

May 2026

# KATE PETROVA

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## EDUCATION

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<b>Stanford University</b> Ph.D. candidate in Psychology	2021 – 2027 (expected)
<b>Bryn Mawr College</b> B.A. in Psychology with a minor in Neuroscience, <i>summa cum laude</i>	2016 – 2020

## RESEARCH EXPERIENCE

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<b>Harvard Study of Adult Development</b> Research assistant	2020 – 2021
<b>Schulz Lab • Bryn Mawr College</b> Undergraduate research assistant	2017 – 2020
<b>Integrative Decision Neuroscience Lab • University of Pennsylvania</b> Research intern	2018

## HONORS AND AWARDS

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<b>Centennial Teaching Assistant Award • Stanford University</b> <i>The award recognizes teaching assistants who deserve special recognition for outstanding contributions to teaching</i>	2026
<b>Institute for Research in the Social Sciences Dissertation Fellowship • Stanford University</b> \$11,000 • <i>Supports dissertation research that crosses disciplinary boundaries, and relies upon computational social science methods</i>	2025
<b>Affective Science Graduate Student Fellowship • Stanford University</b> \$5,000 • <i>Supports interdisciplinary research in affective science</i>	2024
<b>Norman H. Anderson Award • Stanford University</b> \$2,000 • <i>Supports research initiatives and studies for graduate students</i>	2021, 2023
<b>European Fellowship • Bryn Mawr College</b> \$5,000 • <i>Highest academic prize awarded annually to one graduating senior with one of 10 highest GPAs</i>	2020
<b>Community Building Honor Roll • Bryn Mawr College</b> <i>Awarded to students who invest time and energy to create a sense of belonging, inclusiveness and community on campus</i>	2020

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**Frances Velay Women's Science Research Fellowship**

2019

\$5,000 • *Encourages women's leadership in sciences by providing support for summer research*

**Summer Science Research Grant • Bryn Mawr College**

2018

\$5,000 • *10-week summer research stipend*

## PUBLICATIONS

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### PEER-REVIEWED PUBLICATIONS

- Petrova, K.**, †Madibekov, N., Gerstenberg, T., & Gross, J.J. (2026). What You See Is What You Regret. In Proceedings of the 48th Annual Meeting of the Cognitive Science Society. [https://doi.org/10.31234/osf.io/raxge\\_v1](https://doi.org/10.31234/osf.io/raxge_v1)
- Petrova, K.**, Gross, J.J., & Gerstenberg, T. (2025). Learning from “What might have been”: A Bayesian model of learning from regret. In Proceedings of the 47th Annual Meeting of the Cognitive Science Society. <https://escholarship.org/uc/item/3zv3g7xg>
- †Kross Wallace, L., **Petrova, K.**, & Gross, J.J. (in press). “My Brain Doesn’t Speak That Language:” An Interpretative Phenomenological Analysis of Alexithymia in Autistic Women. *Journal of Emotion and Psychopathology*.
- Petter, J., Mehta, A., **Petrova, K.**, Kindt, M., Sheppes, G., Haslbeck, J. M. B., & Gross, J. J. (2025). Emotion regulation, fast or slow: A computational model of strategy choice. *Emotion*. Advance online publication. <https://doi.org/10.1037/emo0001471>
- Salias, C., Gross, J. J., **Petrova, K.**, Forbush, K. T., & Preece, D. A. (2025). Eating disorder symptoms and profiles of emotion regulation strategy use. *Journal of Affective Disorders*, 380, 94-103. <https://doi.org/10.1016/j.jad.2025.03.050>
- Petrova, K.**, Nevarez, M. D., Waldinger, R. J., & Schulz, M. S. (2024). Emotional support across adulthood: A 60-year study of men’s social networks. *Psychology and Aging*. Advance online publication. <https://doi.org/10.1037/pag0000843>
- Behnke M., Lakens D., Petrova K., Chwiłkowska P., Kaczmarek L. D., Jamieson J. P., & Gross J. J. (2023) Optimizing Esports Performance Using a Synergistic Mindsets Intervention. In principle acceptance of Version 3 by Peer Community in Registered Reports. <https://osf.io/z3adb>
- Johnston, T. E., **Petrova, K.**, Mehta, A., Gross, J. J., McEvoy, P., & Preece, D. A. (2023). The role of emotion beliefs in depression, anxiety, and stress. *Australian Psychologist*, 1-10. <https://doi.org/10.1080/00050067.2023.2290734>
- Petrova, K.**, †Zielke, J. N., Mehta, A., & Gross, J. J. (2023). Occurrent beliefs about emotions predict emotion regulation in everyday life. *Emotion*. <https://doi.org/10.1037/emo0001317>
- Petrova, K.**, & Gross, J. J. (2023). The future of emotion regulation research: Broadening our field of view. *Affective Science*, 4(4), 609-616. <https://doi.org/10.1007/s42761-023-00222-0>
- Preece, D. A., **Petrova, K.**, Mehta, A., & Gross, J. J. (2023). The Emotion Regulation Questionnaire-Short Form (ERQ-S): A 6-item measure of cognitive reappraisal and expressive suppression. *Journal of Affective Disorders*, 340, 855-861. <https://doi.org/10.1016/j.jad.2023.08.076>

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Preece, D. A., Mehta, A., **Petrova, K.**, Sikka, P., Bjureberg, J., Chen, W., ... & Gross, J. J. (2023). The Perth Alexithymia Questionnaire-Short Form (PAQ-S): A 6-item measure of alexithymia. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2023.01.036>

Preece, D. A., Mehta, A., **Petrova, K.**, Sikka, P., Bjureberg, J., Becerra, R., & Gross, J. J. (2023). Alexithymia and emotion regulation. *Journal of Affective Disorders*, 324, 232-238. <https://doi.org/10.1016/j.jad.2022.12.065>

**Petrova, K.**, & Schulz, M.S. (2022). Emotional experiences in technology-mediated and in-person interactions: An experience sampling study. *Cognition and Emotion*, 36(4). <https://doi.org/10.31234/osf.io/2teu5>

**Petrova, K.**, Nevarez, M.D., Rice, J., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (2021). Coherence between feelings and heart rate: Links to early adversity and responses to stress. *Affective Science*, 2(1), 1-13. <https://doi.org/10.1007/s42761-020-00027-5>

**Petrova, K.**, Nevarez, M.D., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (2021). Self-distancing and avoidance mediate the links between trait mindfulness and responses to emotional challenges. *Mindfulness*, 12(4), 947–958. <https://doi.org/10.1007/s12671-020-01559-4>

## MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

**Petrova, K.**, †Costa, A., †Mallen, S., & Gross, J.J. (in preparation). Everyday Regrets: An Ecological Momentary Assessment Study.

**Petrova, K.**, †Dang, A., Geng., G., Yaz, B., Gross, J.J., & Gerstenberg, T. (in preparation). Learning From What Might Have Been: Behavioral, Computational, and Attentional Signatures of Regret.

## CHAPTERS IN EDITED BOOKS

**Petrova, K.** & Gross, J.J. (2023). Emotion regulation in self and other. In I. Roskam, J.J. Gross, & M. Mikolajczak (Ed.), *Emotion Regulation and Parenting*. <https://doi.org/10.31234/osf.io/ckhbw>

† *undergraduate mentee*

## CONFERENCE PRESENTATIONS

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### CHAired SYMPOSIA

**Petrova, K.** (March 2025). Computational Affective Science. Symposium chaired and organized for the 2025 Annual Convention for the Society of Affective Science, Portland, OR.

### TALKS

**Petrova, K.**, †Dang, A., Geng., G., Yaz, B., Gross, J.J., & Gerstenberg, T. (June 2026). Regret at First Sight: Counterfactual Attention Predicts Regret In An Eye-Tracking Study. Annual meeting of the Bay Area Affective Science Society, San Francisco, CA.

**Petrova, K.**, Gross, J.J., & Gerstenberg, T. (June 2025). Affective Science in Silico: A Case Study of Regret. Annual meeting of the Bay Area Affective Science Society, Stanford, CA.

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**Petrova, K.**, Gross, J.J., & Gerstenberg, T. (March 2025). Mind the information gap: When regret helps or hurts learning. Annual Convention for the Society of Affective Science, Portland, OR.

**Petrova, K.**, Gross, J.J., & Gerstenberg, T. (June 2024). Learning from regret: A computational affective science approach. Annual meeting of the Bay Area Affective Science Society, Berkeley, CA.

Werner, K. M., **Petrova, K.**, & Gross, J. J. (March 2024). Emotion regulation flexibility: A process model framework. Annual Convention for the Society of Affective Science, New Orleans, LA.

†Shainy, M.R., **Petrova, K.**, Gross, J.J. (February 2024). From trait to state emotion beliefs. Virtual flash-talk presented at the Annual Convention of the Society for Personality and Social Psychology.

**Petrova, K.** & Gross, J.J. (March-April 2023). Occurrent beliefs about emotions predict emotion regulation in everyday life. Flash-talk presented at the Annual Conference of the Society for Affective Science, Long Beach, CA.

†Zielke, J.N., **Petrova, K.**, & Gross, J.J. (March-April 2023). Examining the roles of emotion beliefs and interpersonal emotion regulation in loneliness. Flash-talk presented at the Annual Conference of the Society for Affective Science, Long Beach, CA.

**Petrova, K.**, Nevarez, M.D., Rice, J., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (March-April 2022). Coherence between feelings and heart rate: Links to early adversity and responses to stress. Virtual talk presented at the Symposium on Emotion Coherence at the Annual Conference of the Society for Affective Science.

**Petrova, K.** & Schulz, M.S. (April 2021). Emotion recognition in digitally mediated communication. Virtual flash-talk presented at the Annual Conference of the Society for Affective Science.

## **POSTERS**

**Petrova, K.**, †Dang, A., Geng., G., Yaz, B., Gross, J.J., & Gerstenberg, T. (March 2026). Regret at First Sight: Counterfactual Attention Predicts Regret In An Eye-Tracking Study. Annual Conference of the Society for Affective Science. Pittsburgh, PA.

†Costa, A., **Petrova, K.**, & Gross, J.J. (March 2026). The Stories We Tell Ourselves: Narrative Closure And The Regulation Of Regret. Annual Conference of the Society for Affective Science. Pittsburgh, PA.

†Mallen, S., **Petrova, K.**, & Gross, J.J. (March 2026). What's done or left undone: the behavioral consequences of counterfactual framing in regret. Annual Conference of the Society for Affective Science. Pittsburgh, PA.

**Petrova, K.** & Gross, J.J. (March 2024). Reappraisal as reasoning: A computational affective science approach. Annual Conference of the Society for Affective Science. New Orleans, LA.

†Kross Wallace, L., **Petrova, K.**, & Gross, J.J. (March 2024). Situational Contributors to State Alexithymia: A MixedMethods Approach. Annual Conference of the Society for Affective Science, Emotion Regulation Preconference, New Orleans, LA.

†Zielke, J., **Petrova, K.**, Mehta, A., & Gross, J. J. (March 2024). Examining the causal role of reappraisal on emotion beliefs and affective wellbeing. Annual Conference of the Society for Affective Science, Emotion Regulation Preconference, New Orleans, LA.

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Werner, K. M., **Petrova, K.**, Uusberg, A., Uusberg, H., & Gross, J. J. (March 2024). Unpacking the complexity of emotion polyregulation. Annual Conference of the Society for Affective Science, Emotion Regulation Preconference, New Orleans, LA.

**Petrova, K.**, †Shaw, J.S., & Gross, J.J. (February 2023). What makes interpersonal emotion regulation work? Examining the roles of reappraisal and validation. Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.

**Petrova, K.**, Gross, J.J. (March-April 2022). Solomon's paradox in emotion regulation: Exploring the self-other asymmetry in reappraisal effectiveness. Annual Conference of the Society for Affective Science, Long Beach, CA.

Preece, D., Mehta, A., **Petrova, K.**, Sikka, P., Bjureberg, J., Becerra, R., Gross, J.J. (March-April 2022). Alexithymia and Emotion Regulation. Annual Conference of the Society for Affective Science, Long Beach, CA.

**Petrova, K.**, Nevarez, M.D., Waldinger, R.J., & Schulz, M.S. (February 2021). Variation in the subjective experience of loneliness: Latent profile analysis and links to wellbeing. Annual Convention of the Society for Personality and Social Psychology, virtual.

**Petrova, K.**, Nevarez, M.D., Rice, J., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (April 2020). The origins and active ingredients of regulatory flexibility. Annual Conference of the Society for Affective Science, virtual.

Tharaud, J.B., **Petrova, K.**, Waldinger, R.J., & Schulz, M.S. (April 2020). In search of memories past: Core relational themes and affective experiences. Annual Conference of the Society for Affective Science, virtual.

Rice, J., Anderegg, V., **Petrova, K.**, Schulz, M., & Waldinger, R. (April 2019). Whose report matters more?: Multiple perspectives on parental relationship satisfaction and their influence on offspring relationship satisfaction later in life. Harvard Psychiatry Day, Boston, MA.

**Petrova, K.**, Nevarez, M.D., Waldinger, R.J., Preacher, K.J., & Schulz, M.S. (March 2019) Navigating common emotional challenges: The roles of mindfulness and emotional engagement. Annual Conference of the Society for Affective Science, Boston, MA.

Rice, J., Anderegg, V., Petrova, K, Schulz, M.S., & Waldinger, R.J. (November 2018). Does my parents' marriage affect my own?: The impact of parental relationship satisfaction and stability on offspring relationship satisfaction and stability later in life. Annual Meeting of the Association for Behavioral and Cognitive Therapy, Washington, DC.

† *undergraduate mentee*

## TEACHING EXPERIENCE

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### INSTRUCTOR

#### **PSYCH 124: What Makes You Tick? An Introduction to Affective Science**

Stanford University • Winter 2025 (53 enrolled), Fall 2025 (84 enrolled)

#### **Psychology Summer Research Seminar**

Stanford University • Summer 2024 (16 enrolled)

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### **TEACHING ASSISTANT**

#### **PSYCH 205: Foundations of Cognition**

*Stanford University • Spring 2026 (7 enrolled)*

#### **PSYCH 198: Honors Seminar in Psychology**

*Stanford University • Fall 2024 (15 enrolled), Spring 2025 (15 enrolled)*

#### **PSYCH 95: Abnormal Psychology**

*Stanford University • Spring 2024 (65 enrolled)*

#### **PSYCH 80: Personality and Affective Science**

*Stanford University • Winter 2024 (95 enrolled)*

#### **PSYCH 90: Clinical Psychology**

*Stanford University • Fall 2023 (121 enrolled)*

#### **PSYCH 1: Psych One**

*Stanford University • Fall 2022 (354 enrolled), Spring 2023 (283 enrolled)*

#### **PSYC 314: Multivariate Statistics**

*Bryn Mawr College • Spring 2018 (16 enrolled), Spring 2019 (16 enrolled), Fall 2020 (16 enrolled)*

#### **PSYC 105: Introductory Psychology**

*Bryn Mawr College • Fall 2018 (105 enrolled), Fall 2019 (98 enrolled)*

### **GUEST LECTURER**

#### **PSYCH 1: *Emotion***

*Stanford University • 7 quarters (2023-2026)*

### **SUPERVISION OF HONORS THESES**

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**Ana Costa (2026).** The Stories We Tell Ourselves: Narrative Closure And The Regulation Of Regret.

**Susie Mallen (2026).** What's done or left undone: the behavioral consequences of counterfactual framing in regret.

**Jules Jackson (2026).** Changes in Primal World Beliefs in Individuals with Major Depressive Disorder During Treatment and Beyond.

**Julia Steinberg Shaw (2025).** Reappraisal of Daily Experiences of Solitude.

**Lucy Kross Wallace (2024).** Situational Contributors to State Alexithymia: A Mixed-Methods Approach.

**Julia Zielke (2024).** Examining the Causal Role of Reappraisal on Emotion Beliefs and Affective Wellbeing.

**Sophie Lloyd-Hurwitz (2023).** "Emotional Stuckness": An Exploratory Study into Failures to Initiate Emotion Regulation.

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## PROFESSIONAL SERVICE

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<b>Ad-hoc reviewer</b> Affective Science (4), Emotion (4), Cognition and Emotion (1), Emotion Review (2), Computers in Human Behavior (1), JAMA (1), Nature Scientific Reports (2), Journal of Emotion and Psychopathology (2), Cognitive Behaviour Therapy (1), Psychiatry Psychology and Law (1), Personality and Social Psychology Bulletin (1)	2021–present
<b>Society for Affective Science Student Committee (SASSC) member-at-large</b> Society for Affective Science	2025–present
<b>Annual Meeting Organizing Committee Member</b> Bay Area Affective Science Society	2024–2025
<b>Faculty Search Committee Member</b> Department of Psychology, Stanford University	2024–2025
<b>Graduate Program Committee Student Member</b> Department of Psychology, Stanford University	2023–2024
<b>Affective Science Seminar Series Co-Organizer</b> Department of Psychology, Stanford University	2022–2023
<b>Conference Submission Reviewer</b> Association for Psychological Science, Society for Personality and Social Psychology, Cognitive Science Society	2020–present
<b>Psychology major representative</b> Department of Psychology, Bryn Mawr College	2019–2020
<b>Faculty search committee member</b> Department of Psychology, Bryn Mawr College	2019

## DIVERSITY, EQUITY, AND INCLUSION

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<b>Paths to PhD speaker</b> • Stanford University Speaker at the annual Paths to PhD event hosted by the Committee on Diversity, Equity, and Inclusion in the Department of Psychology at Stanford University	2021–2023
<b>Committee member</b> • Bryn Mawr College International Students Planning and Programming Committee	2020–2021

## SCIENCE OUTREACH AND COMMUNICATION

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Scientific Auditor and Co-Author (Appendix: “Evaluating the Evidence”) • Zaki, J. (2024). Hope for Cynics: The Surprising Science of Human Goodness. (pp. 213-224, Appendix B). Grand Central Publishing.

**Petrova, K.** (October 2023). Mastering the art of emotion regulation: Three steps to make you feel better. Psychology

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Today. <https://www.psychologytoday.com/us/blog/feel-better/202310/mastering-the-art-of-rethinking>

Co-host • Stanford Psychology Podcast (5 episodes) 2021. <https://www.buzzsprout.com/1801436>

## PROFESSIONAL SOCIETY MEMBERSHIPS

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Cognitive Science Society	2025–present
Society for Affective Science	2020–present
Society for Personality and Social Psychology	2021–2023

## SKILLS AND SOFTWARE

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### Data analysis

Hierarchical Bayesian modeling; GLMMs; structural equation modeling; longitudinal and multilevel analysis; reinforcement-learning modeling; eye-tracking data processing and analysis; psychophysiological signal processing and analysis (ECG, HRV); fMRI preprocessing and analysis.

### Software and programming

**Proficient:** R (tidyverse, lme4, brms, lavaan), Python (NumPy, Pandas, PyTorch, scikit-learn, Matplotlib), Mplus, SPSS, Amos, HLM, Git/GitHub

**Intermediate:** JavaScript (jsPsych), webppl, MATLAB, FSL