

MARK MURAVEN

Department of Psychology, University at Albany, Albany, NY 12222

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EDUCATION

CASE WESTERN RESERVE UNIVERSITY

Cleveland, OH

Ph. D., Experimental (Social) Psychology, May 1998.

Dissertation: Mechanisms of Self-Control Failure: Motivation and Limited Resources

M. A., Experimental (Social) Psychology, May 1995.

Thesis: Self-Regulatory Failure Caused by Prior Regulatory Exertion

UNIVERSITY OF ROCHESTER

Rochester, NY

B. A., Psychology, May 1991, *cum laude* with departmental honors.

National Merit Scholarship Winner

POSITION HISTORY

ASSOCIATE PROFESSOR

2006-

University at Albany, SUNY, Albany, NY

ASSISTANT PROFESSOR

2000-2006

University at Albany, SUNY, Albany, NY

POST-DOCTORAL RESEARCH ASSOCIATE

1998-2000

Research Institute on Addictions, Buffalo, NY

RESEARCH INTERESTS

- Self-control and self-regulation
- Theories of emotions, especially the regulation of emotions in directing behavior
- Addictions, particularly the role of self-control and emotions in moderating excessive drinking
- Ecological Momentary Assessment methodologies

AWARDS AND HONORS

- Distinguished Scientific Early Career Contributions (APA Division 50 [Addictions]) (2010)
- Graduate Student Organization (University at Albany) Service Award (2005)
- Early Career Contribution Award AABT Addictions Special Interest Group (2002)

FUNDED EXTRAMURAL GRANTS AND FELLOWSHIPS

1. *Improving Coping by Building Self-Control*

- Principal Investigator: Mark Muraven
Agency: Department of Defense Army Research Institute
Period: September 2008-August 2011
Role on Project: Principal Investigator
Direct Costs: \$400,000
2. *Practicing Self-Control Lowers the Risk of Smoking Lapse*
Principal Investigator: Mark Muraven
Agency: National Institute on Drug Abuse R01 DA016131
Period: May 2004-March 2010
Role on Project: Principal Investigator
Direct Costs: \$875,000
3. *Alcohol Lapse: Role of Self-Control Strength & Restraint*
Principal Investigator: Mark Muraven
Agency: National Institute on Alcohol Abuse and Alcoholism R21 AA012770
Period: September 2001-August 2004
Role on Project: Principal Investigator
Direct Costs: \$150,000
4. *Jacob K. Javits Fellowship*
Principal Investigator: Jeremy Nicholson
Agency: Department of Education
Period: September 2003-August 2006
Role on Project: Mentor
Direct Costs: \$55,200
5. *National Science Foundation Graduate Research Fellowship*
Principal Investigator: Mark Muraven
Agency: National Science Foundation
Period: September 1993-August 1996
Role on Project: Principal Investigator
Direct Costs: \$67,200

RESEARCH

1. **PEER REVIEWED JOURNAL ARTICLES** (* indicates student co-authors)
2. Freeman, N.*, Shmueli, D., & Muraven, M. (in press). Lay Theories of Self-Control Influence Judgments of Individuals Who Have Failed at Self-Control. *Journal of Applied Social Psychology*.

3. DeBono, A.*, & Muraven, M. (in press). Keeping it real: Self-control depletion increases accuracy but decreases confidence for performance. *Journal of Applied Social Psychology*.
4. DeBono, A*., Shmueli, D., & Muraven, M. (2011). Rude and inappropriate: The role of self-control in following social norms. *Personality and Social Psychology Bulletin*, *37*, 136-146.
5. Kashdan, T. B., Ferrisizidis, P., Collins, R. L., & Muraven, M. (2010). Emotion differentiation as resilience against excessive alcohol use. *Psychological Science*, *21*, 1341-1347.
6. Muraven, M. (2010). Practicing self-control lowers the risk of smoking lapse. *Psychology of Addictive Behaviors*, *24*, 446-452.
7. Freeman, N.*, & Muraven, M. (2010). Don't interrupt me! Task interruption depletes the self's limited resources. *Motivation and Emotion*, *34*, 230-241.
8. Freeman, N.*, & Muraven, M. (2010). Self-control depletion leads to increased risk taking. *Social Psychological and Personality Science*, *1*, 175-181.
9. Muraven, M. (2010). Building self-control strength: Practicing self-control leads to improved self-control performance. *Journal of Experimental Social Psychology*, *46*, 465-468.
10. Muraven, M. (2008). Autonomous self-control is less depleting. *Journal of Research in Personality*, *42*, 763-770.
11. Muraven, M., Gagne, M., & Rosman, H.* (2008). Helpful self-control: Autonomy support, vitality, and depletion. *Journal of Experimental Social Psychology*, *44*, 573-585.
12. Muraven, M. (2008). Prejudice as self-control failure. *Journal of Applied Social Psychology*, *38*, 314-333.
13. Muraven, M., Rosman, H.*, & Gagné, M. (2007). Lack of autonomy and self-control: Performance contingent rewards lead to greater depletion. *Motivation and Emotion*, *31*, 322-330.
14. Tice, D. M., Baumeister, R. F., Shmueli, D.*, & Muraven, M. (2007). Restoring the self: Positive affect helps improve self-regulation following ego depletion. *Journal of Experimental Social Psychology*, *43*, 379-384.
15. Muraven, M., Shmueli, D*., & Burkley, E*. (2006). Conserving Self-Control Strength. *Journal of Personality and Social Psychology*, *91*, 524-537.
16. Muraven, M., & Shmueli, D.* (2006). The self-control costs of fighting the temptation to drink. *Psychology of Addictive Behaviors*, *20*, 154-160.

17. Muraven, M., Pogarsky, G., & Shmueli, D*. (2006). Self-control depletion and the general theory of crime. *Journal of Quantitative Criminology*, *22*, 263-277.
18. Neal, D. J., Corbin, W. R., DelBoca, F. K., Parks, K. A., Collins, R. L., Fromme, K., Muraven, M., King, L P., Pardi, A. M., & Vetter, C. J. (2006). Capturing the moment: Innovative approaches to daily alcohol assessment. *Alcoholism: Clinical and Experimental Research*, *30*, 282-291.
19. Muraven, M., Collins, R. L., Morsheimer, E. T., Shiffman, S., & Paty, J. A. (2005). The morning after: Limit violations and the self-regulation of alcohol consumption. *Psychology of Addictive Behaviors*, *19*, 253-262.
20. Muraven, M., Collins, R. L., Morsheimer, E. T., Shiffman, S., & Paty, J. A. (2005). Daily fluctuations in self-control demands and alcohol intake. *Psychology of Addictive Behaviors*, *19*, 140-147.
21. Muraven, M., Collins, R. L., Morsheimer, E. T., Shiffman, S., & Paty, J. A. (2005). One Too Many: Predicting Future Alcohol Consumption Following Heavy Drinking. *Experimental and Clinical Psychopharmacology*, *13*, 127-136.
22. Muraven, M. (2005). Self-focused attention and the self-regulation of attention: Implications for personality and pathology. *Journal of Social and Clinical Psychology*, *24*, 382-400.
23. Slessareva, E.*, & Muraven, M. (2004). Sensitivity to punishment and self-control: The mediating role of emotion. *Personality and Individual Differences*, *36*, 307-319.
24. Muraven, M., & Slessareva, E*. (2003). Mechanisms of self-control failure: Motivation and limited resources. *Personality and Social Psychology Bulletin*, *29*, 894-906.
25. Muraven, M., Collins, R. L., & Nienhaus, K*. (2002). Self-control and alcohol restraint: An initial application of the self-control strength model. *Psychology of Addictive Behaviors*, *16*, 113-120.
26. Muraven, M., & Baumeister, R. F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle? *Psychological Bulletin*, *126*, 247-259.
27. Baumeister, R. F., Muraven, M., & Tice, D. M. (2000). Ego depletion: A resource model of volition, self-regulation, and controlled processing. *Social Cognition*, *18*, 130-150.
28. Muraven, M., Baumeister, R. F., & Tice, D. M. (1999). Longitudinal improvement of self-regulation through practice: Building self-control strength through repeated exercise. *Journal of Social Psychology*, *139*, 446-457.

29. Muraven, M., Tice, D. M., & Baumeister, R. F. (1998). Self-control as a limited resource: Regulatory depletion patterns. *Journal of Personality and Social Psychology, 74*, 774-789.
30. Baumeister, R. F., Bratslavsky, E., Muraven, M., & Tice, D. M. (1998). Ego-depletion: Is the active self a limited resource? *Journal of Personality and Social Psychology, 74*, 1252-1265.
31. Muraven, M., & Baumeister, R. F. (1997). Suicide, sex, terror, paralysis, and other pitfalls of reductionist self-preservation theory. *Psychological Inquiry, 8*, 36-40.
32. Baumeister, R. F., & Muraven, M. (1996). Identity as adaptation to social, cultural, and historical context. *Journal of Adolescence, 19*, 405-416.
33. Tice, D. M., Butler, J. L., Muraven, M., & Stillwell, A. M. (1995). When modesty prevails: Differential favorability of self-presentation to friends and strangers. *Journal of Personality and Social Psychology, 69*, 1120-1138.
34. **BOOK CHAPTERS, COMMENTARIES, REVIEWS, ABSTRACTS**
35. Muraven, M. (in press). Ego-depletion: Theory and evidence. In R. M. Ryan (Ed.), *Oxford handbook of motivation*. Oxford: Oxford University Press.
36. Shmueli, D.*, & Muraven, M. (2007). Depletion of self-control strength leads to increased deviance. In K. T. Froeling (Ed.), *Criminology research focus* (pp. 69-96). Hauppauge, New York: Nova Science Publishers, Inc.
37. Muraven, M. (2007). Ego Depletion. In R. F. Baumeister & K. D. Vohs. *Encyclopedia of Social Psychology*. Thousand Oaks, CA: Sage Publication
38. Collins, R. L., & Muraven, M. (2007). Ecological momentary assessment for alcohol consumption. In A. A. Stone, S. Shiffman, A. A. Atienza & L. Nebeling (Eds.), *The science of real-time data capture: Self-report in health research* (pp. 189-203). New York: Oxford University Press.
39. Muraven, M. (2004). Thoughts about who we are: Cognitive processing and the self [Review of *Self and Identity: Personal, Social, and Symbolic* by Kashima, Foddy, and Platow]. *Contemporary Psychology, 49*, 20-22.
40. Muraven, M. (2003). Blowing Your Diet: Models of Self-Control [Review of *Calm Energy: How People Regulate Mood with Food and Exercise* by Thayer]. *Contemporary Psychology, 48*, 742-744.
41. Baumeister, R. F., Dale, K. L., & Muraven, M. (2000). Volition and belongingness: Social movements, volition, self-esteem, and the need to belong. In S. Stryker, T. J. Owens, & R. W. White (Eds.), *Self, identity, and social movements* (pp. 239-251). Minneapolis, MN: University of Minnesota Press.

42. Baumeister, R. F., Leith, K., P., Muraven, M., & Bratslavsky, E. (1998). Self-regulation as a key to success in life. In D. Pushkar, W. Bukowski, D. Stack, A. Schwartzman, & D. White (Eds.), *Improving competence across the lifespan* (pp. 117-132). New York: Plenum.

INVITED ADDRESSES

- Colgate University, Department of Psychology
- Williams College, Department of Psychology
- University of Massachusetts-Amherst, Department of Psychology
- Union College, Department of Psychology
- Duke University, Department of Psychology
- Columbia University, Drugs and Alcohol Seminar
- University of Rochester, Department of Psychology
- Syracuse University, Department of Psychology
- University at Maryland, Department of Psychology
- University of Connecticut, Department of Psychology
- National Cancer Institute Crosstalk series
- University of Buffalo, Research Institute on Addictions
- Oxford University (UK), Oxford Centre for Neuroethics

TEACHING AND MENTORING

Courses Taught

- Introduction to Psychology
- Introduction to Social Psychology (Graduate and Undergraduate)
- Intimate Relationships (Graduate and Undergraduate)
- Psychology of Self-Control (Undergraduate)
- The Self (Graduate and Undergraduate)
- Motivation and Self-Regulation (Graduate)
- Emotions (Graduate)

Doctoral Committees Chaired

- Amber DeBono (2011) *Why am I Left Out? Interpretations of Exclusion Affect Anti-Social and Pro-Social Behaviors*
- Nicholas Freeman (2010) *Self-Control Conservation: A Closer Look at the Underlying Process*
- Jeremy Nicholson (2009) *Promoting the End-of-Life Care Decision-Making Process: Getting a Foot-in-the-Door*

- Dikla Shmueli (2006) *The Effect of Others on Individual Attention and the Implications for Self-Regulation*

SERVICE

Profession

Assistant Editor

- Motivation and Emotion (2008-present)

Consulting Editor

- Journal of Personality and Social Psychology (2006-2009)
- Self and Identity (2008-present)
- Psychology of Addictive Behaviors (2008-2011)

Ad hoc reviewer:

Personality and Social Psychology Bulletin, Journal of Experimental Social Psychology, Psychological Science, Psychology of Addictive Behaviors, Journal of Personality, Self and Identity, Journal of Social and Clinical Psychology, Journal of Social and Personal Relationships, Basic and Applied Psychology, European Journal of Social Psychology, Journal of Consulting and Clinical Psychology, and others

NSF Grant Reviewer (2003-2004, 2007)

NIH Study Section Review Panel

- Maintenance of Long Term Behavioral Change (2003)
- Adult Psychopathology and Disorders of Aging (2004-2005)
- Real-time Data Collection Paired with Ecological Momentary Assessment (2005)
- Treatment of Abuse Substance with Real Time fMRI (2008)
- Basic Mechanisms Influencing Behavioral Maintenance (2011)

Consultant:

- Project PERSIST, Kathleen A. O'Connell, PI, Columbia University (2002-2005)

APA Dissertation Research Award Reviewer

Participant, NIH Roadmap Meeting on the Science of Behavior Change (2009)

University/College

- Institutional Review Board (2005-2009); Chair (2009-present)
- LISC Collections Advisory Committee (2004-2009)
- Addictions Research Interest Working Group (2005-2008)
- College of Arts and Sciences Faculty Development Committee (2005-2006)

- Junior Science and Humanities Symposium Upstate New York-Judge (2001-2005)

Department

- Social Program Area Head (2008-present)
- Graduate Committee (2000-present)
- Social Psychology Journal Club (2002-present)
- Curriculum Committee (2001-2009)
- Outside Speakers Committee (2003-2007)

PROFESSIONAL AFFILIATIONS**Fellow**

- Society for Experimental Social Psychology

Member

- American Psychological Association: Division 8 (Social Psychology) and Division 50 (Addiction)
- Association for Psychological Science
- International Society for Self and Identity
- Society for Personality and Social Psychology