

STEPHANIE S. SPIELMANN, PH.D.
CURRICULUM VITAE

University of Toronto, Department of Psychology
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PROFESSIONAL APPOINTMENTS

Postdoctoral Fellow University of Toronto, Department of Psychology	July 2013 – present
Research Statistician and Grant Development Coordinator Department of Nursing, New Knowledge and Innovation University Health Network, Toronto General Hospital	November 2012 – July 2013

EDUCATION

Ph.D. (Psychology) Thesis: <i>Settling for Less out of Fear of Being Single</i>	University of Toronto, 2013
M.A. (Psychology) Thesis: <i>On the Rebound: Focusing on Someone New Helps Insecure Individuals let go of Ex-partners</i>	University of Toronto, 2008
B.A. (Honors Psychology, with high distinction) Thesis: <i>Breakup Shake-up: The Influence of Perceived Control on Temporal Self-Appraisal</i>	Wilfrid Laurier University, 2007

RESEARCH INTERESTS

Interpersonal relationships, attachment style, relational insecurities, fear of being single, relationship dissolution, continued emotional attachment to ex-partners.

PUBLICATIONS

** Denotes undergraduate student co-author

Spielmann, S. S., MacDonald, G., Maxwell, J. A., Joel, S., Peragine, D.**, Muise, A., & Impett, E. A. (2013). Settling for less out of fear of being single. *Journal of Personality and Social Psychology*, *105*, 1049-1073.

Gere, J., MacDonald, G., Joel, S., **Spielmann, S. S.**, & Impett, E. A. (2013). The independent contributions of social reward and threat perceptions to romantic commitment. *Journal of Personality and Social Psychology*, *105*, 961-977.

Spielmann, S. S., Maxwell, J. A., MacDonald, G., & Baratta, P. L.** (2013). Don't get your hopes up: Avoidantly attached individuals perceive lower social reward when there is potential for intimacy. *Personality and Social Psychology Bulletin*, *39*, 219-236.

PUBLICATIONS (CONTINUED)

Spielmann, S. S., Joel, S.**, MacDonald, G., & Kogan, A. (2013). Ex appeal: Current relationship quality and emotional attachment to ex-partners. *Social Psychological and Personality Science*, 4, 175-180.

Maxwell, J. A., **Spielmann, S. S.**, Joel, S., & MacDonald, G. (2013). Attachment theory as a framework for understanding responses to social exclusion. *Social and Personality Psychology Compass*, 7, 444-456.

MacDonald, G., Locke, K. D., **Spielmann, S. S.**, & Joel, S. (2013). Insecure attachment predicts ambivalent social threat and reward perceptions in romantic relationships. *Journal of Social and Personal Relationships*, 30, 647-661.

Spielmann, S. S., MacDonald, G., & Tackett, J. L. (2012). Social threat, social reward, and the regulation of investment in romantic relationships. *Personal Relationships*, 19, 601-622.

MacDonald, G., Borsook, T., & **Spielmann, S. S.** (2011). Defensive avoidance of social pain via perceptions of social threat and reward. In G. MacDonald & L. A. Jensen-Campbell (Eds.), *Social pain: A neuroscientific, social, and health psychology analysis* (pp. 141-160). Washington, DC: APA Books.

Spielmann, S. S., MacDonald, G., & Wilson, A. E. (2009). On the rebound: Focusing on someone new helps anxiously attached individuals let go of ex-partners. *Personality and Social Psychology Bulletin*, 35, 1382-1394.

RESEARCH FUNDING

2013	Centre for Research Expertise in Occupational Disease Pilot Study Grant (co-investigator)	\$7,700
2013	Registered Nurses' Association of Ontario, Nursing Research Interest Group - Research Grant (co-investigator)	\$3,000
2008-2012	SSHRC Doctoral Fellowship	\$80,000
2007-2008	SSHRC CGS Master's Scholarship	\$17,500
2007-2008	Ontario Graduate Scholarship (declined)	\$15,000
2005, 2006, 2007	NSERC Undergraduate Research Awards	each \$4,500

HONORS & AWARDS

2012-2013	Doctoral Completion Award, University of Toronto
2011	Student Travel Award, Society for Personality and Social Psychology
2011	Conference Travel Grant, University of Toronto School of Graduate Studies
2003-2007	Faculty of Science Dean's List, Wilfrid Laurier University

ACADEMIC PRESENTATIONS

CONFERENCE TALKS

Spielmann, S. S., & MacDonald, G. (June, 2013). *"I need you now": Subjective feelings of time predict settling for less among those who fear being single*. Symposium presentation at the convention for the Canadian Psychological Association, Quebec City, QC, Canada.

MacDonald, G., Spielmann, S. S., & Maxwell, J. A. (July, 2012). *Regulating relationship behavior through social reward perceptions*. Symposium presentation at the International Association for Relationship Research, Chicago, IL.

Spielmann, S. S., & MacDonald, G. (July, 2011). *Anxiety about being single: Exploring the content of the anxiety and its relational consequences*. Talk given at the convention for the European Association of Social Psychology, Stockholm, Sweden.

Spielmann, S. S., & MacDonald, G. (June, 2011). *Individual differences in fears about being single: Understanding what people fear and its relational consequences*. Talk given at the convention for the Canadian Psychological Association, Toronto, Ontario, Canada.

MacDonald, G., & Spielmann, S. S. (October, 2010). *Social threat, social reward, and the regulation of investment in romantic relationships*. Paper presented at the Society for Experimental Social Psychology, Minneapolis, MN.

MacDonald, G., Joel, S., Spielmann, S. S., & Locke, K. D. (July, 2010). *Putting the ambivalence back in anxious-ambivalence*. Paper presented at the biennial International Association for Relationship Research Conference, Herzliya, Israel.

MacDonald, G., Joel, S., Spielmann, S. S., & Locke, K. D. (June, 2010). *Putting the ambivalence back in anxious-ambivalence*. Paper presented at the annual meeting of the Canadian Psychological Association, Winnipeg, MB.

Spielmann, S. S. (June, 2009). *On the rebound: Focusing on someone new helps anxiously attached individuals let go of ex-partners*. Talk given at the annual York University-University of Toronto Social/Personality/Abnormal Psychology conference, Toronto, Ontario, Canada.

INVITED ADDRESSES

MacDonald, G., Spielmann, S. S., Maxwell, J. A., & Joel, S. (September, 2012). *Social pain and social reward*. Keynote address at the Japanese Psychological Association, Tokyo, Japan.

Spielmann, S. S., MacDonald, G., & Wilson, A. E. (August, 2009). *Optimism for relationships helps insecure individuals let go of ex-partners*. Invited talk at "Psychological Science Superstars: Datablitz!" hosted by the APA Science Student Council and the APA Board of Scientific Affairs, APA Annual Convention 2009, Toronto, Ontario, Canada.

POSTER PRESENTATIONS

- Spielmann, S. S., & MacDonald, G. (February, 2014). Better than being alone: Longing for ex-partners out of fear of being single. Poster to be presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Spielmann, S. S., & MacDonald, G. (January, 2013). Settling for less out of fear of being single. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Spielmann, S. S., MacDonald, G., & Baratta, P. L.** (January, 2012). *Don't get your hopes up: Avoidantly attached individuals expect lower relationship reward when there is potential for closeness*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Spielmann, S. S., Joel, S.**, & MacDonald, G. (January, 2011). *Ex appeal: Substituting current partners and ex-partners to satisfy the need to belong*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Quinn, S.**, Spielmann, S. S., & MacDonald, G. (January, 2011). *If it's broken, fix it: Restoring belonging needs following romantic breakups*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Spielmann, S. S., MacDonald, G., & Tackett, J. L. (January, 2010). *Social threat, social reward, and regulation of romantic investment*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Spielmann, S. S., MacDonald, G., & Wilson, A. E. (August, 2009). *On the rebound: Focusing on someone new helps anxiously attached individuals let go of ex-partners*. Poster presented at the 12th Ontario Symposium: The Science of the Couple, University of Western Ontario, London, Ontario, Canada.
- Spielmann, S. S., MacDonald, G., & Wilson, A. E. (August, 2009). *Optimism for relationships helps insecure individuals let go of ex-partners*. Poster presented at the American Psychological Association 117th Annual Convention, Toronto, Ontario, Canada.
- Spielmann, S. S., MacDonald, G., & Wilson, A. E. (May, 2009). *On the rebound: Focusing on someone new helps anxiously attached individuals let go of ex-partners*. Poster presented at the Association for Psychological Science 21st Annual Convention, San Francisco, CA.
- Spielmann, S. S., MacDonald, G., & Wilson, A. E. (July, 2008). *How do you know when to let go? Factors contributing to continued emotional attachment to an ex-partner*. Poster presented at the International Association for Relationship Research Conference, Providence, RI.

TEACHING EXPERIENCE

UNDERGRADUATE COURSE INSTRUCTOR:

- 2013 Social Psychology of Interpersonal Relationships (PSY424)
University of Toronto [enrolment = 80 students]
- 2012 Social Psychology of Interpersonal Relationships (PSY424)
University of Toronto [enrolment = 65 students]
- 2010 Introduction to Social Psychology (PSY220), co-instructor
University of Toronto [enrolment = 90 students]

INVITED GUEST LECTURES:

- 2011 PSY322: Intergroup Relations, University of Toronto
Lecture Title: *Types of Prejudice*
- 2010 PSY324: Social Psychology of Interpersonal Relationships, University of Toronto
Lecture Title: *Relationship Dissolution*
- 2009 PSY324: Social Psychology of Interpersonal Relationships, University of Toronto
Lecture Title: *Relationship Dissolution*

TEACHING ASSISTANTSHIPS:

University of Toronto:

- 2012 Organizational Behavior
- 2011 Motivational Theories in Social Psychology
- 2011 Intergroup Relations
- 2008-2010 Introduction to Social Psychology
- 2007-2010 Social Psychology of Interpersonal Relationships

Wilfrid Laurier University:

- 2006-2007 Introduction to Psychology
- 2006 Research Methods II
- 2005 Research Methods

PROFESSIONAL SERVICE

- 2014 Ad-Hoc Reviewer: *Journal of Social and Personal Relationships*
- 2013 Ad-Hoc Reviewer: *Personality and Social Psychology Bulletin*
Social Psychological and Personality Science
Personal Relationships
Journal of Social and Personal Relationships
Canadian Journal of Behavioural Science
- 2012 Ad-Hoc Reviewer, *Journal of Social and Clinical Psychology*
- 2011 Ad-Hoc Reviewer, *Personal Relationships*
- 2010 Ad-Hoc Reviewer, *Personal Relationships*
- 2010 Social/Personality/Abnormal Psychology weekly brownbag meeting coordinator
- 2009 Graduate Student Union
Psychology Graduate Student Association representative
- 2009 Graduate student host for Social Psychology job search candidates
- 2008 Graduate Student Union
Psychology Graduate Student Association representative

ADVANCED RESEARCH AND TEACHING TRAINING

- 2014 Multilevel Modeling Workshop (taught by David Kenny) University of Toronto
- 2013 Advanced Statistics Summer Reading Group University of Toronto
- 2012 Advanced Statistical Design Course University of Toronto
- 2011 Multilevel Modeling Workshop University of Toronto
- 2010 Summer Program in Data Analysis York University
Hosted by the Institute for Social Research
Seminars on multilevel modeling and longitudinal data analysis
- 2010 Multilevel Modeling Course University of Toronto (OISE)
- 2010 Multilevel Modeling Workshop University of Toronto
- 2010 Undergraduate Teaching Workshop University of Toronto
- 2009 Summer Institute in Social Psychology Northwestern University
Hosted by the *Society for Personality and Social Psychology*. Seminars on
“Relationship development and maintenance” (Instructors: Eli Finkel & Jeffrey Simpson) and “Item response theory” (Instructor: Steven Reise)
- 2009 Graduate-Level Multivariate Statistics Course University of Toronto
- 2008 Graduate-Level Univariate Statistics Course University of Toronto

UNDERGRADUATE RESEARCH SUPERVISION

2010	Mehrnaz Peikarnegar Title: <i>Relational Uncertainty and the Emotional Attachment of Anxiously Attached Individuals</i>	Independent Project
2010	Sara Quinn Title: <i>Restoring Social Bonds Following Romantic Rejection</i>	Independent Project
2009-2010	Samantha Joel Title: <i>Relational Commitment Ambivalence among Anxiously Attached Individuals</i>	Honors Thesis

Undergraduate Research Assistants (2007-2014):

Erica Brandt, Samantha Chen, Iulia Ciobanu, Rachel Frohlich, Nadia Gibbons, Aubrey Gibson, Beenish Khan, Sela Kleiman, Samantha Lo, Catherine MacDonald, Rahimah Malik, Lauren O'Driscoll, Marta Paszucka, Nick Song, Kathy Wang, Celina Yang, Nan Zheng.

PROFESSIONAL AFFILIATIONS

Society for Personality and Social Psychology, Association for Psychological Science, International Association of Relationship Research

SELECT MEDIA COVERAGE

Global News (December 8, 2013). *Most people rather settle than find true love: Study.*

Newstalk1010 CFRB with Jim Richards (December 5, 2013). *Are you settling because you don't want to be alone?*

CBC Radio's Metro Morning (December 5, 2013). *Fear of being single.*

The Globe and Mail (December 4, 2013). *Settling for someone because you fear being single? You're not alone.*

CBC Radio's Ontario Morning (December 4, 2013). *Settling for fear of being single.*

Huffington Post (December 4, 2013). *Study says fear of being alone keeps people in bad relationships.*

Cosmopolitan (December 4, 2013). *People would rather be miserable than alone.*

PsychCentral (December 4, 2013). *Fear of being single helps us lower our standards.*

The Week Magazine (December 4, 2013). *Fear of dying alone drives women and men into bad relationships.*

Singular Magazine (November 27, 2013). *Fearlessly Single.*

Chatelaine (November 13, 2013). *The simple reason good people stay in bad relationships.*

Daily Mail UK (November 9, 2013). *Why choosing Mr Wrong beats being all alone.*

Single at Heart with Bella DePaulo (November 1, 2013). *Fear not: The advantages of people unafraid to be single.*

Men's Health News (September 25, 2013). *The one guy who could ruin your relationship.*

Men's Health News (June 19, 2012). *The one person who's ruining your sex life.*

QR77 AM Radio, "Calgary Today with Angela Kocott" (June 4, 2012). *Is an 'Ex' really in the past?*

Post Media (June 2, 2012). *'Ex-appeal' can undermine new relationships, study finds.*

Men's Health Magazine (March, 2010). *Nice rebound.*

GradPsych Magazine (November, 2009, vol. 7). *Bounce back with a rebound relationship.*

Globe and Mail (July 17, 2009). *Broken heart? A rebound relationship may do you good.*