

Emily Hittner, Ph.D.

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SUMMARY Emily Hittner examines how social contexts of adversity influence emotional functioning and health across the lifespan. Emily holds a Ph.D. in Human Development & Social Policy and an M.S. in Statistics from Northwestern University. She currently leads a team of user experience (UX) researchers as the Director of Research at Hinge.

EDUCATION 2013 *B.A.*, Northwestern University (Biological Sciences)
2017 *M.A.*, Northwestern University (Human Development & Social Policy)
2019 *M.S.*, Northwestern University (Statistics)
2020 *Ph.D.*, Northwestern University (Human Development & Social Policy)

Dissertation: The Role of Emotional Functioning in the Embodiment of Social Adversity.

Committee: Drs. Emma Adam (Co-Chair), Claudia Haase (Co-Chair), Greg Miller, and Thom McDade.

SOFTWARE R, SPSS, HLM, Qualtrics, Typeform, UserTesting, Mindware, AMOS.

PROFESSIONAL EXPERIENCE *VP of Research* 2023-Present
Director of Research 2020-2022
Hinge

- I lead a team of UX researchers to understand the science behind how Hinge users find love and delete the app.
- I utilize mixed methods approaches including survey, behavioral, experimental, and dyadic methods and communicate research cross functionally.

Graduate Student Researcher 2015-2020
Context of Adolescent Stress and Thriving Lab, PI: Dr. Emma Adam

- Contribute to design, implementation, and data analysis for a longitudinal experiment of an ethnic-racial identity intervention.
- Graduate lead on cortisol and daily diary measurement, processing, and modeling on ethnic-racial identity intervention.

Graduate Student Researcher 2015-Present
Lifespan Development Lab, PI: Dr. Claudia Haase

- Graduate student lead on social adversity and emotional functioning in married spouses.
- Measure and analyze autonomic physiology, lab-based and trait emotion reactivity and regulation, & facial coding.

Undergraduate Research Advisor & Outreach Coordinator 2013-2015
Office of Undergraduate Research, Northwestern University

- Launched new program geared to recruit, mentor, and expand undergraduate research.

- Negotiated funding, developed new marketing strategies and research curriculum, coached over 150 students, and expedited growth of grant-allocated funding by 44% across two years.

Bike & Build, Leader 2013-2015
Auditory Neuroscience Lab, PI: Dr. Nina Kraus, Research Assistant 2009-2013

TEACHING EXPERIENCE

Teaching Assistant, Senior Honors Thesis Seminar Fall 2019 - Spring 2020
Teaching Assistant, Adulthood & Aging (rating 5.8/6) Spring 2016 - Winter 2017
 —Lecture: Emotion in Adolescence and Adulthood
Teaching Assistant, Emotional Mysteries (rating: 5.8/6) Winter 2018 - Spring 2019
 —Lecture: Emotion Regulation Part 2 & Empathy
 —Lecture: Intimate Relationships & Family
Undergraduate Research Advisor 2015-Present
 —co-mentored 10 undergraduate research projects including senior theses.

LEADERSHIP EXPERIENCE

Board of Directors, Bike & Build 2016-Present
President, Northwestern Habitat for Humanity 2011-2013

FELLOWSHIPS & CERTIFICATES

Kellogg School of Management Certificate in Management for Scientists 2019
Teaching Certificate, Searle Center for Advancing Learning & Teaching 2018
Graduate Fellow, Multidisciplinary Program in Education Sciences 2016-2019
 — \$30,000/yr stipend for 3 yrs & research expenses
Graduate Fellow & Certificate, Society Biology & Health 2016-2019
 — \$15,000 stipend (declined) & research expenses

PUBLICATIONS

- **Hittner EF** & Haase CM. Empathy in context (2021) Socioeconomic status as a moderator for the associations between empathic accuracy and well-being (*Journal of Social and Personal Relationships*).
- **Hittner EF**, Stephens JE, Turiano NA, Gerstorf D, Lachman ME, Haase, CM. (2020) Positive affect predicts less memory decline: Evidence from a 9-year longitudinal study of mid- and late life (*Psychological Science*)
- **Hittner EF**, Adam EK. (2020) Emotional pathways to the biological embodiment of racial discrimination experiences (*Psychosomatic Medicine*)
- **Hittner EF**, Rim KL, Haase CM. (2020) Socioeconomic status as a moderator of the link between reappraisal and anxiety: Laboratory-based and longitudinal evidence. (*Emotion*)
- Rodosky SE, Stephens JE, **Hittner EF**, Rompilla DB, Mittal, VA, Haase CM. (2023). Facial expressions in adolescent-parent interactions and mental health: a proof of concept study (*Emotion*)
- Stephens JE, Rompilla DB, **Hittner EF**, Mittal, VA, Haase CM. (2023) Executive functioning and nontarget emotions in late life (*Emotion*)
- Rompilla DB, **Hittner EF**, Stephens JE, Mauss I, Haase CM. (2022) Regulating loss: Effects of detachment, positive reappraisal, and acceptance on emotional experiences, physiology, and perceptions in Late Life (*Emotion*).
- Parbery-Clark A, Strait DL, **Hittner EF**, Kraus N. (2013) Musical training enhances neural processing of binaural sounds. *Journal of Neuroscience*. 33(42):1674116747
- Parbery-Clark A, Anderson S, **Hittner EF**, Kraus N. (2012) Musical experience strengthens the neural representation of sounds important for communication in middle-aged adults. *Frontiers in Aging Neuroscience*. 4(30): 1-12

- Strait DL, Parbery-Clark A, **Hittner EF**, Kraus N. (2012) Musical training during early childhood enhances the neural encoding of speech in noise. *Brain & Language*. 123:191201
- Parbery-Clark A, Anderson S, **Hittner EF**, Kraus N. (2012) Musical experience offsets age-related delays in neural timing. *Neurobiology of Aging*. 33: 1483.e11483.e4
- Parbery-Clark A, Strait DL, Anderson S, **Hittner EF**, Kraus N. (2011) Musical experience and the aging auditory system: Implications for cognitive abilities and hearing speech in noise. *PLoS ONE* 6(5): e18082

BOOK CHAPTERS

- Adam EK, Villaume SC, **Hittner EF**. (*in press*) Reducing stress disparities: Shining new light on pathways to equity through the study of stress biology. To appear in: An equal start: Policy and practice to promote equality of opportunity for children.
- Stephens, JE*, **Hittner, EF***, Haase, CM. (*in press*). Emotion regulation in couples across the life span. In D. Dukes, A. Samson, E. Walle (Eds.), *The Oxford Handbook of Emotional Development*. Oxford, UK: Oxford University Press.

*indicates shared first authorship

WORKING PAPERS

- **Hittner EF**, Haase CM, & Adam EK. Socioeconomic status and affective reactivity to daily stress. (*under review*).
- **Hittner EF**, Levin J, Stephens JE, Haase CM. Cardiometabolic risk as mediator between positive affect and memory functioning. (*in preparation*)
- Rompilla DB, Stephens JE, **Hittner EF**, Mittal V, & Haase CM. Can emotion regulation enhance cognitive functioning? A laboratory-based study of healthy older adults. (*under review*)
- Manago B, Taylor CJ, **Hittner EF**, Adam EK. Occupational sex-composition and physiological stress response. (*in preparation*)

PRESENTATIONS

- Haase CM, **Hittner EF**, Stephens JA, Levin JA, & Lachman ME. (2020, May). Positive emotions and cognitive health in later life. In CM Haase & JT Moskowitz (Chairs), Positive emotions across the life span. Symposium conducted at the 32nd Annual Convention of the Association for Psychological Science, Chicago, IL.
- Haase CM, & **Hittner EF** (2020, May). Couples' emotion and mental health in socioeconomic context. In L. Knobloch-Fedders & CM Haase (Chairs), Couples and health: Interpersonal processes in psychological and physical well-being. Symposium conducted at the 32nd Annual Convention of the Association for Psychological Science, Chicago, IL.
- Stephens JE, Rompilla DB, **Hittner EF**, & Haase CM. (2020, April) Non-Target Emotions and Working Memory in Older Adults. Poster presented at the Society for Affective Science conference, San Francisco, CA.
- Ricard JR*, Gupta T, **Hittner EF**, Haase CM, Mittal VA (2020, April). Trauma history and facial expressions of emotions in individuals at clinical high risk for psychosis. Poster presented at Society for Affective Science Conference. San Francisco, CA.
- Levin JA*., **Hittner EF**, Stephens JE, Soron FA, Lloyd-Jones DM, Lachman ME, & Haase CM. (2020, April). Cardiovascular health mediates the longitudinal association between positive affect and cognitive functioning. Poster presented at Society for Affective Sciences, San Francisco, CA.

- Ricard JR*, Gupta T, Haase CM, **Hittner EF**, Vargas T, & Mittal VA. (2019, September). Facial expressions of emotions and trauma in adolescents at clinical high risk for psychosis. Poster presented at Society for Research in Psychopathology, Buffalo, New York.
- Adam EK, **Hittner EF**, Thomas SE, Nwafor E, Stephens JE, & Collier S. (August 2019) Supporting Ethnic-Racial Identity: Implications for Diurnal Cortisol Activity. Talk at Psychoneuroendocrinology, Milan, Italy.
- **Hittner EF** & Adam EK. (August 2019) Emotional pathways to the biological embedding of racial discrimination experiences. Poster at Psychoneuroendocrinology, Milan, Italy.
- **Hittner EF** & Haase CM. (March, 2019) Empathy in context: Socioeconomic status as a moderator for the associations between empathic accuracy and mental health. Flash Talk presented at Society for Affective Science conference, Boston, USA.
- **Hittner EF**, Stephens JE, Turiano NA, Lachman ME, & Haase, CM. (March, 2019). Positive affect predicts less memory decline: Evidence from a 9-year longitudinal study of mid- and late life. Poster presented at Society for Affective Science conference, Boston, MA.
- Levin J*, **Hittner EF**, Stephens JE, & Haase CM. Cardiometabolic risk as mediator between positive affect and memory functioning. Poster submitted to Society for Affective Science conference, Boston, MA.
- Nwafor EE, Stephens JE, Ellison RL, **Hittner EF**, Adam EK, & Umaa-Taylor AJ. (March, 2019). The cognitive load of racism: Perceived racial discrimination associated with lower adolescent executive functioning. Poster presented at Society for Research in Child Development, Baltimore, MD
- Rompilla DB, **Hittner EF**, Stephens JE, & Haase CM. (October 2018). Emotion regulation in late life: Effects of positive reappraisal, acceptance, and detachment on emotional experience and heart rate variability. Poster presented at Society for Psychophysiological Research, Quebec, Canada.
- **Hittner EF** & Adam EK. (September 2018) Emotional pathways to the biological embedding of racial discrimination experiences. Talk at Psychoneuroendocrinology, Irvine, CA.
- **Hittner EF**, Rim KL, & Haase CM. (May 2018) Socioeconomic status as a moderator of the link between reappraisal and anxiety: Laboratory-based and longitudinal evidence. Poster presented at Associate for Psychological Science, San Francisco, CA.
- **Hittner EF** & Adam EK. (April 2018) Developmental trajectories of perceived racial discrimination: Long-term implications for psychological health. Poster presented at Society for Research on Adolescence, Minneapolis, MN.
- Adam EK, Heissel JA, **Hittner EF**, Doleac JL, Meer J, & Figlio D. Adolescent cortisol responses to high-states testing in school-based settings. (September 2017) Talk presented at Society for Psychoneuroendocrinology in Zurich, Switzerland
- Haase CM, Verstaen A, Bloch L, Lwi SJ, Saslow LR, Svoboda RC, **Hittner EF**, & Levenson RW. (July 2017). Positive emotions in marriage: Novel findings from longitudinal data and diverse samples. Talk at the biennial meeting of the International Society of Research on Emotion, St. Louis, MO.
- **Hittner EF**, Thelen JE*, Sevilla LL*, & Haase CM. (May 2017). Stressful life events and power motivation: A laboratory-based study. Poster presented at the Association for Psychological Science, Boston, MA.

- **Hittner EF**, Angarita-Rodriguez A*, Thomas SE, & Adam EK. (April 2017). Parent racial socialization, authoritative parenting and adolescent and young adult perceived racial discrimination. SRCD, Austin, TX.
 - **Hittner EF**, Thomas SE, & Adam EK. (September 2016). Promotive role of ethnic-racial identity in adult diurnal cortisol patterns. ISPNE, Miami, F.
 - Adam EK, Levy D, Heissel J, Richeson J. Ross E, Tavernier R, Thomas SE, & **Hittner EF**. (March 2016). Race-related stress and academic disparities: New models and mechanisms. Invited presentation, Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
 - **Hittner EF**, Parbery-Clark A, Strait DL, Anderson S, & Kraus N. Musical training and the aging auditory system: implications for cognitive abilities and hearing speech in noise. Music, Science and Medicine: Frontiers in Biomedical Research and Clinical Applications. (May 2012) New York Academy of Sciences, New York.
- *Undergraduate mentees.

AWARDS SESP Global Initiative Travel Award —\$1500 for Graduate International Research
 Wolfstein Scholarship — STEM award for excellent academic achievement
 Outstanding Volunteer of 2013 —On behalf of Northwestern University

AD HOC Emotion — Developmental Psychology — International Journal of Psychology —
REVIEWING Journal of Gerontology: Psychological Science — Developmental Review

PROFESSIONAL Society for Affective Science, *Member*
AFFILIATIONS Association for Psychological Sciences, *Member*
 Association for Psychosomatic Medicine, *Member*
 Society for Research in Child Development, *Member*
 International Society of Psychoneuroendocrinology, *Member*

REFERENCES Dr. Emma Adam, ek-adam@northwestern.edu
 Dr. Claudia Haase, claudia.haase@northwestern.edu