

RAMONA L. MARTINEZ, PH.D.

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ACADEMIC APPOINTMENT

Assistant Professor of Psychology, California State University, Long Beach

Fall 2025-

EDUCATION

PhD in Psychology (Social-Personality Concentration)

University of California, Riverside; Riverside, CA

Master of Science in Social and Cultural Psychology

London School of Economics and Political Science; London, UK

Bachelor of Arts in Political Science, Minor: Sociology

Loyola Marymount University; Los Angeles, CA

RESEARCH FUNDING

1. **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**
2. **Martinez, R.** (2016). *MSc dissertation field work*. LSESU Travel Fund. **\$1,000**
3. **Martinez, R.** (2013). *The evolution of social welfare discourse and policy: A comparative study*. Eugene Escallier Foreign Study Award, Loyola Marymount University. **\$4,000**
4. **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

*Undergraduate mentee

Peer-Reviewed Articles

1. **Martinez, R. L.**, Regan, A., & Lyubomirsky, S. (2026). Pathways to self-compassion: The effects of self-kind behaviors and self-kind thoughts on self-compassion and well-being. *Affective Science*. <https://doi.org/10.1007/s42761-026-00379-4>
2. **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>
3. **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>

4. **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>
5. 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>
6. **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>
7. **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>
8. 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>
9. 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>
10. 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>
11. **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. K., & Lyubomirsky, S. (2026). Self-directed positive interventions. In L. Tay & B. McCuskey (Eds.), *The Oxford Handbook of Well-Being in Higher Education* (pp. 205-217). 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.

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. *Isidro, N. & **Martinez, R. L.** (2026, July). *Building self-compassion after challenging social situations*. [Poster presentation]. BUILD Summer Symposium. Long Beach, CA.
2. *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.
3. **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.
4. *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.
5. 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.
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* [Poster presentation]. R'Psyc Annual Conference. Riverside, CA.
7. **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.
8. *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.
9. *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 32nd Annual Conference, Virtual.
10. *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 32nd Annual Conference, Virtual.
11. **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.
12. **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

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

Research and Academic Recognition

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

Teaching Recognition

Outstanding Teaching Assistant , Graduate Division, University of California, Riverside	2024
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Scholarships

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

Selective and Funded Professional Development Events

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

Honor Societies

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

TEACHING EXPERIENCE

*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

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

SERVICE

Institutional

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

Outreach

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

Scientific Community

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

PROFESSIONAL MEMBERSHIPS

International Society for Quality-of-Life Studies	2026 – Present
European Association of Personality Psychology	2024 – Present
Network for Emotional Well-being	2022 – Present
Society for Self and Identity	2020 – Present
Association for Research in Personality	2019 – Present
Society for Personality and Social Psychology	2018 – Present
Association for Psychological Science	2018 – Present