

ANITA E. KELLY

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Blog for Psychology Today: "Insight"

Department of Psychology
University of Notre Dame
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EDUCATION

Ph.D.
August, 1991
Counseling Psychology (APA-approved)

Department of Psychology
University of Florida
Gainesville, Florida

M.S.
August, 1988
Counseling Psychology

Department of Psychology
University of Florida
Gainesville, Florida

B.S.
June, 1986

Northwestern University
Evanston, Illinois

PROFESSIONAL EXPERIENCE

Professor. Psychology Department, University of Notre Dame (August, 2003 - present). Responsibilities include conducting program of research, teaching, supervising research, advising students, and serving the University. Served as Chair of the University's Institutional Review Board (IRB) from 2006-2011, as Director (or Co-Director) of the APA-accredited Counseling Psychology Program from 2000-2005, and as Chair of the Arts and Letters Honesty Committee from 2008-2010.

Associate/Assistant Professor. Psychology Department, University of Notre Dame (August, 1994 - 2003).

Assistant Professor. Psychology Department, Iowa State University (August, 1991 - July, 1994). Responsibilities included conducting program of research, leading research seminar for counseling graduate students and faculty, teaching graduate and undergraduate courses, supervising research, advising doctoral students, supervising counselors-in-training, and serving on departmental committees.

Counseling Psychology Intern. Counseling Center, University of Maryland (July, 1990 - July, 1991). Provided individual psychotherapeutic and vocational counseling for university students. Responsibilities also included designing and implementing a large-scale research project for the Disabled Student Service, presenting psycho-educational workshops in university classrooms, and serving on the training committee.

Guest Lecturer. Psychology Department, Franklin and Marshall College, Lancaster, Pennsylvania (March, 1990 - April, 1990). Delivered lectures on the MMPI and on the principles of reliability and validity in psychological testing.

Instructor. Psychology Department, University of Florida (August, 1989 - December, 1989). Taught Psychology of Personality course. Delivered lectures, led class discussions, and wrote examinations.

Academic Advisor. Psychology Department, University of Florida (August, 1987 - August, 1989). Responsibilities included helping students choose suitable careers in psychology, apply to graduate schools, and select career-appropriate classes.

PUBLICATIONS

Yip, J.J.*, & Kelly, A. E. (2013). Upward and downward social comparison can decrease prosocial behavior. *Journal of Applied Social Psychology, 43*, 591-602.

Kelly, A. E. (2012). Feedback from confidants can be accepted more readily following believable disclosures. In R. Sutton & P. Lang (Eds.), *The handbook of criticism, praise, and advice*.

Macready, D. E.*, Cheung, R.*, Kelly, A. E., & Wang, L. (2011). Can public versus private disclosure cause greater psychological symptom reduction? *Journal of Social and Clinical Psychology, 30*, 1015–1042.

Kelly, A. E. (2010). *The Clever Student: A guide to getting the most from your professors*. Corby Books.

Kelly, A. E., & Macready, D. E.* (2009). Why disclosing to a confidant can be so good (or bad) for us. In W. & T. Afifi (Eds.), *Uncertainty and information regulation in interpersonal contexts: Theories and applications* (pp. 384-402). New York: Routledge.

Cummins, L. F.**, Nadorff, M. N.**, & Kelly, A. E. (2009). Winning and positive affect can lead to reckless gambling. *Psychology of Addictive Behaviors, 23*, 287-294.

Kelly, A. E., & Yuan, K. H. (2009). Clients' secret-keeping and the working alliance in adult outpatient therapy. *Psychotherapy Theory, Research, Practice, Training, 46*, 193-202.

Rycyna, C. C.**, Champion, C. D.*, & Kelly, A. E. (2009). First impressions after various types of deception: Less favorable following expectancy violation. *Basic and Applied Social Psychology, 31*, 40-48.

Yip, J. J.*, & Kelly, A. E. (2008). Can emotional disclosure lead to increased self-reported neuroticism? *Journal of Social and Clinical Psychology, 27*, 761-778.

Kelly, A. E., & Rodriguez, R. R.* (2007). Do therapists disclose more to clients with greater symptomatology? *Psychotherapy Theory, Research, Practice, Training, 44*, 470-475.

Kelly, A. E., & Yip, J. J.* (2006). Is keeping a secret or being a secretive person linked to psychological symptoms? *Journal of Personality, 74*, 1349-1369.

* graduate student

** undergraduate student

Kelly, A. E., & Rodriguez, R. R.* (2006). Publicly committing oneself to an identity. *Basic and Applied Social Psychology*, 28, 185-191.

Rodriguez, R. R.*, & Kelly, A. E. (2006). Health effects of disclosing personal secrets to imagined accepting versus non-accepting confidants. *Journal of Social and Clinical Psychology*, 25, 1023-1047.

Kelly, A. E. (2004). Can we trust this depiction of trust? *Contemporary Psychology*, 49, 30-31

Kelly, A. E. (2002). *The psychology of secrets*. The Plenum series in social/clinical psychology. New York: Plenum.

Kelly, A. E., & Klusas, J. A.**, von Weiss, R. T.**, & Kenny, C.** (2001). What is it about revealing secrets that is beneficial? *Personality and Social Psychology Bulletin*, 27, 651-665.

Kelly, A. E., & Carter, J. E.* (2001). Dealing with secrets. In C. R. Snyder (Ed), *Coping with stress: Effective people and processes* (pp. 196-221). New York: Oxford University Press.

Kelly, A. E. (2000). Helping construct desirable identities: A self-presentational view of psychotherapy. *Psychological Bulletin*, 126, 475-494.

Kelly, A. E. (2000). A self-presentational view of psychotherapy: Reply to Hill, Gelso, and Mohr (2000) and to Arkin and Hermann (2000). *Psychological Bulletin*, 126, 509-515.

Kelly, A. E. (1999). Revealing personal secrets. *Current Directions in Psychological Science*, 8, 106-109.

Kelly, A. E. (1998). Clients' secret keeping in outpatient therapy. *Journal of Counseling Psychology*, 45, 50-57.

Kelly, A. E., & Nauta, M. M.* (1997). Reactance and thought suppression. *Personality and Social Psychology Bulletin*, 23, 1123-1132.

Carter, J. E.*, & Kelly, A. E. (1997). Using traditional and paradoxical imagery interventions with reactant intramural athletes. *The Sport Psychologist*, 11, 175-189.

Kelly, A. E., Kahn, J. H.*, & Coulter, R. G. (1996). Client self-presentations at intake. *Journal of Counseling Psychology*, 43, 300-309.

Kelly, A. E., & McKillop, K. J. (1996). Consequences of revealing personal secrets. *Psychological Bulletin*, 120, 450-465.

Kelly, A. E., & Achter, J. A.* (1995). Self-concealment and attitudes toward counseling in university students. *Journal of Counseling Psychology*, 42, 40-46.

* graduate student

** undergraduate student

Kelly, A. E., Coenen, M. E.**, & Johnston, B. L.** (1995). Confidants' feedback and traumatic life events. *Journal of Traumatic Stress*, 8, 161-169.

Kelly, A. E., & Kahn, J. H.* (1994). Effects of suppression of personal intrusive thoughts. *Journal of Personality and Social Psychology*, 66, 998-1006.

Kelly, A. E., Sedlacek, W. E., & Scales, W. R. (1994). How college students with and without disabilities perceive themselves and each other. *Journal of Counseling and Development*, 73, 178-182.

Strahan, R. F., & Kelly, A. E. (1994). Showing clients what their profiles mean. *Journal of Counseling and Development*, 72, 329-331.

Kelly, A. E.*, McKillop, K. J.*, & Neimeyer, G. J. (1991). Effects of counselor as audience on internalization of depressed and nondepressed self-presentations. *Journal of Counseling Psychology*, 38, 126-132.

Kelly, A. E.*, Neimeyer, G. J., & Metzler, A.* (1991). Biased processing effects of prior knowledge on cognitions regarding the use of cognitive restructuring. *Journal of Cognitive Psychotherapy: An International Quarterly*, 5, 27-40.

MANUSCRIPTS IN PROGRESS

Kelly, A. E., & Maxwell, S. E. (2015). A principled research in psychology. After a previous draft was invited for re-submission followed by a rejection of that revision, we are now submitting this newly-revised complete manuscript to the *American Psychologist*.

Kelly, A. E., & Wang, L. (2013). *Health benefits of not lying*. We submitted this manuscript for publication to *Science* in the summer of 2014 and received a rejection. After completing an additional year of data collection in August, we will submit the revised manuscript to the *Journal of Personality and Social Psychology* this spring.

**Kuse, C., Kelly, A. E., & Wang, L. (2014). *Telling fewer lies can improve social relations through reducing anxiety*. Thesis submitted in fulfillment of the honors requirement at the University of Notre Dame. We will revise this thesis for submission to *Journal of Personality and Social Psychology*.

**Norton-Baker, M., Kelly, A. E., & Wang, L. (2012). *Self-concealment as a moderator of the health benefits of not lying*. Thesis submitted in fulfillment of the honors requirement at the University of Notre Dame. We will revise this thesis for submission to *Journal of Social and Clinical Psychology*.

PRESENTATIONS

Kelly, A. E., & Wang, L. (2014, August). *Health benefits of sincere communication*. Presentation offered at the annual meeting of American Psychological Association, Washington, DC.

* graduate student

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** undergraduate student

Kelly, A. E., & Wang, L. (2013, November). *Honesty in negotiation*. Presentation offered (by invitation) at the inaugural Global Summit on Negotiation, Phoenix, AZ.

Kelly, A. E. (2013, November). *Secrets, lies, and statistics*. Presentation offered (by invitation) at the inaugural Global Summit on Negotiation, Phoenix, AZ.

Kelly, A. E., & Wang, L. (2013, August). *Living more honestly can improve health through better social relations*. Presentation offered at the annual meeting of the American Psychological Association, Honolulu, Hawaii.

Kelly, A. E. (2013, January). *How other people can enhance (or detract from) the benefits of emotional disclosure*. Presentation offered at the annual meeting of the Society of Personality and Social Psychology, New Orleans, LA.

Kelly, A. E., & Wang, L. (2012, August). *Can living more honestly cause health benefits?* Invited Address offered at the annual meeting of the American Psychological Association, Orlando, FL.

Kelly, A. E. (2011, August). *The Science of Honesty*. Presentation offered at the annual meeting of the American Psychological Association, Washington, D.C.

Cheung, R.*, & Kelly, A. E. (2010, May). *Presenting more publicly is linked to less symptomatology*. Presentation offered at the annual meeting of the American Psychological Society, Boston.

Kelly, A. E. (2010, January). *Why revealing secrets can be so good (or bad) for us*. Presentation offered at the annual meeting of the Society of Personality and Social Psychology, Las Vegas, Nevada.

Kelly, A. E. (2009, April). *Why revealing secrets can be so good (or bad) for us*. Presentation offered at the New Developments in the Psychology of Illness international conference in Fiji.

Macready, D. E.*, & Kelly, A. E. (2008, August). *I need to talk to somebody: Health benefits of non-anonymous disclosure*. Presentation offered at the annual meeting of the American Psychological Association, Boston.

Kelly, A. E. (2007, October). *Trade-offs to opening up to others: Debate between Anita Kelly and James Pennebaker*. Invited keynote address offered at the 4th international Emotions Conference, Tilburg University, Netherlands.

Kelly, A. E., & Yip, J. J.* (2007, August). *Secrecy and the working alliance*. Presentation offered at the annual meeting of the American Psychological Association, San Francisco.

Yip, J. J.*, & Kelly, A. E. (2007, August). *Emotional expression can lead to increased self-reported neuroticism*. Presentation offered at the annual meeting of the American Psychological Association, San Francisco.

* graduate student

** undergraduate student

Kelly, A. E., & Yip, J. J.* (2006, May). *Is keeping a secret or being a secretive person linked to psychological symptoms?* Presentation offered at the annual meeting of the American Psychological Society, New York.

Champion, C. D.*, & Kelly, A. E. (2004, May). *Clinton was right: Better to be technically truthful than to blatantly lie.* Presentation offered at the annual meeting of the American Psychological Society, Chicago, IL.

Kelly, A. E., Rodriguez, R. R.*, & Champion, C. D.* (2002, August). *Committing oneself to an identity.* Presentation offered at the annual meeting of the American Psychological Association, Chicago, IL.

Kelly, A. E. (2002, June). *Benefits of revealing and concealing secrets.* Invited presentation offered at the annual meeting of the American Psychological Society, New Orleans, LA.

Kelly, A. E. (2002, January). *Why do public self-portrayals alter private self-beliefs?* Invited presentation offered at the annual meeting of the Society for Personality and Social Psychologists, Savannah, GA.

Kelly, A. E. (2001, June). *Telling the truth is overrated: Even to your therapist.* Invited Address offered at the annual meeting of the American Psychological Society, Toronto, ON.

Kelly, A. E. (2000, June). *Effects of thought suppression.* Paper presented by invitation at the Attentional Capture conference, Villanova, PA.

Carter, J. E.*, & Kelly, A. E. (1999, August). *Comparing ability versus effort attributions for sport performance.* Paper presented at the annual meeting of the American Psychological Association, Boston, MA.

Kelly, A. E. (1998, July). *A self-presentational view of psychotherapy.* Paper informally presented (by invitation) at the Interpersonal Aspects of Self conference, Manchester, NH.

Kelly, A. E. (1997, August). *Secrets in counseling.* Paper presented at the annual meeting of the American Psychological Association, Chicago.

Chartrand, J., & Kelly, A. E. (1996, August). *Women in academia: APA roundtable discussion.* Presented at the annual meeting of the American Psychological Association, Toronto.

Kelly, A. E. (1995, August). *Reactance and thought suppression.* Paper presented at the annual meeting of the American Psychological Association, New York.

Kelly, A. E., & Kahn, J. H.* (1994, August). *Negative metacognitions following the rebound effect of thought suppression.* Paper presented at the annual meeting of the American Psychological Association, Los Angeles.

* graduate student

** undergraduate student

Kelly, A. E., & Achter, J. A.* (1993, August). *Self-concealment and attitudes toward seeking professional help*. Paper presented at the annual meeting of the American Psychological Association, Toronto.

Kelly, A. E. (1992, October). *Effects of suppression of personal, unwanted thoughts*. Paper informally presented at the annual meeting of the Society for Experimental Social Psychologists, San Antonio, Texas.

Kelly, A. E., Sedlacek, W. E., & Scales, W. R. (1991, August). *Disabled and nondisabled students' perceptions of themselves and each other*. Paper presented at the annual meeting of the American Psychological Association, San Francisco.

REVIEWER ACTIVITIES

Editorial Board member for *Journal of Counseling Psychology* (1997-1999)
Guest Editor for *Journal of Social and Clinical Psychology* (2008)
Ad hoc reviewer for *Journal of Personality and Social Psychology*
Ad hoc reviewer for *Journal of Traumatic Stress*
Ad hoc reviewer for *Personality and Social Psychology Bulletin*
Ad hoc reviewer for *Psychological Bulletin*
Reviewed *Psychology of Personality* text for MacMillan College Publishing Company (1993)
Reviewed *Introductory Psychology* text for Worth Publishing Company (1995).

GRANTS

The Templeton Foundation. *The Science of Honesty*. Kelly, A. E. (Principal Investigator); Gondoli, D. and Wang, L. (collaborators). This is a 3-year research project that addresses the question, "Can living honestly lead to improved physical and psychological well-being?" Awarded \$349,999.

Office of Research. *The Science of Honesty – Pilot 2*. (2011). Kelly, A. E. (Principal Investigator). Awarded by the University of Notre Dame (\$10,000).

Institute for Scholarship in the Liberal Arts Award (2010). *The Science of Honesty – Pilot 1*. Awarded by the University of Notre Dame (\$5,600).

Graduate School Faculty Research Award (2001). "Why do public self-portrayals lead to changes in private self-beliefs?" Awarded by the University of Notre Dame (\$5,000).

Graduate School Faculty Research Award (1999). "A self-presentational view of psychotherapy." Awarded by the University of Notre Dame (\$6,732).

Behavioral Science Track Award for Rapid Transition (1997). "What is it about revealing secrets that leads to health benefits?" Awarded by the National Institute of Mental Health (\$32,957).

Institute for Scholarship in the Liberal Arts Faculty Summer Stipend (1996). Awarded by the University of Notre Dame (\$3500.00).

* graduate student

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** undergraduate student

College of Liberal Arts and Sciences Summer Research Grant (1992). Awarded by Iowa State University (\$3722.22).

AWARDS

Kaneb Teaching Fellow (2008). Awarded by the University of Notre Dame for excellence in teaching (\$1500).

Kaneb Teaching Award (2002). Awarded by the University of Notre Dame for excellence in teaching (\$1000).

Outstanding Faculty Member of Iowa State University (1992). Awarded by Order of Omega for excellence in teaching/mentoring.

Full Athletic Scholarship (1982-1986). Team captain in cross country/track from 1985-1986 at Northwestern University (\$52,000).

Academic All Big Ten (1984). Awarded for cross country at Northwestern University.

PROFESSIONAL AFFILIATIONS

American Psychological Association. Served on Division 17 Awards Committee 1995-1997 and on its Program Committee 2000-2003.

American Psychological Society.

Society for Personality and Social Psychology.

* graduate student

** undergraduate student