

Dietlinde Heilmayr

Curriculum vitae, April 2021

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Moravian University

Assistant Professor of Psychology, 2017 – present

EDUCATION

Ph.D.	Social/Personality Psychology, University of California, Riverside Chair: Dr. Howard S. Friedman	2017
M.A.	Social/Personality Psychology, University of California, Riverside	2015
B.A.	Hendrix College, magna cum laude	2010

PUBLICATIONS AND PRESENTATIONS

*indicates undergraduate scientist

Scholarly publications:

Heilmayr, D., Baranski, E. N., Miller, T. J. (under review). Exploring the Relationships Among Experiences in Nature, Well-being, and Stewardship during the COVID-19 Pandemic.

Heilmayr, D., & Miller, T. J. (2021). Nature Exposure Achieves Comparable Health and Well-Being Improvements as Best Practice, Positive Psychology Interventions. *Ecopsychology, 13*(1), 27-36.

Heilmayr, D., Reiss, N.*, & Buskirk, M.* (2020). Community Gardens Cultivate Positive Experiences for Refugees. *Journal of Therapeutic Horticulture, 30*(1).

Heilmayr, D. & Friedman, H. S. (2020). Models of physical health and personality. In P. Corr & G. Matthews (Eds.), *Handbook of personality psychology*. Cambridge, UK: Cambridge University Press.

Heilmayr, D. & Friedman, H. S. (2020). Self-healing and disease-prone personalities. In B. J. Carducci (Editor-in-Chief) & J. S. Mio & R. E. Riggio (Vol. Eds.), *The Wiley-Blackwell encyclopedia of personality and individual differences: Vol. IV. Clinical, applied, and cross-cultural research*. Hoboken, NJ: John Wiley & Sons.

Heilmayr, D. & Friedman, H. S. (2020). Personality and health outcomes. In K. Sweeny and M. Robbins (Eds.) *The encyclopedia of health psychology, Volume II* (The social bases of health behavior). Hoboken, NJ: Wiley Blackwell.

- Heilmayr, D., & Friedman, H. S.** (2020). Cultivating healthy trajectories: An experimental study of community gardening and health. *Journal of health psychology, 25*(13-14), 2418-2427.
- Heilmayr, D. & Friedman, H. S.** (2019). Personality and health. In C. Llewellyn et al. (Eds.) *Cambridge handbook of psychology, health and medicine* (pp. 127-131). Cambridge, UK: Cambridge University Press.
- Heilmayr, D.** (2018). Personality and health. In D. S. Dunn (Ed.), *Oxford bibliographies in psychology*. New York, NY: Oxford University Press.
- Friedman, H. S. & **Heilmayr, D.** (2018). Life expectancy. In M. H. Bornstein, M. E. Arterberry, K. L. Fingerma, & J. E. Lansford (Eds.), *The SAGE encyclopedia of lifespan human development* (pp. 1273-1275). CA: SAGE Publications, Inc. <http://dx.doi.org/10.4135/9781506307633.n478>
- Friedman, H. S., Duggan, K. A., & **Heilmayr, D.** (2016). Self-healing personalities. In H. S. Friedman (Ed.), *The encyclopedia of mental health, 2nd Edition* (pp. 101-106). Waltham, MA: Academic Press.
- Zorwick, L., Wade, M., & **Heilmayr, D.** (2010). Urban debate and prejudice reduction: The contact hypothesis in action. *Contemporary Argumentation and Debate, 30*, 29-39.

Poster presentations at regional, national, and international conferences:

- Heilmayr, D.,** Turner, G., & Allen, K. (2021, February). *The effects of taking learning outside*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Society of Teaching of Psychology preconference, virtual.
- Reiss, N.*, DeSimone, L*., Buskirk, M.*, & **Heilmayr, D.** (2020, June). *How community gardening eases the transition into western culture for refugees*. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, MA. (Conference moved online due to COVID-19.)
- Heilmayr, D.** (2020, February). *The effects of a two-week nature intervention on health and well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Heilmayr, D.** (2019, March). *The personality of environmentalists*. Poster presented at the annual meeting of the Eastern Psychological Association, New York, NY.
- Mantz, A.* & **Heilmayr, D.** (2019, March). *The relationship between nature features and changes in health*. Poster presented at annual meeting of the Eastern Psychological Association, New York, NY.
- Reiss, N.* & **Heilmayr, D.** (2019, March). *The effects of interpersonal engagement on life satisfaction and meaning*. Poster presented at annual meeting of the Eastern Psychological Association, New York, NY.
- Yoder, H.* & **Heilmayr, D.** (2019, March). *Monetary spending in acts of kindness and*

well-being. Poster presented at annual meeting of the Eastern Psychological Association, New York, NY.

Heilmayr, D. (2018, July). *Who is the pro-environmental individual? The relationship between personality and environmental concerns*. Poster presented at the European Conference on Personality, Zadar, Croatia.

Heilmayr, D., Friedman, H. S., & Leslie, L.* (2018, March). *Understanding the effects of five unique health interventions*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Heilmayr, D. & Friedman H. S. (2017, January). *Digging into psychosocial aspects of community gardening as a root intervention for health and well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Heilmayr, D. & Friedman H. S. (2016, March). *Rooting the benefits of gardening in science*. Poster presented at the annual Grow Riverside conference, Riverside, CA.

Heilmayr, D. & Friedman H. S. (2016, January). *Planting the seeds of a healthy trajectory*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Heilmayr, D. (2015, July). *Cultivating healthy and sustainable trajectories*. Poster presented at the California Higher Education Sustainability Conference, San Francisco, CA.

Heilmayr, D. & Friedman, H. S. (2015, April). *Cultivating personalities that thrive*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Heilmayr, D. & Friedman, H. S. (2015, February). *Growing healthy personalities*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Heilmayr, D. & Hessling, R. (2010, February). *Accessible possible selves influence exercise frequency*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Oral presentations:

Heilmayr, D. (2019, February). *Using podcasts to teach application, reflection, and critical thinking*. Teaching Blitz presented at the Society of Teaching of Psychology annual SPSP preconference, Portland, OR.

Heilmayr, D. (2018, September). *Growing healthy communities: Examining how nature helps us thrive*. Talk presented at the Faculty Luncheon Series, Moravian College, Bethlehem, PA.

Heilmayr, D. (2018, March). *Growing communities that thrive: Exploring the effects of gardening on health*. Invited talk presented to the Health Sciences Department at Rutgers University, Camden, NJ.

Heilmayr, D. (2016, September). *Digging into the effects of community gardening on health and well-being*. Talk presented at the Social/Personality Brown Bag Series, Department of Psychology, University of California, Riverside.

Heilmayr, D. (2016, May). *Sowing seeds of health*. Invited talk presented at the annual meeting of the Western Psychological Association, Long Beach, CA.

Heilmayr, D. (2016, February). *Digging into the health-promoting components of gardening*. Talk presented at the Social/Personality Brown Bag Series, Department of Psychology, University of California, Riverside.

Heilmayr, D. (2015, April). *Cultivating healthy trajectories*. Talk presented at the Social/Personality Brown Bag Series, Department of Psychology, University of California, Riverside.

Other publications:

Heilmayr, D. (2019). Using podcasts to teach reflection, application, and critical thinking. In L. Stein & N. J. Ciarocco (Eds.), *E-xcellence in Teaching Essays*.

Undergraduate conferences:

Van Duzer, M.*, Sharp, S.*, & **Heilmayr, D.** (2021, April). *Replication and Extension of Sparkman and Walton: Experiment 1 (2017)*. Talk presented at the annual Lehigh Valley Association of Independent Colleges Psychology Conference virtual.

Van Duzer, M.*, Sharp, S.*, & **Heilmayr, D.** (2021, April). *Replication and Extension of Sparkman and Walton: Experiment 1 (2017)*. Poster presented at the annual meeting of the National Council on Undergraduate research, virtual.

Bauer, M.* & **Heilmayr, D.** (2019, July). *Substitution sensitivity, confidence, and role models: A replication-plus-extension of the DeNeys study*. Poster presented at the Landmark Summer Research Symposium, Elizabethtown, PA.

Lazarchak, M.* & **Heilmayr, D.** (2019, July). *Effect of community gardens on enjoyment in reminiscing and emotional response to past events in refugees*. Talk presented at the Landmark Summer Research Symposium, Elizabethtown, PA.

Mondok, C.* & **Heilmayr, D.** (2019, July). *Signs of peer conformity and anchoring*. Poster presented at the Landmark Summer Research Symposium, Elizabethtown, PA.

Reiss, N.* & **Heilmayr, D.** (2018, April). *The relation of personality to adherence and engagement with a behavioral health intervention*. Talk presented at The Mid-Atlantic Undergraduate Social Research Conference, Villanova, PA.

Yoder, H.* & **Heilmayr, D.** (2018, April). *How do attitudes towards a health intervention relate to intervention adherence?* Talk presented at The Mid-Atlantic Undergraduate Social Research Conference, Villanova, PA.

RESEARCH SUPERVISOR

Independent study and volunteers:

Spring 2021: Madison Van Duzer and Stephanie Sharp

Fall 2020: Madison Van Duzer and Stephanie Sharp

Spring 2020: Noah Reiss, Lyric DeSimone, Miranda Buskirk, and Meghan Lazarchak

Fall 2019: Noah Reiss, Lyric DeSimone, and Meghan Lazarchak

Spring 2019: Meghan Lazarchak

Fall 2018: Hailee Yoder

Spring 2018: Noah Reiss and Hailee Yoder

Student Opportunities for Academic Research (SOAR):

Summer 2018: Evaluating how nature experiences help us thrive

Two Moravian College undergraduates (Noah Reiss and Adrianna Mantz) worked with me over ten weeks to 1) rigorously assess the effects of nature on health and well-being; and 2) explore the effects of community gardening on refugee and immigrant health and well-being using narrative methodology. Both students presented their work at a regional conference (EPA) and at Scholar's Day the following spring.

Honors theses advised:

Lopez, L.*, Friedman H. S., & **Heilmayr, D.** (2017, May). *How do university students think about intensive health interventions? A qualitative study.* Poster presented at the annual UCR Undergraduate Research Symposium, Riverside, CA. (This poster won all-around best poster at the symposium.)

Copeland, A.*, Friedman, H. S., & **Heilmayr, D.** (2017, May). *The role of conscientiousness in health behavior adherence.* Poster presented at the annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.

Honors committee member:

McFarland, S. (2021). Digital Interpersonal Emotion Regulation and In-Person Interpersonal Emotion Regulation: The Role of Anxiety, Depression, and Stress.

Sampson, M. (2020). Incongruent Stereotypes' Effect on the Semantic Network.

TEACHING EXPERIENCE

Instructor (Moravian College):

Experimental Methods and Data Analysis I

Fall 2017 (two sections); Fall 2018 (two sections); Fall 2020 (two sections, online); Fall 2021 (two sections)

Experimental Methods and Data Analysis II	Spring 2018 (two sections); Spring 2019 (two sections); Spring 2021 (two sections, online)
Health Psychology, Psyc 291	Fall 2017; Spring 2019
Health Psychology, Psyc 367	Fall 2019
Social Psychology	Fall 2018, Spring 2020; Spring 2021 (online)
Seminar: The Psychology of Health Interventions	Spring 2018; Fall 2019
Introduction to Psychology	Fall 2019, Spring 2020 (two sections)
First Year Writing Seminar: Bike to the Future	Fall 2021

Instructor (University of California, Riverside):

Psychological Methods: Research Procedures	Summer 2016
Health Psychology	Summer 2015, Fall 2016

Teaching Assistant (University of California, Riverside):

Industrial/Organizational Psychology	Winter 2016
Health Behavior Change	Fall 2015
Research Methods	Spring 2015
Psychology and Law	Winter 2015
Statistical Procedures	Summer 2014
Personality Psychology	Spring 2014

Guest Lectures:

- Predicting patient adherence to treatment. Presented in HTLR 285: Clinical Observership, Moravian College, Spring 2019.
- How to be better at stress. Presented in Change your Mind, Change the World, Moravian College, Fall 2017.
- Health, health interventions, and healthy research designs. Presented in Social Psychology, Hendrix College, Fall 2016.
- Promoting healthy behaviors. Presented in Health Behavior Change, University of California, Riverside, Fall 2015.

I completed the University Teaching Certificate Program at UC Riverside in Spring 2016.

A competitive program for graduate students designed to develop teaching and lecturing strategies to equip instructors with the skills necessary to be regarded as outstanding scholars and teachers.

HONORS, FELLOWSHIPS, AND AWARDS

2017	Distinguished Graduate Teaching Award, UC Riverside
2016	Graduate Research Mentoring Program, two quarters full support
2016	University Teaching Certificate Program
2015	Presley Center for Crime and Justice Graduate Student Research Fellowship, one quarter full support
2015	Graduate Research Fellowship Honorable Mention, National Science

	Foundation	
2014	University of California Global Food Initiative Fellowship	
2014	Graduate Research Fellowship Honorable Mention, National Science Foundation	
2013	Chancellor's Distinguished Fellowship, University of California, Riverside	
2011	Fulbright English Teaching Assistant, Austria	
2010	Margaret E. Fitch Award for Outstanding Achievement in Psychology, Hendrix College, (awarded to the top psychology graduate of the year)	
2006–2010	Provost Full-Tuition Scholarship, Hendrix College	

SERVICE TO THE INSTITUTION

Moravian College

Faculty Advocacy Committee, member	2020 – present
Honors Liaison	2019 – present
Sustainability Committee, member	2018 – present
Teaching and Learning Center (TLC), member	2018 – 2019
Ad-hoc reviewer for HSIRB	Spring 2018
Heritage Day Team Leader	Fall 2017

UC Riverside

California Agriculture and Food Committee	2014 – 2017
Campus Wellness Oversight Committee	2013 – 2017
Psychology Graduate Student Representative	2015 – 2016
Smoke/Tobacco Free Policy Implementation Committee	2014 – 2016
Data consultant	

SERVICE TO THE FIELD

Reviewer:

Collaborative Education and Replications Project, 2018 – present
Urban Forestry & Urban Greening, 2020 – present
Scholarship of Teaching and Learning in Psychology, 2020 – present

Ad hoc reviewer:

Nutrients
International Journal of Environmental Research and Public Health
Journal of Personality
 SPSP Student Poster Award Reviewer, 2016

COLLEGE ENGAGEMENT

Moravian College

Untenured and non-tenure-track Town Hall facilitator	2020, 2021
TLC panelist: End of semester opportunities and challenges	Fall 2020

Conversations on Racism, facilitator	Summer 2020
TLC panelist: Incorporating research methods into undergraduate courses	Spring 2019
TLC book club participant, <i>Creating Wicked Students</i>	Spring 2019
Psychology Club, faculty co-advisor	2019 – present
MEDLIFE, Moravian College Chapter, faculty advisor	2018 – present
Women’s basketball team, guest coach	Fall 2018 & Fall 2019
Faculty Luncheon speaker	Fall 2018
TLC book club participant, <i>Minds Online</i>	Spring 2018
Psi Chi induction speaker	Spring 2018

UC Riverside

Health Psychology Lab graduate student supervisor	2015 –2017
Mentor, Psychology Graduate Program, UC Riverside	2014 – 2017
R’Course Supervisor	2016
Nonverbal Communication volunteer assistant	2014 – 2016
UC Riverside Earth Day Events	2015

COMMUNITY ENGAGEMENT

LVAIC Psychology Conference Steering Committee	Fall 2020 – present
Lehigh Valley Research Consortium; consultant to BASD research project	Fall 2019 – present
Lehigh Valley Food Conference, Speaker: Promoting sustainable food choices	Spring 2019
Poster presented at Sowing Change conference at Susquehanna University	Spring 2018
Native English Teacher, Fulbright Commission, Vienna, Austria	2011 – 2012
Gardening and Nutrition Instructor, AmeriCorps, San Jose, CA	2010 – 2011
Cooking Matters, Nutrition Instructor	2011 – 2013

INTERNAL FUNDING

- Arts and Lectures: Funding to host events to promote diversity in psychological science at Moravian College, including a guest lecture and the APA I Am Psyched exhibit. Approved in 2020, delayed due to the pandemic.
- FDRC: Travel funding for the annual meeting of the Society for Personality and Social Psychology, Fall 2019
- FDRC: Travel funding for the annual meeting of the Eastern Psychological Association, Fall 2018
- FDRC: Travel funding for the annual meeting of the Society for Personality and Social Psychology, Fall 2018
- TLC/In-Focus Community of Practice Grant: Examining narratives of refugee and immigrant community gardeners, 2018-2019 academic year
- TLC Course Development Grant: Developing Open Science Practices in Psychology 211 and

212, Summer 2018

FDRC: Travel funding for the annual meeting of the Society for Personality and Social Psychology, Fall 2017

FDRC: Travel funding for the European Conference on Personality, Spring 2018

PROFESSIONAL DEVELOPMENT

Quality Matters, APPQMR completion

Apple Certified Educator

Early Career Mentoring Event, mentee, SPSP 2018, 2019

STEM-UP PA, mentee, 2017-2018

Mayterm InFocus Global Seminar to Japan, faculty fellow, Spring 2018

TLC Science Pedagogy Workshop, attendee, 2018

PROFESSIONAL AFFILIATIONS

Society for the Psychological Study of Social Issues

Society for Personality and Social Psychology

American Psychological Association (APA)

APA Division 38: Society for Health Psychology

APA Division 2: Society for the Teaching of Psychology

Phi Beta Kappa

Psi Chi