

Bonnie M. Le

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PROFESSIONAL APPOINTMENTS

2019 – present	Assistant Professor University of Rochester
2016 – 2019	Postdoctoral Fellow University of Toronto Rotman School of Management

EDUCATION

Ph.D.	Psychology, University of Toronto, 2015
M.S.	Social Psychology, University of Florida, 2011
B.A.	Psychology, Highest Honors, University of California, Berkeley, 2007
B.A.	Integrative Biology, University of California, Berkeley, 2007

PUBLICATIONS (* student co-author at the time of publication, † equal contribution)

- *Chee, P. X., Impett, E. A., Muise, A., Rosen, N. O. & **Le, B. M.** (2026). The transformative experience of parenthood: Parenting self-expansion as a source of personal growth and relational rewards. *Social Psychological and Personality Science*. Advance online publication.
- *Chee, P. X., *Shimshock, C. J., & **Le, B. M.** (2026). Feeling pride and awe in parenthood: The unique emotional rewards of parenting on well-being. *Social Psychological and Personality Science*, 17(2), 149-159.
- †**Le, B. M.** & †Chopik, W. J. (2026). Harnessing the benefits of honesty for individuals, groups, and society. *Policy Insights from the Behavioral and Brain Sciences*, 13(1), 137-145.
- Le, B. M.**, †*Shimshock, C. J., †*Chee, P. X., & *Le, J. D. V. (2026). How honesty shapes the personal and interpersonal benefits of gratitude. *Emotion*, 26(6), 1346–1360.
- *Shimshock, C. J., *Chee, P. X., Reis, H. T., & **Le, B. M.** (2026). Hope for our future: Relational hope promotes relationship goal pursuit and well-being. *Journal of Family Psychology*, 40(6), 991–1002.

- *Chee, P. X., *Shimshock, C. J., & **Le, B. M.** (2025). Prosociality as a means to decrease loneliness and strengthen well-being. *Journal of Social and Personal Relationships*, 24(9), 2619-2640.
- Le, B. M.**, †*Chee, P. X., †*Shimshock, C. J., & *Le, J. D. V. (2025). Expressed and perceived honesty benefits relationships even when couples are not accurate. *Social Psychological and Personality Science*, 16(8), 907-918.
- *Shimshock, C. J., *Sisson, N. M., *Chee, P. X., Stellar, J. E., Impett, E. A., & **Le, B. M.** (2025). The hidden costs of gratitude: Gratitude amplification is costly for personal and relationship well-being. *Personality and Social Psychology Bulletin*. Advance online publication.
- *Schrage, K. M., **Le, B. M.**, Stellar, J. E., & Impett, E. A. (2024). Feeling appreciated promotes prosocial motivation in avoidantly attached individuals. *Personality and Social Psychology Bulletin*, 50(1), 103-118.
- *Sisson, N. M., Park, Y., Overall, N. C., Park, H. G., Johnson, M. D., Stellar, J. E., **Le, B. M.**, & Impett, E. A. (2024). Thank you for changing: Gratitude promotes autonomous motivation and successful partner regulation. *Personality and Social Psychology Bulletin*, 51(11), 2285-2306.
- *Snell, A. L., Zuckerman, M., & **Le, B. M.** (2024). Does religious priming induce greater prejudice? A meta-analytic review. *Personality and Social Psychology Bulletin*, 50(3), 423-435.
- Lemay, E. P. Jr., **Le, B. M.**, & Clark, M. S. (2023). Listening and the pursuit of communal relationships. *Current Opinion in Psychology*, 10161.
- *Qaiser, J., Leonhardt, N. D., **Le, B. M.**, Gordon, A. M., Impett, E. A., & Stellar, J. E. (2023). Shared hearts and minds: Physiological synchrony during empathy. *Affective Science*, 4(4), 711-721.
- *Gilbert, K. M., Elliot, A. J., & **Le, B. M.** (2022). Economic status and avoidance motivation: A meta-analysis. *Motivation and Emotion*, 46(3), 293-306.
- Le, B. M.**, Chopik, W. J., *Shimshock, C. J., & *Chee, P. X. (2022). When the truth helps and when it hurts: How honesty shapes well-being. *Current Opinion in Psychology*, 46(101397).
- *Shimshock, C. J. & **Le, B. M.** (2022). Having the will, finding the ways, and wishes for the future: A model of hope and well-being in romantic relationships. *Social and Personality Psychology Compass*, 16(8), e12697.

- *Sisson, N. M., *Wang, G., **Le, B. M.**, Stellar, J., & Impett, E. A. (2022). When we're asked to change: The role of suppression and reappraisal in partner change outcomes. *Journal of Social and Personal Relationships*, 39(8), 2388–2407.
- *Sisson, N. M., Willroth, E. C., **Le, B. M.**, & Ford, B. Q. (2022). The benefits of living with close others: A longitudinal investigation of mental health before and during a global stressor. *Clinical Psychological Science*, 10(6), 1083-1097.
- Visserman, M. L., Muise, A., Righetti, F., *Horne, R. M., **Le, B. M.**, Côté, S., & Impett, E. A. (2022). Lightening the load: Perceived partner responsiveness fosters more positive appraisals of relational sacrifices. *Journal of Personality and Social Psychology*, 123(4), 788-810.
- *Park, Y., Visserman, M. L., *Sisson, N., **Le, B. M.**, Stellar, J., & Impett, E. A. (2021). How can I thank you? Highlighting the benefactor's responsiveness or costs when expressing gratitude. *Journal of Social and Personal Relationships*, 38(2), 504-523.
- Le, B. M.**, Côté, S., Stellar, J. E., & Impett, E. A. (2020). The distinct effects of empathic accuracy for a romantic partner's appeasement and dominance emotions. *Psychological Science*, 31(6), 607-622.
- Sakaluk, J. K., Biernat, M., **Le, B. M.**, Lundy, S., & Impett, E. A. (2020). On the strength of ties that bind: Measuring the strength of norms in romantic relationships. *Journal of Social and Personal Relationships*, 37(3), 906-931.
- Le, B. M.** & Impett, E. A. (2019). Parenting goal pursuit is linked to emotional well-being, relationship quality, and responsiveness. *Journal of Social and Personal Relationships*, 36(3), 879-904.
- Le, B. M.**, Sakaluk, J. K., Day, L. C., & Impett, E. A. (2019). How gender, age, and socioeconomic status predict parenting goal pursuit. *Journal of Social and Personal Relationships*, 36(10), 3313-3338.
- Le, B. M.**, Impett, E. A., Lemay, E. P., Jr., Muise, A., & Tskhay, K. O. (2018). Communal motivation and well-being in interpersonal relationships: An integrative review and meta-analysis. *Psychological Bulletin*, 144(1), 1-25.
- Le, B. M.** & Impett, E. A. (2016). The costs of suppressing negative emotions and amplifying positive emotions for parents. *Personality and Social Psychology Bulletin*, 42(3), 323-336.
- Le, B. M.** & Impett, E. A. (2015). The rewards of caregiving for communally motivated parents. *Social Psychological and Personality Science*, 6(7), 758-765.
- Webster, G. D., DeWall, C. N., Pond, R. S., Jr., Deckman, T., Jonason, P. K., **Le, B. M.**, Nichols, A. L., Schember, T. O., Crysel, L. C., Crosier, B. S., Smith, C. V., Paddock, E.

- L., Nezlek, J. B., Kirkpatrick, L. A., Bryan, A. D., & Bator, R. J. (2015). The Brief Aggression Questionnaire: Structure, validity, reliability, and generalizability. *Journal of Personality Assessment*, 97(6), 638-649.
- Impett, E. A., **Le, B. M.**, Kogan, A., Oveis, C., & Keltner, D. (2014). When you think your partner is holding back: The costs of perceived partner suppression during relationship sacrifice. *Social Psychological and Personality Science*, 5(5), 542-549.
- Webster, G. D., DeWall, C. N., Pond, R. S., Jr., Deckman, T., Jonason, P. K., **Le, B. M.**, Nichols, A. L., Schember, T. O., Crysel, L. C., Crosier, B. S., Smith, C. B., Paddock, E. L., Nezlek, J. B., Kirkpatrick, L. A., Bryan, A. D., Bator, R. J. (2014). The Brief Aggression Questionnaire: Psychometric and behavioral evidence for an efficient measure of trait aggression. *Aggressive Behavior*, 40(2), 120-139.
- Impett, E. A., Javam, L., **Le, B. M.**, Asyaby-Eshghi, B., & Kogan, A. (2013). The joys of genuine giving: Approach and avoidance sacrifice motivation and authenticity. *Personal Relationships*, 20(4), 740-754.
- Impett, E. A., **Le, B. M.**, Asyabi-Eshghi, B., Day, L. C., & Kogan, A. (2013). To give or not to give? Sacrificing for avoidance goals is not costly for the highly interdependent. *Social Psychological and Personality Science*, 4(6), 649-657.
- Le, B. M.** & Impett, E. A. (2013). When holding back helps: Suppressing negative emotions during sacrifice feels authentic and is beneficial for the highly interdependent. *Psychological Science*, 24(9), 1809-1815.
- Le, B. M.**, Impett, E. A., Kogan, A., Webster, G. D., & Cheng, C. (2013). The personal and interpersonal rewards of communal orientation. *Journal of Social and Personal Relationships*, 30(6), 695-712.
- Schlenker, B. R., Chambers, J. R., & **Le, B. M.** (2012). Conservatives are happier than liberals, but why? Political ideology, personality, and life satisfaction. *Journal of Research in Personality*, 46(2), 127-146.
- Webster, G. D., Cottrell, C. A., Schember, T. O., Crysel, L. C., Crosier, B. S., Gesselman, A. N., & **Le, B. M.** (2012). Two sides of the same coin? Viewing altruism and aggression through the adaptive lens of kinship. *Social and Personality Psychology Compass*, 6(8), 575-588.

BOOK CHAPTERS

- Le, B. M.** (in press). Honesty. In J. A. D. Datu (ed.), *Elgar Encyclopaedia of Positive Psychology*. Edward Elgar Publishing Ltd.

Le, B. M. & Impett, E. A. (2019). Communal motivation. In J. P. Ponzetti, M. Blankemeyer, Horan, S. M., Lyons, H., & Shigeto, A. (1st ed.), *Macmillan Encyclopedia of Intimate and Family Relationships* (1, 140-144). Farmington Hills, MI: Macmillan Reference USA.

MANUSCRIPTS UNDER REVIEW (* student co-author, † equal author contribution)

*Shimshock, C. J., *Chee, P. X., & **Le, B. M.** (under review). Hope in the face of relationship threat buffers against declines in satisfaction and promotes change. *Journal of Positive Psychology*.

*Sisson, N. M., Zhao, Y., Ford, B. Q., Nelson-Coffey, S. K., Coffey, J. K., **Le, B. M.**, & Impett, E. A. (invited revision). The pursuit of children's happiness: Parental happiness goals and links to parent, child, and relationship well-being. *Emotion*.

HONORS, AWARDS, & FELLOWSHIPS

Grants, Fellowships, and Scholarships

2024	The Love Consortium Gratitude Grant (\$29,000) <i>In dissonance or harmony? A cultural perspective on gratitude, indebtedness, and their interaction in predicting prosocial behavior</i> , Collaborator with Mariko Visserman (PI), Young-Hoon Kim, Amy Muise, and Emily Impett
2021 – 2023	The Science of Honesty Grant, Templeton Foundation (\$194,400) <i>When seeing is believing: Cultivating well-being and change through honest connection</i> , PI
2018 – 2019	Banting Postdoctoral Fellowship (\$140,000; declined \$70,000)
2012 – 2015	Vanier Canada Graduate Scholarship (\$150,000)
2011 – 2012	Ontario Trillium Scholarship (\$160,000; declined \$120,000)
2011	University of Toronto Fellowship (\$18,400, declined)
2009 – 2011	UF College of Liberal Arts and Science Award (\$80,000; declined \$40,000)
2009	UF Board of Education Summer Fellowship (\$1,500)
2006	National Science and Math to Retain Talent Grant, UC Berkeley (\$4,000)
2003	Cal Bears Scholarship, UC Berkeley (\$10,000)

Awards and Honors

2026	Rusbult Young Investigator Award Relationships Researchers Interest Group Society for Personality and Social Psychology
2016	Steve Duck New Scholars Award (\$500) International Association for Relationships Research
2015	UTM Graduate Student Research Award (\$500)
2015	Ken Dion Award, University of Toronto
2015	Doctoral Completion Award, University of Toronto (\$7,800)

2015	Social Personality Research Group Best Talk Award, University of Toronto
2014	SPSP Outstanding Research Award (\$100)
2014	Social Personality Research Group Best Talk Award, University of Toronto
2013	SPSP Student Poster Award (\$100)
2011	NSF Graduate Research Fellowship Honorable Mention
2007	Highest Honors for Senior Thesis, UC Berkeley
2007	Dean's Honor List, UC Berkeley
2003	Cal Alumni Leadership Award (\$1,000), UC Berkeley

INVITED TALKS

Le, B. M. (invited, February 2027). Parenting is emotionally rewarding and self-expanding. Talk to given at the Happiness and Well-Being Preconference at the Annual Meeting for the Society of Personality and Social Psychology. Philadelphia, PA.

Le, B. M. (February 2026). Fostering well-being through how we care and what we share. Talk given at the Close Relationships Preconference at the Annual Meeting for the Society of Personality and Social Psychology. Chicago, IL.

Le, B. M. (November 2025). Telling the truth: How honesty shapes well-being and change. Lies and Allies webinar for the Deception Research Society. [Virtual]

Le, B. M. (February 2025). How honesty shapes the personal and interpersonal benefits of gratitude. Talk given at the Emotions Preconference at the Annual Meeting for the Society of Personality and Social Psychology. Denver, CO.

Le, B. M. (October 2024). Be honest with me: The effects of honesty on well-being and change. In S. B. Algoe (Chair), Everyday behaviors that promote social relationships: Insights from relationship science. Symposium conducted at Society for Experimental Social Psychology. Santa Fe, NM.

Le, B. M. (October 2024). Honesty and well-being across relationship contexts. Talk given at the Toronto Relationships Interest Group at the University of Toronto. Toronto, ON.

Le, B. M. (September 2024). Fostering relationship well-being in the good and the bad times. Talk to given at the School of Social Sciences Seminar at Singapore Management University. Singapore.

Le, B. M. (July 2023). When seeing is believing: Cultivating well-being and change through honest connection. Talk given at the Honesty Project Conference. Winston-Salem, NC.

Le, B. M. (February 2023). Costs and benefits of emotion and motivational processes in relationships. Talk given in the Department of Psychology at Buffalo University.

- Le, B. M. (January 2023). Caring and connecting in relationships: How regulation, perception, and motivation shape well-being. Talk given in the Department of Psychology at Syracuse University.
- Le, B. M. (August 2022). When seeing is believing: Cultivating well-being and change through honest connection. Talk given at the Honesty Project Conference. Winston-Salem, NC.
- Le, B. M. (December 2021). When seeing is believing: Cultivating well-being and change through honest connection. Talk given in the Honesty Project Discussion Group.
- Le, B. M. (November 2018). Caring and connecting in relationships: How regulation, perception, and motivation shape well-being. Talk given in the Department of Psychology at the University of Waterloo.
- Le, B. M. (May 2018). Caring and connecting in relationships: How regulation, perception, and motivation shape well-being. Talk given in the Amsterdam Cooperation Lab at the Vrije Universiteit Amsterdam.
- Le, B. M. (April 2018). Caring and connecting in relationships: How regulation, perception, and motivation shape well-being. Talk given in the Department of Psychology at the University of Rochester.

CONFERENCE TALKS

- *Chee, P. X., Impett, E. A., Muise, A., Rosen, N. O., & Le, B. M. (July 2026). The personal and relational rewards of parenting self-expansion. Talk to be given at the International Association for Relationship Research. Glasgow, United Kingdom.
- Sasaki, E., Visserman, M. L., Kim, Y-H., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2026, July). *Do gratitude and indebtedness predict prosociality in romantic relationships?* In C. J. Shimshock (Chair), *New advances in the science of gratitude in close relationships*. Symposium talk to be presented at the International Association for Relationships Research conference. Glasgow, Scotland.
- *Shimshock, C. J., *Hansen, Z., Algoe, S. B., & Le, B. M. (July, 2026). Taking “thank you” to heart: Responses to gratitude shape its emotional and relational benefits. In C. J. Shimshock (Chair), *New advances in the science of gratitude in close relationships*. Symposium talk to be presented at the International Association for Relationships Research conference. Glasgow, Scotland.
- Visserman, M. L., Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2026, March). *Do gratitude and indebtedness predict prosociality in romantic relationships?* Talk at the annual United Kingdom Attachment Network (UKAN) conference, Edinburgh, United Kingdom.

- *Chee, P. X., Muise, A., Impett, E. A. & Le, B. M. (2026, February). Parenting self-expansion: The personal and relational benefits of parenting growth. In P. X. Chee (Chairs). Parenting and flourishing: Emotions, goals, and self-expansion in the family. Symposium conducted at the Annual Meeting for the Society for Personality and Social Psychology. Chicago, IL.
- *Shimshock, C. J., & Le, B. M. (2025, May) Unheard gratitude: How recipients' responses to gratitude expressions shape couples' well-being. Talk presented at The Love Consortium Global Gratitude Summit [Virtual].
- Visserman, M. L., Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2025, March). Do gratitude and indebtedness predict prosociality in romantic relationships? Talk presented at The Love Consortium Global Gratitude Summit [Virtual].
- *Ma, R., *Qaiser, J., Schreiber, A. M., Le, B. M., Gordon, A. M., Impett, E. A., Stellar, J. E., & Lindquist, K. A. (2025, March). Physiological co-regulation during husbands' distress disclosure predicts husbands' felt closeness and both partners' relationship satisfaction 14 days later. Flash talk presented at the 2025 Society for Affective Science (SAS) Annual Conference, Portland, OR
- Visserman, M. L., Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2025, March). Do gratitude and indebtedness predict prosociality in romantic relationships? Talk presented at the annual United Kingdom Attachment Network (UKAN) conference, Bristol, United Kingdom.
- Visserman, M. L., Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2025, March). Do gratitude and indebtedness predict prosociality in romantic relationships? Invited talk (flash talk) presented at the Global Gratitude Summit [Virtual].
- *Chee, P. X., *Shimshock, C. J., & Le, B. M. (2025, February). Awe and pride in parenthood: The unique emotional rewards of parenting on well-being. Data blitz given at the Happiness and Well-Being Preconference at the Annual Meeting for the Society for Personality and Social Psychology. Denver, CO.
- *Shimshock C. J. & Le, B. M. (2025, February). Hope for our future: Hope benefits couples' goals and well-being. In C. J. Shimshock and E. R. O'Brien (Co-chairs). Help or hindrance? When and how others impact goal pursuit. Symposium conducted at the Annual Meeting for the Society for Personality and Social Psychology. Denver, CO.
- Visserman, M. L., Kim, Y-H., Muise, A., Horne, R. M., Le, B. M., Righetti, F., & Impett, E. A. (2024, August). A cross-country and cross-cultural perspective on gratitude and sacrifice in romantic relationships. Talk to be given at the International Association for Cross-Cultural Psychology (IACCP) conference, Bali, Indonesia.

- *Chee, P. X., *Shimshock, C. J., & Le, B. M. (2024, May). The relative rewards of awe and pride on parental well-being. Talk given at the Association for Psychological Science Convention. San Francisco, CA.
- *Chee, P. X., *Shimshock, C. J., & Le, B. M. (2024, May). The relative rewards of awe and pride on parental well-being. Talk given at The Love Consortium Conference. Chapel Hill, North Carolina.
- Le, B. M., *Chee, P. X., *Shimshock, C. J., & *Le, J. D. V. (2024, May). The effects of expressed, perceived, and accurate detection of honesty on well-being, love, and change. Talk given at The Love Consortium Conference. Chapel Hill, North Carolina.
- *Sisson, N. M., Le, B. M., Nelson-Coffey, S. K., Coffey, J. K., Ford, B. Q., & Impett, E. A. (2023, March). Pursuing children's happiness: Impacts of parents' happiness parenting goals on child, parent, and relational well-being. In L. Partington (Chair), Contextualizing parental belief systems: Informing traditional models with contemporary questions. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Salt Lake City, Utah.
- *Chee, P. X., *Shimshock, C. J., & Le, B. M. (2023, February). Prosocial behavior as a means to strengthen relationships and decrease loneliness. Data blitz presentation given at the Annual Meeting for the Society of Personality and Social Psychology. Atlanta, GA.
- *Sisson, N. M., Le, B. M., Nelson-Coffey, S. K., Coffey, J. K., Ford, B. Q., & Impett, E. A. (2023, February). Pursuing children's happiness before and during the pandemic: Impacts of parents' striving for children's happiness on child, parent, and relationship well-being. Data blitz presentation given at the Happiness and Well-Being Preconference at the Annual Meeting for the Society of Personality and Social Psychology. Atlanta, GA.
- *Shimshock, C. J., Stellar, J. E., Impett, E. A., & Le, B. M. (2022, September). When 'thank you' does more harm than good: Examining gratitude amplification in romantic relationships. Talk given at The Love Consortium Conference. Durham, North Carolina.
- Visserman, M. L., Muise, A., Righetti, F., *Horne, R. M., Le, B. M., Côté, S., & Impett, E. A. (2022, July). Lightening the load: Perceived partner responsiveness fosters more positive appraisals of relational sacrifices. Oral presentation at the International Association for Relationship Research (IARR) conference [Virtual].
- *Chee, P. X., *Shimshock, C. J., & Le, B. M. (April, 2022). Prosocial behavior as a means to strengthen relationships and decrease loneliness. Talk given at the University of Rochester Undergraduate Research Exposition. Rochester, NY.
** Received University of Rochester Deans' Award*
- *Shimshock, C. J., Stellar, J. E., Impett, E. A., & Le, B. M. (2022, February). When 'thank you' does more harm than good: Examining gratitude amplification in romantic relationships.

Data blitz presentation given at the Close Relationships Preconference at the Annual Meeting for the Society for Personality and Social Psychology [Virtual].

- Le, B. M., Côté, S., Stellar, J., Impett, E. A. (2018, July). Empathic accuracy of appeasement, but not dominant, negative emotions is linked to greater relationship quality when couples discuss relationship change. In N. C. Overall (Chair), *Interpersonal regulation and perception of emotions: Consequences for relationships, families and the self*. Symposium conducted at the International Association for Relationships Research. Fort Collins, CO.
- Le, B. M., Day, L. C., & Impett, E. A. (2017, June). Parental emotion regulation in families of college-aged students. In L. Baker (Chair), *Contextualizing emotion suppression: suppressing negative emotions can be beneficial depending on individual and partner qualities and motives*. Symposium conducted at the International Association for Relationships Research. Syracuse, NY.
- Le, B. M., Day, L. C., Sakaluk, J. K., & Impett, E. A. (2017, May). Parent demographic differences in caregiving goal pursuit and well-being. In J. Crocker (Chair), *Selfish and otherish motivation in close relationships: Implications for affect and well-being*. Symposium conducted at the Society for the Study of Motivation. Boston, MA.
- Le, B. M. & Impett, E. A. (2016, July). Suppressing negative emotions and amplifying positive emotions during parental caregiving detracts from responsiveness and well-being. In A. M. Gordon and S. B. Algoe (Co-chairs), *From family dynamics to biology: New research on the central role of responsiveness in close relationships*. Symposium conducted at the International Association for Relationships Research. Toronto, ON.
- Le, B. M. & Impett, E. A. (2015, June). An interpersonal goals perspective on parenting: Caregiving goals shape parental well-being, responsiveness, and the quality of parent-child bonds. In D. Schoebi (Chair), *Ambulatory assessment of supportive relationships with close others and digital support systems: Lessons learned for well-being and health*. Symposium conducted at the Conference for the Society of Ambulatory Assessment. State College, PA.
- Le, B. M. & Impett, E. A. (2015, May). Parental caregiving goals shape parental well-being, the quality of parent-child bonds, and parental responsiveness. In B. M. Le and E. A. Impett (Co-chairs), *New perspectives on parenting: Exploring how parenting shapes the self and child*. Symposium conducted at the Association for Psychological Science Convention. New York, NY.
- Le, B. M. & Impett, E. A. (2015, February). Parenting and emotion regulation: The daily costs of suppressing negative emotions and feigning positive emotions. Data blitz talk given at the Close Relationships Preconference conducted at the Annual Meeting of the Society for Personality and Social Psychology. Long Beach, CA.

Le, B. M. & Impett, E. A. (2014, July). The rewards of caregiving for communally motivated parents. In E. A. Impett (Chair), What givers receive in communal relationships. Symposium conducted at the International Association for Relationships Research. Melbourne, Australia.

Le, B. M. & Impett, E. A. (2014, January). Parental caregiving goals shape well-being and the quality of the parent-child bond. In K. Kushlev and K. Nelson (Co-chairs), The devil is in the details: Revealing complexities of the relationship between parenthood and well-being. Symposium conducted at the Annual Meeting of the Society for Personality and Social Psychology. Austin, TX.

Le, B. M. & Impett, E. A. (2013, May). Suppressing negative emotions during daily sacrifice is beneficial for the highly interdependent. In B. M. Le and E. A. Impett (Co-chairs), Emotion regulation in interpersonal contexts. Symposium conducted at the Association for Psychological Science Convention. Washington, D.C.

Le, B. M. (2013, May). The personal and interpersonal rewards of communal orientation. Talk given at the York/University of Toronto Social Personality Abnormal Conference. Toronto, ON.

Le, B. M. (2013, January). The role of parental caregiving goals on personal well-being and parent-child relationship quality. Data blitz talk given at the Close Relationships Preconference at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.

Le, B. M. & Impett, E. A. (2012, July). Love without limits: Communally-oriented individuals reap daily rewards through the experience of positive emotions. In B. M. Le & E. A. Impett (Co-chairs), Four perspectives on prosociality in relationships. Symposium conducted at the International Association for Relationships Research Conference. Chicago, IL.

Le, B. M. (2012, January). Love without limits: Communally-oriented individuals reap daily rewards through the experience of positive emotions. Data blitz talk given at Close Relationships Preconference at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

CHAired SYMPOSIA

Le, B. M. & Impett, E. A. (May 2015). New perspectives on parenting: Exploring how parenting shapes the self and child. Symposium organized for the Association for Psychological Science Convention, New York, NY.

Le, B. M. & Impett, E. A. (May 2013). Emotion regulation in interpersonal contexts. Symposium organized for the Association for Psychological Science Convention, Washington, D.C.

Le, B. M. & Impett, E. A. (July 2012). Four perspectives on prosociality in relationships. Symposium organized for the International Association for Relationships Research Conference, Chicago, IL.

CONFERENCE PANELS

Goel, V., Adem, A., Crago, M. B., Le, B. M., & Lund, P. K. (November, 2018). Policy and funding models for graduate students and postdoctoral fellows. Panel discussion organized by the University of Toronto and H. Lasthiokis conducted at the Canadian Science Policy Conference. Ottawa, ON.

CONFERENCE POSTER PRESENTATIONS

*Shimshock, C., *Chee, P. X., Milyavskaya, M., & Le, B. M. (February 2026). You inspire me: The role of romantic partner inspiration on goal pursuit and relational well-being. Poster presented at the Close Relationships Preconference of the Annual Meeting for the Society for Personality and Social Psychology, Chicago, IL.

*Shimshock, C., *Hansen, Z., Algoe, S., & Le, B. M. (February 2026). Taking “thank you” to heart: Responses to gratitude shape its emotional and relational benefits. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology, Chicago, IL.

*Kang, M. Y., *Chee, P. X., & Le, B. M. (February 2026). Linking perceived partner emotion regulation to stress, loneliness, and perceived support. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology. Chicago, IL.

*Taglioni, L., *Shimshock, C. J., *Chee, P. X., & Le, B. M. (February 2026). Regulating partners: Emotions as mechanisms for change in intimate relationships. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology. Chicago, IL.

*Chee, P. X., *Shimshock, C. J., & Le, B. M. (2025). Feeling pride and awe in parenthood: The distinct emotional rewards of parenting on well-being. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology. Denver, CO.
* *Society for Personality and Social Psychology Graduate Student Poster Award Runner-Up*

*Chee, P. X., *Shimshock, C. J., & Le, B. M. (2025). Feeling pride and awe in parenthood: The distinct emotional rewards of parenting on well-being. Poster presented at the Emotion preconference at the Annual Meeting for the Society for Personality and Social Psychology. Denver, CO.

- *Chee, P. X., *Shimshock, C. J., & Le, B. M. (2024). The distinct themes of pride and awe in parenthood and their unique avenues to parental well-being. Poster presented at the International Association for Relationships Research Conference. Boston, MA.
- *Shimshock, C. J. & Le, B. M. (2024). Having the will, finding the ways, and wishes for the future: The long-term benefits of relational hope for couples' goal pursuit and well-being. Poster presented at the International Association for Relationships Research Conference. Boston, MA.
- *Chee, P. X. & Le, B. M. (2024). The relative rewards of awe and pride on parental well-being. Poster presented at the Emotions Preconference conducted at the Annual Meeting of the Society for Personality and Social Psychology conference. San Diego, CA.
- *Chee, P. X. & Le, B. M. (2024). Positives of parenthood: How awe and pride can uniquely enhance parental well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology conference. San Diego, CA.
- *Shimshock, C. J. & Le, B. M. (2024) Having the will, finding the ways, and wishes for the future: The long-term benefits of relational hope for couples' goal pursuit and well-being. Poster presented at the Close Relationships Preconference conducted at the Annual Meeting of the Society for Personality and Social Psychology conference. San Diego, CA.
- *Shimshock, C. J., *Sisson, N. M., Stellar, J. E., Impett, E. A., & Le, B. M. (2024) The boundaries of gratitude's benefits: Gratitude amplification is costly for well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology conference. San Diego, CA.
- *Shimshock, C. J., *Chee, P. X., & Le, B. M. (February, 2022) Having agency, pathways, and aspirations in our relationships: Testing a new model of relational hope and well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology conference. Atlanta, GA.
- *Qaiser, J., Stellar, J. E., & Le, B. M. (February, 2022). Empathy and physiological synchrony. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology [virtual].
- *Shimshock, C. J., Stellar, J. E., Impett, E. A., & Le, B. M. (February, 2022). When 'thank you' does more harm than good: Examining gratitude amplification in romantic relationships. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology [virtual].
** Society for Personality and Social Psychology Graduate Student Poster Award Runner-Up*
- *Sisson, N. M., Le, B. M., Nelson-Coffey, K. S., Coffey, J. K., Ford, B.Q., & Impett, E. A. (February, 2022). The pursuit of children's happiness: The impact of parents' happiness

- parenting goals on child, parent, and relational well-being. Poster presented at the Annual Meeting for the Society for Personality and Social Psychology [virtual].
- *Snell, A. L., Zuckerman, M., & Le, B. M. (2021). Religious priming and prejudice: A meta-analytic review. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology [virtual].
- *Sisson, N. M., Willroth, E. C., Le, B. M., & Ford, B. Q. (February 2021). Does living with close others jeopardize or protect well-being in the face of COVID-19? A seven-wave longitudinal study. Data Blitz oral presentation given at the Annual Meeting of the Society for Personality and Social Psychology [virtual].
- *Schrage, K. M., Le, B. M., Stellar, J., & Impett, E. A. (February 2020). Perceived gratitude promotes prosocial motivation among avoidantly attached individuals. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.
- Le, B. M., Côté, S., Stellar, J., & Impett, E. A. (March 2018). Empathic accuracy of discrete negative emotions predicts relationship quality and the motivation to change among romantic partners. Poster presented at the Emotions Preconference conducted at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.
- Le, B. M. & Impett, E. A. (January 2016). Suppressing negative and amplifying positive emotions is associated with costs to authenticity and well-being during parental caregiving. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.
- Le, B. M. & Impett, E. A. (February 2015). The rewards of compassionate caregiving for communally motivated parents. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Long Beach, CA.
- Day, L. C., Le, B. M., & Impett, E. A. (November 2013). Giving even when it hurts: Highly interdependent people are willing to sacrifice for a romantic partner even in the face of high costs. Poster presented at the Annual Meeting of the Society for Judgment and Decision Making. Toronto, Ontario.
- Day, L. C., Le, B. M., & Impett, E. A. (June 2013). How self-construal influences decisions to sacrifice in romantic relationships. Poster presented at the Canadian Psychological Association Convention. Quebec, QC.
- Day, L. C., Le, B. M., & Impett, E. A. (January 2013). To sacrifice or not to sacrifice? How self-construal influences decisions to sacrifice in romantic relationships. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.

- Le, B. M. & Impett, E. A. (January 2013). When holding back helps relationships: Suppressing negative emotions during sacrifice is beneficial for the highly interdependent. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.
** Society for Personality and Social Psychology Graduate Student Poster Award Winner*
- Maxwell, J. A., MacDonald, G., Impett E. A., & Le, B. M. (January 2013). Where is the love? Avoidant attachment and empathic accuracy in romantic conversations. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.
- Le, B. M., Page-Gould, E., Mendes, W. B., & Koslov, K. (September 2012). The role of parasympathetic activity in interpersonal accuracy. Poster presented at Society for Psychophysiological Research. New Orleans, LA.
- Maxwell, J. A., Le, B. M., MacDonald, G., & Impett, E. A. (July 2012). Ignoring love: Attachment avoidance influences empathic accuracy in romantic relationships. Poster presented at International Association for Relationships Research Conference. Chicago, IL.
- Le, B. M., Chambers, J. R., & Schlenker, B. R. (January 2011). Conservatives are happier than liberals, but why? Personality correlates of political ideology and life satisfaction. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Antonio, TX.

PROFESSIONAL SERVICE

Consulting Editor

2026 – present	<i>Social and Personality Psychology Compass</i>
2020 – present	<i>Emotion</i>

Ad Hoc Reviewer

Affective Science, Emotion, European Journal of Social Psychology, Journal of Experimental Psychology: General, Journal of Family Psychology, Journal of Happiness Studies, Journal of Personality and Social Psychology, Journal of Social and Personal Relationships, Personality and Social Psychology Bulletin, Personality and Social Psychology Review, Perspectives on Psychological Science, Personal Relationships, Psychological Science, Social Psychological and Personality Science

Grant, Conference, and Society Reviews

2022	Grant Reviewer U.S.-Israel Binational Science Foundation
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2021	Abstract Review Board Society for Affective Science
2020	Grant Proposal Reviewer National Science Foundation
2018	Poster Abstract Reviewer, Research Methods Track Association for Psychological Science
2016	Conference Abstract Reviewer International Association for Relationships Research
2010 – 2013	Student Research Award Reviewer Association for Psychological Science Student Caucus
2010 – 2013	Student Grant Competition Reviewer Association for Psychological Science Student Caucus
2011	Student Poster Award Peer Reviewer Society for Personality and Social Psychology
Service	
2022 – present	Board of Academic Honesty University of Rochester
2022 – present	Undergraduate Committee Department of Psychology, University of Rochester
2020 – present	Having Statistical Discussions Group (HSDg), Steering Committee Department of Psychology, University of Rochester
2024	Fulbright Campus Review Committee University of Rochester
2022 – 2023	Meliora Research Fellowship Committee Department of Psychology, University of Rochester
2021 – 2023	Emotion Preconference Organizing Committee Society for Personality and Social Psychology
2021	Diversity Equity and Inclusion Culture Committee University of Rochester
2021	Social Area Brown Bag Meeting Co-Organizer University of Rochester
2020	Discussion Group Facilitator The Future of Open Science in Relationships Research The Love Consortium
2020	Department of Psychology Commencement Committee University of Rochester
2012 – 2015	Contributing writer Science of Relationships
2013 – 2014	Campus Representative, University of Toronto Mississauga Association for Psychological Science Student Caucus
2012 – 2014	Graduate advisor University of Toronto Undergraduate Psychology Journal
2010 – 2011	Graduate consultant University of Florida Journal of Psychological Science

2010 – 2011	Social Psychology Representative Graduate Student Advisory Board, University of Florida
2009 – 2011	Campus Representative, University of Florida Association for Psychological Science Student Caucus
2007 – 2008	Founder & Co-editor-in-chief Undergraduate Journal of Psychology at Berkeley

MEDIA COVERAGE

2026	Three ways hope can help your relationship flourish <i>Psychology Today</i>
2025	The truth may hurt, but for couples, it's worth it <i>Science Daily</i>
2022	Kids and partners made the pandemic easier to bear <i>Futurity</i>
2020	How physical affection and emotional exposure affect couples <i>Psychology Today</i>
2020	When is reading your partner's emotions beneficial, and when harmful? <i>Science Daily</i>
2019	Parenting goals <i>Relationships Matters Podcast Series</i>
2018	Can you be too selfless in your relationships? <i>Greater Good Magazine</i>
2016	It's OK to be unhappy around kids. So put away that forced smile <i>The Guardian</i>
2016	Should we hide our feelings from our kids? <i>Psychology Today</i>
2014	Money, sleep, and love: What makes a happy parent? <i>Live Science</i>
2013	The friendship bank: How and why even the most giving friend expects payback <i>The Wall Street Journal</i>
2013	The benefits of being friendly to others <i>Relationships Matters Podcast Series</i>
2013	The benefits of communal orientation <i>Psychology Today</i>

TEACHING EXPERIENCE

Undergraduate Courses

Psychology of Well-Being, University of Rochester
Spring 2020; Fall 2020, 2021, 2022, 2024, and 2026
 Social Psychology of Emotions, University of Rochester
Spring 2021 and 2026

Graduate Courses

Meta-analysis, University of Rochester

Spring 2020, 2023, 2025, and 2026

Subjective Well-Being, University of Rochester, *Spring 2021*

Seminar in Social Psychology (select topics), University of Rochester

Fall 2019, 2020, 2023, 2024, and 2026

Workshops

Introduction to Response Surface Analysis, University of Rochester, *Fall 2019*

Introduction to Meta-Analysis, University of Toronto, *Spring 2017*

ADVISING

Graduate Student Mentorship

Fall 2025 – present Michelle Kang

Fall 2022 – present Princeton Chee

Fall 2020 – present Claire Shimshock

Dissertation Committees

2025 Claire Shimshock

2025 Jenny Le

2024 Madison Burt

2023 Lisa Lin

Comprehensive Exam Committees

2025 Ben Rasmussen

2022 Madison Burt

2021 Jenny Le

2020 Angela Santee

2020 Karen Gilbert

Second Year Project Committees

2023 Karishma Singh

2022 Madison Burt

2021 Jenny Le

2021 Lisa Lin

2021 Annetta Snell

External Examiner

2024 Valentina Bianchi, Dissertation Defense, *University of Melbourne*
 2023 Nhi Huynh, Masters Defense, *Simon Frasier University*

Undergraduate Honors Theses

Zhihan Wang (Primary advisory)
 Princeton Chee (Primary advisor)
 Sherene Yang (Secondary reader)
 Kayla Zilke (Secondary reader)

Student Awards and Funding

2025 Edward Peck Curtis Award for Excellence in Teaching, Claire Shimshock
 2025 SPSP Poster Award Runner-Up, Princeton Chee
 2024 University of Rochester Graduate Research Symposium Poster Award,
 Princeton Chee
 2024 Alfred Baldwin Award, Claire Shimshock
 2024 The Love Consortium Global Gratitude Grant Graduate Student Research
 Grant, Claire Shimshock
 2023 Fink Award, Claire Shimshock
 2023 Barnard Fellowship, University of Rochester, Claire Shimshock
 2022 - 2024 Provost Fellowship, University of Rochester, Princeton Chee
 2022 SPSP Poster Award Runner-Up, Claire Shimshock
 2022 Fink Award, Princeton Chee
 2022 APS Student Research Grant, Claire Shimshock
 2022 Herbert L. Zimmer Award, Princeton Chee
 2022 Psi Chi Graduate Research Grant, Claire Shimshock
 2022 SPSP Poster Award Runner-up, Claire Shimshock
 2022 University of Rochester Deans' Award, Princeton Chee
 2021 The Love Consortium Global Gratitude Grant Graduate Student Research
 Grant, Natalie Sisson

ASSOCIATION MEMBERSHIPS

International Association for Relationships Research
 Society for Experimental Social Psychology
 Society for Personality and Social Psychology