

Sarah Pressman

Professor, Psychological Science at UC Irvine

Irvine, CA, US

Dr. Pressman's research focuses on the interplay of emotions, social relationships, and health, with a focus on physiological processes.

Biography

Sarah Pressman's research examines the role that positive emotions and other positive factors play in influencing stress and health outcomes. She is especially interested in exactly how these factors get under the skin to influence our well-being and protect us against the harmful effects of stress. Pathways that she has examined include physiological processes such as stress hormone reactivity, cardiovascular response, immune system change, as well as health behaviors like sleeping, exercise, and other leisure activities. In addition, Dr. Pressman also does research on the role of these positive psychosocial factors in buffering the detrimental effects of stress. For example, whether happiness is associated with an improved ability to handle stress, both from a psychological and a physiological standpoint. Another focus is using relationship and emotion markers outside of self-report as predictors of health. For example, computerized word encoding of writing, or positive facial emotion expression (e.g. smiling) as alternative, unobtrusive methods of understanding individual differences.

Areas of Expertise

Social Relationships and Health, Emotion and Emotion Regulation, Stress and Coping, Mental Health & Wellness, Physiological Measurement

Event Appearances

Why Doctors Should Care About Happiness | Sarah Pressman
TEDxUCIrvine

Education

University of Pittsburgh

Post Doctoral Fellowship Cardiovascular Behavioral Medicine

Carnegie Mellon University

M.S. and Ph.D. Social, Personality & Health Psychology

Mount Allison University

B.Sc. Biopsychology

Accomplishments

**Chair of the 77th American Psychosomatic Society
2018 Annual Meeting**

**Chair of the 76th American Psychosomatic Society
2017 Annual Meeting**

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