

BARBARA J. LEHMAN

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EDUCATION

- Post-doctoral** **University of California, Los Angeles** Los Angeles, CA
Postdoctoral Fellowship in Health Psychology, 2002-2005
- Ph.D.** **Claremont Graduate University** Claremont, CA
Applied Social Psychology, with emphasis in Quantitative Methods, May 2002
- B.A.** **Drew University, *Cum Laude*** Madison, NJ
Psychology, with specialized honors, May 1992
Anthropology, May 1992

SELECTED HONORS, AWARDS, AND GRANTS

- Kokoro Research Center, Kyoto University, Collaborative Research Project, 2020
- Western Washington University Mentorship Award Nominee, 2016
- Various Western Washington University Summer Research and Teaching Grants
- National Institute of Mental Health National Research Service Award (NRSA) Postdoctoral Fellowship in Health Psychology, to study Biobehavioral Processes in Physical and Mental Health
- Academy on Mental Retardation, Dissertation Award
- Randolph and Dora Haynes Foundation Dissertation Grant
- Sam Wolgemuth Fellowship, a merit-based fellowship for a Ph.D. student in Psychology
- John Frederick Steinman Fellowship, award for students studying psychology

ACADEMIC POSITIONS

- Professor**, Department of Psychology Fall 2018 – present
Western Washington University Bellingham, WA
- Associate Professor**, Department of Psychology Fall 2012 – Fall 2018
Western Washington University Bellingham, WA
- Assistant Professor**, Department of Psychology Fall 2005 – Fall 2012
Western Washington University Bellingham, WA
- Visiting Assistant Professor**, Human and Community Development 2007 – 2009
University of California, Davis Davis, CA
- Postdoctoral Fellow**, Department of Psychology June 2002 - June 2005
University of California, Los Angeles Los Angeles, CA

PUBLISHED ARTICLES

- Pourmand, V., Lawley, K. A., & Lehman, B. J. (2021). Cultural differences in stress and affection following social support receipt. *PLoS ONE*, 16(9): e0256859. <https://doi.org/10.1371/journal.pone.0256859>
- Willett, Z.Z., Lawley, K.A., Lehman, B.J., & Scollon, C.N. (2021). Using experience sampling methodologies to study culture in the case of emotional well-being and social support. In K.C. McLean (Ed.). *Cultural Methodologies in Psychology: Capturing and Transforming Cultures*. Oxford University Press.
- Lawley, K.A., Willett, Z.Z., Scollon, C.N., & Lehman, B.J. (2019). Did you really need to ask? Cultural variation in emotional responses to providing solicited social support. *PLoS ONE* 14(7): e0219478. <https://doi.org/10.1371/journal.pone.0219478>
- Jones, D. R., Lehman, B. J., Noriega, A., & Dinnel, D. L. (2019). The effects of a short-term mindfulness meditation intervention on coping flexibility. *Anxiety, Stress, & Coping*, 32, 347-361. doi: 10.1080/10615806.2019.1596672
- Jones, D. R., Graham-Engeland, J. E., Smyth, J., & Lehman, B. J. (2018). Clarifying the associations between mindfulness meditation and emotion: Daily high- and low-arousal emotions and emotional variability. *Applied Psychology: Health and Well-Being*.
- Lehman, B. J., David, D., & Gruber, J. (2017). Rethinking the biopsychosocial model of health: Understanding health as a dynamic system. *Personality and Social Psychology Compass*, 11, e12328. doi: [10.1111/spc3.12328](https://doi.org/10.1111/spc3.12328)
- Jones, D. R., Lehman, B. J., Kirsch, J. K., & Hennessy, K. G. (2016). Pessimism moderates negative emotion responses to naturally occurring stress. *Journal of Research in Personality*. doi:10.1016/j.jrp.2016.06.007
- Lehman, B. J., Kirsch, J. A., Jones, D. R. (2015). Effectively analyzing change over time in laboratory research on stress and health: A multilevel modeling approach *Personality and Social Psychology Compass*, 9, 551-566. doi 10.1111/spc3.12202
- Lehman, B. J., Cane, A .C., Tallon, S. J., & Smith, S. F. (2014). Physiological and emotional responses to subjective social evaluative threat in daily life. *Anxiety, Stress, and Coping*, 28, 321-329. doi: 10.1080/10615806.2014.968563
- Kirsch, J. A.. & Lehman, B. J. (2014). Effective social support buffers cardiovascular responses to stress. *Stress and Health*. doi:10.1002/smi.2558
- Conley, K. M. & Lehman, B. J. (2012). Test anxiety and cardiovascular responses to daily academic stressors. *Stress and Health*, 28, 41-50.

PUBLISHED ARTICLES, CTD.

- Conner, T. S., & Lehman, B. J. (2012). Getting started: Launching a study in daily life (chapter 6). In M. R. Mehl and T. S. Conner (Eds.) *Handbook of Research Methods for Studying Daily Life*. Guilford Press
- Lehman, B. J. & Conley, K. C. (2010). Momentary reports of social-evaluative threat predict ambulatory blood pressure. *Social Psychological and Personality Science*, 1, 51-56.
- Lehman, B. J., Taylor, S. E., Kiefe, C. I., & Seeman, T. E. (2009). Relationship of early life stress and psychological functioning to blood pressure in the CARDIA study. *Health Psychology*, 28, 338-346.
- Taylor, S. E., Burklund, L. J., Eisenberger, N. I., Lehman, B. J., Hilmert, C. J., & Lieberman, M. D. (2008). Neural bases of moderation of cortisol stress responses by psychosocial resources. *Journal of Personality and Social Psychology*, 95, 197-211.
- Lehman, B. J. & Repetti, R. (2007). Bad days don't end when the school bell rings: The lingering effects of negative school events on children's mood, self-esteem, and perceptions of parent-child interaction. *Social Development*, 16, 596-618.
- Taylor, S. E., Lehman, B. J., Kiefe, C. I., & Seeman, T. E. (2006). Relationship of early life stress and psychological functioning to adult C-reactive protein in the CARDIA study. *Biological Psychiatry*, 60, 819-824.
- Taylor, S. E., Welch, W. Y., Hilmert, C. J., Lehman, B. J., & Way, B. M. (2006). Early family environment, current adversity, the serotonin transporter (5-HTTLPR) polymorphism, and depressive symptomatology. *Biological Psychiatry*, 60, 671-676.
- Taylor, S. E., Eisenberger, N. I., Saxbe, D., Lehman, B. J., & Lieberman, M. D. (2006). Neural bases of regulatory deficits associated with childhood family stress. *Biological Psychiatry*, 60, 296-301
- Lehman, B. J., Taylor, S. E., Kiefe, C. I., & Seeman, T. E. (2005). Relation of childhood socioeconomic status and family environment to adult metabolic functioning in the CARDIA study. *Psychosomatic Medicine*, 67, 846-854.
- Taylor, S. E., Lerner, J. S., Sage, R. M., Lehman, B. J., & Seeman, T. E. (2004). Early environment, emotions, responses to stress, and health. *Journal of Personality*, 72, 1365-1394.
- Lehman, B. J. & Crano, W. D. (2002). The pervasive effects of vested interest on attitude-criterion consistency in political judgment. *Journal of Experimental Social Psychology*, 38, 101-112.

PUBLISHED ABSTRACTS

- Lawley, K.A., & Lehman, B.J. (2020). A systematic review of LGBTQ community connectedness and physical and behavioral health outcomes. *Psychosomatic Medicine*, 82, A90-A90.
- Lawley, K.A., & Lehman, B.J. (2019). Using the dynamic biopsychosocial model to analyze contemporary LGBTQ health concerns. *Psychosomatic Medicine*, 81, A69-A69.
- Jones, D.R., Graham-Engeland, J.E., Lehman, B.J. (2016). Mindfulness meditation moderates associations between daily stress and low and high activation positive affect, but not daily stress and negative affect. *Psychosomatic Medicine*, 78, A64-A65.

INVITED PRESENTATIONS

- Lehman, B. J., & Conner, T. (2012). Using ambulatory assessment methodologies to capture daily life experiences. Invited presentation was part of an invited symposium for the XXX International Congress of Psychology in July 2012, Cape Town, South Africa.
- Lehman, B. J. (2008). Invited talk given for the social psychology brownbag series at the University of California, Davis
- Lehman, B. J. (2008). Invited talk given for the health psychology speaker series at the University of British Columbia.
- Lehman, B. J. (2008). Invited talk given for the developmental psychology colloquium series at the University of California Davis.
- Lehman, B. J. (2007). Invited talk given for the psychology department at Georgia State University.
- Lehman, B. J. (2006). Invited colloquium given at San Diego State University.
- Lehman, B. J. & Taylor, S. E. (2004). Invited paper presented at the meeting of the John D. & Catherine T. MacArthur Foundation Network on Socioeconomic Status and Health. Santa Monica, CA.
- Lehman, B. J. (2004). Invited colloquium given at the developmental psychology colloquium at the University of California Los Angeles
- Lehman, B. J. (2003). Invited talk given at health psychology brown bag series at the University of California Los Angeles

PROFESSIONAL PRESENTATIONS

- Smith, R., Dragonflame, C., Willett, Z.Z., & Lehman, B.J. (2022). *Coping flexibility protects students from the psychological consequences of COVID-related financial stress*. Poster to be presented at the 2021 Society for Personality and Social Psychology, San Francisco, CA.
- Elwood, P., Carlson, E., Krumm, K., & Lehman, B.J. (2022). *Kinship, quarantine, and college: Effects of social support on sleep latency and psychological health*. Poster to be presented at the 2021 Society for Personality and Social Psychology, San Francisco, CA.

PROFESSIONAL PRESENTATIONS, CONTINUED

- Lehman, B.J. (2020). *Using elements of Vajrayana Buddhism to promote empathy and political action*. Paper was to be presented in April at the International Conference on Values: East and West. Thimphu, Bhutan. Conference postponed due to Covid-19
- Pourmand, V., Lawley, K.A., & Lehman, B.J. (2020). *Cultural differences in stress and affection following social support receipt*. Poster presented at the 2020 Society for Personality and Social Psychology, New Orleans, LA.
- Willett, Z.Z., Horrocks, Z., Koepf, I., & Lehman, B.J. (2020). *Brief common humanity meditation can increase empathy, mindfulness, and political engagement*. Poster presented at the 2020 Society for Personality and Social Psychology, New Orleans, LA.
- Lawley, K.A., & Lehman, B.J. (2019). *Using the dynamic biopsychosocial model to analyze contemporary LGBTQ health concerns*. Poster presented at the American Psychosomatic Society. Vancouver, BC.
- Lawley, K.A., Willett, Z.Z., & Lehman, B.J. (2019). *Did you really need to ask? Cultural differences in provider emotions following solicited social support provision*. Poster presented at the 2019 Society for Personality and Social Psychology, Portland, OR.
- Lawley, K., Knapp, K., & Lehman, B.J. (2018). *Threat or challenge? Political stress and coping with Trump*. Poster presented at 2018 Society for Personality and Social Psychology, Atlanta, GA.
- Smith, T., Struthers, G., Stafford, J., & Lehman, B.J. (2018). *Perceived social support is predicted by text messaging preferences*. Poster presented at 2018 Society for Personality and Social Psychology, Atlanta, GA.
- Lehman, B.J., Jones, D.R., & David, D.M. (2017). *Brief Ecological Mindfulness Meditation Interventions May Buffer Against Emotional Reactivity to Stress*. Paper presentation given at the Fifth Biennial Conference of the Society for Ambulatory Assessment, Luxembourg.
- Lehman, B.J., David, D.M., & Reinke, V. (2016). *Effects of mindfulness on momentary mind wandering and thought valence*. Poster presented at the Mind & Life Institute Summer Research Institute 2016. Garrison, NY.
- Gruber, J., David, D., Lehman, B.J., & Noriega, A. (2016). *What's so unique about mindfulness anyway? An examination of the facets of mindfulness and its effect on flourishing*. Poster presented at the Annual Association for Psychological Sciences Conference, Chicago, IL.
- David, D.M. & Lehman, B.J. (2016). *The effects of a brief mindfulness meditation training on attention and rumination*. Poster presented at the Annual Association for Psychological Sciences Conference, Chicago, IL.

PROFESSIONAL PRESENTATIONS, CONTINUED

- Jones, D.R., Graham-Engeland, J.E., Lehman, B.J. (2016). *Mindfulness meditation moderates associations between daily stress and low and high activation positive affect, but not daily stress and negative affect*. Poster presented at the Annual Meeting of the American Psychosomatic Society. Denver, CO.
- David, D. M., Jones, D.R., & Lehman, B. J. (2015). *Short-term mindfulness meditation training improves mindfulness and reduces stress*. Poster presented at the Annual Association for Psychological Science Conference. New York, NY.
- Noriega, A.K, Gruber, J.A, & Lehman, B. J. (2015). *The effectiveness of a brief mindfulness meditation intervention* Poster presented at the Annual Association for Psychological Science Conference. New York, NY.
- Jones, D. R. & Lehman, B. J. (2015). *Living in the moment: The influence of mindfulness meditation on stress, coping flexibility, and flourishing*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Long Beach, CA
- Salisbury, J., Jones, D.R., & Lehman, B. J. (2015). *Daily reports of stress and flourishing following a brief mindfulness meditation intervention* Poster presented at the Annual Association for Psychological Science Conference. New York, NY.
- Shank, C., Gubbe, J., Salisbury, J., Jones, D.R., & Lehman, B. J. (2014). *Mindfulness mediates the association between self-silencing and coping flexibility* Poster presented at the Annual Association for Psychological Science Conference. San Francisco, CA.
- Jones, D. R., Hoff, K. G., Kirsch, J. A., & Lehman, B. J. (2013). *Pessimism moderates the mediated effects of rumination on micro-longitudinal associations between stress and negative affect*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA
- Kirsch, J. A., & Lehman, B. J. (2013). *Effective social support buffers cardiovascular responses to stress*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA
- Malmberg, S.J., Smith, S.F., Cane, A.C, Lehman, B.J. (2012). *Physiological and Emotional Responses to Naturally Occurring Social Evaluative Threats*. Poster presented at the Annual Association for Psychological Science Conference. Chicago, IL.
- Wirth, C., Lehman, B.J., Cullen, B., Nelson, J., & Richards, K. (2010). *The Effects of Coping Style on Cardiovascular Reactivity to a Stressful Event*. Paper presented at PsychFest. Bellingham, WA.

PROFESSIONAL PRESENTATIONS, CONTINUED

- Lehman, B. J., Nelson, J., Cullen, B., & Richards, K. (2010). *Perceived social support predicts blood pressure activation to everyday stressors*. Paper presented at the Annual Western Psychological Association Conference. Cancun, Mexico.
- Richards, K., Cullen, B., Nelson, J., & Lehman, B. J. (2010). *Effects of socioeconomic status on blood pressure reactivity to social and financial stressors*. Poster presentation at the Western Psychological Association Conference. Cancun, Mexico.
- Lehman, B. J., & Conley, K. M. (2009). *Social-evaluative threat mediates reactivity to everyday social interactions*. Paper presented at the first Biennial Conference for the Society for Ambulatory Assessment. Greifswald, Germany.
- Lehman, B. J., Conley, K. M., & Price, A. (2008). *Cardiovascular reactivity to everyday social interactions with family, friends, and romantic partners*. Poster presented at the Society for Personality and Social Psychology. Albuquerque, NM.
- Conley, K. M., & Lehman, B. J. (2007). *Emotional and physiological responses to academic stressors*. Poster presented at the Western Psychological Association, Vancouver, B.C.
- Lehman, B. J., & Repetti, R. L. (2005). *Mediators of the association between children's daily school events and parent-child interaction*. Poster presented at the Society for Research in Child Development. Atlanta, GA.
- Lehman, B. J. (2003). *Evaluating the Best Buddies Program: The influence of friendships on attitudes toward peers with developmental disabilities*. Paper presented at the annual meeting of the American Association on Mental Retardation. Chicago, IL.
- Lehman, B. J. (2003). *Age and gender differences in need for cognition*. Poster presented at the annual meeting of the Society for Personality and Social Psychology. Los Angeles, CA.
- Lehman, B. J. (2002). *Evaluating a new position: Using multilevel modeling in a large district*. Paper presented at the annual meeting of the American Evaluation Association. Washington, DC.
- Lehman, B. J. (2001). *The measurement of student attitudes toward peers with developmental disabilities*. Paper presented at the annual meeting of the American Association on Mental Retardation. Denver, CO.
- Lehman, B. J., & Crano, W. D. (2001). *Vested interest in the political realm*. Poster presented at the Society for Personality and Social Psychology annual meeting. San Antonio, TX.
- Lehman, B. J. (1999). *Community-based services and health care delivery: An evaluation of a California day program*. Poster presented at the annual meeting of the American Association on Mental Retardation. New Orleans, LA.

PROFESSIONAL PRESENTATIONS, CONTINUED

Lehman, B. J. & Kopp, C. B. (1998). *Social acceptance of people with mental retardation: Effects of age and facial maturity*. Paper presented at the annual meeting of the American Association on Mental Retardation. San Diego, CA.

SELECTED STUDENT PRESENTATIONS

Jones, D., & Lehman, B.J. (2014). Living in the moment: The effects of mindfulness meditation on trait mindfulness, stress, coping flexibility, and flourishing. Research paper presented at Western Washington University PsychFest, Bellingham, WA.

Jones, D., & Lehman, B.J. (2013). The role of pessimism and rumination on stress after stressful events. Research paper presented at Western Washington University PsychFest, Bellingham, WA

Wakefield, J., Morrow, C., Gailey, S., & Lehman, B.J. (2013). Associations between early life adverse experiences, hostility and blood pressure in young adulthood. Poster presented at PsychFest. Western Washington University.

Smith, S. F., Malmborg, S.J., & Cane, A.C., Lehman, B. J. (2012). Physiological and emotional responses to naturally occurring social evaluative threats. Paper presented at Psychfest. Western Washington University.

Cutshaw, K., Jones, D., Hoff, K., & Lehman, B.J. (2012). Optimism moderates emotional responses to naturally occurring stressors. Poster presented at Psychfest. Western Washington University.

Nguyen, S., Tran, R., Clogston, C., & Druckman, M. (2011). *Influences of Clothing Color and Uncertainty on Attractiveness Ratings*. Poster presented at Psychfest. Western Washington University.

Smith, M. (2011). *Big Brothers Big Sisters*. Poster presented at Service-Learning Symposium during Scholars Week. Western Washington University.

Schiff, L. B., O'Farrell, F. E., Conley, K. M., & Lehman, B. J. (2009). *Rejection Sensitivity and Self-Esteem, Social Support, and Emotional Distance During Social Interactions*. Poster Presented at the Western Psychological Association Conference, Portland, Oregon.

Schiff, L.B., O'Farrell, F.E., Lehman, B.J., & Conley, K.M. (2008). *Rejection Sensitivity related to Self-Esteem, Social Support and Emotional Evaluation in College Students*. Poster presented at Psychfest. Western Washington University.

Price, A., Deveau, J., Conley, K., Meagher, L., Kaiser, J., Aflatooni, R., Potts, A., Dieckman, L., Turnbull, M., & Lehman, B.J. (2007). *Stress appraisal as a possible mediator of cardiovascular reactivity to stressful daily life events*. Paper presented at Psychfest. Western Washington University.

ADDITIONAL PROFESSIONAL AND TEACHING EXPERIENCE

Member , Graduate Group in Human Development University of California Davis	Fall 2008-Fall 2011
Lecturer , Department of Psychology University of California Los Angeles	Summer 2003
Adjunct Faculty , Department of Psychology California State University, Dominguez Hills	Spring 2002
Educational Research Analyst Program Evaluation Research Branch, Los Angeles Unified School District	2000-2002
Teaching Associate , Department of Psychology Claremont Graduate University	1998 -2001
Adjunct Faculty , Department of Psychology Woodbury University	Spring 2000
Community Fellows Program Coordinator Claremont Graduate University	1996-1999
Statistics Consultant Claremont Graduate University	1996-1997