

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:

- Binfet, J.T., Green, F.L.L., **Godard, R.**, Szypula, M.M., Rousseau, C., & Decker, J. (accepted). 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*.
- 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).

- 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., & Nittrouer, 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*.
- Phetmisy, 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>.

CONFERENCE PRESENTATIONS

Oral Presentations:

- Godard, R.** (2023, September). Putting the “social” in social media: Types of use and perceptions of social support [Lightning talk]. Western Canadian Conference on Undergraduate Research & Psychology (Kelowna, BC, Canada).
- 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.** (2022, September). How do different types of social media use impact wellbeing? [Lightning talk]. Western Canadian Conference on Undergraduate Research & Psychology (Kelowna, BC, 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., Tardif-Williams, C.Y., **Godard, R.**, Singal, A., Rousseau, C.X., Roma, R., & Wilcox, A. (2023, August). On campus and in the community: Virtual therapy dog modules reduce stress. [Poster]. 56th Congress of the International Society for Applied Ethology (Tallinn, Estonia).

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. [Poster]. 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).

MANUSCRIPTS AND PRESENTATIONS IN PROGRESS

- Godard, R.** & Holtzman, S. (under revision). Do active and passive social media use drive mental health, wellbeing, and social support outcomes? A systematic review and meta-analysis of 141 studies. *Journal of Computer-Mediated Communication*.
- Binfet, J.T., Green, F.L.L., **Godard, R.**, Tardif-Williams, C.Y., Singal, A., Rousseau, C.X., & Roma, R.P.S. (under revision). 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*.
- Binfet, J.T., Green, F.L.L., Tardif-Williams, C.Y., **Godard, R.**, Singal, A., Rousseau, C.X., Roma, R., & Willcox, A. (under review). Virtual connections with canines: Therapy dogs reducing undergraduate student stress. [Podium presentation]. Annual meeting of the International Society for Anthrozoology (virtual).
- Godard, R.**, Holtzman, S., Duffield, E.M., Do, E., Chong, G., & Mathieson, C. (in prep). "Stuff that only mixed-race people would understand": Identity and community in online groups for multiracial people. *Asian Journal of Social Psychology*.
- 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*.
- 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.

RESEARCH FUNDING AND AWARDS

\$105,000 (CAD)	Canada Graduate Scholarship Doctoral <i>Social Sciences and Humanities Research Council of Canada</i>	2022–2025
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\$8,404 (CAD)	UBC Okanagan Graduate Research Scholarship <i>College of Graduate Studies, University of British Columbia</i>	2023–2024
\$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> Course: Introduction to Research Methods and Design Required second year course, includes an original research project designed and carried out by students and presented in an end-of-term research showcase	2023
Lab Instructor <i>Department of Psychology, University of British Columbia</i> Supervisors: Brian O’Connor, Ph.D.; Leanne ten Brinke, Ph.D. Courses: Advanced Research Methods and Statistics; Research Methods and Statistics Designed lab activities and assessments teaching statistical analyses using R, gave weekly lectures and supervised lab activities, and provided academic support and mentorship to students applying for the honours program	2020–present
Sessional Lecturer <i>Department of Psychology, University of British Columbia</i> Course: Social Media Research Methods and Analyses Designed a hands-on, lab-based course teaching data collection from social media (e.g., Twitter, Reddit) and relevant analytic methods (e.g., social network analysis, sentiment analysis)	2022

Teaching Assistant	2019–2021
<i>Department of Psychology, University of British Columbia</i>	
<i>Supervisors: Brian O'Connor, Ph.D.; Susan Holtzman, Ph.D.; Derrick Wirtz, Ph.D.; Jamie Piercy, Ph.D.; Marvin Krank, Ph.D.</i>	
<i>Courses: Advanced Statistics and Research Methods; Health Psychology; Positive Psychology; Lifespan Development; Learning</i>	
Supported course delivery through creating and marking assessments, held regular office hours, and provided academic support to students	
 Guest Lectures:	
<i>Department of Psychology, University of British Columbia</i>	2023
<i>Course: Advanced Research Methods and Statistics</i>	
“Effect Sizes, Statistical Power, and Replication”	
 <i>Medicine Hat College</i>	 2022, 2023
<i>Course: Principles of Psychology</i>	
“Research in Psychology: From Research Question to Publication”	
 <i>Department of English, University of Saskatchewan</i>	 2021
<i>Course: History and Future of the Book</i>	
“Reading and Writing on Social Media”	
 <i>Department of Psychology, University of British Columbia</i>	 2019
<i>Course: Lifespan Development</i>	
“Grief and Bereavement”	

RESEARCH EXPERIENCE

Research Assistant: Health Psychology Lab	2019–present
<i>Department of Psychology, University of British Columbia</i>	
<i>Supervisor: Susan Holtzman, Ph.D.</i>	
Contributed to a variety of projects involving computer-mediated communication, social media use, texting, social support, chronic pain, and health psychology	
 Research Assistant: Social, Emotional, and Equity Development Lab	 2023
<i>Department of Psychology, University of British Columbia</i>	
<i>Supervisor: Kalee De France, Ph.D.</i>	
Contributed to recruitment, data collection, and data analysis for a large, multi-site study of educational experiences among gender-expansive and cisgender undergraduates	
 Research Assistant: Building Academic Retention through K-9s (B.A.R.K.)	 2021–present
<i>Department of Education, University of British Columbia</i>	
<i>Supervisor: John Tyler Binfet, Ph.D.</i>	
Provided statistical consulting to a large research program investigating 1) the effects of canine interventions on student wellbeing and 2) kindness across the lifespan	

<p>Graduate Academic Assistant <i>Department of Psychology, University of British Columbia</i> <i>Supervisor: Elena Nicoladis, Ph.D.</i> Contributed to the development of a graduate-level course on equity, diversity, and inclusion</p>	2022
<p>Graduate Academic Assistant <i>Department of Psychology, University of British Columbia</i> <i>Supervisor: Elena Nicoladis, Ph.D.</i> Contributed to a department self-study through data analysis, data visualization, and report writing</p>	2021
<p>Research Assistant: Industrial/Organizational Psychology Lab <i>Department of Psychological Sciences, Rice University</i> <i>Supervisor: Mikki Hebl, Ph.D.</i> Conducted research on stigma, discrimination, diversity, disability, race and ethnicity, and gender, including an independent honours project</p>	2016–2019
<p>Research Coordinator <i>Hospital de Amor (Barretos, Brazil)</i> <i>Supervisors: Mikki Hebl, Ph.D.; Sílvia Sabino, M.D.</i> Coordinated and delivered a stress-reduction intervention for low-income women receiving cancer screenings in rural Brazil</p>	2018
<p>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> Completed assessment scoring, report writing, and client communication for a Phase III clinical trial and neuropsychological assessments for children and adolescents</p>	2017–2018

SERVICE AND PROFESSIONAL ACTIVITIES

<p>Graduate Student Representative, Psychology Allyship, Community, and Equity (PACE) committee <i>Department of Psychology, University of British Columbia</i></p>	2023
<p>Graduate Student Representative, Teaching and Learning Committee <i>Department of Psychology, University of British Columbia</i></p>	2023
<p>PSY-Q: Queer Psychology Students and Allies Association <i>University of British Columbia</i> <i>President, 2022–2023</i> <i>Treasurer, 2023–present</i></p>	2022–present
<p>Student Representative, Psychological Science Graduate Program <i>Department of Psychology, University of British Columbia</i></p>	2022–2023
<p>Journal Ad-Hoc Reviewer Personality and Individual Differences; Frontiers in Psychology</p>	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