

Matthew T. Gailliot

Curriculum Vita

Matthew T. Gailliot
Stephen F. Austin State University
1936 North Street
Nacogdoches, TX 75962
mgailliot@gmail.com

WORK HISTORY:

- Visiting Assistant Professor, Psychology, Stephen F. Austin State University (August, 2012 – present)
- Assistant Professor, Department of Psychological Counseling and Guidance, Zirve University (October, 2010 – March, 2011)
- Postdoctoral Research Fellow, Social Psychology, University of Albany (September, 2009 – August, 2010)
- Senior Fellow, Center for Human Science (May, 2009 – September, 2009)
- Assistant Professor, Social Psychology, University of Amsterdam (June, 2007 – June, 2008)

EDUCATION:

- Ph.D. in Social Psychology, Florida State University (August, 2007)
- M.S. in Social Psychology, Florida State University (December, 2005)
- B.S. in Psychology, Honors Scholar, Summa Cum Laude, Kennesaw State University (May, 2003)

PUBLICATIONS:

Glucose, Energy, and Metabolism

Gailliot, M. T. (in press). Happiness as surplus or freely available energy. *Psychology*, 3.

Gailliot, M.T. (2011). Alcohol consumption reduces effortful fatigue after sleep: Testing a theory of metabolite depletion and subsequent supercompensation. Lambert Academic Publishing. Saarbrucken, Germany.

Gailliot, M.T., Hildebrandt, B., Eckel, L.A., & Baumeister, R.F. (2010). A theory of limited metabolic energy and premenstrual syndrome (PMS) symptoms – Increased metabolic demands during the luteal phase divert metabolic resources from and impair self-control. *Review of General Psychology*, 14, 269-282.

- Gailliot, M.T., Baumeister, R.F., DeWall, C.N., Maner, J.K., Plant, E.A., Tice, D.M., Brewer, L.E., & Schmeichel, B.J. (2007). Self-Control relies on glucose as a limited energy source: Willpower is more than a metaphor. *Journal of Personality and Social Psychology*, *92*, 325-336.
- Gailliot, M.T., & Baumeister, R.F. (2007). The physiology of willpower: Linking blood glucose to self-control. *Personality and Social Psychology Review*, *11*, 303-327.
- Gailliot, M. T., Peruche, B. M., Plant., E. A., & Baumeister, R. F. (2009). Stereotypes and prejudice in the blood: Sucrose drinks reduce prejudice and stereotyping. *Journal of Experimental Social Psychology*, *45*, 288-290.
- Gailliot, M.T. (2008). Unlocking the energy dynamics of executive functioning: Linking executive functioning to brain glycogen. *Perspectives on Psychological Science*, *3*, 245-263.
- DeWall, C. N., Deckman, T., Gailliot, M. T., & Bushman, B. J. (2009). Sweetened blood cools hot tempers: Physiological self-control and aggression. *Aggressive Behavior*, *37*, 1, 73-80.

Self-Regulation/Self-Control

- Gailliot, M.T., Schmeichel, B.J., & Baumeister, R.F. (2006). Self-regulatory processes defend against the threat of death: Effects of self-control depletion and trait self-control on thoughts and fears of dying. *Journal of Personality and Social Psychology*, *91*, 49-62.
- Gailliot, M.T., & Baumeister, R.F. (2007). Self-regulation and sexual restraint: Dispositionally and temporarily poor self-regulatory abilities contribute to failures at restraining sexual behavior. *Personality and Social Psychology Bulletin*, *33*, 173-186.
- Gailliot, M.T., Plant, E.A., Butz, D.A., & Baumeister, R.F. (2007). Increasing self-regulatory strength can reduce the depleting effect of suppressing stereotypes. *Personality and Social Psychology Bulletin*, *33*, 281-294.
- DeWall, C. N., Baumeister, R. F., Gailliot, M. T., & Maner, J. K. (2008). Depletion makes the heart grow less helpful: Helping as a function of self-regulatory energy and genetic relatedness. *Personality and Social Psychology Bulletin*, *34*, 1653-1662.
- DeWall, C.N., Baumeister, R.F., Stillman, T., & Gailliot, M.T. (2007). Violence restrained: Effects of self-regulation and its depletion on aggression. *Journal of Experimental Social Psychology*, *43*, 62-76.

- Baumeister, R.F., Gailliot, M., DeWall, C.N., & Oaten, M. (2006). Self-regulation and personality: How interventions increase regulatory success, and how depletion moderates the effects of traits on behavior. *Journal of Personality, 74*, 1773-1801.
- Gailliot, M.T. (2009). The effortful and energy-demanding nature of prosocial behavior. In Mikulincer, M., & Shaver, P. R. (Eds.) *Prosocial motives, feelings, and behavior – The better angels of our nature*. Washington, DC: American Psychological Association.
- Gailliot, M.T. (2007). Self-control measures. In R.F. Baumeister & K.D. Vohs (Eds.), *Encyclopedia of social psychology*. Thousand Oaks, CA: Sage.
- Gailliot, M.T. (2007). Controlled processes. In R.F. Baumeister & K.D. Vohs (Eds.), *Encyclopedia of social psychology*. Thousand Oaks, CA: Sage.
- Gailliot, M.T., Baumeister, R.F., & Mead, N. (2008). Self-regulation. O.P. John, R.W. Robins, & L.A. Pervin (Eds.), *Handbook of Personality: Theory and Research* (3rd Edition, pp. 472-491). New York: Guilford.
- Gailliot, M.T., & Tice, D.M (2007). Emotion regulation and impulse control: People succumb to their impulses in order to feel better. In K. Vohs & E. Finkel (Eds.), *Interpersonal relations and intrapsychic processes*. NY: Guilford.
- Gailliot, M.T., & Baumeister, R.F. (2005). Self-control and business ethics: How strengthening the self benefits the corporation and the individual. In R. A. Giacalone, C. L. Jurkiewicz, & C. Dunn (Eds.), *Positive Psychology, Ethics, and Social Responsibility in Organizational Life*. Greenwich, CT: Information Age.
- Baumeister, R.F., Gailliot, M.T., & Tice, D.M. (2009). Free willpower: A limited resource theory of volition, choice, and self-regulation. In E. Morsella, J. Bargh, & P. Gollwitzer (Eds.), *Oxford handbook of human action* (pp. 487-508). New York: Oxford.
- DeWall, C.N., Baumeister, R.F., Schurtz, D.R., & Gailliot, M.T. (2010). Acting on limited resources: The interactive effects of self-regulatory depletion and individual differences. In R. Hoyle (Ed.), *Handbook of personality and self-regulation* (pp. 243-262). Oxford, UK: Wiley-Blackwell Publishing.

Mortality Salience

- Gailliot, M.T., Stillman, T., Schmeichel, B.J., Plant, E.A., & Maner, J.K. (2008). Mortality salience increases adherence to cultural norms. *Personality and Social Psychology Bulletin, 34*, 993-1003.

Gailliot, M.T., Schmeichel, B.J., & Maner, J.K. (2007). Differentiating the effects of self-control and self-esteem on reactions to mortality salience. *Journal of Experimental and Social Psychology, 43*, 894-901.

Gailliot, M.T., & Baumeister, R.F. (2007). Self-esteem, belongingness, and worldview validation: Does belongingness exert a unique influence upon self-esteem? *Journal of Research in Personality, 41*, 327-345.

Schmeichel, B. J., Gailliot, M. T., Filardo, E-A., McGregor, I., Gitter, S., & Baumeister, R. F. (2009). Terror management theory and self-esteem revisited: The roles of implicit and explicit self-esteem in mortality salience effects. *Journal of Personality and Social Psychology, 96*, 1077-1087.

McGregor, I., Gailliot, M. T., Vasquez, N., Nash, K. A. (2007). Ideological and personal zeal reactions to threat among people with high self-esteem: Motivated promotion focus. *Personality and Social Psychology Bulletin, 33*, 1587-1599.

Attention

Maner, J. K., Miller, S. L., Gailliot, M. T., & Rouby, D. A. (2009). Intrasexual Vigilance: The Implicit Cognition of Romantic Rivalry. *Journal of Personality and Social Psychology, 97*, 74-87.

Maner, J. K., Gailliot, M. T., & Miller, S. L. (2009). The implicit cognition of relationship maintenance: Inattention to attractive alternatives. *Journal of Experimental Social Psychology, 45*, 174-179.

Maner, J. K., DeWall, C. N., & Gailliot, M. T. (2008). Selective attention to signs of success: Social dominance and early stage interpersonal perception. *Personality and Social Psychology Bulletin, 34*, 488-501.

Maner, J.K., Gailliot, M.T., & DeWall, C.N. (2007). Can't take my eyes off you: Mating goals and biases in attentional adhesion. *Journal of Personality and Social Psychology, 93*, 389-401.

Maner, J.K., Gailliot, M.T., & DeWall, C.N. (2007). Adaptive attentional attunement: Evidence for mating-related perceptual bias. *Evolution and Human Behavior, 28*, 28-36.

Maner, J.K., Denoma, J.M., Van Orden, K.A., Gailliot, M.T., Gordon, K.H., & Joiner T.E. (2006). Evidence of attentional bias in women exhibiting bulimotypic symptoms. *International Journal of Eating Disorders, 39*, 55-61.

Additional Topics

- Maner, J. K., Gailliot, M. T., Menzel, A. J., & Kunstman, J. W. (in press). Dispositional anxiety blocks the psychological effects of power. *Personality and Social Psychology Bulletin*.
- Gailliot, M.T., & Schmeichel, B.J. (2006). Is implicit self-esteem really unconscious?: Implicit self-esteem eludes conscious reflection. *Journal of Articles in Support of the Null Hypothesis*, 3, 73-83.
- Tice, D.M., & Gailliot, M.T. (2006). How self-esteem relates to the ills and triumphs of society. In M.H. Kernis (Ed.), *Self-esteem issues and answers: A sourcebook on current perspectives*. New York: Psychology Press.
- Maner, J.K., & Gailliot, M.T. (2007). Altruism and egoism: Prosocial motivations for helping depend on relationship context. *European Journal of Social Psychology*, 37, 347-358.
- Maner, J.K., Gailliot, M.T., Butz, D.A., & Peruche, M. (2007). Power, risk, and the status quo: Does power promote riskier or more conservative decision making? *Personality and Social Psychology Bulletin*, 33, 451-462.
- Gau, L. S., Gailliot, M. T., & Brady, M. (2007). A model examining relationships among team identification, sport spectators' motives, perceived service quality, and satisfaction. In J. D. James (Ed.), *Sport Marketing Across the Spectrum: Research from Emerging, Developing, and Established Scholars*, Morgantown, WV: Fitness Information Technology, Inc.

SELECTED PROFESSIONAL PRESENTATIONS:

- Gailliot, M. (September, 2011). *Psychology from an energy perspective*. Department of Psychology, Jacobs University.
- Gailliot, M. (January, 2011). *Why might self-control worsen during premenstrual syndrome (PMS): Psychobiological processes limited by finite, shared energy*. Department of Psychology, Koç University.
- Gailliot, M. (December, 2009). *Self-control etc. and Metabolism: The Self as Energy Defined*. Department of Psychology, Sabanci University.
- Gailliot, M. (December, 2009). *Self-control etc. and Metabolism: The Self as Energy Defined*. Department of Psychology, Harvard University.
- Gailliot, M. (Fall, 2009). *The Metabolic Organism Within Us: How and Why Energy Dynamics Determine Thought, Behavior, and Emotion*. Department of Psychology, University of Albany, September, 2009.

- Gailliot, M. (Fall, 2009). *The Metabolic Organism Within: Thought and Behavior as Determined by Energy Dynamics*. Department of Psychology, University of Virginia, September, 2009.
- Gailliot, M. (Spring, 2008). Effortful Psychological Processes and Glucose in the Bloodstream: How 'Fuel for the Brain' in the Blood Shapes the Social World. Symposium presentation at the annual meeting of the Society of Personality and Social Psychology, Albuquerque, New Mexico.
- Gailliot, M. (Spring, 2008). *The Psyche as Energy*. Talk on viewing psychology from an energy perspective, Department of Social Psychology, University of Utrecht, The Netherlands, January 2008.
- Gailliot, M. (Fall, 2007). *The Psyche as Energy*. Talk on viewing psychology from an energy perspective, Department of Marketing, Katholieke Universiteit Leuven, Belgium, November 2007.
- Gailliot, M. (Fall, 2007). *The Psyche as Energy*. Talk on viewing psychology from an energy perspective, Department of Social Psychology, University of Cologne, Germany, December, 2007.
- Maner, J., Miller, S., & Gailliot, M. (June, 2007). Mate-guarding, jealousy, and intrasexual vigilance. Paper presented at the annual meeting of the Human Behavior and Evolution Society, Williamsburg, VA.
- Gailliot, M.T., Baumeister, R.F., DeWall, C.N., Maner, J.K., Plant, E.A., Tice, D.M., Brewer, L.E., & Schmeichel, B.J. (2007, January). Self-Control relies on glucose as an energy source: Glucose fuels the self-regulatory engine. Poster presented at the annual meeting of the Society of Personality and Social Psychology, Memphis, TN.
- Vohs, K.D., & Gailliot, M.T. (2006, September). Using or losing self-control: Antecedents of regulatory strength and regulatory depletion. Paper presented at the annual meeting of the Association for Consumer Research, Orlando, FL.
- Gailliot, M.T., Baumeister, R.F., DeWall, C.N., Maner, J.K., Plant, E.A., Tice, D.M., Brewer, L.E., & Schmeichel, B.J. (2006, May). Self-Control Relies on glucose as a limited energy source: Willpower is more than a metaphor. Paper presented at Florida State University Graduate Research Day, Tallahassee, FL.
- Gailliot, M.T., & Baumeister, R.F. (2006, January). Self-regulation and sexual restraint: Dispositionally and temporarily poor self-regulatory abilities contribute to failures at restraining sexual behavior. Poster presented at the annual meeting of the Society of Personality and Social Psychology meeting, Palm Springs, CA.

Gailliot, M. T., Plant, E. A., Butz, D. A., & Baumeister, R. F. (2005, January). *Increasing self-regulatory strength can reduce the depleting effect of suppressing stereotypes*. Poster presented at the annual meeting of the Society of Personality and Social Psychology meeting, New Orleans, LA.

Baumeister, R. F., Gailliot, M. T., DeWall, C. N. (2004, October). *Is there anything good about men?* Paper presented at the International Positive Psychology Summit, Washington, D. C.

TEACHING EXPERIENCE:

- Course Instructor, Research Methods (Fall, 2012)
- Course Instructor, General Psychology (Fall, 2012)
- Instructor, Summer Internship, Center for Human Science (Summer, 2009)
- Honors Research Experience Instructor, Mortality Salience and Color (Spring, 2008)
- Course Instructor, Emotions and Cognition (Spring, 2008)
- Course Instructor, Thoughts and Behavior – An Energy Perspective (Fall, 2007)
- Supervised Research Instructor, Self-Control, Vegetarianism, and the Environment (Fall, 2007)
- Baumeister-Tice Social Psychology Laboratory Manager (2005 – 2007)
- Course Instructor, General Psychology (Spring, 2006)
- Course Instructor, General Psychology (Fall, 2005)
- Course Instructor, General Psychology (Summer, 2005)
- Teaching Assistant, General Psychology, supervisor Dr. Dianne M. Tice (Spring, 2005)
- Teaching Assistant, General Psychology, supervisor Dr. Dianne M. Tice (Spring, 2004)
- Teaching Assistant, Social Psychology, supervisor Dr. Roy F. Baumeister (Fall, 2003)
- Teaching Assistant, Careers in Psychology, supervisor Dr. Barb Licht (Fall, 2003)

SELECTED AWARDS AND HONORS:

- FSU Graduate Student Research and Creativity Award (2007)
- Brigham Award for Best Research in Social Psychology by FSU graduate student (2006)
- Travel Grant for the Annual Meeting of the Society of Personality and Social Psychology, New Orleans, LA (2005)
- Poster Competition for the Annual Meeting of the Society of Personality and Social Psychology, Honorable Mention, New Orleans, LA (2005)
- Postdoctoral Research Award from the Human Behavior and Evolution Society, co-authored paper with Jon K. Maner (2005)

REFERENCES:

Bibb Latane

Laura Graham

Director
Center for Human Science
212 Vance Street
Chapel Hill, NC 27516
latane@humanscience.org
(919) 942-1230

Filiz Shiner Edizer
Zirve Universitesi
Kizillhisar Kampusu
Gaziantep, Turkey 26260
filizshine@gmail.com
0 507 961 2760

Clinical Psychology
University of Utah
1033 Barbara Place, Apt 3
Salt Lake City 84102
Laura.Graham@psych.utah.edu
(850) 510-2504

Jon Maner
Florida State University
B342 PDB
Tallahassee, Florida 32303
maner@psy.fsu.edu
(850) 645-1409