

## Heather C. Lench

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Texas A&M University  
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### Professional Positions

- 2013 - present Associate Professor, Department of Psychology,  
Texas A&M University (TAMU)  
2007 - 2013 Assistant Professor, Department of Psychology, TAMU

### Education

- Ph.D. University of California, Irvine (UCI), 2007  
Social Psychology, Quantitative Minor, Developmental Minor  
Dissertation: The relation of approach and avoidance goals to persistence, affective  
judgments and health  
Advisor: Linda J. Levine
- M.A. California State University, Fresno (CSUF), 2001  
Experimental Psychology & Marriage and Family Therapy  
Thesis: The effects of mood on unrealistic optimism  
Advisor: Paul C. Price
- B.A. Florida State University (FSU), 1999  
Psychology Major, English Minor  
Honors Thesis: Attitude strength as a determinant of attitude-behavior consistency  
Advisor: Colleen Kelley

### Honors and Awards

- Texas A&M University faculty merit award, 2012  
American Psychological Association New Investigator Award in Experimental Psychology, 2010  
Curriculum development grant to support redesign of the introductory statistics course, 2009  
Springer Outstanding Manuscript Reviewer Award, 2009  
College Faculty Research Enhancement Award to support research on the emotional basis of  
optimism over the summer, 2008  
Ellen Greenberger Excellence in Graduate Research Award, 2007  
Chancellors' Club for Excellence Fellowship, 2006-2007  
Travel Award, International Society for Research on Emotions, Atlanta, GA, 2006  
Martha Newkirk Excellence in Research Award, 2006  
Mentor Award for work with undergraduate students, UCI, 2006  
Dean's Dissertation Data Gathering Fellowship, UCI, School of Social Ecology, 2005  
Dissertation Research Award, American Psychological Association, 2005  
Travel Award, Society for Personality and Social Psychology, 2004  
Training Fellowship, National Institute of Mental Health, 2002-2004  
Department Comprehensive Exam Distinctions, UCI, 2003  
Graduate Research Fellowship, Transdisciplinary Tobacco Use Research Center, 2001-2002

Burton/Button Renaissance Person Award, CSUF, 2001  
 Student Research Award for research on optimism, CSUF, 2000  
 Graduate Research Award for research on optimism, CSUF, 2000  
 Leon S. Peters Fellowship for academic merit, CSUF, 2000-2001  
 Pickford Scholarship for academic merit, CSUF, 2000-2001  
 Graduated with departmental and university honors, FSU, 1999  
 Elected to Psi Chi, Psychological Honors Society, FSU, 1998

## Publications

(G indicates a graduate student collaborator; U an undergraduate collaborator)

Lench, H. C., & <sup>G</sup>Darbor, K. E. (in press). Negative affective reactions reduce risk perception. *Motivation and Emotion*.

Liew, J., Lench, H. C., <sup>G</sup>Kao, G., Yeh, Y-C., & Kwok, O. (in press). Testing a mediation model of math anxiety. *Anxiety, Stress, and Coping*.

Lench, H. C., & <sup>G</sup>Bench, S. W. (in press). Economic indicators predict changes in college student optimism for life events. *Journal of Applied Social Psychology*.

Lench, H. C., Taylor, A. B., & <sup>G</sup>Bench, S. W. (in press). An alternative approach to analysis of mental states in experimental social cognition research. *Behavior Research Methods*.

Levine, L. J., Lench, H. C., <sup>G</sup>Kaplan, R. L., & Safer, M. A. (2013). Like Schrödinger's cat, the impact bias is both dead and alive: Reply to Wilson and Gilbert. *Journal of Personality and Social Psychology*, *105*, 749-756.

Lench, H. C., <sup>G</sup>Darbor, K. E., & <sup>G</sup>Berg, L. A. (2013). Functional perspectives on emotion, behavior, and cognition. *Behavioral Sciences*, *3*, 1-5.

<sup>G</sup>Bench, S. W., & Lench, H. C. (2013). On the function of boredom. *Behavioral Sciences, Special Issue: Functional Perspectives on Emotion, Behavior, and Cognition*, *3*, 459-472.

Lench, H. C., <sup>G</sup>Bench, S. W., & <sup>G</sup>Flores, S. A. (2013). Searching for evidence, not a war: Reply to Lindquist, Siegel, Quigley, and Barrett (2013). *Psychological Bulletin*, *139*, 264-268.

<sup>G</sup>Darbor, K. E., & Lench, H. C. (2013). Regulating the impact of emotions to improve decisions. In Changiz Mohiyeddini (Ed.), *Psychology of Emotions*. New York: Nova Science.

<sup>G</sup>Darbor, K. E., & Lench, H. C. (2013). Anger and aggression. In M. Shally-Jensen (Ed.), *Mental Health Care Issues in America*. ABC-CLIO (Praeger).

Lench, H. C., Levine, L. J., & Whalen, C. K. (2013). Exasperating or exceptional? Parents' interpretations of their child's ADHD behavior. *Journal of Attention Disorders*, *17*, 141-151.

Levine, L. J., Lench, H. C., <sup>G</sup>Kaplan, R. L., & Safer, M. A. (2012). Accuracy and artifact: Reexamining bias in affective forecasting. *Journal of Personality and Social Psychology*, *103*, 584-605.

- Lench, H. C., & <sup>o</sup>Bench, S. W. (2012). Automatic optimism: Why people assume their futures will be bright. *Social and Personality Psychology Compass*, *6*, 347-360.
- Lench, H. C., & <sup>o</sup>Flores, S. A. (2012). The fast and the dangerous: The speed of events influences risk judgments. *British Journal of Social Psychology*, *51*, 178-187.
- Lench, H. C., <sup>o</sup>Flores, S. A., & <sup>o</sup>Bench, S. W. (2011). Discrete emotions predict changes in cognition, judgment, experience, behavior, and physiology: A meta-analysis of experimental emotion elicitations. *Psychological Bulletin*, *137*, 834-855.
- Lench, H. C., Safer, M. A., & Levine, L. J. (2011). Focalism and the underestimation of future emotion: When it's worse than imagined. *Emotion*, *11*, 278-285.
- Lench, H. C. (2011). Understanding optimism as an emotional response to the future. In P. R. Brandt (Ed.), *Psychology of Optimism*. (pp. 167-174). New York: Nova Science.
- Lench, H. C. (2011). Personality and health outcomes: Making positive expectations a reality. *Journal of Happiness Studies*, *12*, 493-507.
- Lench, H. C., Schlegel, R., & Berry, C. (2010). *Guide for Elementary Statistics for Psychology*. Iowa: Kendall-Hunt Publishers.
- Lench, H. C., Levine, L. J., & <sup>u</sup>Roe, E. (2010). To the pointe: Predictors of dancer's health. *Dance Science & Medicine*, *14*, 163-170.  
\*\*\*student undergraduate thesis
- <sup>o</sup>Davis, E., Levine, L. J., Lench, H. C., & Quas, J. A. (2010). Metacognitive emotion regulation: Children's awareness that changing thoughts and goals can alleviate negative emotions. *Emotion*, *10*, 498-510.
- Lench, H. C., & Levine, L. J. (2010). Motivational biases in memory for emotion. *Cognition and Emotion*, *24*, 401-418.
- Levine, L. J., Lench, H. C., & Safer, M. A. (2009). Functions of remembering and misremembering emotion. *Applied Cognitive Psychology, Special Issue: What the Hell is it for?*, *23*, 1059-1075.  
\*\*\*selected as lead article of special issue
- Lench, H. C., <sup>o</sup>Bench, S. W., <sup>o</sup>Flores, S. A., & Ditto, P. H. (2009). Automatic optimism: The role of desire in judgments about the likelihood of future events. In E. P. Lamont (Ed.), *Social Psychology: New Research*. (pp. 55-79). New York: Nova Science.  
\*\*\*reprinted in P. R. Brandt (Ed.), *Psychology of Optimism*, 2011, Nova Science.
- Lench, H. C. (2009). Automatic optimism: The affective basis of judgments about the likelihood of future events. *Journal of Experimental Psychology: General*, *138*, 187-200.  
\*\*\*selected for APA New Investigator Award, 2010
- Lench, H. C. (2008). *The consequences of emotion: The relation of approach and avoidance goals to persistence, affective judgments and health*. Saarbrücken, Germany: VDM Verlag Publishers.

- Lench, H. C., & Levine, L. J. (2008). Goals and responses to failure: Knowing when to hold them and when to fold them. *Motivation and Emotion, 32*, 127-140.
- Lench, H. C., & Ditto, P. H. (2008). Automatic optimism: Biased use of base rate information for positive and negative events. *Journal of Experimental Social Psychology, 44*, 631-639.
- Lench, H. C., & Chang, E. S. (2007). Belief in an unjust world: When beliefs in a just world fail. *Journal of Personality Assessment, 89*, 126-135.
- Quas, J. A., & Lench, H. C. (2007). Arousal at encoding, arousal at retrieval, interviewer support, and children's memory for a mild stressor. *Applied Cognitive Psychology, 21*, 289-305.
- Price, P. C., Smith, A. R., & Lench, H. C. (2006). The effect of target group size on risk judgments and comparative optimism: The more, the riskier. *Journal of Personality and Social Psychology, 90*, 382-398.
- Lench, H. C., Quas, J. A., & Edelman, R. (2006). My child is better than average: The extension and restriction of unrealistic optimism. *Journal of Applied Social Psychology, 36*, 2963-2979.
- Lench, H. C. (2006). Anger Disorders: Diagnosing unrecognized mood disorders. In T. Plante (Ed.), *Mental Disorders of the New Millennium* (pp. 53-72). Westport Connecticut: Praeger Publishers.
- Levine, L. J., Safer, M. A., & Lench, H. C. (2006). Remembering and misremembering emotions. In L. J. Sanna & E. C. Chang (Eds.), *Judgments over time: The interplay of thoughts, feelings, and behaviors* (pp. 271-290). New York: Oxford University Press.
- Lench, H. C., & Levine, L. J. (2005). Effects of fear on risk and control judgments and memory: Implications for health promotion messages. *Cognition and Emotion, 19*, 1049-1069.
- Quas, J. A., Wallin, A. R., Papini, S., Lench, H. C., & Scullin, M. H. (2005). Suggestibility, social support, and memory for a novel experience in young children. *Journal of Experimental Child Psychology, 91*, 315-341.
- Lench, H. C. (2004). Anger management: Diagnostic differences and treatment implications. *Journal of Social and Clinical Psychology, 23*, 512-531.
- Haynes, S. N., & Lench, H. C. (2003). Incremental validity of new clinical assessment measures. *Psychological Assessment, 15*, 456-466.
- Price, P. C., Pentecost (Lench), H. C., & Voth, R. D. (2002). Perceived event frequency and the optimistic bias: Evidence for a two-process model of personal risk judgments. *Journal of Experimental Social Psychology, 38*, 242-252.

### Professional Presentations

(G indicates a graduate student collaborator; U an undergraduate collaborator)

- <sup>G</sup>Berg, L., Lench, H. C., & Darbor, K. E. (2014). Moving towards a brighter future: The role of motivation in optimistic bias. Presented at Society for Personality and Social Psychology, Austin, TX.

- <sup>G</sup>Bench, S. W., & Lench, H. C. (2013). Economic indicators predict changes in college student optimism for life events. Presented at Society for Personality and Social Psychology, New Orleans, LA.
- <sup>G</sup>Bench, S. W., Lench, H. C., & <sup>G</sup>Flores, S. A. (2013). Gender gaps in overestimation of math performance. Presented at Society for Personality and Social Psychology, New Orleans, LA.
- <sup>U</sup>Talya, L., & Lench, H. C. (2013). Discrepancy detection as a measure of intuitive performance. Presented at the Society for Personality and Social Psychology, New Orleans, LA.
- <sup>G</sup>Darbor, K. E., & Lench, H. C. (2013). Pain and self-regulation: Eating the pain away? Presented at Society for Personality and Social Psychology, New Orleans, LA.
- <sup>U</sup>Talya, L., & Lench, H. C. (2012). Regulation of emotion increases risk perception. Presented at the Judgment and Decision Making preconference at SPSP meeting, San Diego, CA.
- <sup>G</sup>Flores, S. A., & Lench, H. C. (2012). Discrete emotions predict changes in cognition, judgment, experience, behavior, and physiology. Presented at Society for Personality and Social Psychology, San Diego, CA.
- <sup>G</sup>Bench, S. W., & Lench, H. C. (2012). Optimism from negativity: The differential impact of positive and negative value on likelihood judgments. Presented at Society for Personality and Social Psychology, San Diego, CA.
- <sup>G</sup>Darbor, K. E., & Lench, H. C. (2012). Cognitive emotions and regulatory behavior. Presented at Society for Personality and Social Psychology, San Diego, CA.
- <sup>G</sup>Darbor, K., & Lench, H. C. (2011). Focalism and the underestimation of future emotion: When it's worse than imagined. Presented at Association for Psychological Science, Washington, DC.
- <sup>G</sup>Sweet, K., Liew, J., & Lench, H.C. (2011). Personality and motivation in college students' general and domain specific self-efficacy: Implications for the STEM fields. Presented at Student Research Week, TAMU, College Station, TX.
- <sup>G</sup>Bench, S. W., & Lench, H. C. (2011). Wanting it more, expecting it less: Intense desire reduces the desirability bias in predicting the likelihood of future events. Presented at Rocky Mountain Psychological Association, Boulder, CO.
- <sup>G</sup>Bench, S. W., & Lench, H. C. (2011). Optimistic judgments predict altruistic behavior. Presented at Society for Personality and Social Psychology, San Antonio, TX.
- <sup>G</sup>Flores, S. A., & Lench, H. C. (2011). The cognitive costs of regulating implicit impulses. Presented at Society for Personality and Social Psychology, San Antonio, TX.
- <sup>G</sup>Kao, G., Liew, J., Lench, H. C. (2011). Influence of anxiety on math test performance under stereotype threat. Presented at Society for Personality and Social Psychology, San Antonio, TX.
- Lench, H.C. (2010). Focalism and the underestimation of future emotion: When it's worse than imagined. Presented at American Psychological Association, San Diego, CA.

- <sup>U</sup>Atchinson, A., & Lench, H.C. (2010). The effects of instructor feedback on optimistic students. Presented at Student Research Week, TAMU, College Station, TX.  
\*won second place prize for presentation
- <sup>G</sup>Bench, S.W., & Lench, H.C. (2010). Regulating the desirability bias: A dual process account. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- <sup>G</sup>Flores, S.A., & Lench, H.C. (2010). Beyond group identity: The cognitive costs of stigma threat in non-identifying individuals. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- Lench, H.C., Safer, M.A., & Levine, L.J. (2010). Focalism and the underestimation of future emotion: When it's worse than imagined. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- <sup>G</sup>Kaplan, R., Levine, L.J., Safer, M.A., Lench, H.C. (2010). Are predicted and remembered emotions over- or underestimated? Addressing the paradox between impact bias and empathy gap. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- <sup>G</sup>Davis, E.L., Lench, H.C., & Quas, J.A. (2009). Metacognitive emotion regulation: Children's awareness that changing thoughts and goals can alleviate negative emotions. Presented at the Society for Research on Child Development, Denver, CO.
- Lench, H.C., <sup>G</sup>Flores, S.A., & <sup>G</sup>Bench, S.W. (2009) Automatic optimism: The affective basis of judgments about the likelihood of future events. Presented at the Society for Personality and Social Psychology, Tampa, FL.
- Lench, H.C. (2008). Automatic optimism: The affective basis of judgments about the likelihood of future events. Presented at the Society for Judgment and Decision Making, Chicago, IL.
- <sup>U</sup>Siegel, E.H., & Lench, H.C. (2007). What a tangled web we weave: The conundrum of reducing the psychological effects of deception. Presented at the Stanford Undergraduate Research Symposium, Stanford, CA.
- Lench, H.C., & Levine, L.J. (2006). Emotion regulation over time: The relations of goals to anticipated and remembered emotion. Presented at the International Society for Research on Emotion, Atlanta, GA.
- Lench, H.C. (2006). Goals and reactions to failure: Knowing when to hold them and when to fold them. Presented at the Society for Personality and Social Psychology at conference and emotion pre-conference, Palm Springs, CA.
- Lench, H.C., Safer, M.A., & Levine, L.J. (2005). Predicted, actual, and remembered emotion: Accuracy and overestimation. Presented at the Association for Psychological Science, Los Angeles, CA.
- Lench, H.C., & Ditto, P.H. (2005). Automatic optimism? Motivated use of base rate information. Presented at the Society for Personality and Social Psychology. Austin, TX.
- Lench, H.C., & Ditto, P.H. (2004). Motivated use of base rate information. Presented at the Society for Personality and Social Psychology, Austin, TX.

- Smith, A.R., Price, P.C., & Lench, H.C. (2003). The group size effect on personal risk judgments: A result of using a numerosity heuristic? Presented at the Society of Judgment and Decision Making, Vancouver, Canada.
- Lench, H.C., & Levine, L.J. (2003). Risk, control, and memory: Effects of specific emotions and event valence. Presented at the Society for Applied Research in Memory and Cognition, Aberdeen, Scotland.
- Lench, H.C., Quas, J.A., & Beck, B.E. (2003). The influence of coping on child memory and suggestibility. Presented at the Society for Research in Child Development, Tampa, FL.
- Lench, H.C., & Levine, L. J. (2002). Effects of emotions on judgments of risk and control and on memory: Implications for health promotion messages. Presented at the UCI Transdisciplinary Tobacco Use Research Center, Irvine, CA.
- Pentecost (Lench), H.C., Beck, B.E., & Smith, A.R. (2002). Anger management: Diagnostic differences and treatment implications. Presented at the Western Psychological Association, Irvine, CA.
- Pentecost (Lench), H.C., Edmondson, C.B., Altamiro, M. (2001). Anger and interpersonal relationships: A diagnostic approach. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Edmondson, C.B., Pentecost (Lench), H.C., & Gechter, G. (2001). Understanding problem anger in undergraduate psychology students and counseling clients. Presented at the American Psychological Association, San Francisco, CA.
- Pentecost (Lench), H.C., & Price, P.C. (2001). Group size effects on personal risk judgments. Presented at the Western Psychological Association, Maui, HI.
- Pentecost (Lench), H.C., Edmondson, C.B., & Gechter, G. (2001). Gender differences in the use of emotion and coping strategies. Presented at the Western Psychological Association, Maui, HI.
- Pentecost (Lench), H.C., & Price, P.C. (2000) A think-aloud study of unrealistic optimism for health risks. Presented at the Western Psychological Association, Portland, OR.
- Price, P.C., & Pentecost (Lench), H.C. (2000). Unrealistic optimism for negative life events and perceived event frequency. Presented at the Western Psychological Association, Portland, OR.
- White, L., Youngclarke, D., & Pentecost (Lench), H.C. (2000) Intentionally broken homes: Reactive attachment disorder among wards of the court. Presented at the meeting for Western Psychological Association, Portland, OR.
- Youngclarke, D., White, L., Pentecost (Lench), H.C., & Pepper, D. (2000). Decision making for placement and treatment options. Presented at the meeting for Western Psychological Association, Portland, OR.

## Teaching

*Introduction to Psychology*, undergraduate course (Psych 107)  
*Elementary Statistics for Psychology*, undergraduate W course (Psych 203)  
*Judgment and Decision-Making*, graduate course, (Psych 621)  
*Social Psychology*, cross-stacked undergraduate (Psych 315) & graduate course (Psych 620)  
*Introduction to Psychology*, undergraduate honors course (Psych 107H)  
*Cognition and Emotion*, UCI, undergraduate course, 2007  
*Introduction to Human Behavior*, UCI, undergraduate course, 2006  
*The Social Animal*, UCI, undergraduate social course, 2005, 2006

## Professional Service

Ad-hoc grant reviewer for Swiss National Science Foundation  
 Guest Editor, Behavioral Sciences, special issue "Functional Perspectives on Emotion, Behavior, and Cognition", 2013  
 Editorial Board, Behavioral Sciences, 2013-present  
 Consulting Editor, Emotion, 2012-present  
 Editorial Board, Journal of Happiness Studies, 2008-present  
 Ad-hoc grant reviewer for National Science Foundation  
 Ad-hoc grant reviewer for Social Sciences and Humanities Research Council of Canada  
 Ad-hoc grant reviewer for Israeli Science Foundation  
 Ad-Hoc Reviewer for:  
 Applied Cognitive Psychology; British Journal of Social Psychology; Cognition and Emotion; Elsevier Publishers; Emotion; Emotion Review; European Journal of Social Psychology; Experimental Brain Research; Journal of Attention Disorders; Journal of Behavioral Decision Making; Journal of Experimental Child Psychology; Journal of Experimental Psychology: General; Journal of Experimental Social Psychology; Journal of Happiness Studies; Journal of Individual Differences; Journal of Nonverbal Behavior; Journal of Personality; Journal of Personality Assessment; Journal of Personality and Social Psychology; Journal of Positive Psychology; Journal of Research in Personality; Mc-Graw Hill; Memory; Motivation and Emotion; Perceptual and Motor Skills; Personality and Individual Differences; Personality and Social Psychology Bulletin; Psychological Bulletin; Psychological Reports; Psychoneuroendocrinology; Self and Identity; Sex Roles; Social and Personality Psychology Compass; Social Cognition; Transactions on Affective Computing; Wiley Publishers; Worth Publishers