

June 1, 2009

KEVIN L. RAND, PH.D.
Curriculum Vitae

Department of Psychology
Indiana University Purdue University Indianapolis
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Indianapolis, IN 46202
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EDUCATION

- 2006 Ph.D. in Clinical Psychology
 University of Kansas, Lawrence, Kansas
 Dissertation: *The Differential Influences of Hope and Optimism on Expectancies, Performance, and Well-being: A Longitudinal Study of College Students*
- July 2005- Medical Psychology Intern
June 2006 *Duke University Medical Center, Durham, North Carolina*
- 2002 Master of Arts in Clinical Psychology
 University of Kansas, Lawrence, Kansas
- 2000 Bachelor of Arts
 Northern Kentucky University, Highland Heights, Kentucky
 Major: Psychology
- 1996 Bachelor of Architecture
 University of Cincinnati, Cincinnati, Ohio

AWARDS AND HONORS

- 2009 Psychology Instructor of the Year
- 2004 C. R. Snyder Award in Positive Psychology
- 2004 Lori Irving/Mitch Handelsman Teaching Award
- 2003 David Schulman Award for Excellence in Clinical Psychology
- 2003 Phi Kappa Phi National Honor Society in Psychology
- 2002 Graduate School Research Fellowship
- 2000 Outstanding Undergraduate in Psychology
- 1999 Psychology Faculty Research Excellence Award
- 1998 Ernest Meyer Award for Undergraduate Research
- 1998 Richard M. Griffith Memorial Award for Undergraduate Research
- 1998 Psi Chi National Honor Society in Psychology
- 1998 Baron Mental Health Award
- 1996 Professional Practice Achievement Award in Architecture
- 1989-1996 Voorhies Scholarship
- 1989 Mary Rowe Admission with Distinction Award

CLINICAL EXPERIENCE

July 2005- **Medical Psychology Intern**
June 2006 *Duke University Medical Center, Durham, North Carolina*
Supervision: 7.5 hours per week
Supervisors: Clive Robins, Ph.D. (outpatient and inpatient rotations)
Thomas Lynch, Ph.D. (outpatient rotation)
Laura Weisberg, Ph.D. (eating disorders rotation)

Duties: Conducting individual and group therapy with outpatient community residents, inpatient psychiatric patients, and outpatient eating-disorder patients focusing on cognitive-behavioral and dialectical-behavior interventions for anxiety disorders (i.e., GAD, PTSD, social phobia), mood disorders (i.e., unipolar depression, bipolar disorder, schizoaffective disorder), chronic and acute suicidality, personality disorders (i.e., borderline personality disorder, narcissistic personality disorder, antisocial personality disorder), and eating disorders (i.e., anorexia nervosa and bulimia nervosa). Group therapy consists of Group Skills Training based on Linehan's Dialectical Behavior Therapy protocol, with one group being tailored specifically for eating-disorder patients. Participating in weekly team and individual supervision. Communicating with other agencies and individuals in the community about therapeutic and case management issues.

2001- 2005 **Graduate Student Clinician**
University of Kansas Psychological Clinic, Lawrence, Kansas
Supervision: 1-3 hours per week
Supervisors: Donna L. Flory, LSCSW (June, 2001 – August, 2001)
Raymond L. Higgins, Ph.D. (August, 2001 – May, 2002; May, 2003- Present)
S. Douglas Witt, Ph.D. (May, 2002-August, 2002)
Cyd Schnacke, Ph.D. (August, 2002-May, 2003)

Duties: Conducting individual and couples therapy with outpatient community residents, university staff, and university students representing a wide range of socioeconomic and educational backgrounds focusing on cognitive-behavioral interventions for anxiety and depression. Conducting assessment batteries and writing reports using various combinations of the MMPI-2, SCL-90-R, Rorschach, Thematic Apperception Test, Sentence Completion, WAIS-R, and Draw-A-Person. Participated in weekly team and individual supervision. Communicated with other agencies and individuals in the community about therapeutic and case management issues.

TEACHING EXPERIENCE

2007-present Instructor, Theories of Personality
Department of Psychology, Indiana University Purdue University - Indianapolis

2007-present Instructor, Personality Assessment
Department of Psychology, Indiana University Purdue University - Indianapolis

2006-present Instructor, Statistical Inference
Department of Psychology, Indiana University Purdue University – Indianapolis

2003 - 2005 Instructor, Theories of Personality
Department of Psychology, University of Kansas

- 2003 - 2004 Instructor, Abnormal Psychology
Department of Psychology, University of Kansas
- 2003 Graduate Teaching Assistant, Clinical Assessment and Report Writing
Department of Psychology, University of Kansas
- 2002 Instructor, Intimate Relationships
Department of Psychology, University of Kansas
- 2002 Instructor, Introduction to Psychology
Department of Psychology, University of Kansas
- 2002 - 2004 Instructor, Introduction to Psychology
Duke University Talent Identification Program, Kansas Campus
- 2002 Graduate Teaching Assistant, Child Psychology
Department of Psychology, University of Kansas
- 2001 Graduate Teaching Assistant, Abnormal Psychology
Department of Psychology, University of Kansas
- 2000 Graduate Teaching Assistant, Individual Differences
Department of Psychology, University of Kansas
- 2000 Graduate Teaching Assistant, Intimate Relationships
Department of Psychology, University of Kansas

PROFESSIONAL ASSOCIATIONS

Association for Behavior and Cognitive Therapy (formerly Association for Advancement of Behavior Therapy)
 American Psychological Association
 Association for Psychological Science (formerly American Psychological Society)
 Indiana Psychological Association
 Midwestern Psychological Association
 Sigma Xi, The Scientific Research Society
 Society for Personality and Social Psychology
 International Positive Psychology Association

SPECIALIZED TRAINING

- Sept. 2007 Structural Equation Modeling II
Chicago, Illinois, Scientific Software International
Ralph O. Mueller, Ph.D. & Gregory R. Hancock, Ph.D.
- May 2007 Structural Equation Modeling
Chicago, Illinois, Scientific Software International
Ralph O. Mueller, Ph.D. & Gregory R. Hancock, Ph.D.

- May 2003 Methods of Analysis of Ordinal Data
Lawrence, Kansas, Scientific Software International
Gerhard Mels, Ph.D.
- May 2003 Analysis of Data with Missing Values & Multilevel Structural Equation Modeling
Lawrence, Kansas, Scientific Software International
Gerhard Mels, Ph.D.

PUBLICATIONS

Peer-Reviewed Journals

- Stewart, J. C., **Rand, K. L.**, Muldoon, M. F., & Kamarck, T. W. (in press). A prospective evaluation of the directionality of the depression-inflammation relationship. *Brain, Behavior, and Immunity*.
- Feldman, D. B., **Rand, K. L.**, & Kahle-Wroblewski, K. (2009). Hope and goal attainment: Testing a basic prediction of hope theory. *Journal of Social and Clinical Psychology, 28*, 479-497.
- Rand, K. L.** (2009). Hope and optimism: Latent structures and influences on grade expectancy and academic performance. *Journal of Personality, 77*, 231-260.
- Bigatti, S. M., Hernandez, A. M., Cronan, T. A., & **Rand, K. L.** (2008). Sleep disturbances in fibromyalgia: Relations to pain and depression. *Arthritis and Rheumatism, 59*, 961-967.
- Carpenter, J. S., & **Rand, K. L.** (2008). Modeling the hot flash experience in breast cancer survivors. *Journal of the North American Menopause Society, 15*, 469-475.
- Garratt, G., Ingram, R. E., **Rand, K. L.**, & Sawalani, G. M. (2007). Cognitive processes in cognitive therapy: Evaluation of the mechanisms of change in the treatment of depression. *Clinical Psychology: Science and Practice, 14*, 224-239.
- Snyder, C. R., Ritschel, L. A., **Rand, K. L.**, & Berg, C. J. (2006). Balancing psychological assessments: Including human strengths and hope in client reports. *Journal of Clinical Psychology, 62*, 33-46.
- Rand, K. L.** (2005). The return of science to graduate education in clinical psychology: A reply to Snyder and Elliott. *Journal of Clinical Psychology, 61*, 1185-1190.
- Rand, K. L.**, & Ilardi, S. (2005). Toward a consilient science of psychology. *Journal of Clinical Psychology, 61*, 7-20.
- Snyder, C. R., Berg, C., Woodward, J. T., Gum, A., **Rand, K. L.**, Wroblewski, K. K., Brown, J., & Hackman, A. (2005). Hope against the cold: Individual differences in trait hope and pain tolerance on the cold pressor task. *Journal of Personality, 73*, 287-312.
- Snyder, C. R., Lopez, S. J., Shorey, H. S., **Rand, K. L.**, & Feldman, D. B. (2003). Hope theory, measurements, and applications to school psychology. *School Psychology Quarterly, 18*, 122-139.

- Rand, K. L.,** & Snyder, C. R. (2003). A reply to Dr. Lazarus, the evocateur emeritus. *Psychological Inquiry, 14*, 148-153.
- Snyder, C. R., & **Rand, K. L.** (2003). The case against false hope. *American Psychologist, 58*, 820-822.
- Shorey, H. S., Snyder, C. R., **Rand, K. L.**, Hockemeyer, J. R., & Feldman, D. B. (2002). Somewhere over the rainbow: Hope theory weathers its first decade. *Psychological Inquiry, 13*, 322-331.
- Snyder, C. R., Feldman, D. B., Shorey, H. S., & **Rand, K. L.** (2002). Hopeful choices: A school counselor's guide to hope theory. *Professional School Counseling, 5*, 298-307.
- Snyder, C. R., **Rand, K. L.**, King, E. A., Feldman, D. B., & Taylor, J. D. (2002). "False" hope. *Journal of Clinical Psychology, 58*, 1003-1022.
- Chang, E. C., & **Rand, K. L.** (2000). Perfectionism as a predictor of subsequent adjustment: Converging evidence for a specific diathesis-stress mechanism among college students. *Journal of Counseling Psychology, 47*, 129-137.
- Chang, E. C., **Rand, K. L.**, & Strunk, D. R. (2000). Optimism and risk for job burnout among working college students: Stress as a mediator. *Personality and Individual Differences, 29*, 255-263.

Book Chapters

- Rand, K. L.,** & Cheavens, J. S. (2009). Hope theory. In C. R. Snyder & S. J. Lopez (Eds.), *Oxford handbook of positive psychology* (2nd Ed.) (pp. 323-333). New York: Oxford University Press.
- Ilardi, S. S., **Rand, K. L.**, & Karwoski, L. (2007). The cognitive neuroscience perspective allows us to understand abnormal behavior at multiple levels of complexity. S. O. Lilienfeld & W. T. O'Donohue (Eds.), *The great ideas of clinical science: 17 principles that every mental health professional should understand* (pp. 291-309). New York: Routledge/Taylor & Francis Group.
- Edwards, L. M., **Rand, K. L.**, Lopez, S. J., & Snyder, C. R. (2007). Understanding hope: A review of measurement and construct validity research. In A. D. Ong & M. H. M. van Dulmen (Eds.), *Oxford handbook of methods in positive psychology* (pp. 83-95). New York: Oxford University Press.
- Snyder, C. R., **Rand, K. L.**, & Ritschel, L. A. (2006). Hope over time. In L. Sanna & E. Chang (Eds.), *Judgments over time: The interplay of thoughts, feelings, and behaviors* (pp. 100-119). New York: Oxford University Press.
- Snyder, C. R., Shorey, H. S., & **Rand, K. L.** (2006). Using hope theory to teach and mentor academically at-risk students. In W. Buskist & S. Davis (Eds.), *Handbook of the teaching of psychology* (pp. 170-174). Malden, MA: Blackwell.
- Shorey, H., **Rand, K. L.**, Lopez, S. J., & Snyder, C. R. (2005). The ethics of hope: A guide for social responsibility in contemporary business. In R. Giacalone, C. Dunn, & C. L. Jurkiewicz (Eds.), *Positive psychology in business ethics and corporate social responsibility* (pp. 249-264). Greenwich, CT: Information Age Publishing Inc.

- Snyder, C. R., & **Rand, K. L.** (2004). Hopelessness and health. In N. Anderson (Ed.), *Encyclopedia of health and behavior* (pp. 521-523). Thousand Oaks, CA: Sage.
- Adams III, V. H., **Rand, K. L.**, Kahle, K. E., Snyder, C. R., Berg, C., King, E. A., Rodrigues-Hanley, A. (2003). African-Americans' Hope and Coping with Racism Stressors. In R. Jacoby & G. Keinan (Eds.), *Between hope and stress* (pp. 235-249). New York: Greenwood.
- Finger, M. S., & **Rand, K. L.** (2003). Addressing validity concerns in clinical psychology research. In M. Roberts & S. Ilardi (Eds.), *Handbook of research methods in clinical psychology* (pp. 13-30). Malden, MA: Blackwell.
- Adams III, V. H., Snyder, C. R., **Rand, K. L.**, King, E. A., Sigmon, D. R., & Pulvers, K. M. (2002). Hope in the workplace. In R. Giacalone & C. Jurkiewicz (Eds.), *Workplace spirituality and organizational performance*. New York: Sharpe.
- Snyder, C. R., **Rand, K. L.**, & Sigmon, D. R. (2002). Hope theory: A member of the positive psychology family. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 257- 276). New York: Oxford University Press.
- Lopez, S. J., Gariglietti, K. P., McDermott, D., Sherwin, E. D., Floyd, R. K., **Rand, K.**, & Snyder, C. R. (2000). Hope for the evolution of diversity: On leveling the "Field of Dreams." In C. R. Snyder (Ed.), *The handbook of hope* (pp. 223-242). New York: Academic Press.

Book Reviews

- Rand, K. L.**, & Shorey, H. S. (2005). [Review of the book *Character strengths and virtues: A handbook and classification*]. *The Clinical Psychologist*, 58, 30-31.

PRESENTATIONS

- Rand, K. L.** (2009, May). *Hope and optimism: Beliefs about the self and the world*. Invited address presented at the Department of Psychology, Ohio State University, Columbus, OH.
- Rand, K. L.** (2009, March). *Congratulations: You're just getting started*. Invited address presented at the Psi Chi induction ceremony, Indiana University-Purdue University Indianapolis, Indianapolis, IN.
- Rand, K. L.** (2009, March). *Hope and optimism: Effects of beliefs about the self and the world*. Invited address presented at the Cutting Edge Lecture Series, Indiana University-Purdue University Indianapolis, Indianapolis, IN.
- Rand, K. L.** (2008, November). *Dispositional hope and optimism: A synthesized model*. Presentation to the Psychology Department, Purdue University, West Lafayette, IN.
- Bigatti, S.M., Hernandez, A.M., Cronan, T.A., & **Rand, K.L.** (2008, October). *Sleep disturbances in fibromyalgia: Relations to pain and depression*. Poster presented at the Fibromyalgia and Sleep Disorders Scientific Conference, Portland, OR.

- Rand, K. L.** (2008, October). *Enabling the endeavoring: Hope's role in education*. Invited keynote address presented to the annual conference of the Faculty Colloquium on Excellence in Teaching (FACET), Indianapolis, IN.
- Rand, K. L.** (2008, September). *Hopeful education*. Invited keynote address to the annual University College Faculty Retreat, Indiana University-Purdue University Indianapolis, Indianapolis, IN.
- Rand, K. L.** (2008, August). *Hope and optimism: A synthesis*. Invited paper presented at the annual conference of the American Psychological Association, Boston, MA.
- Martin, A., & **Rand, K. L.** (2008, July). *The future's so bright, I gotta wear shades: A study of hope, optimism, and well-being in law school*. Presentation to the Legal Writing Institute Conference, Indianapolis, IN.
- Peterson, A. H., & **Rand, K. L.** (2008, July). *Looking beyond the obvious: Outgroup homogeneity bias and perceptions of college football players*. Poster presented at McNair Research Conference, East Lansing, MI.
- Carpenter, J. S., & **Rand, K. L.** (2008, March). *Modeling the hot flash experience in breast cancer survivors*. Poster presented at the State of the Science in Women's Health Symposium at the annual meeting of the Midwest Nursing Research Society, Indianapolis, IN.
- Rand, K. L.** (2008, August). *Learning with hope*. Invited presentation at the Center for Teaching and Learning, Indiana University-Purdue University Indianapolis, Indianapolis, IN.
- Stewart, J. C., **Rand, K. L.**, Muldoon, M. F., & Kamarck, T. W. (2008, March). *A prospective evaluation of the depression-inflammation relationship: Is depression a cause or a consequence?* Paper presented at the annual conference of the American Psychosomatic Society, Baltimore, MD..
- Rand, K. L.**, & Snyder, C. R. (2005, April). *Positive Science: Hope in the 21st Century*. Invited address presented at the Child Care Fair, Barton County Community College, Great Bend, KS.
- Rand, K. L.**, & Snyder, C. R. (2005, April). *Hopeful lessons: Practical techniques for teaching hope to children*. Presentation at the Child Care Fair, Barton County Community College, Great Bend, KS.
- Rand, K. L.**, & Snyder, C. R. (2004, August). *Hope and expectancy: Goals versus predictions for class performance*. Poster presented at the American Psychological Association convention, Honolulu, HI.
- Rand, K. L.**, & Snyder, C. R. (2004, May). *Testing for false hope*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Snyder, C. R., **Rand, K. L.**, & Shorey, H. S. (2004, August). *Hope and life*. Presentation to Cottonwood, Inc., Lawrence, KS.
- Snyder, C. R., **Rand, K. L.**, Shorey, H. S., Wroblewski, K. K., Berg, C. B., & Sigmon, D. (2003, November). *Hope, teaching, and healing*. Presentation at St. Luke's Hospital, Kansas City, MO.

- Snyder, C. R., Shorey, H. S., **Rand, K. L.**, Wroblewski, K. K., & Berg, C. B. (2003, November). *Hope and teaching children*. Talk to the Mental Health Association of Saline County, Marshall, MO.
- Snyder, C. R., & **Rand, K. L.** (2003, October). *On the trail of the elusive false hope phenomenon*. Presentation at the International Positive Psychology Summit, Washington, DC.
- Snyder, C. R., **Rand, K. L.**, Shorey, H., Kahle, K., Feldman, D., & Berg, C. (2003, January). *Hope theory and research*. Research paper, Quality of Life International Symposium, Hospital Authority, Hong Kong.
- Snyder, C. R., **Rand, K. L.**, Shorey, H., Kahle, K., Feldman, D., & Berg, C. (2003, January). *Teaching and student strengths*. Research paper, Quality of Life International Symposium, Hospital Authority, Hong Kong.
- Snyder, C. R., Shorey, H. S., Kahle, K., **Rand, K. L.**, Feldman, D. B., & Berg, C. (2002, November). *Hope and teaching business*. Colloquium presented to the Masters in Public Administration and Business School, University of Kansas, Topeka, KS.
- Rand, K. L.**, Snyder, C. R., Feldman, D. B., King, E. A., Taylor, J. D., & Shorey, H. S. (2001, October). *False hope: Theory and future research*. Poster presented at the Festschrift in honor of Rue Cromwell, Lawrence, KS.
- Shorey, H. S., Snyder, C. R., **Rand, K. L.**, & Feldman, D. B. (2001, October). *The high hope of securely attached people*. Poster presented at the Festschrift in honor of Rue Cromwell, Lawrence, KS.
- Snyder, C. R., & **Rand, K. L.** (2000, August). *Question: Is there false hope?* Invited paper presented at the American Psychological Association, Washington, DC.
- Lutterbeck, M. C., Varney, S. A., Rekers, K. M., **Rand, K. L.**, Moran, C., Strunk, D. R., & Chang, E. C. (1998). *Distinguishing cognitive and emotional facets underlying college students' learning propensity*. Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.
- Moran, C., **Rand, K. L.**, Wagner, M. R., & Chang, E. C. (1998). *Cultural differences in mood and life satisfaction between Spanish and American college students: A preliminary investigation*. Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.
- Rand, K. L.** (1998). *Depression and worry in architecture students*. Poster presented at Kentucky Academy of Science Conference, Louisville, KY.
- Rand, K. L.**, & Chang, E. C. (1998). *Optimism and risk for job burnout among working college students: Perceived stress as a potential mediator*. Paper presented at Kentucky Academy of Science Conference, Louisville, KY.
- Rand, K. L.**, & Chang, E. C. (1998). *Causal uncertainty and depressive symptomatology: Appraisal and coping as mediating variables*. Paper presented at Kentucky Academy of Science Conference, Louisville, KY.

- Rand, K. L., & Chang, E. C. (1998).** *Perfectionism and psychological adjustment in college students: Perceived stress as a mediator.* Paper presented at Kentucky Psychological Association Convention, Louisville, KY.
- Rand, K. L., Moran, C., & Chang, E. C. (1998).** *Stress among working college students: Relations to optimism, pessimism, psychological adjustment, and risk for job burnout.* Poster presented at 1998 Tri State Psychology Conference, Huntington, WV.
- Rand, K. L., Moran, C., & Chang, E. C. (1998).** *Dispositional optimism and appraisals, coping, and adjustment.* Poster presented at 1998 Tri State Psychology Conference, Huntington, WV.
- Rand, K. L., Moran, C., & Chang, E. C. (1998).** *Causal uncertainty and depressive symptomatology: Appraisals and coping as mediating variables.* Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.
- Rekers, K. M., Bohart, D. M., Varney, S. A., Moran, C., **Rand, K. L., & Chang, E. C. (1998).** *Self-esteem as a mediator of psychological adjustment: Relations to hopelessness and depressive symptoms in an adolescent population.* Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.
- Strunk, D. R., **Rand, K. L., & Chang, E. C. (1998).** *Individual differences in dysphoria: Relations to appraisals, coping, and adjustment.* Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.
- Varney, S. A., Rekers, K. M., Moran, C., **Rand, K. L., Bohart, D. M., & Chang, E. C. (1998).** *Psychological adjustment in high school students: Distinguishing between predictors of suicide ideation and life satisfaction.* Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.
- Wagner, M. R., Moran, C., **Rand, K. L., & Chang, E. C. (1998).** *Hope, problem solving ability, and coping in a college student population.* Poster presented at 1998 Mid-American Undergraduate Psychology Research Conference, Franklin, IN.

OTHER EXPERIENCES

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| 2001-
Present | Guest Reviewer
<i>Journal of Social and Clinical Psychology</i> |
| 2001-
Present | Guest Reviewer
<i>Journal of Personality and Social Psychology</i> |
| 2003-
Present | Guest Reviewer
<i>Personality and Social Psychology Bulletin</i> |
| 2004-
Present | Guest Reviewer
<i>Personality and Individual Differences</i> |
| 2007-
Present | Guest Reviewer
<i>Journal of Consulting and Clinical Psychology</i> |
| 2008-
Present | Guest Reviewer
<i>Cognitive Therapy and Research</i> |

REFERENCES

Raymond L. Higgins, Ph.D.
Professor of Psychology
Director, Graduate Training Program in Clinical Psychology
306 Fraser Hall
The University of Kansas - Lawrence
Lawrence, KS 66045-2462
(785)864-9856
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Associate Professor of Psychology
410 Fraser Hall
The University of Kansas - Lawrence
Lawrence, KS 66045-2462
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