

ANGELINA SUNG

angelina.sung@colostate.edu

EDUCATION

- 2020 – Present **Ph.D. Candidate in Clinical Psychology**, Colorado State University
Pre-Doctoral Internship: Standard Clinical Track, Minneapolis VA Health Care System
Dissertation: *Examining the Nuanced Effects of Awe on Depression: An Ecological Momentary Assessment Study*
Master's Thesis: *The Protective Effects of Awe on Self-Focused Attention and Depressive Symptoms*
Co-Advisors: Michael Steger, PhD; Noah Emery, PhD
- 2017 – 2020 **M.A. Counseling Psychology**, Santa Clara University
Marriage & Family Therapy Track, Emphasis in Health Psychology
Advisor: Shauna Shapiro, PhD
- 2011 – 2015 **B.S. Psychology**, Carnegie Mellon University
Minor in Philosophy
Advisor: David Creswell, PhD
- 2014 **European Clinical Psychology Program**, Danish Institute for Study Abroad

AWARDS & HONORS

- 2025 **Success Grant** (\$2435), Colorado State University
- 2024 **Success Grant** (\$1461), Colorado State University
- 2023 **Graduate Fellowship in Behavioral & Mental Health** (\$5000), Colorado State University
- 2021 **Dean's Graduate Diversity Summer Supplement** (\$500), Colorado State University
- 2020 **A. Goble Endowed Education Scholarship for Student Researchers** (\$1962), Santa Clara University
- 2019 **Research Excellence Award** (\$457), Santa Clara University
- 2015 **Semi-Finalist**, Research Grant, Fulbright US Student Program
Title: *Examining Adult Purpose Development in Taiwan using Indigenous Psychology as a Method*

PUBLICATIONS

PEER-REVIEWED PUBLICATIONS

5. Emery, N. N., Carlon, H. A., Walters, K. J., Mei, S., **Sung, A.**, DeFalco, A., Baumgardner, S., Mataczynski, M. J., & Prince, M. A. (2025). Examining the moment-to-moment association between drinking and problems: The moderating role of emotional functioning. *Alcohol: Clinical & Experimental Research*, 49(5), 1126–1138.
4. Piercey, C. J., Gray, B., **Sung, A.**, Henry, D., & Karoly, H. C. (2024). Protective behavioral strategies for psychedelic use: A mini review of the evidence. *Psychedelic Medicine*, 2(4), 234–242.
3. Emery, N. N., Walters, K. J., **Sung, A.**, Douglass, M. A., Baumgardner, S., & Mataczynski, M. J. (2024). Characterizing the dimensions of positive emotional functioning in young adult alcohol use and alcohol-related problems. *Addictive Behaviors*, 151, 107950.
2. **Sung, A.**, Rubens, S. L., Soliemannjad, R. R., & Zeringue, M. M. (2023). Socioemotional health, trauma exposure, and internalizing symptoms in students attending an alternative high school. *American Journal of Orthopsychiatry*, 93(3), 269–278.

1. Rubens, S. L., Feldman, D. B., Soliemannjad, R. R., **Sung, A.**, & Gudiño, O. (2020). Hope, daytime sleepiness, and academic outcomes in low-income, Latinx youth. *Child & Youth Care Forum*, 49(5), 743–757.

INVITED ARTICLES & BOOK CHAPTERS

2. Steger, M. F., **Sung, A.**, & Dik, B. J. (under contract). Meaning in Glimpses of the Extraordinary: Meaning in Life and Psychedelic, Religious, Spiritual, and Mystical Experiences. In M. van Elk & D. Yaden (Eds.), *Oxford Handbook of Psychedelic, Religious, Spiritual & Mystical (PRSM) Experiences*. Oxford: Oxford University Press.
1. Steger, M. F., **Sung, A.**, Dao, T. A. L., & Tompkins, T. M. (2023). Meaning in challenging times: How we might respond to the global COVID-19 pandemic? *Mental Health & Social Inclusion*, 27(4), 340–354.

MANUSCRIPTS IN PREPARATION, UNDER REVIEW, OR IN REVISION

Sung, A., Mei, S., & Emery, N. N. (in preparation). In-the-moment effects of alcohol and cannabis use on rumination: The mediating role of affect.

Sung, A., & Steger, M. F. (in preparation). Rethinking the role of the self in awe.

Sung, A., & Emery, N. N. (in preparation). Characterizing the profile of momentary awe.

Sung, A., & Emery, N. N. (in preparation). Momentary awe and the stability of positive and negative affect among young adults with and without internalizing disorders.

PRESENTATIONS

POSTER PRESENTATIONS

16. **Sung, A.**, Nyima, T., Tompkins, T. M., Curcio, H., Underill, B. D., & Steger, M. F. (2024, July). *Examining the moderating role of awe in environmental responsibility beliefs, engagement, and climate change anxiety*. Poster presented at the 11th European Conference on Positive Psychology, Innsbruck, Austria.
15. Nyima, T., **Sung, A.**, Steger, M. F. (2024, July). *Meaning in life, intolerance of uncertainty, and resilience*. Poster presented at the 11th European Conference on Positive Psychology, Innsbruck, Austria.
14. Mataczynski, M. J., **Sung, A.**, Mei, S., Baumgardner, S., Richardson, C., DeFalco, A., & Emery, N. N. (2024, April). *Emotion's role in challenging interpersonal contexts and substance use*. Poster presented at the annual meeting of the Collaborative Perspectives on Addiction, Denver, CO.
13. Mei, S., Winters, A., Baumgardner, S., **Sung, A.**, Mataczynski, M. J., DeFalco, A., Richardson, C., Emery, N. N. (2024, April). *Ecological momentary assessment of drinking and thoughts of death among college students*. Poster presented at the annual meeting of the Collaborative Perspectives on Addiction, Denver, CO.
12. **Sung, A.**, & Emery, N. N. (2024, March). *Effects of momentary awe on the time course of positive affect among young adults with and without internalizing disorders*. Poster presented at the annual conference of the Society for Affective Science, New Orleans, LA.
* *High-ranking abstract selected for a long abstract publication in a supplement of Affective Science*
11. **Sung, A.**, & Emery, N. N. (2023, November). *Momentary awe and the stability of negative affect among depressed and non-depressed young adults*. Poster presented at the annual conference of the Association for Behavioral & Cognitive Therapies, Seattle, WA.

10. Dao, T. A. L., **Sung, A.**, & Steger, M. F. (2023, July). *Comparing the effects of awe and mindfulness on stress and rumination*. Poster presented at the 8th International Positive Psychology Association World Congress, Vancouver, Canada.
9. **Sung, A.**, Marsh, D. R., Tompkins, T., Stafford, N. W., & Steger, M. F. (2023, July). *Awe's impact on meaning in life across two experimental studies*. Poster presented at the 8th International Positive Psychology Association World Congress, Vancouver, Canada.
8. Mei, S., Mataczynski, M. J., Baumgardner, S., **Sung, A.**, Norman, T., Sturgess, K., Unis, G., Emery, N. N. (2023, June). *Negative consequences for individuals with risky alcohol consumption: An ecological momentary assessment study*. Poster presented at the annual conference of the Research Society on Alcohol, Bellevue, WA.
7. Underhill, B. D., Curcio, H., & **Sung, A.** (2023, April). *Religion, spirituality, and climate change anxiety*. Poster presented at the annual conference of the Rocky Mountain Psychological Association, Albuquerque, NM.
6. **Sung, A.**, & Steger, M. F. (2023, March). *The role of awe on rumination and depressive symptoms*. Poster presented at the annual conference of the Society for Affective Science, Long Beach, CA.
5. Emery, N. N., Mei, S., **Sung, A.**, Baumgardner, S., Mataczynski, M. J., Unis, G., Sturgess, K., Norman, T., Prince, M. A. (2023, March). *Examining the moment-to-moment association between drinking and problems*. Poster presented at the annual conference of the Collaborative Perspectives on Addiction, Albuquerque, NM.
4. Mei, S., **Sung, A.**, Baumgardner, S., Mataczynski, M. J., Sturgess, K., Unis, G., Wheeler, E., Norman, T., Emery, N. N. (2023, March). *Loneliness, isolation, and COVID-19 policies on alcohol use: Ecological momentary assessment study*. Poster presented at the annual conference of the Collaborative Perspectives on Addiction, Albuquerque, NM.
3. **Sung, A.**, Baumgardner, S., Mataczynski, M. J., Mei, S., Norman, T., Unis, G., Sturgess, K., & Emery, N. N. (2023, March). *In-the-moment effects of alcohol and cannabis use on rumination: The mediating role of affect*. Poster presented at the annual conference of the Collaborative Perspectives on Addiction, Albuquerque, NM.
2. **Sung, A.**, & Rubens, S. L. (2022, August). *Socioemotional health, internalizing symptoms, and trauma exposure in alternative school students*. Poster presented at the annual conference of the American Psychological Association, Minneapolis, MN.
1. **Sung, A.**, & Kowalski, T. (2015, May). *Effects of awe-related states on memory recall*. Poster presented at the annual undergraduate research symposium "Meeting of the Minds" at Carnegie Mellon University, Pittsburgh, PA.

WORKSHOPS & SALONS

2. **Sung, A.** (Moderator). (2025, March). *Academic pathways across borders: Navigating research opportunities and graduate applications*. Student salon conducted at the annual conference of the Society for Affective Science, Portland, OR.
1. **Sung, A.** (2024, September). *Tips for writing the personal statement*. Workshop hosted by the Society for Affective Science Student Committee (Online).

RELEVANT RESEARCH EXPERIENCE

2022 – Present **Graduate Research Assistant** with the **Advancing Research on Change Lab**
Department of Psychology, Colorado State University
Principal Investigator: Noah Emery, PhD

- Training participants in an ecological momentary assessment (EMA) program investigating cognitive, behavioral, and affective processes associated with substance use and other mental health concerns
- Contributing to EMA data collection, management, and analyses
- Developing a study protocol for a rolling admission Mindfulness-Based Relapse Prevention (MBRP-RA) group delivered to community members

2020 – Present **Graduate Research Assistant with the Laboratory for the Study of Meaning & Quality of Life**

Department of Psychology, Colorado State University

Principal Investigator: Michael Steger, PhD

- Designing a series of experimental studies examining the relationship between awe and meaning in life, as well as the relationship between awe and mindfulness on stress-related outcomes
- Contributing to data collection, management, and analyses for these studies
- Recruiting and training undergraduate research assistants in study protocols and data collection

2019 – 2020 **Graduate Research Assistant**

Department of Education & Counseling Psychology, Santa Clara University

Principal Investigator: Sonia Rubens, PhD

- Contributed to the adaptation of a 90-minute hope intervention for adolescents

2017 – 2020 **Assistant Clinical Research Coordinator with the Stanford / VA Alzheimer's Center**

Department of Psychiatry & Behavioral Sciences, Stanford University

Principal Investigators: Jared Tinklenberg, MD; Jerome Yesavage, MD

- Administered and scored neuropsychological tests for adults / older adults with memory-related concerns
- Screened for study eligibility by phone and, if needed, referred patients to appropriate community resources
- Coordinated patient visits by scheduling initial and follow-up screens
- Attended weekly multidisciplinary meetings with neurologists, psychiatrists, neuropsychologists, and post-doctoral researchers to determine patient diagnoses and treatment recommendations

2015 – 2017 **Assistant Clinical Research Coordinator with the Women's Health Initiative**

Stanford Prevention Research Center, School of Medicine, Stanford University

Principal Investigator: Marcia Stefanick, PhD

- Conducted health interviews to complete annual questionnaires with participants or their family members for a longitudinal study examining the prevention of heart disease, breast and colorectal cancer, and osteoporosis in postmenopausal women
- Prepared self-reported outcomes (e.g., cancer, hip fracture) for adjudication by requesting and compiling health records from medical providers

2013 – 2015 **Undergraduate Research Assistant with the Health & Human Performance Lab**

Department of Psychology, Carnegie Mellon University

Principal Investigator: David Creswell, PhD

- Screened eligibility, collected blood and saliva samples, and debriefed participants for a study examining the effects of an 8-week mindfulness-based smartphone intervention on attention, stress, and cognitive performance
- Acted as a confederate for the Trier Social Stress Task (TSST) in psychological studies
- Coded studies for a meta-analysis involving the effects of alternative and complementary interventions (e.g., mindfulness meditation, yoga, Qi Gong) on stress, psychological disorders, and immune outcomes
- Transcribed and coded behavioral data on lab-induced stress (i.e., TSST)
- Trained undergraduate research assistants in study protocol, data collection, and data processing

CLINICAL EXPERIENCE

- 2024 **Neuropsychology Extern**
Department of Neurology, UCHealth (*Outpatient*)
Supervisors: Joy DeJong Lago, PhD, ABPP-CN; Rebecca Shtulman, PhD
- Conducted neuropsychological assessments to adults / older adults with cognitive-related concerns (e.g., cognitive dysfunction, secondary to West Nile virus infection)
- 2024 **Peer Supervisor**
Psychological Services Center, Colorado State University (*Community Mental Health Clinic*)
Supervisors: Rebekah Knight-Baughman, PhD; Ernie Chavez, PhD
- Provided supervision to two junior counseling psychology students as part of a counseling supervision seminar
- 2023 – Present **Assistant Director**
Aging Clinic of the Rockies, Colorado State University (*Community Mental Health Clinic*)
Supervisor: Deana Davalos, PhD
- Providing individual therapy to caregivers and older adults with presenting concerns such as major depression, generalized anxiety, grief, and stress management
 - Conducting neuropsychological assessments to adults / older adults with memory-related concerns (e.g., mild cognitive impairment, Lewy body dementia)
 - Training undergraduate / post-baccalaureate technicians in neuropsychological test administration
 - Engaging in outreach efforts by conducting cognitive screeners to older adults in assisted / independent living facilities
 - Managing administrative duties such as conducting phone calls, providing community resources to caregivers and older adults, and reporting monthly client demographics to the county
- 2023 – 2024 **Graduate Student Therapist and Neuropsychology Technician**
Psychological Services Center, Colorado State University (*Community Mental Health Clinic*)
Supervisors: Noah Emery, PhD; Michael Brinker, PsyD
- Provided individual therapy to an adult with presenting concerns such as persistent depression and multicultural concerns
 - Administered and scored neuropsychological testing to children, adolescents, and adults with complex medical / psychological conditions (e.g., attention-deficit / hyperactivity disorder, secondary to prenatal exposure to polysubstance use)
- 2022 – 2023 **Graduate Student Therapist and Clinical Assessor**
Psychological Services Center, Colorado State University (*Community Mental Health Clinic*)
Supervisors: Crystal Gutierrez, PhD; Michael Brinker, PsyD
- Provided individual therapy to adolescents and adults with presenting concerns such as autism, major depression, persistent depression, generalized anxiety, trauma, multicultural concerns, and phase of life concerns
 - Conducted neuropsychological and psychodiagnostic assessments to children, adolescents, and adults with autism, major depression, persistent depression, generalized anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, attention-deficit hyperactivity disorder, and mild neurocognitive disorder
- 2021 – 2022 **Graduate Student Therapist**
Health Network, Colorado State University (*University Counseling Center*)
Supervisors: Jessie Pauley, MA & Adam Sargent, PhD; Allegra Lyon, BA & Aki Hosoi, PhD
- Provided individual therapy to undergraduate and graduate students with presenting concerns such as major depression, generalized anxiety, social anxiety, trauma, grief, multicultural concerns, and phase of life issues

- 2021 **Graduate Student Therapist**
Psychological Services Center, Colorado State University (*Community Mental Health Clinic*)
Supervisors: Gereon Fredrickson, MS & Kathryn Rickard, PhD
- Provided individual therapy to an undergraduate student with presenting concerns such as major depression and generalized anxiety
- 2019 – 2020 **Graduate Student Therapist**
Almaden Valley Counseling Service (*Community Mental Health Clinic, School*)
Supervisors: Kaye Bishop, MA, LMFT; Greg Sutton, MA, LMFT
- Provided individual and group therapy to children and adolescents with presenting concerns such as emotion dysregulation, major depression, and generalized anxiety

TEACHING EXPERIENCE

- Spring 2022 **Guest Lecturer:** Awe, Positive Psychology (PSY 300)
Spring 2021 Department of Psychology, Colorado State University
- Fall 2021 **Guest Lecturer:** Subjective & Psychological Well-Being, Positive Psychology (PSY 300)
Department of Psychology, Colorado State University
- Summer 2021 **Instructor of Record,** Psychology of Personality (PSY 325)
Department of Psychology, Colorado State University
- Spring 2021 **Guest Lecturer:** Polyvagal Theory, Introduction to Psychology (PSY 100)
Department of Psychology, Colorado State University

PROFESSIONAL AFFILIATIONS

Association for Behavioral & Cognitive Therapies
International Positive Psychology Association
Society for Affective Science
Society for Personality and Social Psychology (American Psychological Association, Division 8)
Society of Clinical Geropsychology (American Psychological Association, Division 12, Section II)

SERVICE

- 2025 **Abstract Reviewer,** MURALS, Colorado State University
2024 **Reviewer,** Trainee Diversity Award, Society for Affective Science
2023 – 2025 **Graduate Student Member-at-Large,** Student Committee, Society for Affective Science
2020 – 2021 **Mentor,** Mentoring Undergrads to Graduate School Success Program, Colorado State University

OTHER TRAINING

- 2022 45-Hour Trauma-Informed Yoga Teacher Training, Folk Yoga (formally Yoga Garden SF)
2020 200-Hour Yoga Teacher Training, Folk Yoga (formally Yoga Garden SF)
2019 10-Day Vipassana Meditation Course, Dhamma Santosa, Bay Area Vipassana Center