

Lauren A. J. Kirby
Associate Professor
(903)566-7154
lkirby@uttyler.edu

Contact Information

238 HPR
3900 University Blvd
Tyler, Texas 75799

lkirby@uttyler.edu (903)566-7154

Current Position

Current Academic Rank: Associate Professor

Degrees

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| 2018 | Ph.D., Psychology - Cognitive and Behavioral Sciences, Auburn University, Auburn, Alabama, United States
Dissertation: Impact of Brief In-class Mindfulness Training Sessions on Trait Mindfulness, Psychological Distress, Physiology, and Learning Outcomes in Undergraduate Students |
| 2016 | M.S., Psychology, Auburn University, Auburn, Alabama, United States
Dissertation: Preliminary Materials Toward a Library of Affective Films (LAF): Standardization and Psychophysiological Validation |
| 2013 | B.A., Psychology, University of North Alabama, Florence, Alabama, United States
Dissertation: Fundamentalism and Authoritarian Evaluations of Nude Art |

Scholarly Contributions and Creative Productions

Journal Article

Completed/Published

- Schiller, Daniela, Alessandra N. C. Yu, Nelly Alia-Klein, Susanne Becker, Howard C. Cromwell, Florin Dolcos, Paul J. Eslinger, et al. 2024. "The Human Affectome." *Neuroscience and Biobehavioral Reviews*, Autumn. <https://doi.org/10.1016/j.neubiorev.2023.105450>
- Kirby, Lauren A. J., Staci M. Zolkoski, Kyle O'Brien, Joseph Mathew, Bridget R. Kennedy, and Sarah M. Sass. 2023. "Examining Staff and Faculty Work-Life Balance and Well-Being Using the Dual Continua Model of Mental Health during COVID-19." *Journal of Happiness and Health* 3 (November):34-48. <https://doi.org/10.47602/johah.v3i1.31>
- Kirby, Lauren A. J., and Christopher L. Thomas. 2022. "High-Impact Teaching Practices Foster a Greater Sense of Belonging in the College Classroom." *Journal of Further and Higher Education* 46 (July):368-81. [Attachment] <https://doi.org/10.1080/0309877X.2021.1950659>
- Kirby, Lauren A. J., Paul T. Kornman, and Jennifer L. Robinson. 2021. "Outcomes of 'brain Breaks': Short Consistent Meditation Sessions in the College Classroom Are No Different from Sitting Quietly." *Journal of Cognitive Enhancement* 5 (February):99-117. [Attachment] <https://doi.org/10.1007/s41465-020-00178-0>
- Thomas, Christopher L., and Lauren A. J. Kirby. 2020. "Situational Interest Helps Correct Misconceptions: An Investigation of Conceptual Change in University Students." *Instructional Science* 48 (April):223-41. [Attachment] <https://doi.org/10.1007/s11251-020-09509-2>
- Murphy, Jerry E., Julio A. Yanes, Lauren A. J. Kirby, Meredith A. Reid, and Jennifer L. Robinson. 2019. "Left, Right, or Bilateral Amygdala Activation? How Effects of Smoothing and Motion Correction on Ultra-High Field, High-Resolution Functional Magnetic Resonance Imaging (fMRI) Data Alter Inferences." *Neuroscience Research*, January. [Attachment] <https://doi.org/10.1016/j.neures.2019.01.009>

Pace-Schott, Edward F., Marlissa C. Amole, Tatjana Aue, Michela Balconi, Lauren M. Bylsma, Hugo Critchley, Heath A. Demaree, et al. 2019. "Physiological Feelings." *Neuroscience and Biobehavioral Reviews* 103 (May):267-304. [Attachment]
<https://doi.org/10.1016/j.neubiorev.2019.05.002>

Other than the first author (editor), the other authors were considered equal in contribution and hence were listed alphabetically. I authored (first) section 4.1 Neuroimaging (under 4. Central Representation of Emotions) with Jennifer L. Robinson (senior author on our section). This publication is part of the ambitious Human Affectome Project (<http://www.neuroqualia.org/background.php>) undertaken by Neuroqualia, which seeks to establish a comprehensive and robust theory of emotions and physiology based on current reviews by experts in the field. Members of the teams are hand-selected by the editors of those teams (in the case of the Physiology team, Edward Pace-Schott).

In Progress

- Ihionkhan, Priscillia, Isabella Ferrara, Lauren A. J. Kirby, Sarah M. Sass, and Staci M. Zolkoski. 2024. "Work-Life Balance in Higher Education: A Qualitative Study on Employees at an East Texas University." *TBD, Authorship Order Tentative*
- Kirby, Lauren A. J., Paul T. Kornman, IV, Reese Deprez, and Johnson Li. 2024. "Endogeneity in the Mindfulness-to-Meaning Theory: A Meta-Analysis." *TBD*.
- Kirby, Lauren A. J., Reese Deprez, Paul T. Kornman, IV, and Johnson Li. 2024. "Synesthesia and Executive Functioning: A Systematic Review Highlighting Sources of Endogeneity." *TBD*.
- Kirby, Lauren A. J., Ahmed Abdelal, Rachel Mason, Amentahru Wahlrab, and Natalia V. Menkina Snider. 2025. "An Interdisciplinary Needs Assessment of Student Writing Preparedness, Strategies, and Support at an East Texas University: A Mixed-Methods Scale Development Study." *TBD, Authorship Order Tentative*.
- Kirby, Lauren A. J. 2022. "Characterizing Unusual Perceptual Phenomena: A Mindfulness Intervention Study of Autonomous Sensory Meridian Response (ASMR) and Misophonia." *None yet. In Prep.*, Spring.

Poster Presentation

Completed/Published

- Kirby, Lauren A. J. 2023. "Choosing Statistical Methods with Qualtrics in an Undergraduate Psychology Research Methods Course.." *RoSE Network Conference*. May.
- Breeding, Savannah, and Lauren A. J. Kirby. 2023. "Dissociation and Creativity." *East Texas Research Conference*. April.
- Breeding, Savannah, and Lauren A. J. Kirby. 2023. "Normative Dissociation and Creativity: A Survey of the General Population." *UT Tyler Honors Lyceum*. April.
- Le, Kimanh, William Sorensen, Sarah M. Sass, Cheryl Cooper, and Lauren A. J. Kirby. 2023. "Exploring Social Media Usage and Its Effects on College Students' Mental Health: A Mixed Methods Study." *Discover USC Day*. April.
- Kirby, Lauren A. J., Christopher L. Thomas, T. Witte, A. Heath, and J L. Robinson. 2019. "Validating the Affect Modulation Ability Questionnaire (AMAQ) Using Exploratory Structural Equation Modeling." *Annual Meeting of the of the Association for Psychological Science*. Summer. [Attachment]
- Thomas, Christopher L., and Lauren A. J. Kirby. 2019. "The Role of Situational Interest in the Process of Conceptual Change." *Annual Meeting of the Association for Psychological Science* Summer. [Attachment]

Presentation

Completed/Published

- Kirby, Lauren A. J., Staci M. Zolkoski, and Sarah M. Sass. 2021. "Compassion, Meditation, and Social Justice." *College of Education and Psychology Diversity Committee* March.
- Sass, Sarah M., Staci M. Zolkoski, and Lauren A. J. Kirby. 2021. "Faculty Learning Communities (Contributed on Behalf of UT Tyler's Work-Life Balance FLC)." *Where Do We Go From Here? UT System Academy of Distinguished Teachers' Virtual Conference on Teaching in Texas*. April.
- Sass, Sarah M., Lauren A. J. Kirby, and Staci M. Zolkoski. 2020. "Mindfulness and Work-Life Balance." *Work Life Balance Faculty Learning Community Meeting*. February.
- Nguyen, Amy, Welby Jordan, Daniela Pereira, and Lauren A. J. Kirby. 2019. "Autonomous Sensory Meridian Response (ASMR) and Adult Attachment Style." *11th Annual East Texas Psi Chi Student Research Conference at the University of Texas at Tyler*. [Attachment]

Kellermann, Ana, Ryan Bird, Jennifer L. Robinson, and Lauren A. J. Kirby. 2019. "Standardizing Static and Dynamic Affective Ratings for the Library of Affective Films (LAF)." *11th Annual East Texas Psi Chi Student Research Conference*. April.

Grants

Completed

Academic Success Assistance Program (ASAP): Identifying and Addressing Barriers to Success Through Student Mentorship and Intrusive Advising, Funded by The Consortium for Belize Educational Cooperation (COBEC) (September 1, 2021 - May 31, 2022), awarded July 19, 2021 (**\$1,500.00**), Completed, Summer 2022, PI Kristie Allen with Program Coordinator Monica Manzur, CoInvestigator Amy Hayes, CoInvestigator Lauren Kirby

Mindfulness and Autonomous Susceptibility to Unusual Perceptual Phenomena: Can you Lean into or Out of Synesthesia, Misophonia, ASMR, or Frisson?, Funded by UT Tyler (September 1, 2019 - October 30, 2020), awarded June 7, 2019 (**\$5,000.00**), Completed, Spring 2021, PI Lauren Kirby (100%)

Date range for vita

Fall 2018 - Summer 2019

09/01/2019