

Peter M. Ruberton

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Education & Employment

- 2022-present Senior Branch Insights Analyst, Edward Jones
- 2017-2022 Postdoctoral Scholar, Department of Psychology, The Pennsylvania State University, University, University Park, PA
- 2017 Ph.D. in Social/Personality Psychology, University of California, Riverside
Doctoral advisor: Sonja Lyubomirsky
Dissertation title: *Development of an online humility-boosting program*
- 2014 M.A. in Psychology, University of California, Riverside
- 2011 B.S. in Psychology, *summa cum laude*, Truman State University, Kirksville, MO
Minors in Statistical Methods and Spanish

Grants & Fellowships

- 2017 Dissertation Year Fellowship Award, \$7200 quarterly stipend (3 quarters; declined), Graduate Division, University of California, Riverside
- 2015-2018 Contributor, John Templeton Foundation grant
Project title: How can people become lastingly more humble? Development of a long-term humility-boosting program (Amount of award: \$414,979; P.I.: Sonja Lyubomirsky)
- 2014-2017 National Science Foundation Graduate Research Fellowship, University of California, Riverside
- 2010 TruScholars Summer Research Program, \$3000 stipend, Truman State University

Awards & Honors

- 2016 Graduate Student Research Award, Department of Psychology, University of California, Riverside
- 2015 Outstanding Teaching Assistant Award, Graduate Division, University of California, Riverside

- 2011 President's Recognition Award for Outstanding Academic Achievement (95th percentile or above on senior field exam), Truman State University
- 2011 Co-Valedictorian, Truman State University
- 2010 Phi Beta Kappa, Truman State University chapter
- 2007-2011 President's List (4.0 semester GPA), Truman State University

Research Interests

SAGES: Study for the Advancement of Graduate Education and Scholarship

- SAGES is a multi-site, NSF-funded longitudinal study of the experiences of Ph.D. students with the long-term goal of promoting better student outcomes (e.g., retention).
- What are the psychological characteristics of Ph.D. students at the beginning of their graduate school careers?
- How do the day-to-day experiences and emotions of Ph.D. students relate to performance and retention in graduate school? (Experience sampling/ecological momentary assessment)
- Can brief psychological interventions (values affirmation, belonging), administered via pencil-and-paper and smartphone app throughout the academic year, promote improved outcomes for Ph.D. students? How do these interventions moderate the effects of day-to-day academic experiences (e.g., adverse academic events, such as bad meetings with advisors) on Ph.D. students' outcomes?

Determinants and Outcomes of State Humility

- State humility interventions: How and for whom do humility interventions (expressing gratitude, experiencing awe, affirming self-relevant values) work best? How can their effects be maximized?
- What types of people are highly motivated to become more humble? For example, do narcissistic individuals have a desire to become more humble or do only the humble seek out humility?
- Development of a long-term humility-boosting program: Can people become lastingly more humble?

Financial and Consumer Behaviors and Well-Being

- What types of spending habits (e.g., variety vs. consistency of spending) promote longer-lasting happiness boosts from purchases?
- How can individuals learn to spend money in a way that maximizes their well-being?
- How do financial behaviors (e.g., spending vs. saving money) relate to well-being?

Peer-Reviewed Publications

Ruberton, P. M., Gladstone, J., & Lyubomirsky, S. (2016). How your bank balance buys happiness: The importance of “cash on hand” to life satisfaction. *Emotion, 16*, 575-580. <https://dx.doi.org/10.1037/emo0000184>

Ruberton, P. M., Huynh, H. P., Miller, T. A., Kruse, E., Chancellor, J., & Lyubomirsky, S. (2016). The relationship between physician humility, physician-patient communication, and patient health. *Patient Education and Counseling, 99*, 1138-1145. <https://dx.doi.org/10.1016/j.pec.2016.01.012>

Nelson, S. K., **Ruberton, P. M.**, Chancellor, J., Cornick, J. E., Blascovich, J., & Lyubomirsky, S. (2019). The proximal experience of awe. *PLOS ONE, 14*. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0216780>

Shin, L. J., **Ruberton, P. M.**, & Lyubomirsky, S. (2018). The spotlight activity: Development and initial test of a naturalistic attention-redirection well-being intervention. *Journal of Positive Psychology and Wellbeing*. <https://journalppw.com/index.php/JPPW/article/view/49>

Kruse, E., Chancellor, J., **Ruberton, P. M.**, & Lyubomirsky, S. (2014). An upward spiral between gratitude and humility. *Social Psychological and Personality Science, 5*, 805-814. <https://journals.sagepub.com/doi/full/10.1177/1948550614534700>

Chapters

Ruberton, P. M., Kruse, E., & Lyubomirsky, S. (2017). Boosting state humility via gratitude, self-affirmation, and awe: Theoretical and empirical perspectives. In E. Worthington, D. Davis, & J. Hook (Eds.), *Handbook of humility*. New York: Routledge.

Boehm, J., **Ruberton, P. M.**, & Lyubomirsky, S. (2017). The promise of fostering greater happiness. In S. J. Lopez, Edwards, L., & Marques, S. (Eds.), *Oxford handbook of positive psychology* (3rd ed.). New York: Oxford University Press.

Armenta, C., **Ruberton, P. M.**, & Lyubomirsky, S. (2015). Subjective well-being, psychology of. In J. D. Wright (Ed.), *International encyclopedia of social and behavioral sciences* (2nd ed., pp. 648-653). Oxford: Elsevier.

Manuscripts Under Review

Ruberton, P. M.*, Gladstone, J.*, Margolis, S., & Lyubomirsky, S. (2021). *Does variety in hedonic spending improve happiness? Testing alternative causal mechanisms between hedonic variety and subjective well-being*. Manuscript under review.

*Co-first authors

Stevens, S. M., **Ruberton, P. M.**, Smyth, J. M., Cohen, G. L., Purdie-Greenaway, V., & Cook, J. E. (2021). *A latent class analysis approach to the identification of doctoral students at risk of attrition*. Manuscript under review.

Projects in Progress

Projects in progress as part of SAGES

Ruberton, P. M., Stevens, S. M., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. *Psychology of incoming PhD students by race, gender, & SES*. Manuscript in preparation.

Ruberton, P. M., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. A *longitudinal study of affirmation and belonging interventions among Ph.D. students*. Manuscript in preparation.

Park, H. J., **Ruberton, P.M.**, & Cook, J. E. *Lower SES Ph.D. students experience interpersonal disconnection from others both inside and outside of academia*. Manuscript in preparation (invited submission, Journal of Social Issues special issue on Stigma and Social Relationships).

Park, H. J., **Ruberton, P. M.**, Harper, J. O., & Cook, J. E. *The effect of social psychological interventions on students' hair cortisol levels in academic contexts*. Manuscript in preparation.

Stevens, S. M., **Ruberton, P. M.**, Cohen, G. L., Purdie Greenaway, V., & Cook, J. E. *Effects of an image-based smartphone intervention on doctoral students' psychological experiences*. Manuscript in preparation.

Other projects in progress

Ruberton, P. M. (dissertation research). *Development of an online humility-boosting program*.

Conference Presentations

*Indicates undergraduate student mentee

2022

Co-Chaired Symposium

Cook, J. E., & **Ruberton, P. M.** (2022, February 16-19) *Social psychological factors predicting attrition and retention of PhD students* [Symposium]. Society for Personality and Social Psychology Annual Convention, San Francisco, CA.

Presentations in Symposium

Ruberton, P. M., Stevens, S. M., Cohen, G. L., Purdie Greenaway, V., Smyth, J. S., & Cook, J. E. *Belonging intervention mitigates daily psychological threats among female PhD students*.

Cook, J. E., & **Ruberton, P. M.** *Psychology of incoming PhD students by race, gender, & SES*.

Park, H. J., **Ruberton, P. M.**, Purdie Greenaway, V., Cohen, G. L., Smyth, J. S., & Cook, J. E. *Academic integration and interpersonal disconnection among lower SES PhD students*.

Stevens, S. M., **Ruberton, P. M.**, Smyth, J. S., Cohen, G. L., Purdie Greenaway, V., & Cook, J. E. *Using latent class analysis to predict doctoral student attrition risk.*

2020

Ruberton, P. M., Harper, J. O., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. (2020, May). *Bridging the gender gap in STEM: A longitudinal study of affirmation and belonging interventions among Ph.D. students.* Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.

Ruberton, P. M., Harper, J. O., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. (2020, February). *A longitudinal study of affirmation and belonging interventions among Ph.D. students.* Poster presented at the Intervention Science Preconference of the meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Hu, D., Park, H. J., **Ruberton, P. M.**, Purdie Greenaway, V., Cohen, G. L., & Cook, J. E. (2020, April). *Trust in advisors enhances Ph.D. students' motivational and emotional experiences.* Poster presented at the meeting of the Society of Affective Science, San Francisco, CA.

Hu, D., Park, H. J., **Ruberton, P. M.**, Purdie Greenaway, V., Cohen, G. L., & Cook, J. E. (2020, February). *Trust in advisors enhances Ph.D. students' motivational and emotional experiences.* Data blitz presented at the Motivation Science Preconference of the meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Liguori, E.*, **Ruberton, P. M.**, Harper, J. O., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. (2020, May). *The role of mindfulness and adviser-student meeting quality in stress among Ph.D. students.* Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.

Park, H. J., **Ruberton, P. M.**, Harper, J. O., & Cook, J. E. (2020, February). *The effect of social psychological interventions on students' hair cortisol levels in academic contexts.* Poster presented at the meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Soohoo, L. G.*, **Ruberton, P. M.**, Harper, J. O., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. (2020, May). *The associations between gender-based stereotype threat, negative affect, and belonging among Ph.D. students.* Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.

Stevens, S. M., **Ruberton, P. M.**, Cohen, G. L., Purdie Greenaway, V., & Cook, J. E. (2020, February). *A preliminary examination of an image-based smartphone intervention on doctoral students' psychological experiences.* Poster presented at the Intervention Science Preconference of the meeting of the Society for Personality and Social Psychology, New Orleans, LA.

2019

Ruberton, P. M., Cohen, G. L., Purdie Greenaway, V., Smyth, J. M., & Cook, J. E. (2019, July). *A longitudinal study of affirmation (and belonging) interventions among Ph.D. students*. Data blitz presented at the Self-Affirmation Mechanisms and Theory Conference, Pittsburgh, PA.

Ruberton, P. M., Gladstone, J. G., Margolis, S., & Lyubomirsky, S. (2019, February). *Adding spice to life: variety in hedonic spending increases subjective well-being*. Paper presented at the meeting of the Society for Personality and Social Psychology, Portland, OR.

Hu, D., Park, H. J., **Ruberton, P. M.**, & Cook, J. (2019, July). *Trust with advisors predicts Ph.D. students' burnout via everyday confidence and anxiety*. Poster presented at the meeting of the International Society for Research on Emotions, Amsterdam.

Hu, D., Park, H. J., **Ruberton, P. M.**, & Cook, J. E. (2019, February). *Not pursuing my goal alone: Goal similarity with advisors predicts Ph.D. motivation*. Poster presented at the Motivation Science Preconference of the meeting of the Society for Personality and Social Psychology, Portland, OR.

Griswold, K. R., Burke, V. A., **Ruberton, P.**, & Cook, J. E. (2019, May). *Overcoming role incongruity with mindfulness*. Poster presented at the meeting of the European Association of Work and Organizational Psychology, Turin, Italy.

2018 and earlier

Ruberton, P. M., Nelson, S. K., Chancellor, J., Cornick, J. E., Blascovich, J., & Lyubomirsky, S. (2018, March). *The proximal experience of awe*. Poster presented at the meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Ruberton, P. M., Walsh, L. C., Revord, J., & Lyubomirsky, S. (2017, January). *Do only the humble seek humility? Characteristics of people motivated to become more humble*. Poster presented at the meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Ruberton, P. M., Gladstone, J., & Lyubomirsky, S. (2016, January). *How your bank balance buys happiness: The importance of "cash on hand" to life satisfaction*. Poster presented at the meeting of the Society for Personality and Social Psychology, San Diego, CA.

Ruberton, P. M., Huynh, H., Miller, T., Kruse, E., Chancellor, J., Sweeny, K., & Lyubomirsky, S. (2015, February). *The relationship between physician humility, physician-patient communication, and patient health*. Poster presented at the meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Ruberton, P. M., Kruse, E. T., Chancellor, J., & Lyubomirsky, S. (2014, February). *An upward spiral between gratitude and humility*. Poster presented at the meeting of the Society for Personality and Social Psychology, Austin, TX.

Ruberton, P., Jacobson, N., Bangert, L., Constance, J. M., Pearlstein, J., & Vittengl, J. (2011, May). *Seeing the good in life: The effects of gratitude reflection on perceived life events and subjective well-being*. Poster presented at the meeting of the Midwestern Psychological Association, Chicago, IL.

Ruberton, P., Maassen, K., Garcia, S., Coffman, A., & Heckert, T. (2011, April). *Effects of blame attribution and apology on willingness to forgive*. Paper presented at the Truman State University Psi Chi Research Conference, Kirksville, MO.

Maassen, K., **Ruberton, P.**, Garcia, S., Coffman, A., Bowles, C., & Heckert, T. (2012, May). *Effect of blame attribution and transgressor apology on willingness to forgive*. Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.

Jacobson, N. C., **Ruberton, P.**, Constance, J. M., Pearlstein, J., Bangert, L., & Vittengl, J. (2011, May). *Strengths and weaknesses in test-taking: In what ways do anxiety and impulsivity impact test performance?* Poster presented at the meeting of the Midwestern Psychological Association, Chicago, IL.

Media Coverage

May 29, 2017	<i>CNBC.com</i>	“The investing upside of having more cash on hand than you need”
April 2017	<i>The Atlantic</i>	“How To Buy Happiness”
December 26, 2016	<i>Greater Good Center</i>	“The Top 10 Insights from the ‘Science of a Meaningful Life’ in 2016”
November 1, 2016	<i>Psychology Today</i>	“Bank Notes: The Amount of Happiness a Dollar Buys Depends On How You Use It”
September 11, 2016	<i>The Wall Street Journal</i>	“The More Cash People Have, The Happier They Are”
April 15, 2016	<i>Time.com</i>	“How Your Checking Account Affects Your Mood”

Teaching Experience

As Primary Instructor, UC Riverside
Introductory Psychology (1 summer session)

As Teaching Assistant, UC Riverside
Psychological Methods: Statistical Procedures (1 quarter, 1 summer session)
Instructors: Robert Rosenthal, Ph.D.; S. Katherine Nelson, M.A. (summer session)
Social Psychology (1 quarter)
Instructor: Sonja Lyubomirsky, Ph.D.

Industrial/Organizational Psychology (1 quarter)

Instructor: Thomas Sy, Ph.D.

Abnormal Psychology (1 summer session)

Instructor: Ana Marcelo, M.A.

Evaluations available on request. (Note: Summer TA appointments were not evaluated.)

Other Teaching Experience & Credentials

2016 University Teaching Certificate Program, University of California, Riverside

2008-2011 Elementary Spanish peer teacher, Truman State University (6 semesters)

I am prepared to teach:

Statistics/Statistical Methods

Research Methods in Psychology

Social Psychology (undergraduate or graduate)

Introductory Psychology

Professional Experience

2011-2012 Research assistant, Department of Psychology, Washington University in St. Louis

Professional Service, Associations, and Activities

Ad hoc reviewer, *Journal of Personality and Social Psychology; Emotion; Cognition and Emotion; Applied Psychology: Health and Well-Being.*

2015-2017 Graduate student peer mentor, University of California, Riverside

2015 Poster award reviewer, Happiness & Well-Being Preconference, meeting of the Society for Personality and Social Psychology

2013-present Member, Society for Social and Personality Psychology

2009-present Member, Psi Chi, Truman State University chapter
Publicity Chair, 2010-2011