

Judy is a social / health psychologist who conducts patient-oriented research regarding behavioral and psychosocial factors in the context of significant illness or other life stress. Her current research is focused on the adaptive role of positive emotion regulation for support of beneficial health behavior change (such as diet and physical activity) and prevention of maladaptive health behaviors (such as substance abuse.)

Funded by NCCIH, NIA, NIMH, NIDDK, NIDA, and NINR, she examines the unique adaptive role of positive emotion in the process of coping with various types of health-related and other life stress and, through randomized trials, determine whether a positive emotion regulation intervention developed by her team can increase positive affect, reduce stress and depression, and improve health behaviors in at risk samples.