

CURRICULUM VITAE

(Updated 3/4/10)

NAME: Michael F. Scheier
Professor and Department Head of Psychology
Co-Director, Pittsburgh Mind-Body Center

ADDRESS: Department of Psychology
Carnegie-Mellon University
Pittsburgh, Pennsylvania 15213

PHONE/EMAIL: (412) 268-3791 / scheier@cmu.edu

EDUCATION:

University of California at Berkeley, A. B., 1970
University of Texas at Austin, Ph.D., 1975

PROFESSIONAL MEMBERSHIPS:

American Psychological Association
American Psychological Society
American Academy of Behavioral Medicine
American Psychosomatic Society
Society of Behavioral Medicine

AWARDS AND HONORS:

Phi Beta Kappa
Fellow American Psychological Association, Divisions 8 and 38
Fellow American Psychological Society
Outstanding Scientific Contribution Award (Senior Level), Division 38 (Health Psychology),
American Psychological Association, 1998 (Co-recipient with Charles S. Carver)
Fellow Society of Behavioral Medicine, 2000
[World's Most Cited Authors](#) (Institute for Scientific Information) in Psychology/Psychiatry,
2002
President, Div. 38 (Health Psychology) of the American Psychological Association, Fall 2003
The Donald T. Campbell Award for distinguished contributions to social psychology offered by
Division 8 (Personality and Social Psychology) of the American Psychological Association,
2007 (Co-recipient with Charles S. Carver)

PROFESSIONAL EXPERIENCE:

2003-present	Department Head & Professor, Department of Psychology, Carnegie Mellon University
2001-present	Associate Chairperson, Behavioral and Health Outcomes Committee, National Surgical Adjuvant Breast and Bowel Project Foundation, Inc.
2000-present	Co-Director, Pittsburgh Mind-Body Center
1986-present	Professor, Department of Psychology, Carnegie Mellon University
1980-1986	Associate Professor, Department of Psychology, Carnegie Mellon University
1975-1980	Assistant Professor, Department of Psychology, Carnegie Mellon University
1973	Research Assistant to Robert A. Wicklund, Department of Psychology, University of Texas at Austin
1972-1974	Teaching Assistant, Department of Psychology, University of Texas at Austin
1969-1971	Research Assistant to Donald A. Riley, Institute of Human Learning, University of California at Berkeley

COURSES TAUGHT:

Introductory Psychology, Introduction to Social Psychology, Introduction to Personality, Research Methods in Personality-Social Psychology, Determinants of Behavior, Seminars on selected topics (e.g., Aggression, Psychological Stress, Behavioral Self-Regulation, Psychology of Purpose, Personality and Health)

EDITORIAL AND CONSULTING ACTIVITIES:

National Science Foundation--Advisory Panel Member Social and Developmental Psychology
(Term: February 1987 to January 1990)

Periodic Reviewer for:

Aggressive Behavior

American Psychologist

Basic and Applied Social Psychology

Current Directions in Psychological Science

European Journal of Social Psychology

Health Psychology--Consulting Editor 3/89 - 12/89; Associate Editor 1/90 - 12/94

Journal of Applied Social Psychology

Journal of Clinical Oncology

Journal of Experimental Social Psychology

Journal of the National Cancer Institute

Journal of Personality

Journal of Personality and Social Psychology--Consulting Editor 1979-1981

Journal of Research in Personality

Journal of Social and Clinical Psychology

Personality and Social Psychology Bulletin

Psychological Bulletin

Psychological Review

Psychosomatic Medicine

Social Psychology Quarterly

RESEARCH INTERESTS:

Behavioral Self-Regulation, Dispositional Optimism (and its role in effective self-management and health), Personality and Health, Anger and Cardiovascular Reactivity, Self-Awareness and Self-Consciousness (and their role in aspects of self-regulation), Health Psychology

RESEARCH FUNDING:

- Self-attention and depression (Principal Investigator)--Funded by Ford Motor Company, 1979-1980
- Self-attention, expectancy, and behavioral regulation (Principal Investigator)--Funded by the National Science Foundation, 1981-1984
- A control-theory approach to social anxiety (Principal Investigator)--Funded by the National Science Foundation, 1984-1987
- Dispositional optimism, coping, and stress: Extensions and mechanisms of operation (Principal Investigator)--Funded by the National Science Foundation, 1987-1990
- Optimism, affect, and behavioral self-regulation (Principal Investigator)--Funded by the National Science Foundation, 1990-1993
- Effects of personality and context on recovery from CABS (Principal Investigator)--Funded by the National Heart, Lung, and Blood Institute, 1991-1995
- Raynaud's Treatment Study (RTS) clinical trial (Co-Investigator)--Funded by the National Heart, Lung, and Blood Institute, 1992-1996
- Adjustment to breast cancer among younger women (Principal Investigator)--Funded by the National Cancer Institute, 1996-2002
- Understanding shared psychobiological pathways (Principal Investigator)--Funded by the National Heart, Lung, and Blood Institute, 1999-2005.
- The Pittsburgh Mind-Body Center II (Core A Component) (Principal Investigator)—Funded by the National Institute of Health/National Heart, Lung, and Blood Institute, 2004-2009.
- The Pittsburgh Mind-Body Center II (Faculty Development Component) (Principal Investigator)—Funded by the National Institute of Health/National Heart, Lung, and Blood Institute, 2004-2009.

BOOKS PUBLISHED:

- Carver, C. S., & Scheier, M. F. (1981). *Attention and self-regulation: A control theory approach to human behavior*. New York: Springer-Verlag.
- Carver, C. S., & Scheier, M. F. (1988). *Perspectives on personality*. Needham Heights, MA: Allyn & Bacon.
- Scheier, M. F. & Carver, C. S. (1988). *Instructor's manual for perspectives on personality*. Needham Heights, MA: Allyn & Bacon.

- Carver, C. S., & Scheier, M. F. (1992). *Perspectives on personality* (Second Edition). Needham Heights, MA: Allyn & Bacon.
- Chrisman, K., Scheier, M. F., & Carver, C. S. (1992). *Instructor's manual with test bank for perspectives on personality* (Second Edition). Needham Heights, MA: Allyn & Bacon.
- Carver, C. S., & Scheier, M. F. (1996). *Perspectives on personality* (Third Edition). Needham Heights, MA: Allyn & Bacon.
- Sieverding, T., Scheier, M. F., & Carver, C. S. (1996). *Instructor's manual with test bank for perspectives on personality* (Third Edition). Needham Heights, MA: Allyn & Bacon.
- Carver, C. S., & Scheier, M. F. (1998). *On the self-regulation of behavior*. New York: Cambridge University Press.
- Carver, C. S., & Scheier, M. F. (2000). *Perspectives on personality* (Fourth Edition). Needham Heights, MA: Allyn & Bacon.
- Brissette, I., Scheier, M. F., & Carver, C. S. (2000). *Instructor's manual with test bank for perspectives on personality* (Fourth Edition). Needham Heights, MA: Allyn & Bacon.
- Carver, C. S., & Scheier, M. F. (2004). *Perspectives on personality* (Fifth Edition). Needham Heights, MA: Allyn & Bacon.
- Carver, C. S., & Scheier, M. F. (2008). *Perspectives on personality* (Sixth Edition). Needham Heights, MA: Allyn & Bacon.

BOOK CHAPTERS AND JOURNAL ARTICLES PUBLISHED:

- Warren, L. R., Scheier, M. F., & Riley, D. A. (1974). Colour changes of *Octopus rebescens* during attacks on unconditioned and conditioned stimuli. *Animal Behavior*, **22**, 211-219.
- Scheier, M. F., Fenigstein, A., & Buss, A. H. (1974). Self-awareness and physical aggression. *Journal of Experimental Social Psychology*, **10**, 264-273.
- Fenigstein, A., Scheier, M. F., & Buss, A. H. (1975). Public and private self-consciousness: Assessment and theory. *Journal of Consulting and Clinical Psychology*, **43**, 522-527.
- Buss, D. M., & Scheier, M. F. (1976). Self-consciousness, self-awareness, and self-attribution. *Journal of Research in Personality*, **10**, 463-468.
- Scheier, M. F. (1976). Self-awareness, self-consciousness, and angry aggression. *Journal of Personality*, **44**, 627-644.

- Neumann, P. G., Carver, C. S., & Scheier, M. F. (1977). An apparatus for varying self-awareness while presenting visual stimuli. *Behavior Research Methods and Instrumentation*, **9**, 55.
- Scheier, M. F., & Carver, C. S. (1977). Self-focused attention and the experience of emotion: Attraction, repulsion, elation, and depression. *Journal of Personality and Social Psychology*, **35**, 625-636. (Featured article)
- Carver, C. S., & Scheier, M. F. (1978). We do it all with mirrors: Identification of *homo vampyrus* by means of a self-awareness inducing stimulus. *Worm Runner's Digest*, **20**, 114-115.
- Scheier, M. F., Carver, C. S., Schulz, R., Glass, D. C., & Katz, I. (1978). Sympathy, self-consciousness, and reactions to the stigmatized. *Journal of Applied Social Psychology*, **8**, 270-282.
- Scheier, M. F., Buss, A. H., & Buss, D. M. (1978). Self-consciousness, self-report of aggressiveness, and aggression. *Journal of Research in Personality*, **12**, 133-140.
- Turner, R. G., Scheier, M. F., Carver, C. S., & Ickes, W. J. (1978). Correlates of self-consciousness. *Journal of Personality Assessment*, **42**, 285-289.
- Carver, C. S., & Scheier, M. F. (1978). The self-focusing effects of dispositional self-consciousness, mirror presence, and audience presence. *Journal of Personality and Social Psychology*, **36**, 324-332.
- Frey, D., Wicklund, R. A., & Scheier, M. F. (1978). Die theorie der objektiven selbstaufmerksamkeit. In D. Frey (Ed.), *Kognitive Theorien der Sozialpsychologie* (pp. 192-217). Bern, Switzerland: Huber.
- Gibbons, F. X., Carver, C. S., Scheier, M. F., & Hormuth, S. (1979). Self-focused attention and the placebo effect: Fooling some of the people some of the time. *Journal of Experimental Social Psychology*, **15**, 263-274.
- Carver, C. S., Blaney, P. H., & Scheier, M. F. (1979). Focus of attention, chronic expectancy, and responses to a feared stimulus. *Journal of Personality and Social Psychology*, **37**, 1186-1195.
- Carver, C. S., Blaney, P. H., & Scheier, M. F. (1979). Reassertion and giving up: The interactive role of self-directed attention and outcome expectancy. *Journal of Personality and Social Psychology*, **37**, 1859-1870.
- Scheier, M. F., Carver, C. S., & Gibbons, F. X. (1979). Self-directed attention, awareness of bodily states, and suggestibility. *Journal of Personality and Social Psychology*, **37**, 1576-1588.

- Matthews, K. A., Scheier, M. F., Brunson, B. I., & Carducci, B. (1980). Attention, unpredictability, and reports of physical symptoms. *Journal of Personality and Social Psychology*, **38**, 525-537.
- Scheier, M. F. (1980). The effects of public and private self-consciousness on the public expression of personal beliefs. *Journal of Personality and Social Psychology*, **39**, 514-521.
- Scheier, M. F., & Carver, C. S. (1980). Private and public self-attention, resistance to change, and dissonance reduction. *Journal of Personality and Social Psychology*, **39**, 390-405.
- Scheier, M. F., & Carver, C. S. (1980). Individual differences in self-concept and self-process. In D. M. Wegner and R. R. Vallacher (Eds.), *The self in social psychology* (pp. 229-251). New York: Oxford University Press.
- Carver, C. S., & Scheier, M. F. (1981). The self-attention-induced feedback loop and social facilitation. *Journal of Experimental Social Psychology*, **17**, 545-568.
- Scheier, M. F., Carver, C. S., & Gibbons, F. X. (1981). Self-focused attention and reactions to fear. *Journal of Research in Personality*, **15**, 1-15.
- Carver, C. S., & Scheier, M. F. (1981). Self-consciousness and reactance. *Journal of Research in Personality*, **15**, 16-29.
- Carver, C. S., & Scheier, M. F. (1981). Instructional orientation, self-attention, and responses to erotica among persons high in sex guilt. *Basic and Applied Social Psychology*, **2**, 253-260.
- Carver, C. S., & Scheier, M. F. (1981). A control-systems approach to behavioral self-regulation. In L. Wheeler (Ed.), *Review of personality and social psychology* (Vol. 2, pp. 107-140). Beverly Hills, CA: Sage.
- Scheier, M. F., & Carver, C. S. (1981). Private and public aspects of self. In L. Wheeler (Ed.), *Review of personality and social psychology* (Vol. 2, pp. 189-216). Beverly Hills, CA: Sage.
- Carver, C. S., & Scheier, M. F. (1982). Outcome expectancy, locus of attribution for expectancy, and self-directed attention as determinants of evaluations and performance. *Journal of Experimental Social Psychology*, **18**, 184-200.
- Carver, C. S., & Scheier, M. F. (1982). Control theory: A useful conceptual framework for personality-social, clinical, and health psychology. *Psychological Bulletin*, **92**, 111-135. Reprinted in R. F. Baumeister (Ed.), (1999), *The self in social psychology*. Philadelphia: Psychology Press.
- Scheier, M. F., & Carver, C. S. (1982). Self-consciousness, outcome expectancy, and persistence. *Journal of Research in Personality*, **16**, 409-418.

- Carver, C. S., & Scheier, M. F. (1982). An information-processing perspective on self-management. In P. Karoly and F. Kanfer (Eds.), *Self-management and behavior change: From theory to practice* (pp. 93-128). New York: Pergamon Press.
- Scheier, M. F., & Carver, C. S. (1982). Cognition, affect, and self-regulation. In M. S. Clark and S. T. Fiske (Eds.), *Affect and cognition: The 17th annual Carnegie symposium on cognition* (pp. 157-183). Hillsdale, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (1982). Self-awareness and the self-regulation of behavior. In G. Underwood (Ed.), *Aspects of consciousness: Volume 3, Self-awareness* (pp. 235-266). London: Academic Press.
- Matthews, K. A., Carver, C. S., & Scheier, M. F. (1982). Focus of attention and awareness of bodily sensations. In G. Underwood (Ed.), *Aspects of consciousness: Volume 3, Self-awareness* (pp. 165-197) London: Academic Press.
- Carver, C. S., Peterson, L. M., Follansbee, D. J., & Scheier, M. F. (1983). Effects of self-directed attention on performance and persistence among persons high and low in test anxiety. *Cognitive Therapy and Research*, **7**, 333-354.
- Scheier, M. F., & Carver, C. S. (1983). Self-directed attention and the comparison of self with standards. *Journal of Experimental Social Psychology*, **19**, 205-222.
- Scheier, M. F., Carver, C. S., & Matthews, K. A. (1983). Attentional factors in the perception of bodily states. In J. Cacioppo and R. Petty (Eds.), *Social psychophysiology* (pp. 510-542). New York: Guilford Press.
- Carver, C. S., & Scheier, M. F. (1983). A control-theory approach to human behavior, and implications for problems in self-management. In P. C. Kendall (Ed.), *Advances in cognitive-behavioral research and therapy* (Vol. 2, pp. 127-194). New York: Academic Press.
- Scheier, M. F., & Carver, C. S. (1983). Two sides of the self: One for you and one for me. In J. Suls & A. Greenwald (Eds.), *Psychological perspectives on the self* (Vol. 2, pp. 123-157). Hillsdale, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (1984). A control-theory approach to behavior and some implications for social skills training. In P. Trower (Ed.), *Radical approaches to social skills training* (pp. 144-179). London/New York: Croom Helm/Methuen.
- Carver, C. S., & Scheier, M. F. (1984). Self-focused attention in test anxiety: A general theory applied to a specific phenomenon. In H. M. van der Ploeg, R. Schwarzer, & C. D. Spielberger (Eds.), *Advances in test anxiety research* (Vol. 3, pp. 3-20). Lisse, Netherlands/Hillsdale, NJ: Erlbaum.
- Carver, C. S., Antoni, M., & Scheier, M. F. (1985). Self-consciousness and self-assessment. *Journal of Personality and Social Psychology*, **48**, 117-124.

- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping and health: Assessment and implications of generalized outcome expectancies. *Health Psychology*, **4**, 219-247.
- Scheier, M. F., & Carver, C. S. (1985). The Self-Consciousness Scale: A revised version for use with general populations. *Journal of Applied Social Psychology*, **15**, 687-699.
- Carver, C. S., & Scheier, M. F. (1985). Aspects of self, and the control of behavior. In B. R. Schlenker (Ed.), *The self and social life* (pp. 146-174). New York: McGraw-Hill.
- Carver, C. S., & Scheier, M. F. (1985). Self-consciousness, expectancies, and the coping process. In T. Field, P. M. McCabe, & N. Schneiderman (Eds.), *Stress and coping* (pp. 305-330). Hillsdale, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (1985). A control-systems approach to the self-regulation of action. In J. Kuhl & J. Beckmann (Eds.), *Action control: From cognition to action* (pp. 237-265). New York/Heidelberg: Springer-Verlag.
- Scheier, M. F., Weintraub, J. K., & Carver, C. S. (1986). Coping with stress: Divergent strategies of optimists and pessimists. *Journal of Personality and Social Psychology*, **51**, 1257-1264.
- Carver, C. S., & Scheier, M. F. (1986). Functional and dysfunctional responses to anxiety: The interaction between expectancies and self-focused attention. In R. Schwarzer (Ed.), *Self-related cognitions in anxiety and motivation* (pp. 111-141). Hillsdale, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (1986). Self and the control of behavior. In L. M. Hartman, & K. R. Blankstein (Eds.), *Perception of self in emotional disorder and psychotherapy* (pp. 5-35). New York: Plenum Press.
- Carver, C. S., & Scheier, M. F. (1986). Analyzing shyness: A specific application of broader self-regulatory principles. In W. H. Jones, J. M. Cheek, & S. R. Briggs, (Eds.), *Shyness: Perspectives on research and treatment* (pp. 173-185). New York: Plenum.
- Carver, C. S., & Scheier, M. F. (1987). The blind men and the elephant: Selective examination of the public-private literature gives rise to a faulty perception. *Journal of Personality*, **55**, 525-541.
- Scheier, M. F., & Carver, C. S. (1987). Dispositional optimism and physical well-being: The influence of generalized outcome expectancies on health. *Journal of Personality* (Special Issue on Personality, Stress, and Physical Illness), **55**, 169-210.
- Carver, C. S., Scheier, M. F., & Klahr, D. (1987). Further explorations of a control-process model of test anxiety. In R. Schwarzer, H. M. van der Ploeg, & C. D. Spielberger (Eds.), *Advances in test anxiety research* (Vol. 5, pp. 15-22). Lisse, Netherlands: Swets & Zeitlinger.

- Carver, C. S., & Scheier, M. F. (1988). Performing poorly, performing well: A view of the self-regulatory consequences of confidence and doubt. *International Journal of Educational Research*, **12**, 325-332.
- Carver, C. S., & Scheier, M. F. (1988). A control-process perspective on anxiety. *Anxiety Research: An International Journal*, **1**, 17-22. Reprinted in R. Schwarzer & R. A. Wicklund (Eds.), (1991), *Anxiety and self-focused attention*. Chur, Switzerland: Harwood.
- Scheier, M. F., & Carver, C. S. (1988). A model of behavioral self-regulation: Translating intention into action. In L. Berkowitz (Ed.), *Advances in experimental social psychology* (Vol. 21, pp. 303-346). New York: Academic Press.
- Carver, C. S., Scheier, M. F., & Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, **56**, 267-283.
- Engelbreton, T. O., Matthews, K. A., & Scheier, M. F. (1989). Relationships between anger expression and cardiovascular reactivity: Reconciling inconsistent findings through a matching hypothesis. *Journal of Personality and Social Psychology*, **57**, 513-521.
- Scheier, M. F., Matthews, K. A., Owens, J., Magovern, G. J., Sr., Lefebvre, R. C., Abbott, R. A., & Carver, C. S. (1989). Dispositional optimism and recovery from coronary artery bypass surgery: The beneficial effects on physical and psychological well-being. *Journal of Personality and Social Psychology*, **57**, 1024-1040.

- Carver, C. S., & Scheier, M. F. (1989). Social intelligence and personality: Some unanswered questions and unresolved issues. In R. S. Wyer, Jr. & T. K. Srull (Eds.), *Advances in social cognition* (Vol. 2): *Social intelligence and cognitive assessments of personality* (pp. 93-109). Hillsdale, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (1989). Expectancies and coping: From test anxiety to pessimism. In R. Schwarzer, H. M. van der Ploeg, & C. D. Spielberger (Eds.), *Advances in test anxiety research* (Vol. 6, pp. 3-11). Lisse, Netherlands: Swets & Zeitlinger.
- Carver, C. S., & Scheier, M. F. (1990). Origins and functions of positive and negative affect: A control-process view. *Psychological Review*, **97**, 19-35. Reprinted in E. T. Higgins & A. W. Kruglanski (Eds.), (2000), *Motivational science: Social-personality perspectives*. Philadelphia: Psychology Press.
- Scheier, M. F., & Carver, C. S. (1990). What *really* predicts electoral defeat? *Psychological Inquiry*, **1**, 70-73.
- Carver, C.S., & Scheier, M. F. (1990). Principles of self-regulation: Action and emotion. In E. T. Higgins & R. M. Sorrentino (Eds.), *Handbook of motivation and cognition: Foundations of social behavior* (Vol. 2, pp. 3-52). New York: Guilford Press.
- Carver, C. S., & Scheier, M. F. (1990). Self-focused attention. in M. W. Eysenck (Ed.), *The Blackwell dictionary of cognitive psychology*. Oxford and New York: Basil Blackwell.
- Carver, C. S., & Scheier, M. F. (1991). Unresolved issues regarding the meaning and measurement of explanatory style. *Psychological Inquiry*, **2**, 21-24.
- Pozo, C., Carver, C. S., Wellens, A. R., & Scheier, M. F. (1991). Social anxiety and social perception: Construing others' reactions to the self. *Personality and Social Psychology Bulletin*, **17**, 355-362.
- Carver, C. S., & Scheier, M. F. (1991). Self-focused attention. In M. W. Eysenck (Ed.), *The Blackwell dictionary of cognitive psychology*. Oxford and New York: Basil Blackwell.
- Carver, C. S., & Scheier, M. F. (1991). Self-regulation and the self. In J. Strauss & G. R. Goethals (Eds.), *The self: An interdisciplinary approach* (pp. 168-207). New York: Springer-Verlag.
- Plomin, R., Scheier, M. F., Bergeman, C. S., Pedersen, N. L., Nesselroade, J. R., & McClearn, G. E. (1992). Optimism, pessimism, and mental health: A twin/adoption analysis. *Personality and Individual Differences*, **13**, 921-930.
- Scheier, M. F., & Carver, C. S. (1992). Effects of optimism on psychological and physical well-being: Theoretical overview and empirical update. *Cognitive Therapy and Research*, **16**, 201-228.

- Carver, C. S., Scheier, M. F., & Pozo, C. (1992). Conceptualizing the process of coping with health problems. In H. S. Friedman (Ed.), *Hostility, coping, and health* (pp. 167-199). Washington, D.C.: American Psychological Association.
- Carver, C. S., & Scheier, M. F. (1992). Confidence, doubt, and coping with anxiety. In D. G. Forgas, T. Sosnowski, & K. Wrzesniewski (Eds.), *Anxiety: Recent developments in cognitive, psychophysiological, and health research* (pp. 13-22). Washington, D. C.: Hemisphere.
- Scheier, M. F., & Carver, C. S. (1993). On the power of positive thinking: The benefits of being optimistic. *Current Directions in Psychological Science*, **2**, 26-30.
- Carver, C. S., Pozo, C., Harris, S. D., Noriega, V., Scheier, M. F., Robinson, D. S., Ketcham, A. S., Moffat, F. L., Jr., & Clark, K. C. (1993). How coping mediates the effect of optimism on distress: A study of women with early stage breast cancer. *Journal of Personality and Social Psychology*, **65**, 375-390.
- Carver, C. S., & Scheier, M. F. (1993). Vigilant and avoidant coping in two patient samples. In H. W. Krohne (Ed.), *Attention and avoidance: Strategies of coping with aversiveness* (pp. 295-319). Seattle: Hogrefe & Huber.
- Carver, C. S., Kus, L. A., & Scheier, M. F. (1994). Effects of good versus bad mood and optimistic versus pessimistic outlook on social acceptance versus rejection. *Journal of Social and Clinical Psychology*, **13**, 138-151.
- Carver, C. S., Pozo-Kaderman, C., Harris, S. D., Noriega, V., Scheier, M. F., Robinson, D. S., Ketcham, A. S., Moffat, F. L., Jr., & Clark, K. C. (1994). Optimism vs pessimism predicts the quality of women's adjustment to early stage breast cancer. *Cancer*, **73**, 1213-1220.
- Carver, C. S., Reynolds, S. L., & Scheier, M. F. (1994). The possible selves of optimists and pessimists. *Journal of Research in Personality*, **28**, 133-141.
- Carver, C. S., & Scheier, M. F. (1994). Optimism and health-related cognition: What variables actually matter? *Psychology and Health*, **9**, 191-195.
- Carver, C. S., & Scheier, M. F. (1994). Situational coping and coping dispositions in a stressful transaction. *Journal of Personality and Social Psychology*, **66**, 184-195.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, **67**, 1063-1078.
- Scheier, M. F., & Bridges, M. W. (1995). Person variables and health: Personality predispositions and acute psychological states as shared determinants for disease. *Psychosomatic Medicine*, **57**, 255-268.

- Carver, C. S., & Scheier, M. F. (1995). The role of optimism versus pessimism in the experience of the self. In A. Oosterwegel & R. A. Wicklund (Eds.), *The self in European and North American culture: Development and processes*. (pp. 193-204). Dordrecht, The Netherlands: Kluwer.
- Carver, C. S., & Scheier, M. F. (1996). Self-regulation and its failures. *Psychological Inquiry*, **7**, 32-40.
- Scheier, M. F., & Carver, C. S. (1996). Psychological resources matter, no matter how you say it or frame it. *The Counseling Psychologist*, **24**, 736-742.
- Schulz, R., Bookwala, J. B., Knapp, J. E., Scheier, M. F., & Williamson, G. M. (1996). Pessimism, age, and cancer mortality. *Psychology and Aging*, **11**, 304-309.
- Carver, C. S., Lawrence, J. W., & Scheier, M. F. (1996). A control-process perspective on the origins of affect. In L. L. Martin & A. Tesser (Eds.), *Striving and feeling: Interactions between goals and affect* (pp. 11-52). Hillsdale, NJ: Erlbaum.
- Carver, C. S., Spencer, S. M., & Scheier, M. F. (1998). Optimism, motivation, and mental health. In H. S. Friedman (Ed.), *Encyclopedia of Mental Health* (Vol.3, pp.41-52). San Diego: Academic Press.
- Nieboer, A. P., Schulz, R., Matthews, K. A., Scheier, M. F., Ormel, J., & Lindenberg, S. M. (1998). Spousal caregivers' activity restriction and depression: A model for changes over time. *Social Science and Medicine*, **47**, 1361-1371.
- Scheier, M. F., Matthews, K. A., Owens, J. F., Schulz, R., Bridges, M. W., Magovern, G. J., Jr., & Carver, C. S. (1999). Optimism and rehospitalization following coronary artery bypass graft surgery. *Archives of Internal Medicine* **159**, 829-835.
- Carver, C. S., & Scheier, M. F. (1999). Stress, coping, and self-regulatory processes. In L. A. Pervin and O. P. John (Eds.), *Handbook of Personality* (2nd ed.) (pp. 553-575). New York: Guilford Press.
- Carver, C. S., Lawrence, J. W., & Scheier, M. F. (1999). Self-discrepancies and affect: Incorporating the role of feared selves. *Personality and Social Psychology Bulletin*, **25**, 783-792.
- Carver, C. S., & Scheier, M. F. (1999). Themes and issues in the self-regulation of behavior. In R. S. Wyer, Jr., (Ed.), *Advances in social cognition* (Vol. 12, pp. 1-105). Mahwah, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (1999). A few more themes, a lot more issues: Commentary on the commentaries. In R. S. Wyer, Jr., (Ed.), *Advances in social cognition* (Vol. 12, pp.261-302). Mahwah, NJ: Erlbaum
- Carver, C. S. & Scheier, M. F. (1999). Optimism. In C. R. Snyder (Ed.), *Coping: The psychology of what works* (pp. 182-204). New York: Oxford University Press.

- Carver, C. S., & Scheier, M. F. (2000). On the structure of behavioral self-regulation. In M. Boekaerts, P. R. Pintrich, & M. Zeidner (Eds.), *Handbook of self-regulation research* (pp. 41-84). San Diego: Academic Press.
- Carver, C. S., & Scheier, M. F. (2000). Scaling back goals and recalibration of the affect system are processes in normal adaptive self-regulation: Understanding "response shift" phenomena. *Social Science & Medicine*, **50**, 1715-1722.
- Scheier, M. F., & Carver, C. S. (2000). Optimism. In G. Fink (Ed.), *Encyclopedia of stress* (Vol. 3, pp. 99-102). San Diego: Academic Press.
- Carver, C. S., & Scheier M. F. (2000). Autonomy and self-regulation. *Psychological Inquiry*, **11**, 284-291.
- Schulz, R., Martire, L. M., Beach, S. R., & Scheier, M. F. (2000). Depression and mortality in the elderly. *Current Directions in Psychological Science*, **9**, 204-208.
- Carver, C. S., Sutton, S. K., & Scheier, M. F. (2000). Action, emotion, and personality: Emerging conceptual integration. *Personality and Social Psychology Bulletin*, **26**, 741-751.
- Scheier, M. F., Carver, C. S. & Bridges, M. W. (2001). Optimism, pessimism, and psychological well-being. In E. C. Chang (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 189-216). Washington, DC: American Psychological Association.
- Carver, C. S. & Scheier, M. F. (2001). Optimism, pessimism, and self-regulation. In E. C. Chang (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 31-51). Washington, DC: American Psychological Association.
- Scheier, M. F., & Carver, C. S. (2001). Adapting to cancer: The importance of hope and purpose. In A. Baum and B. L. Andersen (Eds.), *Psychosocial interventions for cancer* (pp. 15-36). Washington D.C.: American Psychological Association.
- Gump, B. B., Matthews, K. A., Scheier, M. F., Schulz, R., Bridges, M. W., Magovern, Sr., G. J. (2001). Illness representations according to age and effects of health behaviors following coronary artery bypass graft surgery. *Journal of the American Geriatrics Society*, **49**, 284-289.

- Middaugh, S. J., Haythornthwaite, J. A., Thompson, B., Hill, R., Brown, K. M., Freedman, R. R., Attanasio, V., Jacob, R. G., Scheier, M. & Smith, E. A. (2001). The Raynaud's Treatment Study: Biofeedback Protocols and Acquisition of Temperature Biofeedback Skills. *Applied Psychophysiology & Biofeedback*, **26**(4), 251-278.
- Brissette, I., Scheier, M. F., & Carver, C. S. (2002). The role of optimism in social network development, coping, and psychological adjustment during a life-transition. *Journal of Personality and Social Psychology*, **82**(1), 102-111.
- Carver, C. S., & Scheier, M. F. (2002). Optimism. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 231-243). New York: Oxford University Press.
- Lawrence, J. W., Carver, C. S., & Scheier, M. F. (2002). Velocity toward goal attainment in immediate experience as a determinant of affect. *Journal of Applied Social Psychology*, **32**(4), 788-802.
- Carver, C. S., & Scheier, M. F. (2002). Coping processes and adjustment to chronic illness. In A. J. Christensen & M. H. Antoni (Eds.), *Chronic physical disorders: Behavioral medicine's perspective* (pp. 47-68). Oxford, UK: Blackwell.
- Carver, C. S. & Scheier, M. F. (2002). The hopeful optimist. *Psychological Inquiry*. **13**(4), 288-290.
- Carver, C. S. & Scheier, M. F. (2002). Control processes and self-organization as complementary principles underlying behavior. *Personality and Social Psychology Review*, **6**, 304-315.
- Wrosch C., Scheier M. F., Carver C. S., & Schulz R. (2003). The importance of goal disengagement in adaptive self-regulation: When giving up is beneficial. *Self and Identity* **2**, 1-20.
- Scheier, M. F., & Carver, C. S. (2003). Goals and confidence as self-regulatory elements underlying health and illness behavior. In L. D. Cameron and H. Leventhal (Eds.), *The self-regulation of health and illness behaviour* (pp. 17-41). London, UK: Routledge.
- Wrosch C. & Scheier M. F. (2003) Personality and quality of life: The importance of optimism and goal adjustment. *Quality of Life Research* **12**(Suppl. 1): 59-72.
- Carver, C. S., & Scheier, M. F. (2003). A self-regulatory perspective on personality. In T. Millon & M. J. Lerner (Eds.), *Comprehensive handbook of psychology, volume 5: Personality and social psychology* (pp. 185-208). New York: Wiley.
- Carver, C. S., & Scheier, M. F. (2003). Three human strengths. In L. G. Aspinwall & U. M. Staudinger (Eds.), *A psychology of human strengths: Fundamental questions and future*

- directions for a positive psychology* (pp. 87-102). Washington, DC: American Psychological Association.
- Carver, C. S. & Scheier, M. F. (2003). Optimism. In S. J. Lopez and C. R. Snyder (Eds.), *Handbook of positive psychological assessment: A handbook of models and measures* (pp. 75-89). Washington, DC: American Psychological Association.
- Culver, J. L., Carver, C. S., & Scheier, M. F. (2003). Dispositional optimism as a moderator of the impact of health threats on coping and well being. In R. Jacoby & G. Keinan (Eds.), *Between stress and hope: From a disease-centered to a health-centered perspective* (pp. 27-55). Westport, CT: Greenwood Publishing Group, Inc.
- Scheier, M. F. & Carver, C. S. (2003). Self-regulatory processes and responses to health threats: Effects of optimism on well-being. In J. Suls & K. Wallston (Eds.), *Social psychological foundations of health* (pp. 395-428). Oxford UK: Blackwell.
- Wrosch, C., Scheier, M. F., Miller, G. E., Schulz, R. & Carver, C. S. (2003). Adaptive self-regulation of unattainable goals: Goal disengagement, goal re-engagement, and subjective well-being. *Personality and Social Psychology Bulletin*, **29**, 1494-1508.
- Carver, C. S. & Scheier, M. F. (2005). Engagement, disengagement, coping, and catastrophe. In A. Elliot & C. Dweck (Eds.), *Handbook of competence and motivation*, pp. 527-547. New York: Guilford.
- Scheier, M. F., Helgeson, V. S., Schulz, R., Colvin, S., Berga, S., Bridges, M. W., Knapp, J., Gerszten, K., Pappert, W. S. (2005). Interventions to enhance physical and psychological functioning among younger women who are ending nonhormonal adjuvant treatment for early stage breast cancer. *Journal of Clinical Oncology* **23**(19), 4298-4311.
- Wrosch, C., Bauer, I. & Scheier, M. F. (2005). Regret and quality of life across the adult life span: The influence of disengagement and available future goals. *Psychology and Aging* **19**, 657-670.
- Scheier, M. F. & Helgeson, V. S. (2006). Commentary on Bardwell et al. (2006). *Journal of Clinical Oncology* **24**, 2407-2408.
- Scheier, M. F., Wrosch, C., Baum, A., Cohen, S., Martire, L. M., Matthews, K. A., Schulz, R., & Zdzaniuk, B. (2006). The Life Engagement Test: Assessing purpose in life. *Journal of Behavioral Medicine* **29**(3), 291-298.
- Wrosch, C., Dunne, E., Scheier, M. F., Schulz, R. (2006). Self-regulation of common age-related challenges: Benefits for older adults' psychological and physical health. *Journal of Behavioral Medicine* **29**, 299-306.
- Heinonen, K., Rääkkönen, K., Scheier, M. F., Pesonen, A., Keskivaara, P., Järvenpää, A. & Strandberg, T. (2006). Parents' optimism is related to their ratings of their children's behaviour. *European Journal of Personality* **20**, 421-445.

- Heinonen, K., Räikkönen, K., Matthews, K. A., Scheier, M. F., Raitakari, O. T., Pulkki, L. & Keltikangas-Järvinen, L. (2006). Socioeconomic status in childhood and adulthood: Associations with dispositional optimism and pessimism over a 21-year follow-up. *Journal of Personality*, **74**, 1111-1126.
- Rasmussen, H. N., Wrosch, C., Scheier, M. F., & Carver, C. S. (2006). Self-regulation processes and health: The importance of optimism and goal adjustment. *Journal of Personality* **74**, 1721-1747.
- Ruiz, J. M., Matthews, K. A., Scheier, M. F., & Schulz, R. (2006). Does who you marry matter for your health? Influence of patients' and spouses' personality on their partners' psychological well-being following coronary artery bypass surgery. *Journal of Personality and Social Psychology*, **91**, 255-267.
- Scheier, M. F., Helgeson, V. S., Schulz, R., Colvin, S., Berga, S., Knapp, J. & Gerszten, K. (2007). Moderators of interventions designed to enhance physical and psychological functioning among younger women with early stage breast cancer. *Journal of Clinical Oncology*, **26**, 5710-5714.
- Schulz, R., Hebert, R. S., Dew, M. A., Brown, S. L., Scheier, M. F., Beach, S. R., Czaja, S. J., Martire, L. M., Coon, D., Langa, K. M., Gitlin, L. N., Stevens, A. B. & Nichols, L. (2007). Patient suffering and caregiver compassion: New opportunities for research, practice, and policy. *The Gerontologist* **47**(1), 4-13.
- Wrosch, C., Miller, G. E., Scheier, M. F., & Brun de Pontet, S. (2007). Giving up on unattainable goals: Benefits for health? *Personality and Social Psychology Bulletin* **33**, 251-265.
- Scheier, M. F., & Carver, C. S. (2007). Optimism. In G. Fink (ed.), *Encyclopedia of stress*. 2nd edition. Vol. 3, pp. 26-29. San Diego: Academic Press.
- Carver, C. S., Scheier, M. F., & Fulford, D. (2008). Self-regulatory processes, stress, and coping. In O. P. John, R. W. Robins, & L. A. Pervin (eds.), *Handbook of personality* (3rd ed., pp. 725-742). New York: Guilford Press.
- Carver, C. S., & Scheier, M. F. (2008). Feedback processes in the simultaneous regulation of action and affect. In J. Y. Shah & W. Gardner (eds.), *Handbook of motivation science* (pp. 308-324). New York: Guilford.
- Scheier, M. F., & Carver, C. S. (2009). Optimism. In S. Lopez (ed.), *Encyclopedia of positive psychology* (Vol. 2, pp. 656-663). Oxford, UK: Wiley-Blackwell.
- Carver, C. S., & Scheier, M. F. (2009). Self-regulation and control in personality functioning. In P. Corr & G. Matthews (eds.), *Cambridge handbook of personality* (pp. 427-440). Cambridge, UK: Cambridge University Press.

- Carver, C. S., & Scheier, M. F. (2009). Action, affect, and two-mode models of functioning. In E. Morsella, J. A. Bargh, & P. M. Gollwitzer (eds.), *Oxford handbook of human action* (pp. 298-327). New York: Oxford University Press.
- Carver, C. S., Scheier, M. F., Miller, C. J., & Fulford, D. (2009). Optimism. In C. R. Snyder & S. J. Lopez (eds.), *Oxford handbook of positive psychology* (2nd ed., pp. 303-311). New York: Oxford University Press.
- Carver, C.S. & Scheier, M. F. (2009). Optimism. In M. R. Leary & R. H. Hoyle (eds.), *Handbook of individual differences in social behavior* (pp. 330-342). New York: Guilford.
- Carver, C. S., & Scheier, M. F. (2009). Processus de contrôle, autorégulation et affect (Control processes and the self-regulation of action and affect). In Y. Paquet (Ed.), *Psychologie du contrôle: Théories et applications* (pp. 207-225). Brussels: De Boeck.
- Hebert, R., Zdaniuk, B., Schulz, R., & Scheier, M. F. (2009). Positive and negative religious coping and well-being in women with breast cancer. *Journal of Palliative Medicine* **12**(6), 537-545.
- Rasmussen, H. N., Scheier, M. F., & Greenhouse, J. B. (2009). Optimism and physical health: A meta-analytic review. *Annals of Behavioral Medicine* **37**, 239-256.
- Pressman, S. D., Matthews, K. A., Cohen, S., Martire, L. M., Scheier, M. F., Baum, A., & Schulz, R. (2009). The association of enjoyable leisure activities with psychological and physical well-being. *Psychomatic Medicine* **71**, 725-732.
- Carver, C. S., & Scheier, M. F. (2009). Action, affect, multi-tasking, and layers of control. In J. P. Forgas, R. F. Baumeister, & D. Tice (ed.), *The psychology of self-regulation* (pp. 109-126). New York: Psychology Press.
- Scheier, M. F. (in press). Life Orientation Test. In N. Salkind (Series Ed.) & A. Christensen, R. Marin, & J. Smith (Eds.), *Encyclopedia of Health Psychology*. New York: Kluwer Academic/Plenum Publishers.
- Carver, C. S., & Scheier, M. F. (in press). Self-regulation of action and affect. In K. D. Vohs & R. F. Baumeister (eds.), *Handbook of Self-Regulation: Research, Theory and Applications* (2nd ed). New York, NY: Guilford.
- Carver, C. S., & Scheier, M. F. (in press). A model of behavioral self-regulation. In P. Van Lange, A. Kruglanski, and E. T. Higgins (eds.), *Handbook of theories of social psychology*. Thousand Oaks, CA: Sage.
- Carver, C. S., Scheier, M. F., & Segerstrom, S. C. (in press). Optimism. *Clinical Psychology Review*, Special Issue on Optimism.