

# RAMONA L. MARTINEZ, PH.D.

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## ACADEMIC APPOINTMENT

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Assistant Professor of Psychology, California State University, Long Beach Fall 2025-

## EDUCATION

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**PhD in Psychology (Social-Personality Concentration)** 2020-2025  
University of California, Riverside; Riverside, CA

**Post-Baccalaureate in Psychological Science** 2018-2019  
University of California, Irvine; Irvine, CA

**Master of Science in Social and Cultural Psychology** 2015-2016  
London School of Economics and Political Science; London, UK

**Bachelor of Arts in Political Science, Minor: Sociology** 2009-2013  
Loyola Marymount University; Los Angeles, CA

## RESEARCH FUNDING

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- Martinez, R. L. (Principal Investigator)**, Lyubomirsky, S. (Co-Investigator), & Cole, S (Co-Investigator). (2023). *The genomic and well-being impacts of an extraverted behavior intervention: Assessing the moderating roles of dispositional introversion and shyness*. NIH National Institute on Aging subaward (U24AG072699; HSS 448639)/Network for Emotional Well-Being. \$155,426
- Martinez, R.** (2016). *MSc dissertation field work*. LSESU Travel Fund. \$1,000
- Martinez, R.** (2013). *The evolution of social welfare discourse and policy: A comparative study*. Eugene Escallier Foreign Study Award, Loyola Marymount University. \$4,000
- Martinez, R.** (2012). *Market-oriented development approaches and informal economic activities of female traders in urban Ghana*. Academic Community of Excellence, Loyola Marymount University. \$1,000

## PUBLICATIONS

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\*Undergraduate mentee

### Peer-Reviewed Articles

- Martinez, R. L.**, Lyubomirsky, S., & Cole, S. W. (2026). An extraverted behavior intervention improves immune gene expression. *Brain, Behavior, and Immunity*, 134. <https://doi.org/10.1016/j.bbi.2026.106299>
- Martinez, R. L.**, Radošić, N., Molla, H., de Wit, H., & Lyubomirsky, S. (2025). The empathogen 3,4-methylenedioxymethamphetamine, but not methamphetamine, increases feelings of global trust. *Journal of Psychopharmacology*. <https://doi.org/10.1177/02698811251370999>
- Martinez, R. L.**, Regan, A., Gollwitzer, P. M., Oettingen, G., & Lyubomirsky, S. (2025). Increasing extraversion via intervention: Lay insights, person-activity fit, and implications for well-being and persistence. *Social and Personality Psychology Compass*, 19(2), <https://doi.org/10.1111/spc3.70043>

4. Baranski, E., **Martinez, R. L.**, Liu, Z., & Hoff, K. (2024). Exploring the dynamics of volitional personality change: A psychoeducational intervention study with young adults transitioning to the workforce. *Journal of Research in Personality*, 114, <https://doi.org/10.1016/j.jrp.2024.104549>
5. **Martinez, R. L.**, Regan, A., Okabe-Miyamoto, K., & Lyubomirsky, S. (2024). Only the lonely: Learning, use of skills, and sense of meaning buffer the costs of reduced social connection for life satisfaction. *The Journal of Positive Psychology*, 1-13. <https://doi.org/10.1080/17439760.2024.2394443>
6. **Martinez, R. L.** (2024). Sonja Lyubomirsky: Pioneer in the empirical study of happiness and well-being interventions. *Applied Research in Quality of Life*. <https://doi.org/10.1007/s11482-024-10386-x>
7. Straka, K., \*Blacketer, A.R., **Martinez, R. L.**, Glover, A., Winiarski, D.A., Karnik, N.S., Schueller, S.M., Zalta, A.K. (2022). Rates and correlates of well-being among youth experiencing homelessness. *Journal of Community Psychology*, 1-14. <https://doi.org/10.1002/jcop.22869>
8. Margolis, S., Schwitzgebel, E., Ozer, D. J., **Martinez, R. L.**, & Lyubomirsky, S. (2022). Measuring eudaimonic and non-eudaimonic goods in the pursuit of the good life: The Riverside Eudaimonia Scale and the Rich & Sexy Well-Being Scale. *International Journal of Wellbeing*, 12(1), 1-20. <https://doi.org/10.5502/ijw.v12i1.1575>
9. Rode, J. B., Dent, A. L., Benedict, C. N., Brosnahan, D. B., **Martinez, R. L.**, & Ditto, P. H. (2021). Influencing climate change attitudes: A systematic review and meta-analysis. *Journal of Environmental Psychology*, 76. <https://doi.org/10.31219/osf.io/bjen5>
10. **Martinez, R.** (2018). Bridging cognitive polyphasia and cognitive dissonance: The role of individual differences in the tolerance and negotiation of discrepant cognitions, *Papers on Social Representations*, 27, 1-23.

### ***Edited Book Chapters***

1. **Martinez, R. L.**, Vannoy, T., & Lyubomirsky, S. (in press). Self-directed positive interventions. In L. Tay & B. McCuskey (Eds.), *The Oxford Handbook of Well-Being in Higher Education*. Oxford University Press.
2. Lukowski, A. F., Slonecker, E. M., & **Martinez, R. L.** (2019). Development. In M. Altman & L. Jacobi (Eds.), *Introduction to psychology*. Toronto, ON: Top Hat.

### ***Under Review/In Revision***

11. **Martinez, R. L.**, Regan, A., & Lyubomirsky, S. (in revision). "Pathways to self-compassion: The effects of self-kind behaviors and self-kind thoughts on self-compassion and well-being."

### **PRESENTATIONS**

\*Undergraduate mentee

### ***Invited Academics Talks***

1. **Martinez, R. L.**, Lyubomirsky, S., & Cole, S. (2026, February). *An extraverted behavior intervention improves immune gene profile* [Invited talk]. Society for Personality and Social Psychology Annual Convention, Happiness and Well-Being Preconference, Chicago, Illinois.
2. **Martinez, R. L.** (2025, April). *The development of social anxiety among Mexican-American youth*. Social-Personality Departmental Proseminar, University of California, Riverside, CA.

3. **Martinez, R. L.**, Lyubomirsky, S., & Cole, S. (2024, June). *The genomic and well-being impacts of an extraverted behavior intervention: assessing the moderating roles of dispositional introversion and shyness* [Flash talk]. NIH Emotional Well-Being Networks Steering Committee Meeting. Virtual.
4. **Martinez, R. L.** & Lyubomirsky, S. (2024, February). *Natural, enjoyable, meaningful: Self-becoming and the dynamics of person-activity fit*. [Symposium talk]. Society for Personality and Social Psychology Annual Convention, San Diego, CA. (Symposium titled “Personality on Demand: Dynamically Regulating Personality Expression to Situation-Specific Demands.”)
5. **Martinez, R. L.** (2023, June). *The genomic and well-being impacts of an extraverted behavior intervention: Assessing the moderating roles of dispositional introversion and shyness*. Social-Personality Departmental Proseminar, University of California, Riverside, CA.
6. \*Martin, R., \*Huang, C., **Martinez, R. L.**, & Lyubomirsky, S. (2023, May). *Don't be shy, say hi: A study on extraversion and well-being* [Highlighted presentation for highly rated abstract]. R'Psyc Annual Conference. Riverside, CA.
7. **Martinez, R. L.** (2023, May). *Self-becoming: The psychology of happiness and personality change*. Moreno Valley College, Moreno Valley, CA.
8. **Martinez, R. L.**, Regan, A., \*Martin, R., \*Huang, C., Oettingen, G., Gollwitzer, P., & Lyubomirsky, S. (2023, May). *The self-regulation of extraverted behavior: Implications for well-being, the trajectories of activity fit, and sustainable personality change*. Motivation Laboratory, New York University, New York, New York.
9. **Martinez, R. L.**, Regan, A., Oettingen, G., Gollwitzer, P., & Lyubomirsky, S. (2023, February). *Whom do self-regulation interventions targeting extraverted behavior benefit?* [Symposium talk]. Society for Personality and Social Psychology Annual Convention, Atlanta, Georgia. (Symposium titled “Causes and Consequences of Personality Development Across the Lifespan.”)
10. **Martinez, R. L.**, Regan, A., Oettingen, G., Gollwitzer, P., & Lyubomirsky, S. (2023, February). *Whom do self-regulation interventions targeting extraverted behavior benefit?* [Paper presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, Georgia. (**Single Paper symposium accepted; only 4% of single paper submissions accepted. Declined.**)
11. Baranski, E., Hoff, K., Liu, Z., & **Martinez, R. L.** (2023, February). *The impact of motivation in accomplishing personality change goals*. [Paper Presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, Georgia. (Symposium titled “Causes and Consequences of Personality Development Across the Lifespan.”)
12. **Martinez, R. L.** (2022, June). *The self-regulation of extraverted behavior*. Social-Personality Departmental Proseminar, University of California, Riverside, CA.
13. \*Dorn, E., **Martinez, R. L.**, & Zalta, A. (2020, May). *Clinical attitudes toward animal assisted therapies for trauma treatment*. [Paper presentation]. Social Ecology Honors Program Conference Symposium, University of California, Irvine, CA.
14. **Martinez, R.** (2018, January). *Bridging cognitive polyphasia and cognitive dissonance theories*. [Paper presentation]. UCI Ethics Center, University of California, Irvine, CA.
15. **Martinez, R.** (2012, November). *Development approaches and the economic position of market-trading women of the informal economy in Accra, Ghana*. [Paper presentation]. Honors Program and Academic Community of Excellence Research Symposium, Loyola Marymount University, Los Angeles, CA

**Posters**

1. \*Nguyen, N., **Martinez, R. L.**, & Lyubomirsky, S. (2025, May). *Who finds extraverted behavior interventions natural, enjoyable, and meaningful? Linking personality traits to person-activity fit*. [Poster presentation]. UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.
2. **Martinez, R. L.**, Cole, S., & Lyubomirsky, S. (2025, February). *Trait shyness moderates the effects of an extraverted behavior intervention on social behavior and social well-being*. [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Denver, CO.
3. \*Nguyen, P., \*Hashemi, N., \*Funaki, K., **Martinez, R. L.**, & Lyubomirsky, S. (2024, June). *Socializing when shy: How shyness moderates the well-being effects of extraverted behavior*. [Poster presentation]. R'Psyc Annual Conference. Riverside, CA.
4. Montemayor-Dominguez, M., **Martinez R. L.**, Cadieux, S., & Lyubomirsky, S. (2024, February). *Understanding how we all seek awe: Descriptive analysis of a novel awe intervention*. [Poster presentation]. Society for Personality and Social Psychology Annual Convention, San Diego, California.
5. \*Martin, R., \*Huang, C., **Martinez, R. L.**, & Lyubomirsky, S. (2023, May). *Don't be shy, say hi: A study on extraversion and well-being* [Poster presentation]. R'Psyc Annual Conference. Riverside, CA.
6. **Martinez, R. L.**, Collier, E., Reece, A., & Lyubomirsky, S. (2022, February). *Mind-wandering in conversation*. [Poster presentation]. Society for Personality and Social Psychology Annual Convention, San Francisco, California.
7. \*Cabebe, L.N., Zalta, A. K., **Martinez, R. L.**, Straka, K., Kaufman, M., & Pollack, M. (2020, November). *Examining psychosocial resources as moderators of the relationship between psychopathology and functioning in adults with a history of childhood trauma* [Poster presentation]. ISTSS 36th Annual Meeting, Virtual.
8. \*Blacketer, A., Straka, K., **Martinez, R. L.**, Glover, A., Schueller, S. Karnik, N., & Zalta, A.K. (2020, May). *Factors impacting satisfaction with life and flourishing among homeless youth*. [Poster presentation]. Association of Psychological Science 32<sup>nd</sup> Annual Conference, Virtual.
9. \*Moses, S., \*Blacketer, A., **Martinez, R. L.**, & Zalta, A.K. (2020, May). *Evaluating the long-term impact of childhood interpersonal trauma (CIT): The role of the perpetrator-victim relationship*. [Poster presentation]. Association of Psychological Science 32<sup>nd</sup> Annual Conference, Virtual.
10. **Martinez, R. L.**, Shenberger, S., Boley, R., Mustafic, H., Pollack, M., Shankman, S.A, & Zalta, A.K. (2019, September). *Relationship between childhood trauma severity and information processing of threat in adulthood*. [Poster presentation]. Society for Research in Psychopathology Annual Meeting, Buffalo, New York.
11. **Martinez, R.**, Hong, H.J., & Charles, S.T. (2019, February). *Navigating daily stress with low sense of control: The protective factors of psychological well-being characteristics and personality traits*. [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Portland, Oregon.

**Invited Community and Outreach Talks**

1. Martinez, R. L. (2026, March). *Faculty coffee chat*, Psi Chi Psychology Honor Society/Psychology Student Association, California State University, Long Beach. Long Beach, CA.
2. Martinez, R. L. (2025, November). *Faculty coffee chat*, Psychology Transfer Student Association, California State University, Long Beach. Long Beach, CA.

3. Martinez, R. L. (2025, October). *Fall 2025 career panel* (panelist), Department of Psychological Science, University of California, Irvine. Irvine, CA.
4. Martinez, R. L. (2025, March). *Preparing for graduate school* (panelist), Asian Pacific Islander South Asian Psychological Association, California State University, Fullerton. Fullerton, CA.
5. Martinez, R. L. (2024, March). *R'future post-graduation panel* (panelist), Psi Chi International Honor Society in Psychology, University of California, Riverside. Riverside, CA.
6. Martinez, R. L. (2023, November). *Fall 2023 career panel* (panelist), Department of Psychological Science, University of California, Irvine. Irvine, CA.
7. Martinez, R. L. (2023, October). *Diversity, equity, and inclusion recruitment event* (panelist and discussion facilitator), Department of Psychology, University of California, Riverside. Riverside, CA.
8. Martinez, R. L. (2023, September). *Graduate school panel* (panelist), Academic Community of Excellence, Loyola Marymount University. Los Angeles, CA.
9. Martinez, R. L. (2023, April). *Managing stress through self-compassion in goal pursuit*, Psychology Club, University of California, Riverside. Riverside, CA.
10. Martinez, R. L. (2023, January). *Love at first psych* (interviewee), Psi Chi International Honor Society in Psychology, University of California, Riverside. Riverside, CA.
11. Martinez, R. L. (2022, November). *Labs and research panel* (panelist), Psi Chi International Honor Society in Psychology, University of California, Riverside. Riverside, CA.
12. Martinez, R. L. (2022, November). *Pre-graduate school and gap year experiences* (panelist), Academic Community of Excellence, Loyola Marymount University. Los Angeles, CA.
13. Martinez, R. L. (2022, June). *McNair alumni panel* (panelist), McNair Scholars Program, Loyola Marymount University. Los Angeles, CA.
14. Martinez, R. L. (2021, September). *Graduate school and professional alumni panel* (panelist), Academic Community of Excellence, Loyola Marymount University. Los Angeles, CA.
15. Martinez, R. L. (2019, November). *Social ecology honors program: graduate school* (panelist), University of California, Irvine. Irvine, CA.
16. Martinez, R. (2018, November). *Gap year and international opportunities*. Academic Community of Excellence, Loyola Marymount University. Los Angeles, CA.
17. Martinez, R. (2016, November). *Gap year and international opportunities*. Academic Community of Excellence, Loyola Marymount University. Los Angeles, CA.

## **MEDIA COVERAGE**

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1. Travers, M. (2024). "University of California researcher reveals a unique way to buffer loneliness." *Therapy Tips*. <https://therapytips.org/interviews/university-of-california-researcher-reveals-a-unique-way-to-buffer-loneliness>

**HONORS AND AWARDS**

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***Research and Academic Recognition***

<b>Dissertation Year Fellowship Award (1 of 3 campus-wide awards)</b> , Graduate Division, University of California, Riverside	<b>2024</b>
<b>Jenessa Shapiro Graduate Research Award</b> , Society for Personality and Social Psychology	<b>2023</b>
<b>Graduate Student Rising Star: Social-Personality Area Nominee</b> , University of California, Riverside	<b>2023</b>
<b>Francisco J. Ayala Scholar</b> , UCI Ethics Center, University of California, Irvine	<b>2016</b>
<b>McNair Scholar</b> , U.S. Department of Education	<b>2013</b>
<b>Rising Scholar Award</b> , Loyola Marymount University	<b>2013</b>
<b>UCLA Law Fellow</b> , University of California, Los Angeles, School of Law	<b>2012</b>
<b>Outstanding Academic Achievement Award</b> , Loyola Marymount University	<b>2012</b>
<b>Dean's List</b> , Loyola Marymount University	<b>2009-2013</b>

***Teaching Recognition***

<b>Outstanding Teaching Assistant</b> , Graduate Division, University of California, Riverside	<b>2024</b>
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***Scholarships***

<b>Diversity Graduate Travel Award (\$500)</b> , Society for Personality and Social Psychology	<b>2022</b>
<b>Eugene Cota Robles Award (\$36,696)</b> , University of California, Riverside	<b>2020</b>
<b>Chancellor's Distinguished Fellowship Award (\$25,000; declined)</b> , University of California, Riverside	<b>2020</b>
<b>Conference Travel Award (\$1,000)</b> , University of California, Irvine	<b>2019</b>
<b>Graduate Support Scheme Award (\$11,000)</b> , London School of Economics	<b>2015</b>
<b>Segal AmeriCorps Education Award (\$1,300)</b> , AmeriCorps National Service	<b>2012</b>
<b>Study Abroad Grant (\$4,200)</b> , Loyola Marymount University	<b>2012</b>
<b>Daguerre Endowment Scholarship (\$10,000)</b> , Loyola Marymount University	<b>2011-2012</b>
<b>Arrupe Scholarship (\$78,000)</b> , Loyola Marymount University	<b>2009-2012</b>

***Selective and Funded Professional Development Events***

<b>EMOT-ECON Grant Writing Workshop Intensive</b> , Emotional Well-Being & Economic Burden Research Network, Lexington, Kentucky.	<b>2024</b>
<b>Summer School of Personality Science (1 of 16 international invited attendees for funded professional development event)</b> , European Association of Personality Psychology, Berlin, Germany.	<b>2024</b>
<b>Summer Institute in Social and Personality Psychology (1 of 100 international invited attendees for funded professional development event)</b> , Society for Personality and Social Psychology, Columbus, Ohio.	<b>2023</b>
<b>Diversifying Psychology Weekend (funded selective event)</b> , Miami University of Ohio	<b>2019</b>

***Honor Societies***

<b>Alpha Sigma Nu</b> , Jesuit honors society recognizing top 4% of junior and senior classes	<b>2013</b>
<b>Pi Sigma Alpha</b> , National political science honor society	<b>2013</b>
<b>Phi Sigma Tau</b> , International philosophy honor society	<b>2011</b>

**TEACHING EXPERIENCE**

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*Undergraduate***Instructor of Record**

Social Psychology  
The Science of Well-Being

*Graduate***Instructor of Record**

Social Psychology Seminar

**Teaching Assistantships**

Personality Psychology  
Research Methods  
Statistical Analysis

**RESEARCH ADVISING**

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<b>4 Undergraduate Research Assistants, California State University, Long Beach</b>	<b>2025-</b>
<b>19 Undergraduate Research Assistants, University of California, Riverside</b>	<b>2022-2025</b>
<b>2 Summer Undergraduate Research Program Fellows, University of California, Irvine</b> (co-advised by Dr. Alyson Zalta)	<b>2019, 2020</b>
<b>1 Social Ecology Honors Program Thesis, University of California, Irvine</b> (co-advised by Dr. Alyson Zalta)	<b>2019-2020</b>

**SERVICE**

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*Institutional*

<b>Psychological Assessment and Materials Coordinator, Psychology Dept. Library Representative, California State University, Long Beach</b>	<b>2025-</b>
<b>Colloquium Committee, Psychology Dept., California State University, Long Beach</b>	<b>2025-</b>
<b>Advisor: Psychology Transfer Student Association (PTSA), California State University, Long Beach</b>	<b>2025-</b>
<b>CSU Pre-Professor (PREPP) Program – Faculty Champion, California State University, Long Beach</b>	<b>2025-2026</b>
<b>Beach XP Course Development Working Group</b> (Course: Personal Growth and Wellness; Beach XP for first-time freshmen), California State University, Long Beach	<b>2025</b>
<b>Student Representative, Staff Student Liaison Committee, London School of Economics</b>	<b>2015-2016</b>
<b>Sociology Society Executive Board, Outreach Chair, Loyola Marymount University</b>	<b>2012-2013</b>

*Outreach*

<b>Advocate, 20<sup>th</sup> Anniversary Fundraising Campaign, Academic Community of Excellence, Loyola Marymount University, Los Angeles, California</b>	<b>2024</b>
<b>Reviewer, Statements of Purpose, California Forum for Diversity in Graduate Education, Riverside, CA</b>	<b>2024</b>
<b>Graduate Student Volunteer, Diversity, Equity, &amp; Inclusion Graduate Recruitment Event, Department of Psychology, University of California, Riverside</b>	<b>2023</b>

*Scientific Community*

<b>Ad Hoc Reviewer,</b> <i>American Journal of Community Psychology • American Psychologist • Humanities and Social Science Communication • Journal of Happiness Studies • Journal of Personality and Social Psychology: Personality Processes and Individual Differences • Social and Personality Psychology Compass</i>	<b>2023-</b>
<b>Reviewer, SPSP Outstanding Research Award,</b> Society for Personality and Social Psychology	<b>2022</b>
<b>Co-reviewer,</b> <i>Cognition and Emotion</i>	<b>2021</b>
<b>Reviewer, SPSP Student Research Award,</b> Society for Personality and Social Psychology	<b>2020</b>
<b>Reviewer, APS Student Caucus Grant Competition,</b> Association for Psychological Science	<b>2019</b>
<b>Reviewer, Graduate Student Poster Award,</b> Society for Personality and Social Psychology	<b>2019</b>
<b>Reviewer, APS RISE Research Award,</b> Association for Psychological Science	<b>2019</b>

**PROFESSIONAL MEMBERSHIPS**

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<b>European Association of Personality Psychology</b>	<b>2024 – Present</b>
<b>Network for Emotional Well-being</b>	<b>2022 – Present</b>
<b>Society for Self and Identity</b>	<b>2020 – Present</b>
<b>Association for Research in Personality</b>	<b>2019 – Present</b>
<b>Society for Personality and Social Psychology</b>	<b>2018 – Present</b>
<b>Association for Psychological Science</b>	<b>2018 – Present</b>