

Katie E. Garrison

Department of Psychology
The University of Alabama
Tuscaloosa, AL 35487-0348

kegarrison@ua.edu
<https://kegarrison.people.ua.edu/>

Professional Positions

2020-Present Assistant Professor, The University of Alabama

Education

Ph.D. Social and Personality Psychology, Texas A&M University, 2020
M.S. Psychological Science, Montana State University, 2015
B.A. Psychology, Carroll College, 2011

Research Interests

I study emotional, motivational, and cognitive processes involved in self-control. I use diverse methods including electroencephalography (EEG), behavioral experiments, and self-report.

Peer-Reviewed Publications

- Baldwin, C. L., **Garrison, K. E.**, Baumeister, R. F., & Schmeichel, B. J. (2021). Making memorable choices: Cognitive control and the self-choice effect in memory. *Self and Identity*. doi:10.1080/15298868.2021.1888787
- Garrison, K. E.**, Crowell, A. L., Kelley, N. J., Finley, A. J., Baldwin, C. L., & Schmeichel, B. J. (2021). Electrocortical effects of acetaminophen during emotional picture viewing, cognitive control, and negative feedback. *Cognitive, Affective, and Behavioral Neuroscience*, 21, 390-400.
- Garrison, K. E.**, & Schmeichel, B. J. (2020). Getting over it: Working memory capacity and affective responses to stressful events in daily life. *Emotion*. Advanced online publication. <https://doi.org/10.1037/emo0000755>
- Baldwin, C. L., Finley, A. J., **Garrison, K. E.**, Crowell, A. L., & Schmeichel, B. J. (2019). Higher trait self-control is associated with less intense and less frequent visceral states. *Self and Identity*, 18, 576-588.
- Garrison, K. E.**, Finley, A. J., & Schmeichel, B. J. (2019). Ego depletion reduces attention control: Evidence from two high-powered preregistered experiments. *Personality and Social Psychology Bulletin*, 45, 728-739.
- Garrison, K. E.**, & Schmeichel, B. J. (2019) Effects of emotional content on working memory capacity. *Cognition and Emotion*, 33, 370-377.
- Garrison, K. E.**, Crowell, A. L., Finley, A. J., & Schmeichel, B. J. (2017). Effects of prior mental effort on picture processing: An ERP investigation. *Psychophysiology*, 54, 1714-1725.
- Garrison, K. E.**, & Handley, I. M. (2017). Not merely experiential: Unconscious thought can be rational. *Frontiers in Psychology*, 8, 1096.
- Garrison, K. E.**, Tang, D., & Schmeichel, B. J. (2016). Embodying power: A preregistered replication and extension of the power pose effect. *Social Psychological and Personality Science*, 7, 623-630.

Book Chapters

Lench, H. C., Baldwin, C. L., **Garrison, K. E.**, & An, D. (2018). The emotional toolkit: Lessons from the science of emotion. In H. C. Lench (Ed.), *Functions of emotion: When and why emotions help us*. New York, NY: Springer Publishing.

Manuscripts under Review or in Revision

Garrison, K. E., Rivera, G. N., Schlegel, B., Schmeichel, B. J., Hicks, J. *Authentic for me but not for thee: Perceived of authenticity in self-control conflicts.* Manuscript in revision for invited re-submission

Garrison, K. E., Schmeichel, B. J., Baldwin, C. L., Harmon-Jones, E. *Meta-analysis of the relationship between frontal EEG asymmetry and approach/avoidance motivation.* Manuscript in revision for invited re-submission.

Garrison, K. E., Baldwin, C. L., & Schmeichel, B. J. *Performance incentives influence the subjective experience of mental effort.* Manuscript in revision.

Honors, Awards, Grants

Spring 2021 College Academy of Research, Scholarship, and Creative Activity (unfunded)
University of Alabama

Fall 2020 Office of Research and Economic Development, Small Grant Program (unfunded)
University of Alabama

Spring 2019 Heritage Dissertation Research Award (\$2000)
Society for Personality and Social Psychology

Fall 2019 Merit-based Travel Award
Society for Psychophysiological Research

Sum 2019 Sells Research Summer Award (\$3000)
Department of Psychological & Brain Sciences, Texas A&M University

Sum 2018 Professional Development Award
Department of Psychological & Brain Sciences, Texas A&M University

Sum 2018 Summer School Tuition and Travel Grant
Swiss Graduate School for Learning, Memory, and Cognition

Spring 2017 Graduate Student Travel Award
Society for Personality and Social Psychology

Fall 2016 Poster Award
Society for Neuroscience Local Chapter, Texas A&M University

Fall 2016 Graduate Student Poster Award (\$500)
Department of Psychology, Texas A&M University

Presentations

Oral Presentations

Garrison, K. E., (2022, April). *Examining subjective mental effort under a monetary incentive.* Invited to speak to the Experimental Psychology Seminar, Department of Psychology, University of Mississippi.

Garrison, K. E., (2022, March). *Examining subjective mental effort under a monetary incentive.* Invited to speak to the Readings in Ed. Psych seminar series. Department of Educational Studies in Psychology, University of Alabama.

Garrison, K. E., (2019, May). *Making memorable choices: Cognitive control and the self-choice effect in memory.* Presented at the symposium, Attention Biases during Learning and the Consequential Memory Effects (Chair, Gwendolyn Price). Association for Psychological Science annual convention, Washington, DC.

Garrison, K. E., (2018, June). *Effects of an episodic memory induction on delay discounting*. Presented at the Summer School for the Swiss Graduate School for Cognition, learning, and Memory, in Weggis, Switzerland.

Posters

*undergraduate student mentee

Garrison, K. E. (2022, February). *Examining the relationship between working memory capacity and the use of different emotion regulation strategies*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.

Wahlers, J., & **Garrison, K. E.** (2022, February). *Objective controllability and emotion regulation*. Poster presented at the Emotion Preconference at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.

Barash, R.*, Hughes, S.*, & **Garrison, K. E.** (2022, February). *Is the presence of a cellphone distracting?*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.

Chatham, S.*, & **Garrison, K. E.** (2021, October). *Emotion regulation in response to negative events*. Poster presented at the 44th annual conference of the Society of Southeast Social Psychologists, Virtual.

Garrison, K. E., Baldwin, C. L., & Schmeichel, B. J. (2021, February). *The Influence of Performance Incentives on Subjective Experiences of Mental Effort*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Virtual.

Garrison, K. E., Baldwin, C. L., & Schmeichel, B. J. (2020, February). *Performance incentives influence the subjective experience of mental effort*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Garrison, K. E., Finley, A. F., Baldwin, C. L., & Schmeichel, B. J. (2019, September). *Acetaminophen does not reduce psychophysiological responses to conflict, error processing, and negative feedback*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Washington, DC.

Garrison, K. E., Rivera, G., Schlegel, B., Schmeichel, B. J., Hicks, J. (2019, February). *Perceptions of authenticity in self-control conflicts*. Poster presented at the Existential Psychology Preconference of the Society for Personality and Social Psychology, Portland, OR.

Garrison, K. E., & Schmeichel, B. J. (2019, February). *Getting Over It: Working Memory Capacity and Successful Emotion Regulation in Daily Life*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

Garrison, K. E., Baldwin, C. L., Schmeichel, B. J., & Harmon-Jones, E. (2018, October). *Meta-analysis of the relationship between frontal EEG asymmetry and approach/avoidance motivation*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Quebec City, Quebec.

Garrison, K. E. & Schmeichel, B. J. (2018, March). *Effects of emotional content on working memory capacity*. Poster presented at the Society for Personality and Social Psychology Emotion Pre-Conference, Atlanta, GA.

Garrison, K. E., Finley, A. J., & Schmeichel, B. J. (2018, March). *Effects of ego depletion on attention control*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Garrison, K. E., Crowell, A. L., Finley, A. J., & Schmeichel, B. J. (2017, October). *Effects of prior mental effort on attention to emotional images: An ERP investigation*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Vienna, Austria.

- Garrison, K. E.,** Tang, David, Schmeichel, Brandon, J. (2017, January). *Embodying power: A preregistered replication and extension of the power pose effect.* Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Garrison, K. E.,** McDonald, J. B., Crowell, A. L., Kelley, N. J., & Schmeichel, B. J. (2016, December). *The effects of acetaminophen on the late positive potential during passive image viewing.* Poster presented at the Society for Neuroscience Local Chapter poster session at Texas A&M University.
- Garrison, K. E.,** McDonald, J. B., Crowell, A. L., Kelley, N. J., & Schmeichel, B. J. (2016, September). *The effects of acetaminophen on the late positive potential during passive image viewing.* Poster presented at the annual meeting of the Society for Psychophysiological Research, Minneapolis, MN.
- Finley, A. J., **Garrison, K. E.,** Crowell, A. L., & Schmeichel, B. J. (2016, September). *After-effects of self-control on ERPs to acoustic startle probes during emotional images.* Poster presented to the annual meeting of the Society for Psychophysiological Research, Minneapolis, MN.
- McDonald, J. B., Crowell, A. L., Kelley, N. J., **Garrison, K. E.,** & Schmeichel, B. J. (2016, May). *The effects of acute acetaminophen administration on the late positive potential during passive image viewing.* Poster presented at the association for Psychological Science Convention, Chicago, IL.
- Garrison, K.,** & Handley, I. M. (2016, January). *Investigating the maintenance of unfulfilled goals over time: Do they occupy executive resources?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Garrison, K. E.,** & Handley, I. M. (2015, February). *Not merely intuition: Unconscious Thought can be rational.* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Teaching

2022	Instructor, PY 656: Self-Control Seminar in Social Psych University of Alabama
2021	Instructor, PY 672: Advanced Social Psychology University of Alabama
2020-2022	Instructor, PY 101: Intro to Psychology University of Alabama
2019-2020	Instructor, PSYC 107: Intro to Psychology Texas A&M University
2018-2020	Lab Instructor, PSYC 301: Elementary Statistics for Psychology Texas A&M University
2019	Guest Lecturer, PSYC 489: Careers in Psychology Texas A&M University
2018	Lab Instructor, PSYC 301: Elementary Statistics for Psychology Texas A&M University
2014-2015	Lab Instructor, PSYC 223: Research Design & Analysis Montana State University

Research Positions

2020-present	Principal Investigator Garrison Lab
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Department of Psychology, University of Alabama

- Fall 2015-2020 Graduate Research Assistant
Cognitive Control and Psychophysiology Lab
Department of Psychological & Brain Sciences, Texas A&M University
- Fall 2017-2019 Subject Pool Coordinator
Department of Psychological & Brain Sciences, Texas A&M University

Advanced Courses and Training

- 2021 Grant Writing Workshop
Instructor: Dave Bauer, Ph.D.
University of Alabama
- 2020 Active Learning Initiative
College of Arts & Sciences, University of Alabama
- 2019 Summer Institute for the Society for Personality and Social Psychology
Social Psychology in the Wild: Behavioral Science to Advance Psychological Theory and Public Policy
New York University
- 2018 PSYC 689: Cognitive Neuroscience of Attention
Department of Psychological & Brain Sciences, Texas A&M University
- 2018 Summer School of the Swiss Graduate School for Cognition, Learning, and Memory
Perspectives on Human Memory: Memory Functioning and Memory Failures
Organized by the University of Bern, Switzerland
- 2017 Bayesian Data Analysis short course
Instructor: Darrell Worthy, Ph.D., Texas A&M University
- 2017 EPSY 642: Meta-Analysis of Behavioral Research
Department of Educational Psychology, Texas A&M University
- 2016 EPSY 652: Theory of Hierarchical Linear Modeling
Department of Educational Psychology, Texas A&M University
- 2015 Multi-Level Modeling Workshop
Instructor: Elizabeth Page-Gould, Ph.D.
SPR 55th annual meeting in Seattle, WA
- 2014 Event-Related Potential Mini Boot Camp
Instructor: Steven Luck, Ph.D.
SPR 54th annual meeting in Atlanta, GA

Reviewing

Grant proposals

National Science Foundation grant proposal – Social Psychology Program
National Science Center, Poland

Journal articles

Psychological Science
Journal of Research in Personality
Social Psychological and Personality Science
Emotion
Emotion Review
Collabra: Psychology

European Journal of Personality
Cognition and Emotion
Psychoneuroendocrinology
International Journal of Psychology
Current Psychology
Journal of Theoretical Social Psychology
Psychological Research
Journal of Cognitive Psychology
Developmental Neuropsychology

Service

2020-2022	Member, Committee for Neuroscience Graduate Minor University of Alabama
2020-2022	Member, Committee for Instruction University of Alabama
2020-2022	Member, Committee for Publicity University of Alabama
Fall 2021	Presentation of research, PY 378, Junior Honors Seminar University of Alabama
Fall 2019	Guest Lecturer, PSYC 489: Careers in Psychology Texas A&M University
2015-2020	Graduate Student Panel Member Texas A&M Psi Chi Chapter & Texas A&M Psychology Club
Fall 2016-Present	SPR member of the Committee to Promote Student Interests <ul style="list-style-type: none">○ Student newsletter subcommittee○ Early career events subcommittee

Other Media Outlets

Jan 2022	<i>All about Authenticity.</i> Two Psychologists Four Beers podcast https://www.fourbeers.com/79
Feb 2019	<i>Are you being more authentic when you eat the cookie or when you avoid it?</i> SPSP Character & Context blog, by Abdo Elnakouri http://spsp.org/news-center/blog/cookie-authentic-self
Dec 2017	<i>“Strongest evidence yet” for ego depletion – the idea that self-control is a limited resource</i> The British Psychological Society: Research Digest, by Christian Jarrett https://digest.bps.org.uk/2017/12/14/strongest-evidence-yet-for-ego-depletion-the-idea-that-self-control-is-a-limited-resource/
Aug 2016	<i>Embodying power? More evidence that power posing does little to alter the experience of power</i> SPSP Character & Context blog, by Katie Garrison & Brandon Schmeichel http://www.spsp.org/news-center/blog/embodying-power

Professional Affiliations

Society for Personality and Social Psychology
Association for Psychological Science

