

Rebecca Godard, M.A.

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EDUCATION

PhD	University of British Columbia Psychology <i>Advisor:</i> Susan Holtzman, Ph.D. <i>Dissertation:</i> A meta-analysis and intensive longitudinal investigation into the relationships between active and passive social media use and social and emotional wellbeing	2021–2025 (expected)
MA	University of British Columbia Psychology <i>Advisor:</i> Susan Holtzman, Ph.D. <i>Thesis:</i> Finding similar others online: Social support in online communities of people with a stigmatized identity	2019–2021
BA (Hons)	Rice University Major in Psychological Sciences; Minor in Poverty, Justice, and Human Capabilities <i>Advisor:</i> Mikki Hebl, Ph.D. <i>Thesis:</i> Identity management in the workplace: Strategies for individuals with de-legitimized disabilities Summa Cum Laude; Psychology Department Honours; Distinction in Research and Creative Work	2015–2019

PUBLICATIONS

Journal Articles:

- Godard, R.** & Holtzman, S. (accepted). Are active and passive social media related to mental health, wellbeing, and social support outcomes? A meta-analysis of 141 studies. *Journal of Computer-Mediated Communication*. <https://doi.org/10.1093/jcmc/zmad055>.
- Binfet, J.T., Green, F.L.L., **Godard, R.**, Szypula, M.M., Rousseau, C., & Decker, J. (2023). A mixed-methods examination of an on-campus canine-assisted intervention by gender: Women, men, and gender diverse individuals' self-reports of stress reduction and wellbeing. *Human-Animal Interactions* 11(1). <https://doi.org/10.1079/hai.2023.0037>.
- Coady, A., **Godard, R.**, & Holtzman, S. (2023). Understanding the link between pain invalidation and depressive symptoms: The role of shame and social support in people with chronic pain. *Journal of Health Psychology*. <https://doi.org/10.1177/13591053231191919>.
- Godard, R.** & Holtzman, S. (2023). Finding similar others online: Social support in online communities of people with a stigmatized identity. *Current Psychology*. <https://doi.org/10.1007/s12144-023-04764-1>.

- Binfet, J.T., Green, F.L.L., Singal, A., Rousseau, C.X., Roma, R., & **Godard, R.** (2023). When therapy canines provide virtual comfort: Exploring university students' insights and perspectives. *People and Animals: The International Journal of Research and Practice*, 6(1). <https://docs.lib.purdue.edu/paij/vol6/iss1/5>
- Godard, R.** & Holtzman, S. (2022). The Multidimensional Lexicon of Emojis: A new tool to assess the emotional content of emojis. *Frontiers in Psychology*, 13, 921388. <https://doi.org/10.3389/fpsyg.2022.921388>.
- Godard, R.**, Hebl, M.R., & Nitttrouer, C. (2022). Identity management in the workplace: Strategies for individuals with contested disabilities. *Journal of Vocational Rehabilitation*, 57(2022), 177–186. <https://doi.org/10.3233/JVR-221208>.
- Coady, A., Lainchbury, K., & **Godard, R.**, & Holtzman, S. (2022). What Twitter can tell us about user experiences of crisis text lines: A qualitative study. *Internet Interventions*, 28, 100526. <https://doi.org/10.1016/j.invent.2022.100526>.
- Holtzman, S., Kushlev, K., Wozny, A. & **Godard, R.** (2021). Long-distance texting: Text messaging predicts higher relationship satisfaction in long-distance relationships. *Journal of Social and Personal Relationships*, 38(12), 3543-3565. <https://doi.org/10.1177/02654075211043296>.
- Godard, R.** & Holtzman, S. (2021). COVID-19 misinformation and polarization on Twitter: #StayHome, #Plandemic, and health communication. *International Journal of Social Media and Online Communities*, 13(1), 19-36. <https://doi.org/10.4018/IJSMOC.2021010102>.

Book Chapters:

- Daniels, S., Draper, Z., Ganesh, K., **Godard, R.**, Gottlieb, M., Halicki-Asakawa, A., Khattar, N., Sanchez, T.A., Stewart, J., Tseu, A., & Wellspring, I. (accepted). Student-led EDI committees: Navigating the ivory tower. In *We Were Never Meant to be Here: Student Voices, Activism, and Canadian Universities*.
- Phetmisys, C., **Godard, R.**, Trau, R., & Hebl, M.R. (2020). Diversity and workplace affect: The impact of revealing or concealing one's invisible stigma. In L.Q. Yan, R. Cropanzano, C. Dause, & V. Martinez-Tur (Eds.), *Cambridge Handbook of Workplace Affect*. <https://doi.org/10.1017/9781108573887.037>.

MANUSCRIPTS IN PROGRESS

Manuscript Submitted:

- Godard, R.**, Holtzman, S., Duffield, E.M., Do, E., Chong, G., & Mathieson, C. (revise and resubmit). "Stuff that only mixed-race people would understand": Identity and community in online groups for multiracial people. *Asian Journal of Social Psychology*.
- Binfet, J.T., Green, F.L.L., **Godard, R.**, Tardif-Williams, C.Y., Singal, A., Rousseau, C.X., & Roma, R.P.S. (revise and resubmit). On and beyond the campus context: Reducing student and community member stress through virtual canine comfort modules. *Journal of Creativity in Mental Health*.
- Godard, R.** & Holtzman, S. (under review). Facebook groups for multiracial people: A latent profile analysis reveals unique user subtypes and links with depressive symptoms. *Affective Science: Special Issue on Affect and Social Media*.
- Stranges, T.N., Marshall, R.A., **Godard, R.**, Simonetto, D., & van Donkelaar, P. (under review). Characterising intimate partner violence-caused brain injury in a population of survivors in the 2S/LGBTQ+ community. *Journal of Interpersonal Violence*.

Manuscripts in Progress:

- Godard, R.,** Holtzman, S., O'Connor, B., & Draper, Z. (in prep). Item response theory and psychometric analysis of self-report measures of active and passive social media use. *Social Media + Society*.
- Bakker, M., Wiebe, S., **Godard, R.,** & Holtzman, S. (in prep). Mindfulness and problematic smartphone use: A systematic review and meta-analysis.
- Holtzman, S., Lisi, D., **Godard, R.,** & DeLongis, A. (in prep). When fingers do the talking: Experimental evidence for lower positive affect and laughter during text message interactions compared to other communication modes.

CONFERENCE PRESENTATIONS

Invited Presentations:

- Godard, R.** (2024, April). Does social media connect or disconnect us? Findings from an intensive longitudinal investigation [30-minute talk]. Invited Keynote to be presented at the Psychology Undergraduate Research Conference (Kelowna, BC, Canada).
- Godard, R.** (2023, September). Putting the “social” in social media: Types of use and perceptions of social support [Lightning talk]. Invited talk presented at the Western Canadian Conference on Undergraduate Research & Psychology (Kelowna, BC, Canada).
- Godard, R.** (2022, September). How do different types of social media use impact wellbeing? [Lightning talk]. Invited talk presented at the Western Canadian Conference on Undergraduate Research & Psychology (Kelowna, BC, Canada).

Oral Presentations:

- Godard, R.** & Holtzman, S. (2023, June). Meta-analysis of the associations between active and passive social media use and wellbeing, mental health, and social support outcomes. [12-minute talk]. Annual meeting of the Canadian Psychological Association (Toronto, ON, Canada).
- Holtzman, S., Lisi, D., **Godard, R.,** & DeLongis, A. (2023, June). Support in the palm of your hand: Comparing the impact of emotional support provided through video calls, voice calls, and text messaging [5-minute talk]. Annual meeting of the Canadian Psychological Association (Toronto, ON, Canada).
- Godard, R.** & Holtzman, S. (2021, June). The Multidimensional Lexicon of Emojis: A new tool to assess the emotional content of emojis. [Snapshot talk]. Annual meeting of the Canadian Psychological Association (virtual).
- Godard, R.** & Holtzman, S. (2020, July). COVID-19 polarization on Twitter: Networks propagating misinformation are denser and more negative. [Gimme-5 talk]. Annual meeting of the Canadian Psychological Association (virtual).

Poster Presentations:

- Godard, R.,** Holtzman, S., Duffield, E., Mathieson, C., Do, E., & Chong, G. (2023, June). “Stuff that only mixed-race people would understand”: A thematic analysis of identity and community in online groups for multiracial people [Poster]. Annual meeting of the Canadian Psychological Association (Toronto, ON, Canada).

- Godard, R.** & Holtzman, S. (2022, June). Effects of active and passive social media use on wellbeing: A meta-analysis. [Poster]. Annual meeting of the Canadian Psychological Association (Calgary, AB, Canada).
- Godard, R.** & Holtzman, S. (2021, June). Finding similar others online: Social support in online groups for people with a stigmatized identity. [Poster]. Annual meeting of the Canadian Psychological Association (virtual).
- Godard, R.** & Holtzman, S. (2021, February). Finding similar others online: Social support in online communities for people with a stigmatized identity. [Poster]. Psychology of Media and Technology pre-conference, annual meeting of the Society for Personality and Social Psychology (virtual).
- Godard, R.** & Holtzman, S. (2021, February). COVID-19 on Twitter: Differences in empathic responding and collective mindset between tweets containing #StayHome and #pLandemic. [Poster]. Annual meeting of the Society for Personality and Social Psychology (virtual).
- Godard, R.,** Nittrouer, C., & Hebl, M. (2019, May). Identity management strategies and de-legitimized disabilities. [Poster]. Annual meeting of the Association for Psychological Science (Washington, DC, USA).

Workshops & Symposia:

- Cho, G., Ganesh, K., **Godard, R.**, Halicki-Asakawa, A., Khattar, N., Sanchez, T., & Tseu, A. (2023, June). Here's how to help: A capacity-building workshop on equity, diversity, and inclusion for supervisors, by graduate students [85-minute workshop]. Annual meeting of the Canadian Psychological Association (Toronto, ON, Canada).
- Godard, R.,** Hebl, M., & Nittrouer, C. (2021, April). Identity management in the workplace: Strategies for individuals with de-legitimized disabilities. In *Identity Management Strategy Effectiveness and Theory Generation for a Virtual World*. [Symposium paper]. Annual meeting of the Society for Industrial and Organizational Psychology (New Orleans, LA, USA).

Co-authored Conference Presentations:

- Binfet, J.T., Green, F.L.L., Roma, R., Tardif-Williams, C., **Godard, R.** Singal, A., Rousseau, C.X., & Willcox, A. (2023, June). Virtual connections with canines: Therapy dogs reducing undergraduate student stress. [15-minute talk]. Annual meeting of the International Society for Anthrozoology (virtual).
- Binfet, J.T., Green, F.L.L., Roma, R., Tardif-Williams, C., **Godard, R.** Singal, A., Rousseau, C.X., & Willcox, A. (2023, June). Exploring gender differences in stress reduction of university students attending a canine-assisted intervention. [15-minute talk]. Annual meeting of the International Society for Anthrozoology (virtual).
- Binfet, J. T., Tardif-Williams, C. Y., Green, F. L. L., Roma, R., Singal, A., Rousseau, C. X., & **Godard, R.** (2022, July). Supporting college student well-being through virtual interactions with therapy dogs: Findings from a randomized controlled trial. In *Virtual Canine Comfort: Considerations and Findings from Virtual Canine-Assisted Interventions*. [Symposium paper] Annual meeting of the International Society for Anthrozoology (virtual).
- Tardif-Williams, C., Binfet, J.T., Green, F.L.L., Roma, R., Singal, A., Rousseau, C.X., & **Godard, R.** (2022, July). Exploring college students' perceptions of a virtual canine intervention. In *Virtual Canine Comfort: Considerations and Findings from Virtual Canine-Assisted Interventions*. [Symposium paper] Annual meeting of the International Society for Anthrozoology (virtual).
- Coady, A., **Godard, R.**, & Holtzman, S. (2021, February). Can online health communities foster emotional synchrony? Investigating shared anger and supportive responses on Reddit. [Poster]. Annual meeting of the Society for Personality and Social Psychology (virtual).

- Lainchbury, K., Coady, A., **Godard, R.**, Draper, Z., & Holtzman, S. (2020, July). User experiences of crisis text lines: What can Twitter tell us? [Poster]. Annual meeting of the Canadian Psychological Association (virtual).
- Corrington, A., Hicklon, D., **Godard, R.**, Hebl, M., Ng, L., Sabino, S., Schillinger, M.C., Silva, T.B., & Watson, I. (2019, May). The impact of choice and nature on mammography experiences. [Poster]. Annual meeting of the Association for Psychological Science (Washington, DC, USA).

RESEARCH FUNDING AND AWARDS

\$105,000 (CAD)	Canada Graduate Scholarship Doctoral <i>Social Sciences and Humanities Research Council of Canada</i>	2022–2025
\$8,404 (CAD)	UBC Okanagan Graduate Research Scholarship <i>College of Graduate Studies, University of British Columbia</i>	2023–2024
\$4,750 (CAD)	UBC Okanagan Graduate Scholarship <i>College of Graduate Studies, University of British Columbia</i>	2023
\$6,412 (CAD)	UBC Okanagan Graduate Research Scholarship <i>College of Graduate Studies, University of British Columbia</i>	2022–2023
	Outstanding Psychological Sciences Student of the Year <i>Department of Psychology, University of British Columbia</i>	2022
\$4,200 (CAD)	Special University of BC Okanagan Graduate Award <i>College of Graduate Studies, University of British Columbia</i>	2022
\$6,726 (CAD)	Graduate Dean's Entrance Scholarship <i>College of Graduate Studies University of British Columbia</i>	2021–2022
	Canadian Psychological Association Certificate of Academic Excellence	2021
\$6,000 (CAD)	University Graduate Fellowship <i>College of Graduate Studies, University of British Columbia</i>	2020–2021
\$17,500 (CAD)	Canada Graduate Scholarship Master's <i>Social Sciences and Humanities Research Council of Canada</i>	2019–2020
\$15,000 (CAD)	British Columbia Graduate Scholarship	2019–2020
\$8,000 (CAD)	Graduate Dean's Entrance Scholarship <i>College of Graduate Studies, University of British Columbia</i>	2019–2020
\$1,000 (USD)	Rice Undergraduate Scholars Program <i>Rice University</i>	2018–2019
\$500 (USD)	Fondren Library Research Award <i>Rice University</i>	2018

TEACHING EXPERIENCE

Sessional Lecturer <i>Department of Psychology, University of British Columbia</i> Introduction to Research Methods and Design (2023 Winter, 2023 Summer) Social Media Research Methods and Analyses (2022 Summer)	2022–2023
Course Design and Instructional Consultant <i>Department of Psychology, University of British Columbia</i> Introduction to Data Analysis (Laboratory)	2022–present
Instructional Skills Workshop <i>Centre for Teaching and Learning, University of British Columbia</i>	2023
Lab Instructor <i>Department of Psychology, University of British Columbia</i> Advanced Research Methods and Statistics; Research Methods and Statistics	2020–2023
Teaching Assistant <i>Department of Psychology, University of British Columbia</i> Advanced Statistics and Research Methods; Health Psychology; Positive Psychology; Lifespan Development; Learning	2019–2021
Guest Lectures: <i>Department of Psychology, University of British Columbia</i> Advanced Research Methods and Statistics “Effect Sizes, Statistical Power, and Replication”	2023
<i>Medicine Hat College</i> Principles of Psychology “Research in Psychology: From Research Question to Publication”	2022, 2023
<i>Department of English, University of Saskatchewan</i> History and Future of the Book “Reading and Writing on Social Media”	2021
<i>Department of Psychology, University of British Columbia</i> Course: Lifespan Development “Grief and Bereavement”	2019

RESEARCH EXPERIENCE

Research Assistant: Health Psychology Lab <i>Department of Psychology, University of British Columbia</i> Supervisor: Susan Holtzman, Ph.D.	2019–present
Research Assistant: Social, Emotional, and Equity Development Lab <i>Department of Psychology, University of British Columbia</i> Supervisor: Kalee De France, Ph.D.	2023–present

Research Assistant: Building Academic Retention through K-9s (B.A.R.K.) <i>Department of Education, University of British Columbia</i> <i>Supervisor: John Tyler Binfet, Ph.D.</i>	2021–present
Graduate Academic Assistant <i>Department of Psychology, University of British Columbia</i> <i>Supervisor: Elena Nicoladis, Ph.D.</i>	2021–2022
Research Assistant: Industrial/Organizational Psychology Lab <i>Department of Psychological Sciences, Rice University</i> <i>Supervisor: Mikki Hebl, Ph.D.</i>	2016–2019
Research Coordinator <i>Hospital de Amor (Barretos, Brazil)</i> <i>Supervisors: Mikki Hebl, Ph.D.; Sílvia Sabino, M.D.</i>	2018
Research Assistant: Developmental Neuropsychology Clinic <i>McGovern Medical School, University of Texas Health Science Center at Houston</i> <i>Supervisor: Deborah Pearson, Ph.D.</i>	2017–2018

SERVICE AND PROFESSIONAL ACTIVITIES

Graduate Student Representative: Psychology Allyship, Community, and Equity Committee <i>Department of Psychology, University of British Columbia</i>	2023–present
Graduate Student Representative: Teaching and Learning Committee <i>Department of Psychology, University of British Columbia</i>	2023–present
President: PSY-Q (Queer Psychology Students and Allies Association) <i>University of British Columbia</i>	2022–present
Student Representative: Psychological Science Graduate Program <i>Department of Psychology, University of British Columbia</i>	2022–2023
Journal Ad-Hoc Reviewer Personality and Individual Differences; Frontiers in Psychology	2021–present
Action for Inclusion, Diversity, and Equity in Psychology Committee <i>Department of Psychology, University of British Columbia</i> Undergraduate Research Subcommittee	2020–present
Psychology Graduate Student Association <i>Department of Psychology, University of British Columbia</i>	2019–present
Mental Health Advocacy and Awareness Club <i>University of British Columbia</i>	2019–present