

MICAELA RODRIGUEZ

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Updated 9/28/26

ACADEMIC APPOINTMENTS

2027- **Yale University**
Incoming Assistant Professor, Department of Psychology

EDUCATION

2021-2027 (exp.) **University of Michigan**
Ph.D. in Psychology
Advisors: Ethan Kross, Ph.D.; Amie M. Gordon, Ph.D.

2021-2023 **University of Michigan**
M.S. in Psychology

2016-2020 **Harvard University, *magna cum laude***
B.A. in Psychology, *highest departmental honors*
Advisor: Richard J. McNally, Ph.D.

RESEARCH INTERESTS

Loneliness; Solitude; Social Connection; Emotion Regulation; Health & Well-Being; Culture; Technology

FELLOWSHIPS, HONORS, & AWARDS

FELLOWSHIPS

2026-27 **Douglas W. Roblim Predoctoral Fellowship Award, UMich (\$85,000)**
Awarded to an outstanding doctoral candidate whose research and scholarship addresses the psychosocial and socioeconomic determinants of human health.

2021-26 **Rackham Merit Fellowship, UMich (\$50,000)**
Competitive graduate funding for underrepresented students who demonstrate academic excellence and dedication to diversity.

RESEARCH

2026 **Sanger Leadership Center Research Grant**

2025 **Summer Institute for Social and Personal Psychology, SPSP**

2025 **Nan Donald Award, UMich**

2024 **Robert B. Zajonc Scholar Award, Institute for Social Research**

2022 **Pillsbury Graduate Research Award, UMich**

2022 **Philip Brickman Memorial Prize, UMich**
Awarded for the best graduate student paper published in the Social Psychology Area (for Rodriguez & Kross (2023), Sensory Emotion Regulation, *Trends in Cognitive Sciences*)

2023 **Patricia Gurin Research Award, UMich**

2023 **Rackham Graduate Student Research Grant, UMich**

2023 **Pittsburgh Summer Methodology Series Training Award, UMich**

2022 **Rackham Graduate Student Research Grant, UMich**

2022 **Institute for Social Research Summer Training Award, UMich**

2022 **Ruth Hamill Graduate Student Research Award, UMich**

2020 **Phi Beta Kappa, Harvard University**
Awarded to the top 10% of Harvard graduates for outstanding academic achievement

2020 **Gordon W. Allport Prize for Outstanding Senior Thesis, Harvard University**

2019 **Harvard College Research Program Grant**

2019 **Harvard College Research Program Travel Grant**

2018-19 **John Harvard Scholar Award**
Awarded to the top 5% of Harvard undergraduates for academic excellence

TEACHING & MENTORING

- 2025 **Outstanding Graduate Student Instructor Award, Rackham Graduate School, UMich**
Recognizes <1% of graduate students across the university who demonstrate outstanding dedication and excellence as teachers
- 2024 **Outstanding Graduate Student Instructor Award, Department of Psychology, UMich**
Awarded annually to a graduate student in Psychology for demonstrating excellence, creativity, and intellectual engagement in undergraduate teaching
- 2023 **Outstanding Undergraduate Research Mentor Award, UMich**
Awarded to 2% of graduate students for excellence in mentoring undergraduates to conduct independent scholarly research through the Undergraduate Research Opportunity Program

FEDERAL GRANTS

- 2025-26 NIH Plasticity of Well-Being Network, Secondary Data Analysis Grant (Co-Investigator; PIs Drs. Ethan Kross & Alexandra Wormley, \$30,000). *Examining the Role of Culture in the Links Between Loneliness, Social Isolation, and Health*.

PEER-REVIEWED PUBLICATIONS

19. **Rodriguez, M.**^{*}, Baldwin, C. R.^{*}, Wormley, A. S., Vornlocher, C., Kross, E., Tamir, M., & Kitayama, S. (In Press). The health risks of loneliness and living alone vary systematically across 58 nations. *Nature Communications*. (^{*} Equal contribution)
18. **Rodriguez, M.**, Campbell, S. W., & Gordon, A. M. (In Press). The future of social (dis)connection. *Perspectives on Psychological Science*. <https://doi.org/10.1177/17456916261487976>
17. Guevarra, D. A., **Rodriguez, M.**, & McNally, R. J. (2026). Low-effort emotion regulation: Implications for depression and anxiety. *Clinical Psychology: Science and Practice*, 33(3), 329-339. <https://doi.org/10.1037/cps0000345>
16. **Rodriguez, M.** & Campbell, S. W. (2025). Re-evaluating solitude: A Nietzschean perspective. *The Journal of Positive Psychology*, 20(5), 878-888. <https://doi.org/10.1080/17439760.2025.2519296>
15. Wormley, A. S., Vornlocher, C., Baldwin, C. R., & **Rodriguez, M.** (2025). Beliefs about God buffer against the health risks of loneliness and social isolation in six major religious groups and 22 countries. *Scientific Reports*, 15, 37187. <https://doi.org/10.1038/s41598-025-12672-6>
14. **Rodriguez, M.**, Schertz, K. E., & Kross, E. (2025). How people think about being alone shapes their experience of loneliness. *Nature Communications*, 16, 1594. <https://doi.org/10.1038/s41467-025-56764-3>

Featured in *The New York Times*, *BBC News*, *The Independent*, *National Public Radio*
Top 1% of similarly aged *Nature Communications* articles (Altmetric)
13. **Rodriguez, M.** & Campbell, S. W. (2025). From ‘isolation’ to ‘me-time’: Linguistic shifts enhance solitary experiences. *Cognition and Emotion*, 39(8), 1820-1840. <https://doi.org/10.1080/02699931.2024.2445080>
12. **Rodriguez, M.**, Pratt, S., Bellet, B. W., McNally, R. J. (2025). Solitude can be good if you see it as such: Reappraisal helps lonely people experience solitude more positively. *Journal of Personality*, 93(1), 118-135. <https://doi.org/10.1111/jopy.12887>

Featured in *The New York Times*

Featured in *Character & Context Blog*, *Society for Personality and Social Psychology (SPSP)*.
Rodriguez, M., Pratt, S., & Bellet, B. W. (2023, Nov). Improving our relationship to being alone.
11. Nguyen, T. T. & **Rodriguez, M.** (2024). Deconstructing solitude and its links to well-being. *Social and Personality Psychology Compass*, e70020. <https://doi.org/10.1111/spc3.70020>

10. **Rodriguez, M.**, & Kross, E. (2023). Sensory emotion regulation. *Trends in Cognitive Sciences*, 27(4), 370-390. <https://doi.org/10.1016/j.tics.2023.01.008>

Received Brickman Memorial Prize for best paper in the Social Psychology Area at UMich

Featured in *The Washington Post*

9. **Rodriguez, M.**, Aalbers, G., & McNally, R. J. (2022). Idiographic network models of social media use and depression symptoms. *Cognitive Therapy and Research*, 46(1), 124-132. <https://doi.org/10.1007/s10608-021-10236-2>
8. **Rodriguez, M.**, Osborn, T. L., Gan, J., Weisz, J. R., & Bellet, B. W. (2022). Loneliness in Kenyan adolescents: Socio-cultural factors and network association with depression and anxiety symptoms. *Transcultural Psychiatry*, 59(6), 797-809. <https://doi.org/10.1177/13634615221099143>
7. Lam, P., Simpson, D., John, D., **Rodriguez, M.**, Bridgman-Packer, D., O'Neill, M., & Lewis-Fernández, R. (2022). Differential engagement by race/ethnicity in experimental trials of mental health treatment interventions: A systematic review. *Journal of Clinical Psychiatry*, 83(6), 21r14343. <https://doi.org/10.4088/JCP.21r14343>
6. Osborn, T. L., Venturo, K., Gan, J., **Rodriguez, M.**, Alemu, R., Roe, E., Arango, S., Wasil, A., Campbell, S., Weisz, J. R., Wasanga, C. (2022). Depression and anxiety symptoms amongst Kenyan adolescents: Psychometric properties, prevalence rates, and associations with psychological well-being and sociodemographic factors. *Research on Child and Adolescent Psychopathology*, 50(11), 1471-1485. <https://doi.org/10.1007/s10802-022-00940-2>
5. Venturo-Conerly, K. E., Osborn, T. L., Alemu, R., Roe, E., **Rodriguez, M.**, Gan, J., Arango, S., Wasil, A., Wasanga, C., Weisz, J. R. (2022). Single-session interventions for adolescent anxiety and depression symptoms in Kenya: A cluster-randomized controlled trial. *Behaviour Research and Therapy*, 151, 104040. <https://doi.org/10.1016/j.brat.2022.104040>
4. Osborn, T. L., Venturo-Conerly, K. E., Arango, S. G., Roe, E., **Rodriguez, M.**, ... Weisz, J. R. (2021). The Shamiri group intervention for adolescent anxiety and depression in Sub-Saharan Africa: A randomized clinical trial. *JAMA Psychiatry*, 78(8), 829-837. <https://doi.org/10.1001/jamapsychiatry.2021.1129>
3. **Rodriguez, M.**, Bellet, B. W., & McNally, R. J. (2020). Reframing time spent alone: Reappraisal buffers the emotional effects of isolation. *Cognitive Therapy and Research*, 44, 1052-1067. <https://doi.org/10.1007/s10608-020-10128-x>

Featured in *The New York Times*, *Psychology Today*, *El País*

2. Osborn, T. L., **Rodriguez, M.**, Wasil, A. R., Venturo-Conerly, K. E., ... & Weisz, J. R., (2020). Single session digital intervention for adolescent depression, anxiety, and well-being: Outcomes of a randomized controlled trial with Kenyan adolescents. *Journal of Consulting and Clinical Psychology*, 88(7), 657-668. <https://doi.org/10.1037/ccp0000505>
1. Osborn, T. L., Venturo-Conerly, K. E., Wasil, A. R., **Rodriguez, M.**, Roe, E., Arango, S., Alemu, R., Gan, J., Schleider, J. L., & Weisz, J. R. (2020). The Shamiri group intervention for adolescent anxiety and depression: Study protocol for a randomized controlled trial of a lay provider-delivered, school-based intervention in Kenya. *Trials*, 21, 938. <https://doi.org/10.1186/s13063-020-04732-1>

REGISTERED REPORTS

- Rodriguez, M.**, Diamond, E., From, A., Gordon, A. M., & Feinberg, M. The effects of AI companions on psychological well-being, social life, and interpersonal attitudes and behaviors: An 8-month experimental study. Stage 1 Registered Report accepted in principle at *Nature Human Behaviour*.

BOOK CHAPTERS

Rodriguez, M., Motyl, M., & Schroeder, J. (2026). From social media to empathic artificial intelligence: Applying past lessons to future technologies. In Perry, A. & Cameron, C. D. (Eds), *Empathy and Artificial Intelligence: Challenges, Advances, and Ethical Considerations* (pp. 183-194). Cambridge University Press.

Rodriguez, M. & Mehl, M. R. (In Prep). What does it mean to “be alone”? Challenges and opportunities in defining solitude. Invited to Nguyen, T. T. & Tomova, L. (Eds), *A Methodological Roadmap for the Study of Solitude and Social Isolation*. Cambridge University Press.

REVISED MANUSCRIPTS UNDER REVIEW

Rodriguez, M., Trinh, E. N., Lieberman, A., & Schroeder, J. When interactions with AI feel social and why it matters. *Current Opinion in Psychology*.

Baldwin, C. R., **Rodriguez, M.,** Mendes, W. B., & McNally, R. J. The body as a fundamental system of emotion regulation. *Trends in Cognitive Sciences*.

CONFERENCE TALKS

Rodriguez, M. (2027, February) “Loneliness With Others: Insights from Intensive Longitudinal Data.” Talk in **Symposium**, “Innovative Approaches to Measuring Social Connection” at the 2027 Society for Personality and Social Psychology (SPSP) Annual Convention, Philadelphia, PA.

Rodriguez, M. (2026, February) “Culture Shapes the Health Risks of Living Alone and Loneliness Across 58 Nations.” Talk in **Chaired Symposium**, “Solitude in a Social World: Context Matters” at the 2026 Society for Personality and Social Psychology (SPSP) Annual Convention, Chicago, IL.

Rodriguez, M. (2025, July) “Harnessing the Power of Solitude: A Novel Intervention to Combat Loneliness.” Talk in **Symposium**, “New Approaches to Address Social Disconnection” at the Summer Institute for Social and Personality Psychology (SISPP), Northwestern University, Evanston, IL.

Rodriguez, M. (2025, March) “Sensory Emotion Regulation.” Talk in **Symposium**, “New Perspectives on Effort in Emotion Regulation” at the 2025 Society for Affective Science (SAS) Annual Convention, Portland, OR.

Rodriguez, M. (2025, March) “Interacting with an AI Companion Promotes Emotional Well-Being Across Seven Weeks.” Data Blitz at the 2025 Society for Affective Science (SAS) Annual Convention, Emotion Regulation Pre-Conference, Portland, OR.

Rodriguez, M. (2024, May) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Talk in **Symposium**, “Innovative Tools to Address the Loneliness Epidemic” at the 2024 Association for Psychological Science (APS) Annual Convention, San Francisco, CA.

Rodriguez, M. (2024, February) “Lonely or Just Alone? Beliefs Shape Experiences of Being Alone.” Talk in **Chaired Symposium**, “Time Alone: An Asset or Liability to Well-Being?” (Co-Chair: Ethan Kross) at the 2024 Society for Personality and Social Psychology (SPSP) Annual Convention, San Diego, CA.

Rodriguez, M. (2023, May) “Disentangling Subjective Loneliness from Objective Time Alone.” Talk in **Symposium**, “Leveraging Multimodal Data and Methods to Understand Loneliness, its Consequences, and its Treatment” at the 2023 Association for Psychological Science (APS) Annual Convention, D.C.

Rodriguez, M. (2023, February) “Social Media Use and Depression: A Longitudinal and Idiographic Approach.” Data Blitz presented at the 2023 Society for Personality and Social Psychology (SPSP) Annual Convention, Media and Technology Pre-Conference, Atlanta, GA.

INVITED TALKS

- 2026 NYU (Social Area Brown Bag Speaker Series, Department of Psychology)
Ohio University (Department of Psychology Colloquium Series)
The Solitude Lab, Ltd.
Cornell University (Department of Psychology)
University of Toronto, Scarborough (Department of Psychology)
Stanford University (Department of Psychology Colloquium Series)
- 2025 Yale University (Department of Psychology)
UNC-Chapel Hill (Department of Psychology)
Michigan State University (Social Area Brown Bag Speaker Series, Department of Psychology)
USC (Social Area Brown Bag Speaker Series, Department of Psychology)
UCLA (Social Area Brown Bag Speaker Series, Department of Psychology)
Ross School of Business, University of Michigan (Management & Organizations Area Seminar)
University of Michigan (Clinical Area Brown Bag Speakers Series, Department of Psychology)
Center for Positive Organizations (Adderley Research Incubator)
University of Michigan (Personality & Social Contexts Speaker Series, Department of Psychology)
Linfield University (Social Area Brown Bag Speaker Series, Department of Psychology)
University of Michigan Patricia Gurin Lecture Series, Department of Psychology)

TEACHING EXPERIENCE

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MICHIGAN

UNDERGRADUATE COURSES

		<i>RATING</i>
FALL 2024	<i>Psychology of Close Relationships</i> , Graduate Student Instructor	4.9/5.0
WINTER 2024	<i>Cultural Psychology</i> , Graduate Student Instructor	5.0/5.0
FALL 2023	<i>Intro to Psychology</i> , Graduate Student Instructor	4.8/5.0
WINTER 2023	<i>Organizational Psychology</i> , Graduate Student Instructor	5.0/5.0
FALL 2022	<i>Intro to Social Psychology</i> , Graduate Student Instructor	5.0/5.0
WINTER 2022	<i>Intro to Social Psychology</i> , Graduate Student Instructor	4.9/5.0

MANAGEMENT AND ORGANIZATIONS, ROSS SCHOOL OF BUSINESS, UNIVERSITY OF MICHIGAN

UNDERGRADUATE COURSES

- WINTER 2024 *Leading Yourself & Managing Your Professional Relationships*, Grader & Tutor
WINTER 2023 *Leading Yourself & Managing Your Professional Relationships*, Grader & Tutor

GRADUATE COURSES

- FALL 2024 *Negotiations* (Executive MBA), Teaching Assistant & Grader
FALL 2021 *Intro to Management & Organizations* (MBA), Teaching Assistant

INVITED GUEST LECTURES, UNIVERSITY OF MICHIGAN

- FALL 2024 “The Rise of AI Companions.” *Psychology of Close Relationships*
WINTER 2024 “Culture and Emotion.” *Cultural Psychology*
WINTER 2024 “How You Think About Being Alone Shapes Your Experience of Loneliness.” *Leading Yourself and Managing Your Professional Relationships*
WINTER 2023 “How You Think About Being Alone Shapes Your Experience of Loneliness.” *Leading Yourself and Managing Your Professional Relationships*

MENTORING EXPERIENCE

SENIOR HONORS THESES SUPERVISED

- 2024-25 Hannah Lubowitz (Psychology & Education, UMich); *High Honors*
2024-25 Natalie Pierce (Psychology & Criminal Justice, UMich); *High Honors*
2024-25 Megan Pham (Psychology, UMich); *Received Best Thesis Award*
2023-24 Sofia Micale (Psychology & Cognitive Science, UMich); *Highest Honors*

ADVANCED TRAINING

- 2024 *Designing Ambulatory Assessment Studies* (SMaRT Workshop, Dr. Aidan Wright)
 2023 *Dyadic Longitudinal Analysis* (University of Pittsburgh, Drs. Amie Gordon & Kate Thorson)
 2023 *Longitudinal Multilevel Modeling* (University of Pittsburgh, Dr. Aidan Wright)
 2022 *Multilevel Models: An Introduction* (ICPSR, University of Michigan, Dr. Mark Manning)

SELECT MEDIA COVERAGE

- 2026 *The New York Times*
The Atlantic
The Happiness Lab
 2025 *BBC News*
The Independent
University of Michigan News
National Public Radio
The Conversation
 2023 *The Washington Post*
El País

PROFESSIONAL SERVICE

JOURNAL REVIEWING

Editorial Board

Emotion (2026-)

Ad Hoc Reviewer

British Journal of Social Psychology
Cognition and Emotion
Cognitive Therapy and Research
Emotion
Journal of Personality
Journal of Personality and Social Psychology
Nature Human Behaviour
Personality & Individual Differences
Personality and Social Psychology Bulletin
Perspectives on Psychological Science
Proceedings of the National Academy of Sciences
Social Psychological & Personality Science
Scientific Reports

AFFILIATIONS

Association for Psychological Science (APS)
 International Association for Relationships Research (IARR)
 Society for Affective Science (SAS)
 Society for Personality and Social Psychology (SPSP)

DEPARTMENTAL SERVICE

UNIVERSITY OF MICHIGAN

- 2023-26 Integrity Hearing Board, Rackham Graduate School
 2024-25 Departmental Associate, Department of Psychology
 2023-24 Graduate Admissions Committee, Department of Psychology (Social Area)
 2023-24 Culture Committee, Department of Psychology (Social Area)
 2022-23 Recruitment Weekend Committee, Department of Psychology (Social Area)

HARVARD UNIVERSITY

- 2023- Alumna Interviewer for Undergraduate Applicants (Detroit & NYC)
 2019-20 Committee on Undergraduate Instruction, Department of Psychology
 2019-20 Undergraduate Planning Committee, Department of Psychology