Total Award = \$1,575 Role: Co-PI	2022
“Self-Compassion as a Means to Reduce Mental Illness and Help-Seeking Stigma.” Violet and Cyril Franks Scholarship American Psychological Foundation Total Award = \$5,000 Role: PI	2019
“Establishing measurement equivalence of MRSC database assessments across groups.” Military Suicide Research Consortium (Department of Defense), W81XWH-16-2-0004. Total Award = \$149,986. PI: David Vogel Role: Co-author	2018 - 2019
Training Grant Military Suicide Research Consortium (Department of Defense) Total Award = \$1,000	2018
Convention Travel Award American Psychological Association Total Award = \$300	2016
Travel Grant ISU Department of Psychology Total Award = \$400, yearly	2015 - 2018
Professional Development Grant ISU Graduate & Professional Student Senate Total Award = \$200, yearly	2015 - 2017

REVIEWER ACTIVITIES

Reviewer. <i>APA Conference Div. 17 Program Committee</i>	2017 - 2025
Reviewer. <i>APA Conference Div. 51 Program Committee</i>	2017 - 2025
External Dissertation Examiner. <i>Lakehead University</i>	2023
Reviewer. <i>APF Sharon Stephens Brebm Scholarship</i>	2023
Reviewer. <i>APSSC Student Grant Competition</i>	2015
Reviewer. <i>APSSC Student Research Award</i>	2014
Co-Reviewer (mentored). <i>APF Visionary Grant</i>	2015
Co-Reviewer (mentored). <i>David H. and Beverly A. Barlow Grant</i>	2015

Ad-Hoc Peer Reviewer: *Australian Psychologist; Children and Youth Services Review; Clinical Psychology Review; Cultural Diversity and Ethnic Minority Psychology; Current Psychology; Health and Quality of Life Outcomes; International Journal of Sport and Exercise Psychology; Journal of American College Health; Journal of Applied Social Psychology; Journal of GLBT Family Studies; Journal of Health Psychology; Journal of Mental Health; Military Psychology; PLOS ONE; Psychology of Men and Masculinities; Research Quarterly for Exercise and Sport; Rural Society; Scandinavian Journal of Psychology; Sex Roles; Social Psychiatry and Psychiatric Epidemiology; Stigma*

and Health; The Australian Journal of Rural Health; The Counseling Psychologist; Translational Issues in Psychological Science

Ad Hoc Peer Co-Reviewer: *Behavior Research and Therapy; Cultural Diversity and Ethnic Minority Psychology; Journal of Counseling Psychology; Men & Masculinities; Military Behavioral Health; Psychology of Men and Masculinities; Psychiatric Rehabilitation Journal; Psychiatry Research; Stigma and Health; The Counseling Psychologist*

TEACHING EXPERIENCE

Instructor of Record

Gustavus Adolphus College

Abnormal Psychology. *Psychology 241*

Advanced Topics in Psychological Science: Psychology of Self-Compassion. *Psychology 344*

Introduction to Psychology. *Psychology 100*

Positive Psychology. *Psychology 256*

Psychopathology. *Psychology 241*

Statistics and Research Methods I. *Psychology 224*

Statistics and Research Methods II. *Psychology 225*

Iowa State University

Introduction to Psychology. *Psychology 101*

Psychological Measurement. *Psychology 440*

Psychological Measurement Lab. *Psychology 440*

Academic Learning Skills. *Psychology 131*

Teaching Assistant

Advanced Research Methods. *Communication Studies 404, Iowa State University*

Research Methods. *Communication Studies 203, Iowa State University*

Developmental Psychology. *Psychology 230, Iowa State University*

Counseling Pre-Practicum. *Educational Psychology 8501, Iowa State University*

Invited Lectures

Self-Compassion and Sleep. *2024 Nobel Conference*

How Laughter Benefits our Mental and Physical Wellbeing. *ERQ Seminar Series*

Masculinity and Barriers to Seeking Counseling. *Universidade Federal do Rio Grande do Sul, Brazil*

Research Methods. *Communication Studies 203 (Iowa State University); Topic: T-tests; Chi-square tests*

Veterinary Clinical Sciences. *Vet Clinical Sciences 311 (Iowa State University); Topic: Mindfulness and stress reduction*

Abnormal Psychology. *Psychology 460 (Iowa State University); Topic: Borderline Personality Disorder*

SERVICE TO THE COLLEGE

Co-Chair. Academic Operations Committee (AOC).

2025-Present

Faculty Advisor. Psi Chi Honors Society.

2022-Present

Representative. Academic Affairs Coordinating Council (AACC).

2025-Present

Working Group Co-Chair. Gustavus Strategic Planning Steering Committee.

2025-2026

Steering Committee Member. Gustavus Strategic Planning Steering Committee.

2025-2026

Representative. RSC (Research, Scholarship, and Creative Activities) Advisory Council.

2021-2025

Division Representative. Academic Operations Committee (AOC).

2023-2025

Reviewer. Student Travel Grants.

2023-2025

Moderator. Virtual Admissions Fika.

2024

Co-Chair. Academic Technology Committee (ATC).	2022-2023
Academic Technology Liaison. Academic Operations Committee (AOC).	2023-2024
Division Representative. Academic Technology Committee (ATC).	2020-2023
Reviewer. Curriculum Development Grant Review Committee.	2023
TT Hiring Committee Member. Department of Psychological Science.	2022
Planning Committee Member. Nobel Conference, 2022.	2020-2022
Presenter. Teachers Talking – “Motivation.”	2021
Committee Member. Learning Management Systems (LMS) Committee.	2021
NTT Hiring Committee Member. Department of Psychological Science.	2020, 2022

SERVICE TO THE COMMUNITY

Speaker. Exploring Religious Questions (ERQ) seminar series. <i>St. Peter, MN.</i>	2023
Speaker. St. Peter Mental Health and Wellness Fair. <i>St. Peter, MN.</i>	2019

SERVICE TO THE FIELD

Graduate Student Representative to Faculty Meetings. <i>Iowa State University</i>	2017-2018
Midwest Regional Coordinator. <i>APA Div. 17 Student Affiliates of Seventeen</i>	2016-2017
Program Representative. <i>APA Div. 17 Student Affiliates of Seventeen</i>	2013-2017
President. <i>Graduate Students of Counseling Psychology, Iowa State University</i>	2016-2017
Search Committee Member. <i>Student Counseling Services, Iowa State University</i>	2016
Online Mentoring Community Focus Group Member. <i>APA Div. 17</i>	2016
Vice President. <i>Graduate Students of Counseling Psychology, Iowa State University</i>	2015-2016
Co-organizer. <i>Counseling Psychology Multicultural Training Day, Iowa State University</i>	2014

CLINICAL EXPERIENCE

Clinical Intern. <i>University Counseling Service, University of Iowa</i>	2018-2019
Biofeedback Coordinator. <i>Student Counseling Services, Iowa State University</i>	2015-2017
Practicum Therapist. <i>Student Counseling Services, Iowa State University</i>	2014-2017
Practicum Therapist. <i>Department of Psychology, Iowa State University</i>	2014
Academic Coach. <i>Academic Success Center, Iowa State University</i>	2013-2014
Practicum Therapist. <i>Neighborhood Involvement Program, Minneapolis, MN</i>	2012-2013
Behavior Therapist. <i>Behavioral Dimensions, Inc., Minneapolis, MN</i>	2012-2013
Crisis Counselor. <i>Youth Services of Southern Wisconsin, Madison, WI</i>	2009-2011

RELATED EXPERIENCE

Research Laboratory Coordinator. <i>Self-Stigma Research Collaborative, Iowa State University</i>	2014-2018
Crisis Helpline Volunteer. <i>Youth Services of Southern Wisconsin, Madison, WI</i>	2009-2011
Research Specialist. <i>Wisconsin Twin Project, University of Wisconsin</i>	2008-2011
Group Leader. <i>Children Come First Conference, Wisconsin Dells, WI</i>	2008, 2009, 2010
Research Assistant. <i>Wisconsin Twin Project, University of Wisconsin</i>	2007-2008

PROFESSIONAL AFFILIATIONS

American Men’s Studies Association
 American Psychological Association

Division 5 – Quantitative and Qualitative Methods
Division 17 – Society of Counseling Psychology
Division 51 – Society for the Psychological Study of Men and Masculinities
Midwestern Psychological Association
Minnesota Psychological Association