

# Jessie Pow

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## EDUCATION

- 2015- 2019 (Expected)      Ph.D. in Psychology, Health Psychology  
The University of British Columbia, Vancouver, Canada
- 2013- 2015                      M.A. in Psychology, Health Psychology  
The University of British Columbia, Vancouver, Canada
- 2009- 2012                      B.Sc. Honours, Psychology  
The University of Calgary, Calgary, Canada  
*First Class Honours with Distinction*
- 2008- 2009                      B.Sc. student, Neuroscience  
The University of Lethbridge, Lethbridge, Canada

## PUBLICATIONS

### Published Manuscripts:

- Pow, J., King, D., Stephenson, E., & DeLongis, A. (2016). Does social support buffer the effects of occupational stress on sleep quality among paramedics? A daily diary study. *Journal of Occupational Health Psychology*. Advance online publication. doi: 10.1037/a0040107
- Pow, J., Lee-Baggley, D., & DeLongis, A. (2016). Threats to communion and agency mediate associations between stressor type and daily coping. *Anxiety, Stress, and Coping*. Advance online publication. doi: 10.1080/10615806.2015.1126258
- Pow, J., Lee-Baggley, D., & DeLongis, A. (2017). Who is most likely to seek and give support in the face of agentic and communal threat? The roles of extraversion and agreeableness. *Journal of Research in Personality, 70*, 66-72. doi: 10.1016/j.jrp.2017.04.006

### Manuscripts under Review:

- Pow, J. & DeLongis, A. (under review). The puzzle of social support transactions in marriage: What is helpful and under what conditions? In *Dyadic Coping*
- Pow, J. & DeLongis, A. (under review). Studying the role of personality in the support process using an intensive longitudinal design. In *SAGE Research Methods Cases*.

Pow, J., King, D., Dekel, R., Paulhus, D., & DeLongis, A. (under review). Providing and receiving forgiveness in intimate relationships: Associations with relationship satisfaction and emotional well-being.

**Manuscripts in Preparation:**

Pow, J., Magel, T., & DeLongis, A. (in preparation). Controllability and the demand-withdraw pattern in intimate relationships.

**GRANTS/FELLOWSHIPS/AWARDS**

2017            **Travel Award, Society for Personality and Social Psychology**

**Travel Award, Graduate Student Society**  
The University of British Columbia

2015-2019    **Doctoral Fellowship**  
Vanier Canada Research Scholarships

**Four-Year Doctoral Fellowship**  
The University of British Columbia

2014- 2015    **Faculty of Arts Graduate Award**  
The University of British Columbia

2013- 2014    **Frederick Banting and Charles Best Canada Graduate Scholarship**  
Canadian Institutes for Health Research

2012            **First Class Honours**  
The University of Calgary

**Travel Award, Connecting Minds Research Conference**  
Kwantlen Polytechnic University

2011            **Undergraduate Research Scholarship**  
The University of Calgary's Program of Undergraduate Research Experience, \$3000

2011            **Award from the Office of the President: Most Outstanding Undergraduate Research**  
The University of Calgary, \$1000

**Students' Union Peer Assistance Bursaries**  
The University of Calgary, \$800

- 2010            **Transfer Scholarships**  
The University of Calgary, \$1000
- 2008            **Board of Governors' Admission Award**  
The University of Lethbridge, \$1000
- Board of Governors' Relocation Award**  
The University of Lethbridge, \$500
- Principal's Award for Outstanding Achievement and Community Contribution**  
Calgary Board of Education
- Vice President Marketing of the Year Award**  
Junior Achievement of Southern Alberta

**CONFERENCE PRESENTATIONS** (\* = undergraduate supervisee)

- Pow, J., Lee-Baggley, D., & DeLongis, A. (2017, January). Threats to relationships and to self-advancement are associated with support provision in response to daily stress. Poster presented at the Society for Personality and Social Psychology, San Antonio, United States.
- Pow, J., King, D., Dekel, R., Paulhus, D., & DeLongis, A. (2017, January). The role of intimate partner forgiveness in promoting relationship satisfaction and psychological well-being. Poster presented at the Seventh Dyadic Coping Conference, Milan, Italy.
- Pow, J., Lee-Baggley, D., & DeLongis, A. (2016, June). When do we seek and provide support? The roles of agentic and communal threat. Research talk at UBC-FU Workshop: Building international ties to investigate the importance of social relationships for health outcomes across the adult lifespan, Berlin, Germany.
- Pow, J., Lee-Baggley, D., & DeLongis, A. (2016, June). Who is most likely to seek and provide support in the face of agentic and communal threats? The roles of extraversion and agreeableness. Poster presented at the 77<sup>th</sup> Canadian Psychological Association Annual Convention, Victoria, Canada.
- \*Dmyterko, J., Pow, J., King, D., & DeLongis, A. (2016, June). Sleep quality and marital tension in paramedics and their spouses: A daily process model. Poster presented at the 77<sup>th</sup> Canadian Psychological Association Annual Convention, Victoria, Canada.
- Reit, E., Whillans, A., Pow, J., & Norton, M. (2016, January). Partners in time: Time conflict and relationship satisfaction. Poster presented at The Judgement and Decision Making Preconference at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, United States.

Pow, J., Sherry, D., & DeLongis, A. (2015, May). Daily coping with a focus on self and other: The Role of stressor type, appraisals, and the big five. Poster presented at the Annual Meeting of the Association for Psychological Science, New York City, United States.

\*Dmyterko, J., Pow, J., King, D., & DeLongis, A. (2015, March). Sleep quality and marital tension in paramedics and their spouses: A daily process model. Poster presented at the Psychology Undergraduate Research Conference, Vancouver, Canada.

\*Dmyterko, J., Pow, J., King, D., & DeLongis, A. (2015, March). Sleep quality and marital tension in paramedics and their spouses: A daily process model. Poster presented at the Multidisciplinary Undergraduate Research Conference, Vancouver, Canada.

Pow, J., King, D., Stephenson, E., & DeLongis, A. (2014, June). Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model. Research talk at the International Conference on Social Stress Research, Vancouver, Canada.

Pow, J., King, D., Stephenson, E., & DeLongis, A. (2014, June). Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model. Poster presented at the Annual Meeting of the Canadian Psychological Association, Vancouver, Canada.

Pow, J., King, D., Stephenson, E., & DeLongis, A. (2014, April). Dyadic coping and sleep in paramedics and their spouses. Poster presented at the Annual Meeting of the Western Psychological Association, Portland, United States.

Pow, J., King, D., Stephenson, E., & DeLongis, A. (2014, March). Personality, mood, and sleep quality in paramedics: The role of the spouse. Poster presented at the Annual Scientific Meeting of the American Psychosomatic Society, San Francisco, United States.

Pelletier, G., & Pow, J. (2013, May). Empathy and partner support in brain tumor patients. Research talk at the Annual Conference of the Canadian Association of Psychosocial Oncology, Ottawa, Canada.

Pow, J., Ross, R., & Boon, S. (2012, May). The experiences of victims and third parties when they do not forgive. Research talk presented at the Connecting Minds Research Conference at Kwantlen Polytechnic University, Richmond, BC.

Pow, J., & Pelletier, G. (2012, April). Empathy, partner support, distress, and quality of life in primary brain tumour patients and their partners. Research talk at the Department of Psychology Student Research Conference, Calgary, Canada.

Pow, J., Ross, R., & Boon, S. (2011, November). The experiences of victims and third parties when they do not forgive following an interpersonal transgression. Poster presented at the Undergraduate Research Symposium, Calgary, Canada.

Pow, J., Ross, R., & Boon, S. (2011, November). The experiences of victims and third parties when they do not forgive. Research talk presented at the Undergraduate Research Symposium, Calgary, Canada.

## **TEACHING EXPERIENCE**

- 2016            **Invited Lecture**, Health Psychology  
The University of British Columbia
- 2013- 2015    **Teaching Assistant**, Health Psychology (3 Terms)  
The University of British Columbia
- 2012- 2013    **Instructor**, Pronunciation of English  
Suzhou University
- Instructor**, Intermediate Oral English  
Suzhou University
- Instructor**, Advanced Oral English  
Suzhou University
- Instructor**, Introduction to English Speaking Countries  
Suzhou University
- Instructor**, Business English  
Suzhou University

## **SERVICE TO PROFESSION**

### **Editorial Service:**

- Ad-hoc Reviewer**, Journal of Social and Personal Relationships  
                  **Ad-hoc Reviewer**, Anxiety, Stress, and Coping  
                  **Ad-hoc Reviewer**, Journal of Family Psychology

### **Other Departmental Service:**

- 2017            Invited Panelist, Graduate School Information Session  
The University of British Columbia
- Judge, 19<sup>th</sup> Annual Psychology Undergraduate Research Conference  
The University of British Columbia

- 2014           Invited Panelist, Graduate School Information Session  
The University of British Columbia
- Judge, 16<sup>th</sup> Annual Psychology Undergraduate Research Conference  
The University of British Columbia
- 2012           Judge, 6<sup>th</sup> Annual Speech Competition for Incoming Students  
Suzhou University
- Event Coordinator, 6<sup>th</sup> Annual English Student Society's Talent Competition  
Suzhou University

**ADVANCED QUANTITATIVE & METHODOLOGICAL TRAINING**

- 2017           Measurement in Psychology with Dr. Victoria Savalei
- 2016           Multilevel Modeling: A Second Course with Dr. Kristopher Preacher (workshop)
- 2016           Issues and Concepts in Public Health with Dr. Monika Naus
- 2016           Structural Equation Modeling with Dr. Victoria Savalei
- 2016           Multilevel Modeling with Dr. Bruno Zumbo
- 2015           Biological Basis of Health with Dr. Frances Chen
- 2014           Research Methods in Health Psychology with Dr. Christiane Hoppmann
- 2014           Applied Multiple Regression with Dr. Jeremy Biesanz
- 2013           Advanced Statistics 1 with Dr. Ralph Hakstian
- 2013           Survey of Health Psychology with Dr. Anita DeLongis