
Thuy-vy Thi Nguyen, Ph.D.

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OSF profile: <https://osf.io/ake57/>

EDUCATION

- 2014 – 2018** **Ph.D.**, Social-Personality Psychology
University of Rochester, New York, USA
Dissertation title: Breaking the Monotony of Solitude: A Self-Determination Theory Perspective
- 2011 – 2014** **M.A.**, Social-Personality Psychology
University of Rochester, New York, USA
Thesis title: “Good” vs. “Bad” Perfectionism: Does Motivation Matter?
- 2009 – 2011** **M.A.**, Positive Psychology
Claremont Graduate University, California, USA
Thesis title: Explore the Relationship between Solitude Types and Happiness Orientations
- 2006 – 2008** **B.A.**, in Cognitive Sciences
University of California, Irvine, USA

ACADEMIC POSITION

Assistant Professor in Quantitative Social Psychology University of Durham, Durham, UK 2019-present

PEER-REVIEWED PUBLICATIONS

Zhou, T., **Nguyen, T. T.**, Zhong, J., & Liu, J. (2020). A COVID-19 descriptive study of life after lockdown in Wuhan, China. *Registered Report accepted for publication at Royal Society: Open Science*.

Nguyen, T. T.*, Weinstein, N.* (2020). Motivation and Preference in Isolation: A test of their different influences on responses to self-isolation during the COVID-19 outbreak. *Registered Report accepted for publication at Royal Society: Open Science*. *Authors contribute equally to the work

Nguyen, T. T., McPhetres, J., & Deci, E. L. (2020). Beyond God and government: The role of personal control in supporting citizens' well-being in the face of changing economy and rising inequality. *Social Psychological Bulletin*, 15(1), Article e2663. <https://doi.org/10.32872/spb.2663>

Nguyen, T. T., Werner, K. M., & Soenens, B. (2019) Embracing me-time: Motivation for solitude during transition to college. *In press at Motivation and Emotion*. Preprint: [10.31234/osf.io/dgmf7](https://osf.io/dgmf7)

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (2018). Solitude as an approach to affective self-Regulation. *Personality and Social Psychology Bulletin*, 44(1), 92-106.

McPhetres, J., & **Nguyen, T. T.** (2017). Using findings from the cognitive science of religion to understand current conflicts between religious and scientific ideologies. *Religion, Brain, and Behavior*, <http://dx.doi.org/10.1080/2153599X.2017.1326399>

Hu, T., Guo, H., Sun, H., **Nguyen, T. T.**, & Luo, J. (2017). Spice up your chat: The intentions and sentiment effects of using emoji. *arXiv preprint arXiv:1703.02860*.

Hu, T., Xiao, H., **Nguyen, T. T.**, & Luo, J. (2017). What the language you tweet says about your occupation. *arXiv preprint arXiv:1701.06233*.

Nguyen, T. T., & Deci, E. L. (2016). Can it be good to set the bar too high? The role of motivational regulation in moderating the link from high standards to academic well-being. *Learning and Individual Differences*, *45*, 245-251.

Nguyen, T. T., & Zuckerman, M. (2016). The Links of God Images to Women's Religiosity and Coping with Depression: A Socialization Explanation of Gender Difference in Religiosity. *Journal of Psychology of Religion and Spirituality*, *8(4)*, 309.

MANUSCRIPTS UNDER REVIEW

Nguyen, T. T., Weinstein, N., & Deci, E. L. The Motivation to Do Nothing When Alone: Autonomy as Driver of Emotions and Diversion Behaviors in Solitude. Preprint: <https://psyarxiv.com/kzw9s/>

Nguyen, T. T., Weinstein, N., & Ryan, R. M. Do Introverts Enjoy Solitude? an Investigation of Personality Predictors of Motivation for Spending Time Alone. Preprint: [10.31234/osf.io/sjcw9](https://osf.io/sjcw9)

Weinstein, N., **Nguyen, T. T.**, Wildschut, T., & Sedikides, C. Memories of Support: Recalling Support for Autonomy Elicits Nostalgia and Fosters Self-Continuity.

Przybylski, A. K., Weinstein, N., **Nguyen, T. T.**, Law, W., Mitev, K. A confirmatory investigation of the effect of acute social media abstinence on mood, self-esteem, satisfaction, & belonging.

BOOK CHAPTERS

Nguyen, T. T., Weinstein, N., Ryan, R. M. The Possibilities of Aloneness and Solitude: Developing an Understanding Framed through the Lens of Human Motivation and Needs. In press at R. J. Coplan, J. C. Bowker, L. Nelson (Eds), *Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone* (2nd edition). Wiley-Blackwell Press.

Davis, O. C., & **Nguyen, T. T.** (2017). Conditional positive regard. In Zeigler-Hill & Shackelford (Eds), *Encyclopedia of Personality and Individual Differences* (pp. 1-4). Springer International Publishing. DOI: https://doi.org/10.1007/978-3-319-28099-8_1458-1

Nguyen, T. T., & Deci, E. L. (2016). Intrinsic versus extrinsic motivation. In H. L. Miller, Jr. (Ed), *The SAGE Encyclopedia of Theory in Psychology* (pp. 475-478). Thousand Oaks, CA: SAGE publications, Inc.

CONFERENCE PRESENTATIONS

Nguyen, T. T.* (February 2020). Solitude in the digital age: Does social media add to or take away our solitude?. Symposium presented at the Annual Meeting of the Society for Personality and Social Personality, New Orleans, Louisiana, USA. *Symposium chair

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2019). “All of men’s misfortune comes from one thing, which is not knowing how to sit quietly in a room”: How do we fix that? Paper presentation at the 7th Self-Determination Theory Conference, Egmond aan Zee, Netherlands.

Nguyen, T. T. (February 2019). Breaking the Monotony of Solitude: Investigating the Role of Autonomy in Solitary Regulation. Data Blitz presentation at the 19th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (April 2018). Solitude as an approach to affective self-regulation. Paper presented at the 2018 The Consortium of European Research on Emotion at University of Glasgow, Glasgow, UK.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2018). Cultivating the benefits of daily solitude: The role of autonomous motivation in moderating the effect of practicing solitude on daily well-being. Paper presented at the 15th International Conference on Motivation, Thessaloniki, Greece.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2016). How solitude affects mood: The bigger picture. Paper presented at the 3rd Annual Meeting of the Social Psychologists Around Western New York conference, Syracuse, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2015). The value of solitude in daily well-being: A self-determination perspective. Symposium presented at the 2nd Annual Meeting of the Social Psychologists Around Western New York conference, Buffalo, New York, USA.

Nguyen, T. T. (May 2015). Breaking the wall of “me time”. 3-minute presentation at the 2015 Falling Walls Lab Rochester organized by the University of Rochester and the Falling Walls Foundation.

Nguyen, T. T., & Deci, E. L. (August 2014). Overcome perfectionism: The buffering effect of autonomy in maintaining resilience against failure. Symposium presented at the American Psychology Association-Division 10 Hospitality Suite at the 122th Annual Convention of the American Psychological Association, Washington, D.C., USA.

Nguyen, T. T., & Ryan, R. (May 2014). Manifestations of personality traits in social and solitary experiences. Paper presented at the Inaugural Meeting of Social Psychologists around Western New York, Rochester, New York, USA.

Nguyen, T. T. (August 2010). Exploring the relationship between creative Solitude and Life Satisfaction. Paper presented at the 118th Annual Convention of the American Psychological Association, San Diego, California, USA.

INVITED TALKS

SaxeLab at MIT, Boston, Massachusetts, USA	April 2019
Hoa Sen University, Ho Chi Minh City, Vietnam	September 2018
University of Economics, Ho Chi Minh City, Vietnam	September 2018
Bath University, Bath, United Kingdom	June 2018
State University of New York at Potsdam, New York, USA	May 2017

Carleton University, Ottawa, Ontario, Canada

January 2016

META Lab at University of California, Santa Barbara, California, USA

July 2015

American Jewish University, Los Angeles, California, USA

April 2010

POSTER PRESENTATIONS (* supervised undergraduate students)

*Sirin, B., **Nguyen, T. T.**, Ryan, R. M., & Deci, E. L. (February 2018). Spend time alone to feel better with others: The role of healthy motivation for solitude in promoting social well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, Georgia, USA.

*Cui, Y., & **Nguyen, T. T.** (August 2017). Does the person I admire tell me about who I am. Poster presented at the 4th Annual Meeting of the Social Psychologists Around Western New York conference, Rochester, New York, USA.

*Cui, F., **Nguyen, T. T.**, McPhetres, J., & Deci, E. L. (January 2017). Influence of information on uncertainty. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (January 2017). Differentiated effects of solitude on affect activation and affect valence. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas, USA.

*Panny, B., **Nguyen, T. T.**, & Deci, E. L. (January 2017). Solitude, social interaction, and daily well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (January 2016). Being alone and unoccupied: Cultivating the benefits of true solitude for daily life. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, California, USA.

Nguyen, T. T., & Deci, E. L. (May 2015). Motivation determines optimal benefits of personal standard perfectionism on learning. Poster presented at the 27th Annual Convention of the Association for Psychological Science, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2015). How time alone predicts daily well-being: The Self-Determination Perspectives. Poster presented at the 27th Annual Convention of the Association for Psychological Science, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (February 2015). The capacity to be alone. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California, USA.

Nguyen, T. T., & Deci, E. L. (February 2014). Perfectionism is not adaptive unless it is by choice. Poster presented at the Happiness and Well-Being Pre-conference at the Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas, USA.

Nguyen, T. T., & Deci, E. L. (June 2013). The role of autonomy in the pursuit of perfection. Poster presented at the 5th International Conference on Self-Determination Theory, Rochester, New York, USA.

Nguyen, T. T., Davis, O. C., & Deci, E. L. (August 2012). Intrinsic striving for excellence versus introjected pursuit of perfection. Poster presented at the International Conference on Motivation, Frankfurt am Main, Germany.

Nguyen, T. T., & Davis, O. C. (August, 2011). Solitary activities and happiness orientations. Paper presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C, USA.

Nguyen, T. T., Pearlman, S. L., & Davis, O. C. (July 2011). Developing self-insight: The self-determination theory perspective. Poster presented at the Second World Congress on Positive Psychology, Pennsylvania, Massachusetts, USA.

FELLOWSHIPS / AWARD / GRANTS

- 2018 *Emory Cowen Award for Best Publication by a Graduate Student.* University of Rochester. Rochester, New York, USA.
- 2017 *“Three-Minute Thesis” Competition 1st Place Winner.* University of Rochester. Rochester, New York, USA.
- 2017 *Diversity Fund Graduate Travel Award.* Society of Personality and Social Psychology.
- 2017 *Graduate Student Travel Award.* Society of Personality and Social Psychology.
- 2016 *Graduate Student Association’s Conference Travel Funding Award.* University of Rochester, New York, USA.
- 2016 *International Conference Registration Grant.* American Psychological Association.
- 2015 *Dean’s Travel Award.* University of Rochester, New York, USA.
- 2012 *Student Travel Award.* American Psychological Association.
- 2011 *“Three-Minute Thesis” Competition 2nd Place Winner.* American Psychological Association.
- 2011 *Student Travel Award.* American Psychological Association.
- 2011 *Dean’s Travel Award.* Claremont Graduate University, Claremont, California, USA.

INVITED PRESENTATIONS TO NON-ACADEMIC AUDIENCES

- Invited speaker* at Life Project for Youth Alliance, Vietnam Summer 2015
- Invited speaker* at Allendale Columbia School, Rochester, NY Spring 2015
- Invited Speaker* at Tedx SunyGeneseo, Geneseo, NY Spring 2017
- Retrieved from: <https://youtu.be/34ttspXxYlw>

PROFESSIONAL AND CROSS-DISCIPLINARY ENGAGEMENT

- Research advisor* at Immersyve, Celebration, Florida, USA Fall 2018
- Open Science workshop organizer* at the University of Rochester Libraries Fall 2018
- Assistant Director of Funding Committee* at the Psychological Science Accelerator Fall 2018 - present

