

J. DAVID CRESWELL, PhD

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Principal Investigator of the Health & Human Performance Laboratory at Carnegie Mellon University

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Education

NIMH Post-Doctoral Fellow	Cousins Center for Psychoneuroimmunology, School of Medicine, University of California, Los Angeles	2007-2008
Ph.D., Social Psychology	University of California, Los Angeles Minors: Health Psychology, Quantitative Measurement and Psychometrics	2007
M.A., Social Psychology	University of California, Los Angeles,	2003
B.A, Psychology (with distinction)	The Colorado College (<i>cum laude</i>)	2000

Employment

Professor	Carnegie Mellon University	2020-current
Associate Dean of Research	Carnegie Mellon University	2019-2021
Associate Professor (with tenure)	Carnegie Mellon University	2016-2020
Associate Professor	Carnegie Mellon University	2013-2016
Assistant Professor	Carnegie Mellon University	2008-2013
Adjunct Faculty	University of Pittsburgh—Psychology	2014-current
Faculty Affiliate	Center for the Neural Basis of Cognition	2009-current
Faculty Affiliate	University of Pittsburgh Cancer Institute	2009-current

Awards and Honors

Mind and Life Podcast Host	2026
William S. Dietrich II Chair in Psychology	2021
Elected Fellow, Academy of Behavioral Medicine Research	2017
American Psychosomatic Society Herbert Weiner Early Career Award	2017
Social Personality Health Network Early Career Award	2015
American Psychological Association (APA) Distinguished Scientific Award for Early Career Contribution to Psychology	2014
Elected Fellow, Society of Experimental Social Psychology	2014
Elected Fellow, Mind and Life Institute	2012
Association for Psychological Science 'Rising Star'	2011
American Psychosomatic Society Scholar Award (\$500)	2008

UCLA Excellence in Research Award (\$750)	2006
Harold H. Kelley Award for Best Basic Research Paper in Social Psychology	2005
UCLA Department of Psychology Distinguished Teaching Award	2005
UCLA Graduate Division Summer Research Mentor Award	2004
Cornelia Manley Sabine Award in Psychology at Colorado College	2000
Colorado College President's distinguished student	1997

Grants

NIH NCCIH R21 (PI)	
'Mindfulness during physical challenge as a mechanism for stress buffering' (\$275,000)	<i>(pending)</i>
Priority Score : 30, funding pending	
NIH NIDDK R01 (PI)	
'A low-cost digital mindfulness intervention for Type 2 Diabetes Patients' (\$3,200,000)	<i>(pending)</i>
Priority Score : 9th percentile, funding pending	
NIH NCCIH R01 (PI)	
'Minimally Effective Dosing of Mindfulness Meditation Training' (\$2,500,000)	<i>(pending)</i>
NIH NIDDK R44 (PI)	
'Live coaching support integration in digital mindfulness training' (\$2,300,000)	2026-2029
NIH NIMH R44 (PI)	
'Mindfulness Training and Respiration Biosignal Feedback' (\$2,300,000)	2024-2027
Highmark Foundation	
'Mindfulness training for the Pittsburgh Community' (\$100,000)	2022-2023
NIH NIDDK R01 (PI)	
'Mindfulness meditation training for Irritable Bowel Syndrome' (\$2,668,817) (scored at 9%)	2021-2026
Allegheny Health Network seed funding (PI)	
'Mindfulness meditation training in the Allegheny Health Network' (\$250,000)	2020-2022
NIH NCI R01 (PI)	
'Value affirmation and physical symptom relief among breast cancer patients taking aromatase inhibitors' (\$2,685,878) (scored at 7%)	2019-2025
NIH R21 (co-I)	
'Mindfulness and romantic relationship quality' (\$442,054)	2019-2021
NIH R61/33 (co-I)	
'Mindfulness training in chronic kidney disease' (\$946,087)	2019-2021
The Wendy and Woody Family Foundation	
'Stress resilience training for improving mental health in students' (\$8,000)	2019-2020
The Fine Foundation	
'Intervening among students at-risk for depression' (\$24,675)	2018-2019
Headspace Inc.	
'Headspace in the Workplace' (\$349,000)	2018-2020
CMU Provost Office	
'Experience sampling and biosensor assessment of the CMU Student Experience' (\$100,000)	2017-2018
'Experience sampling and biosensor assessment of the CMU Student Experience' (\$185,000)	2016-2017
NIH R01 (PI)	2015-2020
'Mindfulness meditation training in lonely older adults' (\$2,837,223) (scored at 3%)	
NIH R21 (PI)	2015-2017
'Mechanisms of mindfulness training and stress reduction' (\$422,106) (scored at 1%)	
Administrative Diversity Supplement Approved (\$92,738)	2016-2017
ProSEED/BrainHub Seed Grant (Co-PI with Gustavo Rohde)	2015-2016
'Transport-based morphometry for brain biomarker discovery' (\$50,000)	
1440 Grant Foundation	2014-2016
'Using mindfulness meditation to transform social relationships: a randomized controlled trial' (\$20,000)	
Faculty Sponsor, Varela Grant Award from the Mind and Life Institute (Lindsay)	2014-2016
'Mechanisms of mindfulness meditation training' (\$15,000)	

Yoga Science Foundation Grant	2013-2015
‘Dismantling mindfulness meditation training’ (\$38,000)	
Principal Investigator, Berkman Faculty Fellowship Grant	2013-2015
‘The Stress Buffering Effects of Rewards’ (\$3,000)	
Rothberg Research Grant (with James Bursley, \$35,000)	2011-2014
Co-Principal Investigator, National Science Foundation Grant	2009-2015
‘Understanding the Effects of Self-Affirmation’ (\$400,000)	
Faculty Sponsor, Varela Grant Award from the Mind and Life Institute (Westbrook)	2010-2012
‘Mindfulness and Response Inhibition’ (\$15,000)	
Co-Investigator, Oppenheimer CAIM Grant Award	2009-2010
‘Mindfulness meditation in psoriasis’ (\$30,000)	
Co-Investigator, Pittsburgh Foundation Grant Award	2009-2010
‘Mindfulness meditation and neural mechanisms of smoking cessation’ (\$200,000)	
Co-Investigator, UCLA Cousins Center for Psychoneuroimmunology	2005-2007
Seed Grant (\$20,000),	
Individual NIMH National Research Service Award (NRSA)	2005-2007
Positive Psychology Microgrant (\$2000)	2003

Patents

Creswell, J.D., Polowitz, M., & Raye, J. (2023). System, Method, and Device for Interactive Neurological Training (U.S. Patent No. 0033246A1). U.S. Patent and Trademark Office. <https://ppubs.uspto.gov/dirsearch-public/print/downloadPdf/20230033246>.

Publications

(*) trainee first-authored publications from my laboratory

(^) all authors contributed equally

Popular Science Essays

Creswell, J.D. (2014). Early Career Award Biography. *American Psychologist*, 69, 743-745.

Creswell, J.D. (June 24, 2023). The COVID-19 pandemic is over but we still feel miserable. What now? *Pittsburgh Post-Gazette*. (<https://www.post-gazette.com/news/health/2023/06/24/expert-insights-mental-reboot/stories/202306250025>)

Creswell, J.D. (November, 10, 2023). Learning to accept discomfort could help you thrive. *Scientific American*. (<https://www.scientificamerican.com/article/learning-to-accept-discomfort-could-help-you-thrive/>)

Creswell, J.D. (May 1, 2024). Exercise helps your brain as much as your body. *Scientific American*. (<https://www.scientificamerican.com/article/exercise-helps-your-brain-as-much-as-your-body>)

Creswell, J.D. (August 12, 2025). Why ‘Use Your Words’ Can Be Good for Kids’ Health. *Scientific American*. (<https://www.scientificamerican.com/article/why-use-your-words-can-be-good-for-kids-health/>)

Creswell, J.D. (August 19, 2025). The Healing Power of Words in the Age of AI. *Psychology Today*. (<https://www.psychologytoday.com/us/blog/adapt-and-thrive/202508/the-healing-power-of-words-in-the-age-of-ai>)

Hadash, Y. & Creswell, J.D. (March 31, 2026). Benefits of mindfulness meditation go far beyond relaxation—here's what it is and how to practice it. *The Conversation*. (<https://theconversation.com/benefits-of-mindfulness-meditation-go-far-beyond-relaxation-heres-what-it-is-and-how-to-practice-it-273700>)

Creswell, J.D. & Hadash, Y. (April 7, 2026.) What meditation retreats really do to your mind and body. *Psychology Today*. (https://www.psychologytoday.com/us/blog/adapt-and-thrive/202604/what-meditation-retreats-really-do-to-your-mind-and-body?utm_medium=email.)

Scientific Research Under Review:

Creswell, J.D. (under review). Allostatic lift and adaptation to stress.

Albert, J., Noble, D. J., Jamieson, J., Islam, B., Khan, M.N., OConnell, P., Polowitz, M., Fallon, S., Yzquierdo, K., & Creswell, J. D. (under review). Advancing a biobehavioral science of respiration.

*Chin, B.N., Price, S., Dutcher, J.M., Villalba, D.K., Tumminia, M.J., Creswell, K.G., Dey, A.K., & Creswell, J.D. (under review). Actigraphic sleep health disparities between Asian and White college students.

Rahrig, H., Bjork, J.M., Creswell, J.D., Lindsay, E.K., & Brown, K.W. (under review). Disrupting the resting state: mindfulness training alters default mode network connectivity.

*Kalnicky, E., Chin, B., Greco, C., Smyth, J., Brown, K.W., & Creswell, J.D. (under review). Increasing environmental concerns by fostering mindful acceptance.

Published Scientific Research: (of 97 published peer-reviewed scientific articles and book chapters)

Meegahapola, L., Creswell, J.D., & Quercia, D. (2026). Wellness watch or worry watch? Negative psychological impacts of wearable devices. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*, 10, 1-35.

Yunusova, A., Levinthal, D.J., Lam, P., Brown, K.W., Branson, Z., Wu, S., Sanov, B., Liccione, A., Dutcher, J.M., Lindsay, E., & Creswell, J.D. (*in press*). Beyond chronic stress: daily stress is associated with symptoms in Irritable Bowel Syndrome. *Clinical Gastroenterology and Hepatology*.

Yunusova, A., Huang, C., Price, S., Joshi, K., Dutcher, J. M., Brown, K. W., Villalba, D. K., Tumminia, M. J., Creswell, K. G., Cohen, S., & Creswell, J. D. (2026). Depression trajectories and their associations with academic performance and sleep patterns among first-year college students. *BMC Psychology*, 14, Article 1173.

Shillington, K. J., Ho, H., Eck, L., Lo, S. M., Creswell, J. D., Dutcher, J., & Patrick, G. N. (2026). The impact of a self-affirmation intervention on the mental and social health, and academic performance of minoritized students in STEM. *Acta Psychologica*, 265, Article 106640.

Wu, M., Jiang, Z., Fan, Y., Feng, R., Dharmavaram, S., Polowitz, M., Fallon, S., Islam, B., Benson, L., Tung, I., Creswell, J. D., & Xu, X. (2026). MindfulAgents: Personalizing mindfulness meditation via an expert-aligned multi-agent system. In *Proceedings of the 2026 CHI Conference on Human Factors in Computing Systems* (Article 1817). Association for Computing Machinery.

- Tabibnia, G., Ghahremani, D. G., Tindle, H. A., Creswell, J. D., Westbrook, C., Kraynak, T. E., Julson, E., & London, E. D. (2026). Cue labeling reduces cigarette craving and associated neural activity. *Neuropsychopharmacology*, 51, 822–830.
- Dutcher, J. M., Brown, K. W., Lindsay, E. K., Greco, C. M., Wright, A. G. C., Gallegos, A. M., Heffner, K. L., & Creswell, J. D. (2025). Mindfulness-based stress reduction and loneliness in older adults: Two randomized controlled trials. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 80(12), Article gbaf178.
- Khan, M. N. H., Creswell, J. D., Albert, J., O'Connell, P., Fallon, S., Polowitz, M., Xu, X., & Islam, B. (2025). Mindfulness meditation and respiration: Accelerometer-based respiration rate and mindfulness progress estimation to enhance app engagement and mindfulness skills. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*, 9(3), Article 95.
- Creswell, J.D. & Goldberg, S.B. (*in press*). The meditation app revolution. *American Psychologist*.
- O'Dean, S.M., Summerell, E., Harmon-Jones, E., Creswell, J.D., & Denson, T.F. (2025). The associations and effects of mindfulness on anger and aggression: a meta-analytic review. *Clinical Psychology Review*, 118, 102584.
- Creswell, J.D., Brown, K.W., Cohen, S., Creswell, K.G., Zoccola, P., Dickerson, S.S., Dutcher, J., Wu, S., & Chin, B. (2025). Does high perceived stress over the past month alter cortisol reactivity to the Trier Social Stress Test? *Psychoneuroendocrinology*, 172, 107256.
- Ganesan, S., Barrios, F.A., Batta, I. Bauer, C.C.C., Braver, T.S., Brewer, J.A., Brown, K.W., Cahn, R. Cain, J.A., Calhoun, V.D., Cao, L. Chetelat, G. Ching, C.R.K., Creswell, J.D., Dagnino, P.D., Davanger, S. Davidson, R.J., Deco, G., Dutcher, J.M., Escrichs, A., Eyler, L.T., Fani, N., Farb, N.A.S., Fialoke, S., Fresco, D.M., Garg, R., Garland, E.L., Goldin, P., Hafeman, D.M., Jahanshad, N., Kang, Y., Khalsa, S.S., Kirlic, N. Lazar, S.W., Lutz, A., McDermott, T.J., Pagnoni, G., Piguet, C., Prakash, R.S., Rahrig, H., Reggente, N., Saccaro, L.F., Sacchet, M.D., Siegle, G.J., Tang, Y.Y., Thomopoulos, S.I., Thompson, P.M., Torske, A., Treves, I.N., Tripathi, V., Tsuchiyagaito, A., Turner, M.D., Vago, D.R., Valk, S., Zeidan, F., Zalesky, A., Turner, J.A., King, A.P. (2025). ENIGMA-Meditation: Worldwide consortium for neuroscientific investigations of meditation practices, *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 10(4), 425-436.
- Lindsay, E.K., Young, S., & Creswell, J.D. (2025). Mindfulness training fosters a positive outlook during acute stress: A randomized controlled trial. *Emotion*, 25(4), 815-826.
- Lipsett, M., Berkman, E., & Creswell, J. D. (2025). Habits of mind: Mindful awareness from a habits framework. In B. D. Ostafin, M. D. Robinson, & B. P. Meier (Eds.), *Handbook of mindfulness and self-regulation: Theoretical, cognitive neuroscience, social-personality, and clinical perspectives* (pp. 93–112).
- Beloborodova, P., Dutcher, J. M., Villalba, D. K., Tumminia, M. J. Doryab, A., Creswell, K., Cohen, S., Sefdigar, Y., Seo, W., Mankoff, J., Dey, A., Creswell, J. D., & Brown, K. W. (2024). College students' daily mind wandering is related to lower social well-being. *Journal of American College Health*, 1-13.
- Yan R., Liu X., Dutcher J.M., Tumminia M.J., Villalba D., Cohen S., Creswell J.D., Creswell K., Mankoff J., Dey A.K., Doryab A. (2024) Identifying Links between Productivity and Biobehavioral Rhythms Modeled from Multimodal Sensor Streams. *Journal of Medical Internet Research-Artificial Intelligence*, 3, e47194.

- *Lindsay, E.K., Marsland, A.L., Cole, S., Dutcher, J.M., Greco, C.M., Wright, A.G.C., Brown, K.W., & Creswell, J.D. (2024). Mindfulness-Based Stress Reduction reduces proinflammatory gene expression but not systemic inflammation among older adults: A randomized controlled trial. *Psychosomatic Medicine*, 86(5), 463-472.
- Chang, Y. K., Gill, D.L., Creswell, J. D., Lin, C. Y., Chu, C. H., Nien, J. T. (2023). Effect of mindfulness-based intervention on endurance performance under pressure and performance-relevant mental attributes an interdisciplinary perspective: Protocol for a Mindfulness-Based Peak Performance (MBPP) trial. *Contemporary Clinical Trials*, 129, 107175.
- *Creswell, J.D., Tumminia, M.J., Price, S., Sefidgar, Y., Cohen, S., Ren, Y., Brown, J., Dey, A., Dutcher, J.M., Villalba, D.K., Mankoff, J., Xu, X., Creswell, K.G., Doryab, A., Mattingly, S., Striegel, A., Hachen, D., Martinez, G., Lovett, M.C. (2023). Nightly sleep duration predicts grade point average in the first year of college. *Proceedings of the National Academy of Sciences*, 120(8), e2209123120.
- Woods, W.C., Edershile, E.A., Ringwald, W.R., Sharpe, B.M., Himmelstein, P.H., Newman, M.G., Wilson, S.J., Ellison W.D., Levy, K.N., Pincus, A.L., Creswell, J.D., & Wright, A.G.C. (2023). Psychometric evaluation of a visual interpersonal analogue scale. *Psychological Assessment*, 35(4), 311-324.
- Westbrook, C.A., Dutcher, J., Kusmierski, S., Creswell, J.D., Akpan, E., & Hallion, L.S. (2023). Neural mechanisms of mindful disengagement from worry. *Journal of Psychopathology and Clinical Science*, 132(1), 38-50.
- Yan, R. Liu, X., Dutcher, J.M., Tumminia, M., Villalba, D. Cohen, S., Creswell, J.D., Creswell, K.G., Mankoff, J., Dey, A., & Doryab, A. (2022). A computational framework for modeling biobehavioral rhythms from mobile and wearable data streams. *Transactions on Intelligent Systems and Technology*, 13(3), 1-27.
- *Dutcher, J.M., Lederman, J., Jain, M., Price, S., Kumar, A., Villalba, D.K., Tumminia, M.J., Doryab, A., Creswell, K.G., Mankoff, J., Cohen, S., Dey, A., & Creswell, J.D. (2022). Lack of belonging predicts depressive symptomatology in college students. *Psychological Science*, 33(77), 1048-1067.
- Lindsay, E.M., Creswell, J.D., Ster, H.J., Greco, C.M., Walko, T.D., Dutcher, J.D., Wright, A.G.C, Brown, K.W., & Marsland, A.L. (2022). Mindfulness-Based Stress Reduction increases stimulated IL-6 production among lonely older adults: A randomized controlled trial. *Brain Behavior and Immunity*, 104, 6-15.
- *Dutcher, J.M., Williams, A.C., Cole, S.W., & Creswell, J.D. (2022). Smartphone mindfulness meditation training reduces pro-inflammatory gene expression in stressed adults: a randomized controlled trial. *Brain, Behavior, & Immunity*, 103, 171-177.
- *Manigault, A.W., Slutsky, J., Raye, J., & Creswell, J.D. (2021). Examining practice effects in a randomized controlled trial: daily life mindfulness practice predicts stress buffering effects of mindfulness meditation training. *Mindfulness*, 12, 2487-2497.
- Rahrig, H., Bjork, J.M., Tirado, C., Chester, D., Creswell, J.D., Lindsay, E.K., Penberthy, J.K., & Brown, K.W. (2021). Punishment on pause: preliminary evidence that mindfulness training modifies neural response to provocation in a reactive aggression task. *Frontiers in Behavioral Neuroscience*, 15, 162.

- Loucks, E.B., Rosenkranz, M.A., & Creswell, J.D. (2021). Harnessing life's slings and arrows: the science and opportunities for mindfulness meditation in a global pandemic and beyond. *Psychosomatic Medicine*, 83, 497-502.
- *Lindsay, E.K., Creswell, J.D., Stern, H.J., Greco, C.M., Dutcher, J.M., Lipitz, S., Walsh, C.P., Wright, A.G.C., Brown, K.W., Marsland, A.L. (2021). Mindfulness-Based Stress Reduction buffers glucocorticoid resistance among older adults: a randomized controlled trial. *Psychosomatic Medicine*, 83, 641-649.
- *Chin, B., Lindsay, E.K., Greco, C., Smyth, J., Brown, K.W., & Creswell, J.D. (2021). Mindfulness interventions improve momentary and trait measures of attentional control: Evidence from a randomized controlled trial. *Journal of Experimental Psychology: General*, 150, 686-699.
- Chikersal, P., Doryab, A., Tumminia, M., Villalba, D.K., Dutcher, J.M., Liu, X., Cohen, S., Creswell, K., Mankoff, J., Creswell, J.D., Goel, M., Dey, A. (2021). Detecting depression and predicting its onset using longitudinal symptoms captured by passive sensing: a machine learning approach with robust feature selection. *ACM Transactions on Computer-Human Interaction (TOCHI)*, 28, 1, Article 3.
- Hafeman, D.M., Ostroff, A.N., Feldman, J., Hickey, M.B., Phillips, M., Creswell, J.D., Birmaher, B., & Goldstein, T. (2020). Mindfulness-based intervention to decrease mood lability in at-risk youth: preliminary evidence for changes in resting state functional connectivity. *Journal of Affective Disorders*, 276, 23-29.
- *Dutcher, J.M., Eisenberger, N.I., Woo, H., Klein, W.M.P., Harris, P.R., Levine, J., & Creswell, J.D. (2020). Neural mechanisms of self-affirmation's stress buffering effects. *Social, Cognitive, and Affective Neuroscience*, 15, 1086-1096.
- Doryab, A., Villalba, D., Chikersal, P., Dutcher, J.M., Tumminia, M., Liu, X., Cohen, S., Creswell, K.G., Mankoff, J., Creswell, J.D., & Dey, A. (2019). Identifying behavioral phenotypes of loneliness and social isolation with passive sensing: a three-fold analysis. *Journal of Medical Internet Research*, 7, e13209.
- *Villalba, D., Lindsay, E.K., Chin, B., Marsland, A., Young, S., Smyth, J., Brown, K.W., Greco, C., & Creswell, J.D. (2019). Mindfulness training and systemic low-grade inflammation in stressed community adults: Evidence from two randomized controlled trials. *PLoS One*, 14, e0219120.
- *Chin, B., Lindsay, E.K., Greco, C., Brown, K.W., Smyth, J., & Creswell, J.D. (2019). Acceptance skills drive stress resilience in a mindfulness training randomized controlled trial. *Health Psychology*, 38, 759-768.
- Creswell, J.D., Villalba, D., Chin, B., & Lindsay, E.K. (2019). Mindfulness interventions for physical health: mechanisms and outcomes. *Psychosomatic Medicine*, 81, 224-232.
- Xu, X., Chikersal, P., Doryab, A., Villalba, D.K., Dutcher, J.M., Tumminia, M.J., Althoff, T., Cohen, S., Creswell, K.G., Creswell, J.D., Mankoff, J., & Dey, A.K. (2019). Leveraging routine behavior and contextually-filtered features for depression detection among college students. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*, 3, 116.
- *Lindsay, E.K., Young, S., Brown, K.W., Smyth, J., & Creswell, J.D. (2019). Mindfulness training reduces loneliness and increases social contact in a randomized controlled trial. *Proceedings of the National Academy of Sciences*, 116, 3488-3493.
- *Lindsay, E.K. & Creswell, J.D. (2019). Mindfulness, acceptance, and emotion regulation: Perspectives from Monitor and Acceptance Theory (MAT). *Current Opinion in Psychology*, 28, 120-125.

- *Slutsky, J., Chin, B., Raye, J., & Creswell, J.D. (2018). Mindfulness training improves employee well-being: A randomized controlled trial. *Journal of Occupational Health Psychology, 24*, 139-149.
- *Chin, B., Slutsky, J., Raye, J., & Creswell, J.D. (2018). Mindfulness training increases positive affect and reduces stress at work: a randomized controlled trial. *Mindfulness, 10*, 627-638.
- *Lindsay, E.K., Chin, B., Greco, C.M., Young, S., Brown, K.W., Wright, A.G.C., Smyth, J.M., Burkett, D., & Creswell, J.D. (2018). How mindfulness training promotes positive emotions: dismantling monitoring and acceptance in two randomized controlled trials. *Journal of Personality and Social Psychology, 115*, 944-973.
- *Dutcher, J.M. & Creswell, J.D. (2018). The role of brain reward pathways in stress resilience and health. *Neuroscience and Biobehavioral Reviews, 95*, 559-567.
- *Dutcher, J.M. & Creswell, J.D. (2018). Behavioral interventions in health neuroscience. *Annals of the New York Academy of Sciences, 1428*, 51-70.
- *Schumer, M., Lindsay, E.K., & Creswell, J.D. (2018). Brief mindfulness interventions and negative affectivity: A systematic review and meta-analysis. *Journal of Consulting and Clinical Psychology, 86*, 569-583.
- *Lindsay, E.K., Young, S., Smyth, J.M., Brown, K.W., & Creswell, J.D. (2018). Acceptance lowers stress reactivity: dismantling mindfulness training in a randomized controlled trial. *Psychoneuroendocrinology, 87*, 63-73.
- *Taren, A., Gianaros, P.J., Greco, C.M., Lindsay, E.K., Fairgrieve, A., Brown, K.W., Rosen, R.K., Ferris, J.L., Julson, E., Marsland, A.L., & Creswell, J.D. (2017). Mindfulness meditation training increases resting state functional connectivity between dorsolateral prefrontal cortex and frontoparietal control regions: a randomized controlled trial. *Psychosomatic Medicine, 79*, 674-683.
- *Rahl, H., Lindsay, E.K., Pacilio, L., Brown, K.W., Creswell, J.D. (2017). Mindfulness meditation training reduces mind wandering: the critical role of acceptance training. *Emotion, 17*, 224-230.
- Creswell, J.D. (2017). Mindfulness Interventions. *Annual Review of Psychology, 68*, 491-516.
- *Lindsay, E.K. & Creswell, J.D. (2017). Mechanisms of mindfulness training: Monitor and Acceptance Theory (MAT). *Clinical Psychology Review, 51*, 47-59.
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- *Dutcher, J.M., Creswell, J.D., Pacilio, L.E., Klein, W.M.P, Harris, P.R., Levine, J.M., Bower, J.E., Muscatell, K.A., Eisenberger, N.I. (2016). Self-affirmation activates the ventral striatum: A possible reward-related mechanism for self-affirmation. *Psychological Science, 27*, 455-466.
- Schofield, T.P., Creswell, J.D., & Denson, T.F. (2015). Brief mindfulness induction reduces inattentional blindness. *Consciousness & Cognition, 37*, 63-70.

- *Lindsay, E.K. & Creswell, J.D. (2015). Back to the basics: how attention monitoring and acceptance stimulate positive growth. Commentary in *Psychological Inquiry*, 26, 343-348.
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Book Chapters :

- *Slutsky, J., Rahl, H., Lindsay, E., & Creswell, J.D. (2017). Mindfulness, emotion regulation, and social threat. Invited book chapter for Mindfulness in Social Psychology, Springer Publications.
- Brown, K.W., Creswell, J.D., & Ryan, R.M. (2015). The evolution of mindfulness research. Eds. Brown, K.W., Creswell, J.D., & Ryan, R. *Handbook of Mindfulness: Theory, Research, and Practice*. Guilford Publications. New York, NY.
- Creswell, J.D. (2015). Biological pathways linking mindfulness with health. Eds. Brown, K.W., Creswell, J.D., & Ryan, R. *Handbook of Mindfulness: Theory, Research, and Practice*. Guilford Publications. New York, NY.
- Quaglia, J.T., Brown, K.W., Lindsay, E.K., Creswell, J.D., & Goodman, R.J. (2015). Current conceptualizations and operationalizations of mindfulness. Eds. Brown, K.W., Creswell, Ryan, R. *Handbook of Mindfulness: Theory, Research, and Practice*. Guilford Publications. New York, NY.
- *Sayers, M., Creswell, J.D., & Taren, A. (2015). The emerging neurobiology of mindfulness and emotion processing. Ed. Ostafin, B. *Handbook of Mindfulness and Self-Regulation*. Springer. New York, NY.
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- Creswell, J.W. & Creswell, J.D. (2005). Mixed methods research: developments, debates, and dilemmas. In R.A. Swanson & E.F. Holton (Eds.), *Research in Organizations: Foundations and Methods of Inquiry*. San Francisco, CA: Berrett-Koehler Publishers.
- Myers, H., Woolery, A., & Creswell, J.D. (2004). Stress, hypertension & high blood pressure. In N. Anderson (Ed.), *Encyclopedia of Health & Behavior*. Thousand Oaks, CA: Sage Publications.

Edited Books :

- Creswell, J.W. & Creswell, J.D. (2018). Research Design: Qualitative, Quantitative, and Mixed-Methods Approaches, 5th Edition. Sage Publications: Thousand Oaks, CA.

Brown, K.W., Creswell, J.D., & Ryan, R. (2015). Edited book, *Handbook of Mindfulness: Theory, Research, and Practice*. Guilford Publications: New York, NY.

Presentations and Award Lectures

- Creswell, J. D. (2026, August 6). *Digital mindfulness meditation training, respiration tracking AI, and health*. Keynote address at the HARMONY 2026 Workshop on Human-centered AI Research for Mental Health, IEEE/ACM Conference on Connected Health: Applications, Systems, and Engineering Technologies (CHASE 2026), Pittsburgh, PA.
- Creswell, J.D. The Great Debate. Moderator for the Keynote Plenary Great Debate, Society for Biopsychosocial Medicine Annual Conference, Chicago, IL, March 14, 2026.
- Creswell, J.D. Acceptance as an emotion regulation strategy. Plenary session at the Emotion Regulation Pre-Conference, Society for Affective Science, Pittsburgh, PA, March 12, 2026.
- Creswell, J.D. Leaning into discomfort. Tepper Business School Zenith Program presentation, Entertainment Technology Center, February 20, 2026.
- Creswell, J.D. Mindfulness interventions, equanimity skills, and health. Department colloquium presentation, University of Arizona, January 22, 2026.
- Creswell, J.D. The Science of Resilience and Stress Management. Webinar for the Association for Psychological Science, July 23, 2025.
- Creswell, J.D. Transforming digital mental health app engagement: meditation training and respiration dynamics. BEDI Health and Wellness Conference, University of Pittsburgh, PA, April 12, 2025.
- Creswell, J.D. Mindfulness meditation and respiration dynamics. Society for Biopsychosocial Science and Medicine annual conference, Seattle, WA, March 20, 2025.
- Creswell, J.D. Sitting with Discomfort: Mindfulness, Equanimity, and Health. CMU Alumni Network presentation. Seattle, WA, March 18, 2025.
- Creswell, J.D. Sitting with Discomfort: Mindfulness, Equanimity, and Health. CMU Alumni Network presentation. Austin, TX, March 5, 2025.
- Creswell, J.D. Sitting with Discomfort: Mindfulness, Equanimity, and Health. CMU Alumni Network presentation. San Diego, CA, October 15, 2024.
- Creswell, J.D. Mindfulness interventions and health. Plenary Presentation at the Harmonizing Health Conference at Sharp Healthcare, San Diego, CA, October 15, 2024.
- Creswell, J.D. How do mindfulness interventions work? Implications for counselors. Conference keynote presentation, Association for Assessment and Research in Counseling annual conference, Pittsburgh, PA, September 7, 2024.
- Creswell, J.D. How do mindfulness interventions work? Colloquium presentation at the Department of Psychology, Northwestern University, Chicago, IL, May 17, 2024.
- Creswell, J.D. A science of mindfulness. Colloquium presentation at the Maldives National University, Male, Maldives, March 9, 2024.
- Creswell, J.D. Unpacking the neuroscience of mindfulness. Becoming Jackson Whole dinner with a neuroscientist. Jackson, WY, February 10, 2024.

- Creswell, J.D. Feeling pressured and stressed? A wellness seminar. Jackson Hole Mountain Resort. Teton Village, WY, February 8, 2024.
- Creswell, J.D. Delivering digital mindfulness interventions in the wild. International Society for Contemplative Science, San Diego, CA, February 2, 2023.
- Creswell, J.D. Self-affirmation writing for breast cancer survivors. University of Hawaii Medical School, Honolulu, HI, January 9, 2023.
- Creswell, J.D. How do mindfulness interventions work? From Behavior to Brain to Body to Health, Center for Neuroscience and Society colloquium series, University of Pennsylvania, Philadelphia, PA, February 4, 2022.
- Creswell, J.D. How do mindfulness interventions work? Mind-body interface international symposium, PNIRS Asia-Pacific Symposium Plenary talk, Taichung, Taiwan, October 30, 2021.
- Creswell, J.D. Biobehavioral pathways linking mindfulness interventions with health. Department of Psychiatry Markou symposium talk, University of California San Diego, La Jolla, CA, October 25, 2021.
- Creswell, J.D. Acceptance and equanimity skills in mindfulness interventions. Plenary talk at the Academy of Behavioral Medicine annual conference, Scotts Valley, CA, October 10, 2021.
- Creswell, J.D. Mechanisms linking mindfulness interventions with health. Plenary talk at the Science of Behavior Change Capstone Conference at the National Institutes of Health, virtually, Bethesda, MD, February 22, 2021.
- Creswell, J.D. Mechanisms of mindfulness interventions: Equanimity Skills. Mindfulness and Compassion lecture series talk, virtually, Center for Empathy and Compassion at the University of California San Diego, February 11, 2021.
- Creswell, J.D. How do mindfulness interventions work? Symposium at the Center for Empathy and Compassion, virtually, University of California San Diego, February 8, 2021.
- Creswell, J.D. Mindfulness meditation training in unemployed adults. Symposium at the Contemplative Research Conference, (virtually) Madison, WI, November 8, 2020.
- Creswell, J.D. Mindfulness meditation training for lonely older adults. Plenary symposium at the Contemplative Research Conference, (virtually) Madison, WI, November 6, 2020.
- Creswell, J.D. Mindfulness meditation training for unemployed adults. Symposium presentation at the Contemplative Research Conference, (virtually) Madison, WI, November 8, 2020.
- Creswell, J.D. The Life@CMU Project. Campus Forum Presentation at Carnegie Mellon University, Pittsburgh, PA, April 17, 2019.
- Creswell, J.D. The Life@CMU Project. Presentation at Carnegie Mellon University, Qatar, Doha, Qatar, March 21, 2019.
- Creswell, J.D. The Life@CMU Project. Presentation at Effat University, Jeddah, Saudia Arabia, March 24, 2019.
- Creswell, J.D. How do mindfulness interventions work? Bio-behavioral Pathways. Cognitive psychology area brownbag talk, University of Pittsburgh, January 23, 2019.

- Dutcher, J.M., Wright, A.G. Villalba, D.K, Tumminia, M., Doryab, A., Cohen, S., Creswell, K.G., Lovett, M., Mankoff, J., Dey, A., & Creswell, J.D. The Temporal Relationships Between Stress and Giving and Receiving Social Support. Poster to be presented at the 77th Annual American Psychosomatic Society Conference, Vancouver, BC, March 2019.
- Dutcher, J.M., Eisenberger, N.I., & Creswell, J.D. *Self-Affirmation Reduces Neural Threat Responding and Self-Reported Stress, and Enhances Performance to an Evaluative Stressor*. Talk to be given at the 77th Annual American Psychosomatic Society Conference, Vancouver, BC, 2019.
- Creswell, J.D. (2018). Mindfulness training for health. Keynote presentation for the Carnegie Mellon University EUREKA class, Pittsburgh, PA, October 8, 2018.
- Creswell, J.D. (2018). How do mindfulness interventions work? Department of Medicine invited presentation, Linköping University, Linköping, Sweden, August 12, 2018.
- Creswell, J.D. (2018). Biobehavioral mechanisms of resilience. Presentation at the Academy of Behavioral Medicine Research annual meeting, Hilton Head, SC, June 26, 2018.
- Creswell, J.D. (2018). How do mindfulness interventions work? Videocast for the Unified Mindfulness training program, Pittsburgh, PA, June 7, 2018.
- Creswell, J.D. (2018). Mindfulness interventions. Keynote presentation at the Carnegie Mellon University Children's School, Pittsburgh, PA, May, 2018.
- Dutcher, J.M., Creswell, J.D., & Eisenberger, N.I. (2018). The neuroscience of self-affirmation: implications for stress interventions. Symposium presentation at the Association for Psychological Science annual conference, San Francisco, CA, May 25, 2018.
- Creswell, J.D. (2018). How do mindfulness interventions work? Scientific presentation at the Adventures in Mindfulness retreat, Oglebay Resort, Wheeling, WV, April, 28, 2018.
- Creswell, J.D. (2018). Psychological mechanisms of mindfulness interventions: Monitor and Acceptance Theory (MAT). Psychology department colloquium, UCLA, Los Angeles, CA, April 20, 2018.
- Creswell, J.D. (2018). How do mindfulness interventions work? Biobehavioral Pathways. Colloquium at the Cousins Center for Psychoneuroimmunology at UCLA, Semel Institute, Los Angeles, CA, April 19, 2018.
- Creswell, J.D. (2018). Mindfulness interventions and their effects on the brain, physiology, and health. Keynote presentation at the Association for Applied Psychophysiology & Biofeedback annual conference, Orlando, FL, April 11, 2018.
- Creswell, J.D. (2018). The benefits of self-affirmation. Keynote presentation for International Positive Psychology symposium, Effat University, Jeddah, Saudi Arabia, March 28, 2018.
- Creswell, J.D. (2018). How do mindfulness interventions work? Plenary talk, Headspace Headquarters, Los Angeles, CA, February 21, 2018.
- Creswell, J.D. (2017). Mindfulness interventions and health. Warren J. Rice Award Lecture, Department of Psychology, Case Western University, Cleveland, OH, December 8, 2017.
- Creswell, J.D. (2017). Mindfulness interventions for health. University of Pittsburgh Medical Center executive lunch talk, Pittsburgh, PA, November 29, 2017.

- Creswell, J.D. (2017). Mindfulness interventions for health. 50th Founders Anniversary Plenary Talk, Carnegie Mellon University, Pittsburgh, PA, November 10, 2017.
- Creswell, J.D. (2017). Mindfulness interventions and health. Department of Biobehavioral Health Colloquium, Penn State University, State College, PA, November 13, 2017.
- Creswell, J.D. (2017). Mindfulness interventions for health. ADRI Fine Arts Incubator colloquium, Penn State University, State College, PA, November 14, 2017.
- Creswell, J.D. (2017). Mindfulness interventions and health. Keynote presentation at Wayne State University RoBUST conference, Detroit, MI, September 29, 2017.
- Creswell, J.D. (2017). How do mindfulness interventions become biologically embedded? Plenary keynote presentation, Psychoneuroimmunology Research Society annual conference, Galveston, TX, June 8, 2017.
- Creswell, J.D. & Gianaros, P. (2017). Health Neuroscience. Virtual Brownbag for Social-Personality-Health Network, Pittsburgh, PA, May 31, 2017.
- Creswell, J.D. (2017). How do mindfulness interventions work? Early Career Award plenary talk, presentation at the American Psychosomatic Society annual conference, Seville, Spain, March 18, 2017.
- Creswell, J.D. (2017). How do mindfulness interventions work? Health brownbag colloquium, University of Pittsburgh Department of Psychology, Pittsburgh, PA, January 13, 2017.
- Creswell, J.D. (2017). Mindfulness Interventions and the Brain. Keynote Presentation at the Leadership Pittsburgh Annual Champagne Luncheon, Pittsburgh, PA, January 10, 2017.
- Creswell, J.D. (2016). Mindfulness Interventions, Stress Reduction Pathways, and Health. Center for Positive Psychology Colloquium, University of Pennsylvania, Philadelphia, PA, December 13, 2016.
- Creswell, J.D. (2016). Mindfulness Interventions, Stress Reduction Mechanisms, and Health Outcomes. University Colloquium, CMU-Qatar, Doha, Qatar, November 23, 2016.
- Creswell, J.D. (2016). Mindfulness Interventions for Health. Psychology Department Colloquium, Effat University, Jeddah, Saudi Arabia, November 20, 2016.
- Lindsay, E.K. & Creswell, J.D. (2016). Task-Based Mindfulness Assessment. Presentation at the International Symposium for Contemplative Studies, San Diego, CA, November 10, 2016.
- Creswell, J.D. (2016). Mindful Organizations. Presentation at the NeuroLeadership annual Summit, New York, NY, November 3, 2016.
- Creswell, J.D. (2016). Mindfulness training interventions for health. Presentation at the International Association of Rehabilitation Professionals annual conference, Pittsburgh, PA, October 21, 2016.
- Creswell, J.D. (2016). Mindfulness, stress reduction, and health. Presentation at the Mount Lebanon School District, Pittsburgh, PA, July 20, 2016.
- Creswell, J.D. (2016). Stress and Stress Management. Presentation at the Pittsburgh Aging Institute, Pittsburgh, PA, June 29, 2016.
- Creswell, J.D. (2016). Manipulating Stress and Immunity. Symposium presentation at the NIH-sponsored Stress Measurement Network meeting, Chicago, IL, March 17, 2016.

- Creswell, J.D. (2016). Alterations in Brain Resting State Functional Connectivity link Mindfulness Meditation Training with Reduced IL-6. Symposium presentation at the American Psychosomatic Society annual meeting, Denver, CO, March 10, 2016.
- Lindsay, E.K. & Creswell, J.D. (2016). Mechanisms of mindfulness training: Monitor and Acceptance Theory (MAT). Poster presentation at the American Psychosomatic Society annual meeting, Denver, CO, March 12, 2016.
- Creswell, J.D. (2016). Mindfulness: Theory, Mechanisms, and Outcomes. Invited Early Career Award Address, Social Personality Health Network annual meeting, San Diego, CA, January 28, 2016.
- Creswell, J.D. (2015). Mindfulness: Stress Buffering Pathways and Health. Invited Psychology Department colloquium, Rice University, Houston, TX, December 15, 2015.
- Creswell, J.D. (2015). The Mindful Mindset: Stress-Health Pathways. Invited Psychology Department colloquium, Stanford University, Palo Alto, CA, December 2, 2015.
- Creswell, J.D. (2015). Stress buffering: A transdiagnostic mechanism for mindfulness training effects on health. Symposium presentation at the Association for Behavioral and Cognitive Therapy annual meeting, Chicago, IL, November 13, 2015.
- Creswell, J.D. (2015). Mindfulness meditation training for stress management. Invited talk, Carnegie Mellon University Fine Arts Department, Pittsburgh, PA, September 22, 2015.
- Creswell, J.D. (2015). Alterations in resting state functional connectivity link mindfulness meditation training with reduced circulating IL-6. Symposium presentation at the MNTP symposium on Health Neuroscience, Pittsburgh, PA, July 10, 2015.
- Creswell, J.D. (2015). Mindfulness meditation, stress reduction pathways, and health. Symposium presentation for summer programs, Carnegie Mellon University, Pittsburgh, PA, June 18, 2015.
- Creswell, J.D. (2015). Mindfulness as a stress resilience resource. Symposium presentation at the Association for Psychological Science annual meeting, New York, NY, May 21, 2015.
- Creswell, J.D. (2015). Mindfulness meditation training in stressed unemployed adults: Brain and inflammatory pathways. Symposium presentation at the Innovations in Health Psychology conference, Aitutaki Cook Islands, April 14, 2015.
- Creswell, J.D. (2015). How does mindfulness get under the skin to influence health? Symposium presentation in Psychological Medicine, University of Auckland, New Zealand, April 8, 2015.
- Creswell, J.D. (2015). How does mindfulness get under the skin to influence health? Keynote presentation for Brain Awareness Week, Slippery Rock University, Slippery Rock, PA, March 26, 2015.
- Dutcher, J. M., Creswell, J. D., Bower, J. E., & Eisenberger, N. I. *The Neural Correlates of Self-Affirmation*. Poster presented at the Emotion Preconference at the 16th Annual Society for Personality and Social Psychology Meeting, Long Beach, CA, 2015.
- Creswell, J.D. (2015). Mindfulness alters psychological and neuroendocrine responses to social evaluative stress. Symposium presentation at the Society for Personality and Social Psychology annual conference, Long Beach, CA, February 28, 2015.
- Creswell, J.D. (2014). How does mindfulness get under the skin to influence health? Social Psychology area colloquium presentation, University of Michigan, Ann Arbor, MI, November 13, 2014.

- Creswell, J.D. (2014). Brief mindfulness meditation training and stress reduction. Symposium presentation at the International Symposium for Contemplative Studies, Boston, MA, November 1, 2014.
- Creswell, J.D. (2014). Organizational mindfulness. Invited plenary presentation, Neuroleadership Summit, San Francisco, October 9, 2014.
- Creswell, J.D. (2014). Mindfulness: Brain, Physiology, and Health Pathways. Invited psychology department colloquium speaker, North Dakota State University, September 19, 2014.
- Creswell, J.D. (2014). Mindfulness training: What do we know and where are we going? Invited colloquium speaker, National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health (NIH), July 15, 2014.
- Creswell, J.D. (2014). Mindfulness training and health. Keynote presentation, Pathways to Health Symposium. Carnegie Mellon University. June 12, 2014.
- Creswell, J.D. (2014). Neural pathways of mindfulness and stress reduction: Amygdala resting state functional connectivity. Symposium presentation at the American Psychosomatic Society annual conference, San Francisco, CA, March 12, 2014.
- Lindsay, E.K., Creswell, J.D., Miller, G.E., Cohen, S. (2014). Psychological interventions and immunity: A meta-analysis. Poster presented at the American Psychosomatic Society annual conference, San Francisco, CA, March 13, 2014.
- Creswell, J.D. (2013). Mindfulness, stress reduction, and health: New brain-behavior-physiology pathways. Invited Department colloquium presentation, Drexel University, Philadelphia, PA, Nov 4, 2013.
- Creswell, J.D. (2013). Mindfulness, health, and well-being. Presentation for student affairs, Carnegie Mellon University, Pittsburgh, PA, July 1, 2013.
- Creswell, J.D. (2013). Training Minds and Brains: Mindfulness training for improving problem-solving and managing job-related stress. Presentation at Google, Inc, Mountainview, CA, May 12, 2013.
- Creswell, J.D. (2013). Mindfulness, stress reduction, and physical health: New brain-behavior-physiology pathways. Conference keynote presentation at the 11th Annual International Scientific Conference on Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA, April 20, 2013.
- Creswell, J.D. (2013). Condensed 3-day retreat-MBSR: Neural and bio-behavioral findings. Plenary research symposium presented at the 11th Annual International Scientific Conference on Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA, April 20, 2013.
- Greco, C., & Creswell, J.D. (2013). You call this relaxing? Insights from a condensed retreat-format MBSR trial in stressed unemployed adults. Research forum presented at the 11th Annual International Scientific Conference on Investigating and Integrating Mindfulness in Medicine, Health Care, and Society, Boston, MA, April 20, 2013.
- Creswell, J.D. (2013). Mindfulness, stress reduction, and physical health: New brain-behavior-physiology pathways. Department of Psychology Faculty Fellowship Award Colloquium, University of New South Wales, Sydney, Australia, March 15, 2013.
- Creswell, J.D. (2013). Mindfulness, stress reduction, and physical health: New brain-behavior-physiology pathways. Department of Psychology Invited Colloquium, University of California, Santa Barbara, CA, February 22, 2013.

- Lindsay, E.K. & Creswell, J.D. (2013). Helping the self help others: self-affirmation increases pro-social behavior. Poster presented at the Society for Personality and Social Psychology annual conference, New Orleans, LA, January 15, 2013.
- Creswell, J.D. (2012). How the mind and brain shape learning. Plenary address at the Annual TETERI conference on excellence in teacher education and research innovation, Bangkok, Thailand, December 25, 2012.
- Creswell, J.D. (2012). Mindfulness and Stress. Invited Talk at the Pittsburgh Theological Seminary, Pittsburgh, PA, November 5, 2012.
- Creswell, J.D. (2012). Hold that thought: Putting your unconscious mind to work for you. The NeuroLeadership Annual Summit, New York, NY, October 17, 2012.
- Creswell, J.D. (2012). Mindfulness, stress reduction, and physical health: New brain-behavior-physiology pathways. Department of Biobehavioral Health Colloquium, Penn State University, State College, PA, April 30, 2012.
- Creswell, J.D. (2012). Neural mechanisms of unconscious thought in decision making. Plenary symposium on choice and emotion at the Social and Affective Neuroscience Society Annual Meeting, New York, NY, April 20-21, 2012.
- Dutcher, J.M., Creswell, J.D., Harris, P.R., & Klein, W.M.P. (2012). Self-affirmation improves performance on a stressful performance task. Poster presented at the Society for Personality and Social Psychology Annual Meeting, San Diego, CA, January 26-29, 2012.
- Creswell, J.D. (2011). Mindfulness meditation training: An experimental model for probing stress regulation mechanisms. Presentation at the Center for the Neural Basis of Cognition Annual Retreat, Seven Springs Conference Center, Seven Springs, PA, October 22, 2011.
- Creswell, J.D. (2011). Mindfulness, rumination, and health. Presentation at the Summer Institute for Stress Physiology, Pennsylvania State University, State College, PA, August 13, 2011.
- Creswell, J.D. (2011). When should one contemplate? Clues from Decision Making. Plenary symposium presentation at the Second World Congress on Positive Psychology, Philadelphia, PA, July 26, 2011.
- Creswell, J.D. (2011). Neural mechanisms of unconscious thought in decision making. Presentation at the Center for Behavioral Decision Research at Carnegie Mellon University, March 24, 2011.
- Creswell, J.D. (2011). Pathways linking mindfulness and health. Departmental colloquium presentation at the University of British Columbia-Okanagan, March, 18, 2011.
- Creswell, J.D. (2011). Neuro-behavioral pathways linking mindfulness and health outcomes. Plenary address at the American Psychosomatic Society annual meeting, San Antonio, TX, March 9-12, 2011.
- Creswell, J.D. (2011). Pathways linking mindfulness and health. Departmental colloquium presentation at Kent State University, February, 24, 2011.
- Bursley, J., Satpute, A.B., & Creswell, J.D. (2011). Neural mechanisms of unconscious thought in decision making. Poster presented at the Society for Personality and Social Psychology annual meeting, San Antonio, TX, January 27-29, 2011.
- Creswell, J.D. (January, 2011). Self-affirmation and adaptive behavior: Understanding mechanisms and advancing theory. Symposium chair at the Society for Personality and Social Psychology annual meeting, San Antonio, TX, January 27-29, 2011.

- Klein, W. M. P., Harris, P. R., & Creswell, J. D. (October, 2010). Tuning self-affirmation theory with health-messaging research. Invited talk at the Society for Experimental Social Psychology annual meeting, Minneapolis, MN, October 8, 2010.
- Creswell, J.D. (2010). Subtle interventions, big effects. Invited talk at the Pittsburgh Mind-Body Center Summer Institute, Pittsburgh, PA, June 17, 2010.
- Creswell, J.D. (2010). Mindfulness, stress reduction, and health. Invited talk at the Health Preconference for the Society of Personality and Social Psychology annual conference in Las Vegas, NV, January 28, 2010.
- Creswell, J.D. (2009). Mindfulness meditation and stress pathways. Invited talk at the UCLA Semel Institute sponsored by the Mindful Awareness Research Center in Los Angeles, CA, July 13, 2009.
- Creswell, J.D. (2009). Mindfulness meditation and stress reduction. Plenary lecture at the Mind & Life Summer Research Institute annual meeting in Garrison, NY, June 12, 2009.
- Creswell, J.D. (2009). Mindfulness meditation, stress reduction, and health outcomes in HIV. NCCAM sponsored plenary lecture at the Psychoneuroimmunology Research Society annual conference in Breckenridge, CO, June 6, 2009.
- Creswell, J.D. (2009). Self-affirmation, stress, and health outcomes. Colorado College Sabine Distinguished Alumnus Award Lecture, April 1, 2009. Colorado Springs, CO.
- Kilpatrick, L., Suyenobu, B., Creswell, J.D., Smith, S., Bueller, J., Mayer, E., & Naliboff, B. (2009). Impact of mindfulness meditation training on the default network. Poster presented at the American Psychosomatic Society annual conference in Chicago, IL.
- Creswell, J.D. (2009). Self-affirmation, stress, and health. Invited talk at the University of Pittsburgh, Psychology Department Colloquium. Pittsburgh, PA.
- Creswell, J.D. (2008). Mindfulness, stress pathways, and health. Invited symposium presentation presented at Integrating Clinical and Neuroscience Perspectives on Mindfulness Training and Emotion Regulation small conference meeting, Toronto, Canada.
- Way, B.M., Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2008). Depression and dispositional mindfulness: inverse relationships with amygdala activity. Poster presented at the Mind and Life Summer Research Institute in Garrison, NY.
- Creswell, J.D., Eisenberger, N.I., Taylor, S.E., & Seeman, T. (2008). Neural and Behavioral Correlates of Dispositional Mindfulness during Stress. Chair and Presenter of Symposium "Pathways Linking Mindfulness and Health Outcomes" at the American Psychosomatic Society annual conference, Baltimore, MD.
- Creswell, J.D. (2007). Self-affirmation in Stress and Health. Invited symposium presentation presented at the American Psychological Association annual conference, San Francisco, CA.
- Creswell, J.D., Way, B., Eisenberger, N.I., & Lieberman, M.D. (2006). An fMRI investigation of mindfulness and affect regulation. Poster presented at the 64th annual American Psychosomatic Society conference in Denver, CO.
- Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2005). Neural correlates of mindfulness during social exclusion. Presentation at the 3rd Annual Conference on Integrating Mindfulness-Based Stress Reduction Interventions into Medicine, Health Care, and Society, in Worcester, MA.

- Creswell, J.D., Eisenberger, N.I., Lieberman, M.D. (2005). Mindfulness enhances the self-regulation of negative affect: an fMRI study. Poster presented at the 3rd Annual Conference on Integrating Mindfulness-Based Stress Reduction Interventions into Medicine, Health Care, and Society, in Worcester, MA.
- Creswell, J.D., Taylor, S.E., Sherman, D.K., Welch, W.T., Gruenewald, T.L., & Mann, T. (2005). Self-affirmation reduces stress responses. Poster presented at the American Psychosomatic Society in Vancouver, British Columbia.
- Creswell, J.D., Taylor, S.E., Sherman, D.K., Welch, W.T., Gruenewald, T.L., & Mann, T. (2005). Self-affirmation buffers neuroendocrine and psychological stress responses. Poster presented at the Society for Personality and Social Psychology conference in New Orleans, LA.
- Westling, E., Creswell, J.D., & Mann, T. (2004). Arousal and aggression: a test of the attentional myopia model. Poster presented at the American Psychological Society conference in Chicago, IL.
- Creswell, J.D. (2003). Self-Affirmation and Sport Performance. Poster presented at the International Positive Psychology Summit in Washington D.C.
- Creswell, J.D. & Esau, M. (2002). Presentation at the Southwest Sport and Exercise Psychology Symposium, "The Role of Social Support in Elite Athlete Commitment: An Examination of the Sport Commitment Model"

Professional Service

Ad Hoc Reviewer for NIH Study Sections (SPIP, NCCIH Special Emphasis Panels)	2014-present
Social Personality Health Network Executive Committee	2017- present
Dept of Psychology Strategic Planning Committee	2017- present
CMU Working Group on Health and Student Wellness	2016-2017
CMU Task Force Executive Steering Committee Member	2018-present
CMU Task Force Member on the CMU Student Experience	2016-present
Mind and Life Varela Grant Award Committee Reviewer	2014-present
Strategic Planning Leadership Committee, Dept of Athletics, CMU	2014
Carnegie Mellon Workshop Presenter "The Academic Job Application Process"	2012
Invited Presenter and Panelist on Strategic Planning for the NIH Common Fund	2012
'PsychoLogical Bulletin' Newsletter Editor, Carnegie Mellon University	2009-2011
Carnegie Mellon Faculty Senator	2010-present
Clinical Health Psychology job search committee	2011
Cognitive Neuroscience job search committee	2011
Grant Panel Member, Veterans Administration, RFA on Meditation Treatments for PTSD in Veterans	2011
Chair for MRI safety at the Scientific Imaging and Brain Research Center (SIBR)	2010-present
Psychology Department Website Design and Oversight Committee, Carnegie Mellon University	2009-2010
Ad hoc grant reviewer for the Cognitive Neuroscience Program at the <i>National Science Foundation</i>	2010
UCLA Graduate Student Association: Biological Sciences Council President	2005-2006
UCLA Graduate Affairs Committee Graduate Student Representative	2005-2006
UCLA Psychology Graduate Student Association President	2004-2005
Athlete Supervisor and Assistant, US Shorttrack Speedskating National Team	1998-2000
Worked with team members at practices and competitions as an assistant coach and provided mental skills coaching	
Academic Editor at <i>PLoS One</i>	2013-2016

Ad hoc reviewer for:

Psychological Science
JAMA
Journal of Personality
Pain
NeuroImage
Emotion
Cerebral Cortex

Psychoneuroendocrinology
Social, Cognitive, and Affective Neuroscience
Journal of Personality and Social Psychology
Archives of Internal Medicine
Frontiers in Human Neuroscience
Personality and Social Psychology Bulletin
British Medical Journal

Psychosomatic Medicine
Biological Psychiatry
Health Psychology
Journal of Pain
Brain, Behavior, and Immunity
Journal of Behavioral Medicine
PNAS

Teaching

Research Methods in Social Psychology	2008-present
Stress, Coping, and Well-Being	2011-present
The Science of Mindfulness	2016
