

David Creswell

Professor at Carnegie Mellon University

Pittsburgh, PA, US

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Biography

David's research focuses broadly on understanding what makes people resilient under stress. Specifically, he conducts community intervention studies, laboratory studies of stress and coping, and neuroimaging studies to understand how various stress management strategies alter coping and stress resilience. For example, he is currently working on studies that test how mindfulness meditation training impacts the brain, peripheral stress physiological responses, and stress-related disease outcomes in at-risk community samples. David also explores how the use of simple strategies (self-affirmation, rewarding activities, cognitive reappraisal) can buffer stress and improve problem-solving under pressure. David has made some recent research forays into other areas, such as in describing the role of unconscious processes in learning and decision making, developing new theory and research on behavioral priming, and in building a new field of health neuroscience.

Industry Expertise

Writing and Editing, Health and Wellness, Education/Learning, Research

Areas of Expertise

Social Psychology, Health Neuroscience, Neuroscience, Health Psychology, Psychoneuroimmunology

Affiliations

Social Personality Health Network : Executive Committee member

Event Appearances

How do mindfulness interventions work?

From Behavior to Brain to Body to Health, Center for Neuroscience and Society colloquium series, University of Pennsylvania

Self-affirmation writing for breast cancer survivors

University of Hawaii Medical School

How do mindfulness interventions work?

Mind-body interface international symposium, PNIRS Asia-Pacific Symposium Plenary talk

Education

The Colorado College
B.A. Psychology

University of California, Los Angeles
Ph.D. Social Psychology

University of California, Los Angeles
M.A. Social Psychology

Accomplishments

American Psychosomatic Society Herbert Weiner Early Career Award
2017

Social Personality Health Network Early Career Award
2015

APA Early Career Award for Scientific Contributions to Psychology
2014

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