

**MARIKO L. VISSERMAN**

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Resident: UK – Citizenship: The Netherlands – Permanent Residency: Canada

**ACADEMIC APPOINTMENTS**

- 2023-present *Lecturer (Assistant Professor)*, School of Psychology, University of Sussex, UK
- 2023/2024 *Maternity leave* (aka a crash course on parenting!)
- 2021-2023 *SSHRC Postdoctoral fellow*, University of Toronto Mississauga, Canada
- 2020-2021 *Lecturer (Assistant Professor)*, School of Psychology, Victoria University of Wellington, New Zealand.
- 2020-2021 *Sessional Lecturer*, Department of Psychology, University of Toronto St. George & University of Toronto Mississauga, Toronto, Canada
- 2018-2020 *Postdoctoral fellow*, Department of Psychology, University of Toronto Mississauga & York University, Toronto, Canada

**EDUCATION**

- 2013-2018 Ph.D. Ph.D. Dissertation, ***Cum Laude*** (top 3%), on “*The Art of Sacrifice: Self-Other Dilemmas, Biased Perceptions, and the Emergence of Gratitude*”, VU Amsterdam, The Netherlands. Adviser: Dr. Francesca Righetti, co-advisor: Prof. Paul A. M. van Lange
- 2013-2017 Ph.D. Graduate training at the Kurt Lewin Institute, Utrecht University, & William James Graduate School, VU Amsterdam, The Netherlands
- 2010-2012 M.Sc. Research Master Behavioural Science, specialized in Social Cognition Radboud University Nijmegen, The Netherlands  
\* *Year 1 project: “Employee attributions about HR policies”*  
\* *Year 2 project: “Relationship protection from attractive alternatives”*
- 2007-2010 B.Sc. Psychology, *Honors Program*, ***Cum Laude***  
Radboud University Nijmegen, The Netherlands

**AWARDS, GRANTS, AND RECOGNITIONS**

- 2024 Early Career Research Grant (**\$30,000 USD**), Global Gratitude Project, The Love Consortium (TLC), PI.

- 2024 “Insight Grant” (**\$265,178 CAD**), Social Sciences and Humanities Research Council Canada (SSHRC), collaborator.
- 2023 Education Award nomination in the category: *Inclusive Sussex - for people who demonstrate kindness, integrity, inclusion, collaboration and courage*. University of Sussex, UK.
- 2021-2023 Postdoctoral fellowship award (**\$90,000 CAD**) from the Social Sciences and Humanities Research Council Canada (SSHRC). Adviser: Prof. Emily A. Impett, co-adviser: Dr. Amy Muise
- 2021-2023 SSHRC Postdoctoral fellowship top-up award (**\$20,000 CAD**) from the Office Vice Principal-Research, University of Toronto Mississauga, Canada
- 2021 Travel grant (**\$500 CAD**) from the Office Vice Principal-Research, University of Toronto Mississauga
- 2019 Research grant (**€5,000**) for field research “Meet a stranger” (at Lowlands Festival, 2019) from Radboud University, Nijmegen, The Netherlands.
- 2019 Postdoctoral Fellow Research (**\$2,000 CAD**) and Travel (**\$500 CAD**) grants from the Office Vice Principal-Research, University of Toronto Mississauga
- 2018 Best **Paper Award** (**€500**) from the Kurt Lewin Institute (KLI) for the article “It’s the motive that counts: Perceived sacrifice motives and gratitude in romantic relationships”
- 2018 Awarded funding (**€1,000**) to organize a Faculty-wide colloquium talk by Prof. Impett at VU Amsterdam
- 2018 Graduate Student **Paper Award** from the Relationship Research Interest Group (RRIG) and Society for Personality and Social Psychology (SPSP), for the article “It’s the motive that counts: Perceived sacrifice motives and gratitude in romantic relationships”
- 2017 Awarded participation in SISPP summer school on longitudinal dyadic data analysis, from the Society for Personality and Social Psychology (SPSP)
- 2017 Graduate Student Travel Award (**\$500 USD**) from the Society for Personality and Social Psychology (SPSP)
- 2016 Talent Travel Grant (**€5,000**) from VU Amsterdam, The Netherlands
- 2016 Postgraduate Student Travel Award (**€1,000**) from the European Association for Social Psychology (EASP)
- 2015 Recognition of distinguished service (**€1,000**) to the International Association for Relationship Research (IARR), as co-organizer of the mini-conference held in Amsterdam, The Netherlands
- 2013 4-year Ph.D fellowship (**€100,000**) from VU Amsterdam, The Netherlands

- 2012 Best Poster Award first place (€300) at the Behavioural Science Institute convention, Radboud University, The Netherlands
- 2011 Best Poster Award third place (€100) at the Behavioural Science Institute convention, Radboud University, The Netherlands
- 2010 Best Project Award (€1,000) of the Honors Program, Radboud University, Nijmegen, The Netherlands

## **Publications**

### ***Journal Articles***

1. Tissera, H., **Visserman, M. L.**, Impett, E. A., Muise, A., & Lydon, J. E. (2023). Understanding the links between perceiving gratitude and romantic relationship satisfaction using an accuracy and bias framework. *Social Psychological and Personality Science*, 14(8), 900-910. <https://doi.org/10.1177/19485506221137958>
2. **Visserman, M. L.**, Muise, A., Righetti, F., Horne, R. M., Le, B. M., Côté, S., & Impett, E. A. (2022). Lightening the load: Perceived partner responsiveness fosters more positive appraisals of relational sacrifices. *Journal of Personality and Social Psychology*, 123(4), 788–810. <https://doi.org/10.1037/pspi0000384>
3. Murphy, G., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2022). Relationship functioning following a large-scale sacrifice: Perceived partner prosociality buffers attachment insecurity. *Journal of Family Psychology*, 36(6), 986–997. <https://doi.org/10.1037/fam0000994> <https://doi.org/10.1037/fam0000994>
4. Righetti, F., **Visserman, M. L.**, & Impett, E. A. (2022). Sacrifices: Costly prosocial behaviors in romantic relationships. *Current Opinion in Psychology*, 44, 74–79. <https://doi.org/10.1016/j.copsyc.2021.08.031>
5. Carswell, K. L., Muise, A., Harasymchuk, C., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2021). Growing desire or growing apart? Consequences of personal self-expansion for romantic passion. *Journal of Personality and Social Psychology*, 121, 354-377. <https://doi.org/10.1037/pspi0000357>
6. **Visserman, M. L.**, Righetti, F., Muise, A., Impett, E. A. Joel, S., & Van Lange, P. A. M. (2021). Taking stock of reality: Biased perceptions of the costs of romantic partners' sacrifices. *Social Psychological and Personality Science*, 12, 54-62. <https://doi.org/10.1177/1948550619896671>
7. Park, Y., **Visserman, M. L.**, Sisson, N., Le, B. M., Stellar, J., & Impett, E. A. (2021). How can I thank you? Highlighting the benefits or costs when expressing gratitude. *Journal of Social and Personal Relationships*, 38, 504-523. <https://doi.org/10.1177/0265407520966049>

8. Joel, S., Eastwick, P. W., Allison, C. J., Arriaga, X. B., Baker, Z. G., Bar-Kalifa, E., ... **Visserman, M. L.**, & Wolf, S. (2020). Machine learning uncovers the most robust self-report predictors of relationship quality across 43 longitudinal couples studies. *Proceedings of the National Academy of Sciences*, *117*, 19061-19071. <https://doi.org/10.1073/pnas.1917036117>
9. Zoppolat, G., **Visserman, M. L.**, & Righetti, F. (2020). A nice surprise: Sacrifice expectations and partner appreciation in romantic relationships. *Journal of Social and Personal Relationships*, *37*(2), 450-466. <https://doi.org/10.1177/0265407519867145>
10. **Visserman, M. L.**, Impett, E. A., Righetti, F., Muise, A., Keltner, D., & Van Lange, P. A. M. (2019). To “see” is to feel grateful? A quasi-signal detection analysis of romantic partners’ sacrifices. *Social Psychological and Personality Science*, *10*, 317-325. <https://doi.org/10.1177/1948550618757599>
11. Thomson, R., Yuki, M., Talhelm, T., Schug, J., Kito, M., Becker, M. ..., & **Visserman, M. L.** (2018). Relational mobility predicts social behaviors in 39 countries and is tied to historical farming and threat. *Proceedings of the National Academy of Sciences*, *115*, 7521–7526. <https://doi.org/10.1073/pnas.1713191115>
12. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2018). It's the motive that counts: Perceived sacrifice motives and gratitude in romantic relationships. *Emotion*, *18*, 625-637. <https://doi.org/10.1037/emo0000344>
13. Righetti, F. & **Visserman, M. L.** (2018). I gave too much: Low self-esteem and the regret of sacrifices. *Social Psychological and Personality Science*, *9*, 453-460. <https://doi.org/10.1177/1948550617707019>
14. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2017). Me or Us? Self-control promotes a healthy balance between personal and relationship concerns. *Social Psychological and Personality Science*, *8*(1), 55-65. <https://doi.org/10.1177/1948550616662121>
15. Righetti, F., Gere, J., Hofmann, W., **Visserman, M. L.**, & Van Lange, P. A. M. (2016). The burden of empathy: Partners’ responses to divergence of interests in daily life. *Emotion*, *16*, 684-690. <https://doi.org/10.1037/emo0000163>
16. Righetti, F., Balliet, D., **Visserman, M. L.**, & Hofmann, W. (2015). Trust and the suppression of emotions during sacrifice in close relationships. *Social Cognition*, *33*, 505-519. <https://doi.org/10.1521/soco.2015.33.5.50>
17. **Visserman, M. L.**, Karremans, J. C. (2014). Romantic relationship status biases the processing of an attractive alternative’s behavior. *Personal Relationships*, *21*, 324–334. <https://doi.org/10.1111/pere.12035>

### ***Book Chapters***

18. **Visserman, M. L.**, Hoorens, V., & Vonk, R. (2022). *Attractie en intieme relaties [Attraction and intimate relationships]*. In R. Vonk & V. Hoorens (Eds.), *Sociale Psychologie [Social Psychology]*, 5<sup>th</sup> edition, 195-254. Boom uitgevers Amsterdam.
19. **Visserman, M. L.** (2019). Sacrifice in intimate relationships. In J. J. Ponzetti (Eds.), *Macmillan Encyclopedia of Intimate Relationships and Families*, 773-775, Cengage Learning Inc., Delaware.
20. Kim, J. J., **Visserman, M. L.**, & Impett, E. A. (2019). Power in close intimate relationships. In C. R. Agnew & J. J. Harman (Eds.), *Advances in Personal Relationships: Power in close relationships*, 192-224, Cambridge University Press, Cambridge.
21. **Visserman, M. L.**, & Karremans, J. C. (2013). Een aantrekkelijk alternatief in een negatief daglicht: Een vertekening in het verwerken van gedragsinformatie bij mensen in een relatie. [*Biased processing of an attractive alternative's behavior*] Summary paper in: *Jaarboek Sociale Psychologie*, 221-224.

### ***Data Sets***

Horne, Rebecca; **Visserman**, Mariko; Impett, Emily, 2022, *Relocation and Romantic Relationships - Cross-sectional, 2018-2019*. <https://doi.org/10.15139/S3/CORLXP>

Horne, Rebecca; **Visserman**, Mariko; Carswell, Kathleen; Impett, Emily, 2022, *Relocation and Romantic Relationships - Longitudinal, 2019-2022*. <https://doi.org/10.15139/S3/NOZYUD>

### **Media Coverage**

2024: Interview with **The Times**, with Philip Hilton, about how couples can reap potential benefits from shared TV watching—on sharing novel, inspiring experiences and opportunities for bolstering intimacy (rather than mindlessly zapping), *not yet appeared*.

2024: Interview with **CNN International**, with Rosa Rahimi, on couples' (de)constructive behaviors and the benefits of hitting “pause”—displayed front-page (16 Aug. 2024), found [here](#).

- Typically reaches ~270 million readers and 200+ million online visitors worldwide, broadcasted in 200+ countries
- “Snowball” coverage by other news outlets and magazines around the world, e.g.:
  - “Houston Style Magazine”, found [here](#).
  - “News Channel Nebraska”, found [here](#).
  - “Journal des Femmes” (covered as “Le truc à faire pour stopper immédiatement une dispute (bluffant)”), found [here](#).

- “CNN Espanol (covered as “Tomar una pausa de 5 segundos puede ayudar a reducir los conflictos en las parejas, según un estudio”, found [here](#)).
- “Trithucvn” (covered as “Ngừng cãi nhau 5 giây có thể làm giảm sự hung hăng giữa các cặp đôi”), found [here](#).
- “EVZ.RO” (covered as “Regula celor 5 secunde. Sfaturi de la experti pentru a rezolva conflictele în cuplu”), found [here](#).
- “Newsweek România” (covered as “Te-ai certat cu iubita ori soția? Metoda care vă împacă în 5 secunde. Cercetătorii o recomandă”), found [here](#).
- “The MATTER” (Thai), found [here](#).

2024: Interview with **The Telegraph**, with Christina Hopkinson, on couples’ conflicts of interests related to division of labor, food preparations, and recommendations for how to maintain variation and excitement in their relationships, found [here](#).

- Typically reaches ~27 million readers in UK and worldwide
- 87 readers commented

2024: Interview with **BBC Radio Sussex**, with Sarah Gorell, on how relationships have changed in the past 60 years, discussing views on marriage, divorce, and different challenges faced today, with less pressure from social norms and restrictive laws, online dating, greater opportunities, but higher standards, with the need for compromise being of all ages, found [here](#) (from ~18 minutes into the episode).

- Typically reaches ~250,000 listeners

2023: **Interview with i-D Magazine (VICE)**, a UK-based international fashion magazine. I contributed to a piece on the role of “popular” dating advice, reflecting on its appeal as well as laying out scientifically based knowledge that is more helpful in approaching dating.

- Typically reaches ~10 million readers in UK and worldwide

2023: **Blog for the Society for Personality and Social Psychology’s** “Character & Context” entitled “Do you see when your partner says thank you?”, found [here](#).

- 1,100+ views on Twitter.

2023: University of Sussex, **School of Psychology blog** post on “Romantic relationships: a psychologist’s view”, found [here](#).

- 1,000+ views on Twitter.

2018-present: **Recurrent expert interviews with Quest Psychology**, a Dutch magazine that bridges scientific knowledge to the general public (e.g., I contributed to articles on “The ingredients of a high-quality relationship” and “Is it smart to look for a partner who is equally handsome as you are?”, found [here](#)).

2022: **Freakoconomics**—a podcast by Stephen Dubner and Angela Duckworth—covered our work on sacrifice motives and gratitude in Episode 128 “How can you give better gifts?”, found [here](#).

- 2022: **Forbes** covered our work on sacrificing and well-being as “Relationship sacrifices are noble, but they can have heavy psychological costs”, found [here](#).
- 2022: **Therapytips.org** interviewed Francesca Righetti about our work on sacrificing and well-being: “Will sacrifice strengthen or destroy your relationship?”, found [here](#).
- 2022: **Psychology Today** covered our work on partner prosociality after a large-scale sacrifice as “How can relationships survive big-time sacrifices?”, found [here](#).
- 2022: **The Decision Lab** covered our work on expressions of gratitude as “Tis the Season: The Science of Saying Thanks”, found [here](#).
- 2021: **Marriage.com** covered my work on balancing personal and relational interests under “How to be a better spouse: 25 ways to help”, found [here](#).
- 2021: **The Atlantic** covered our work on expressions of gratitude as “The most effective way to thank your significant other”, found [here](#).
- 2020: **Twitter** “Retweets” about my work on biased perceptions of relational sacrifice costs, covered as “Traditional self-other [#biases](#) in judgment tend to be quite different if the other is your close partner”.
- 2020: **Psychology Today** covered our work on predictors of relationship well-being as a “The top five predictors of a healthy relationship”, found [here](#).
- 2020 (August 3): **CBC Radio**, Canada, covered our work on predictors of relationship well-being in a live interview (08/03/2020).
- 2020: **Inverse** covered our work on predictors of relationship well-being as a “Landmark study among 11,196 couples pinpoints what dating apps get so wrong”, found [here](#).
- 2020: **Reddit** featured our work on predictors of relationship well-being as “it's not the person you choose but the relationship you build”, found [here](#).  
- 49,000 likes (upvotes) and 1,200 comments.
- 2020: **Marriaging Podcast** covered our research on gratitude and sacrifice motivations and expectations as “How to have a happy marriage” (Episode 19), found [here](#).
- 2020: **Conscious Counselling** covered our work on sacrifice expectations and gratitude as “Expectations: Cost-benefit Analysis”, found [here](#).
- 2019: **Reddit** featured our research on sacrifice expectations and gratitude as “Sacrifice expectations shape your relationship” and “expectations kill gratitude”, found [here](#).  
- 41,800 likes (upvotes) and 786 comments

- 2019: ***Psychology Today*** covered our research on sacrifice expectations and gratitude as “How expectations are shaping your relationship”, found [here](#).
- 2019: **Blog** for the ***Society for Personality and Social Psychology***’s “Character & Context” on “When low expectations are an advantage in romantic relationships”, found [here](#).
- 2019: ***Psychology Today*** covered my research on sacrifice detection as “Do you see your partner’s sacrifices?”, found [here](#).
- 2019: **Blog** for the ***Society for Personality and Social Psychology***’s “Character & Context” on “Do you see your romantic partner’s sacrifices?”, found [here](#).
- 2019: ***PsyPost*** covered our research on self-esteem and regret as “People with low self-esteem more likely to regret making sacrifices in their relationships”, found [here](#).
- 2019: ***Wall Street Journal*** interview and media article on my research on gratitude, covered as “For couples, gratitude is a boomerang”, found [here](#).
- 2018 (24 May): ***BNR Radio*** interview on my dissertation findings on “sacrifice in close relationships”, for the program “Science Today”, found [here](#) [in Dutch].
- 2018: ***Psychology Today*** covered my research on sacrifice detection and gratitude as “A new reason to acknowledge your partner’s sacrifice”, found [here](#).
- 2017: The ***Society for Personality and Social Psychology*** covered our research on self-esteem, partner support, and regret of sacrifices as “Low self-esteem partners create their own regret in relationship sacrifices”, found [here](#).
- 2015: ***Time Magazine*** covered our research on relationship protection as “Why women in relationships turn a blind eye to attractive men”, found [here](#).

### **Invited Talks**

1. **Visserman, M. L.** (2025, January). *The Psychology of Gratitude*. Invited public talk organized by “Seed Talks”, an organization that bridges scientific knowledge to the public, held at The Blues Kitchen, London, United Kingdom.
2. **Visserman, M. L.** (2022, November). *Maintaining satisfying relationships*. Invited talk at the community event “*The secrets of happy couples: Lessons from psychology*”, chaired by Dr S. Stanton, at the ESRC Festival of Social Science, United Kingdom [Virtual].
  - 97 attendees
3. **Visserman, M. L.** (2022, July). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the School of Psychology, University of Essex, United Kingdom [Virtual].



4. **Visserman, M. L.** (2022, June). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the School of Psychology, University of Auckland, New Zealand [Virtual].
5. **Visserman, M. L.** (2022, May). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the Department of Psychology, Durham University, United Kingdom [Virtual].
6. **Visserman, M. L.** (2022, May). *Maintaining high-quality relationships*. Invited talk at the School of Psychology, University of Sussex, United Kingdom [Virtual].
7. **Visserman, M. L.** (2022, April). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the Department of Psychology, Simon Fraser University, Vancouver, Canada [Virtual].
8. **Visserman, M. L.** (2022, April). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the School of Psychology, University of Surrey, United Kingdom [Virtual].
9. **Visserman, M. L.** (2022, March). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the School of Psychology, University of Bristol, United Kingdom [virtual].
10. **Visserman, M. L.** (2022, February). *A relationship science perspective on health workers: dating, relationship development, and maintenance when working in health care*. Invited talk at the Michener Institute of Education in Toronto, University of Toronto, Canada [virtual].
11. **Visserman, M. L.** (2020, August). *Maintaining high-quality relationships: Navigating the costs and benefits of sacrifices*. Invited talk at the School of Psychology, Victoria University of Wellington, New Zealand [Virtual].
12. **Visserman, M. L.** (2019, November). *The art of Sacrifice: Self-other dilemmas, biased perceptions, and the emergence of gratitude*. Invited talk at the Department of Psychology, University of Waterloo, Canada.
13. **Visserman, M. L.** (2019, November). *The art of Sacrifice: Self-other dilemmas, biased perceptions, and the emergence of gratitude*. Invited talk at The Rochester Relationships Lab, Prof. Harry T. Reis & Dr. Bonnie M. Le, University of Rochester, U.S.A.
14. **Visserman, M. L.** (2019, May). *The emergence of gratitude in response to romantic partners' sacrifices*. Invited talk at the York and University of Toronto Social Personality Area (YUTSPA), Toronto, Canada.

15. **Visserman, M. L.**, Muise, A., Righetti, F., Horne, M., & Impett, E. A. (2019, April). *Lightening the load: Perceived partner responsiveness and sacrifice appraisals*. Invited talk at the annual mini-conference of the Department of Experimental and Applied Psychology (Social Psychology section), VU Amsterdam, The Netherlands.
16. **Visserman, M. L.** (2018, August). *The art of Sacrifice: Self-other dilemmas, biased perceptions, and the emergence of gratitude*. Invited talk at The Lydon Lab, Prof. John E. Lydon, McGill University, Montreal, Canada.
17. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2018, April). *It's the motive that counts: Perceived partner's sacrifice motives and gratitude*. **Best Paper Award talk** held at the biannual conference of the Kurt Lewin Institute (KLI), Zeist, The Netherlands.
18. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2018, March). *It's the motive that counts: Perceived partner's sacrifice motives and gratitude*. **Best Paper Award talk** held at the "Close Relationships" preconference at the annual meeting of the Society of Personality and Social Psychology (SPSP), Atlanta, USA.
19. **Visserman, M. L.** (2017, May). *Sacrifice in close relationships*. Invited talk at a course on "Psychology of Human Sexuality" for graduate students from the United States, provided by Dr. Justin J. Lehmiller. University of Amsterdam, The Netherlands.

### Conference Presentations

1. **Visserman, M. L.**, Kim, Y-H., Muise, A., Horne, R. M., Le, B. M., Righetti, F., & Impett, E. A. (2024, August). *A cross-country and cross-cultural perspective on gratitude and sacrifice in romantic relationships*. Talk at the International Association for Cross-Cultural Psychology (IACCP) conference, Bali, Indonesia.
2. **Visserman, M. L.** (2024, August). Panelist in S. Algoe (chair), M. L. Visserman, G.-X. Lin, G. Gunaydin, Y.-P. Chang, *Global collaborations on social relationships and wellbeing*. Round table symposium at the International Association for Cross-Cultural Psychology (IACCP) conference, Bali, Indonesia.
3. Naeimi, H., Horne, R. M., **Visserman, M. L.**, Johnson, M., & Impett, E. A. (2024, February). *On the move: Exploring the trajectories of stressors and rewards among relocating couples*. Poster presented at the annual meeting of the Society of Personality and Social Psychology (SPSP), San Diego (USA).
4. **Visserman, M. L.**, & Hammond, M. D. (2023, September). *The role of relationship power in people's expressions of gratitude in response to a partner sacrifice*. Flash talk at the Global Gratitude Summit of The Love Consortium (TLC) [Virtual].
5. **Visserman, M. L.**, & Hammond, M. D. (2023, July). *People's regulation of relationship power in their responses to a partner sacrifice*. Blitz presentation at the general meeting of the European Association for Social Psychology (EASP), Krakow, Poland.

6. **Visserman, M. L.**, Muise, A., Righetti, F., Horne, R. M., Le, B. M., Côté, S., & Impett, E. A. (2022, July). *Lightening the Load: Perceived Partner Responsiveness Fosters More Positive Appraisals of Relational Sacrifices*. Oral presentation at the International Association for Relationship Research (IARR) conference [Virtual].
7. Tissera, H., **Visserman, M. L.**, Impett, E. A., Muise, A., & Lydon, J. E. (2022, July). *Understanding the links between perceiving gratitude and romantic relationship satisfaction using an accuracy and bias framework*. Oral presentation at the International Association for Relationship Research (IARR) conference [Virtual].
8. Murphy, G. C., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2022, February). *Effects of attachment insecurity on accompanying partners' well-being following relocation: The buffering role of perceived partner gratitude and sacrifice behaviours*. Poster at the annual meeting of the Society of Personality and Social Psychology (SPSP), San Francisco, USA.
9. Murphy, G. C., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2021, November). *Effects of attachment insecurity on trailing partners' well-being following relocation: The buffering role of perceived partner gratitude and sacrifice behaviours*. Poster at the annual Harvard Women in Psychology Trends in Psychology Summit (TiPS), Cambridge, USA [Virtual]
10. Murphy, G. C., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2021, November). *Effects of attachment insecurity on trailing partners' well-being following relocation: The buffering role of perceived partner gratitude and sacrifice behaviours*. Poster at the annual meeting of the National Council on Family Relations (NCFR), Baltimore, USA.
11. **Visserman, M. L.**, Muise, A., Righetti, F., Horne, R. M., Le, B. M., Côté, S., & Impett, E. A. (2021, September). *Lightening the Load: Perceived Partner Responsiveness Fosters More Positive Appraisals of Relational Sacrifices*. In F. Meier (Chair), *Expanding the view of healthy development. Adaptation to stress and well-being of individuals, couples, and children*. Symposium at the annual conference of the European Association of Cognitive Behavioral Therapy (EACBT), Belfast, Ireland [Virtual].
12. Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2021, September). *She leads, he follows: Gender norm violation and relationship ambivalence in partnered relocation*. Oral presentation at the International Association for Relationship Research (IARR) conference [Virtual].
13. Murphy, G. C., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2021, July). *Effects of attachment insecurity on trailing partners' well-being following relocation: The buffering role of perceived partner gratitude and sacrifice behaviours*. Blitz talk at the biannual meeting of the Association for Research in Personality (ARP) [Virtual].
14. **Visserman, M. L.**, Righetti, F., Impett, E. A., Muise, A., Joel, S., & Van Lange, P. A. M. (2021, July). *Taking stock of reality: Biased perceptions of romantic partners' costs for sacrifice*. Oral presentation at the bi-annual meeting of the International Association for Relationship Research (IARR) [Virtual].

15. Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2021, February). She leads, he follows: Gender norm violation and relationship ambivalence in partnered relocation. Poster presented at the Gender Preconference at the annual meeting of the Society of Personality and Social Psychology (SPSP) [Virtual].
16. **Visserman, M. L.**, Muise, A., Righetti, F., Horne, R. M., & Impett, E. A. (2020, February). *Lightening the Load: Perceived Partner Responsiveness Fosters More Favorable Appraisals of Relational Sacrifices*. In S. Kwok (Chair) and J. Wood (Co-chair), *Personal and Relational Benefits of Responsiveness in Romantic Relationships*. Symposium at the annual meeting of the Society of Personality and Social Psychology (SPSP), New Orleans, LA, U.S.A.
17. Impett, E. A., Park, Y., **Visserman, M. L.**, Sisson, N. M., Le, B. M., & Stellar, J. (2020, February). *Highlighting a benefactor's responsiveness to needs make benefactors feel good about gratitude and the relationship*. In S. Kwok (Chair) and J. Wood (Co-Chair), *Personal and relational benefits of responsiveness in romantic relationships*. Symposium at the Annual Meeting of the Society of Personality and Social Psychology, New Orleans, LA, U.S.A.
18. Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2020, February). *I will follow you, but it will cost me: Trailing partners' exchange motives predict lower relationship quality through costly perceptions of relocation*. Poster presented at the Society for Personality and Social Psychology (SPSP) Conference in New Orleans, LA. U.S.A.
19. Zoppolat, G., **Visserman, M. L.**, & Righetti, F. (2019, December). *A nice surprise: Sacrifice expectations and partner appreciation in romantic relationships*. Oral presentation held at the annual meeting of the Dutch Association for Social Psychology (ASPO), Wageningen, The Netherlands.
20. **Visserman, M. L.**, Muise, A., Righetti, F., Horne, R. M., & Impett, E. A. (2019, October). *Lightening the Load: Perceived Partner Responsiveness Fosters More Favorable Appraisals of Relational Sacrifices*. In M. L. Visserman (Chair) and E. A. Impett (Co-chair), *Navigating a Social World: Costs and Benefits of Pro-Social Behavior*. Symposium at the Society for Experimental Social Psychology (SESP) conference, Toronto, Canada.
21. **Visserman, M. L.**, Impett, E. A., Righetti, F., Muise, A., Keltner, D., & Van Lange, P. A. M. (2019, June). *A quasi-signal detection analysis of perceiving a romantic partner's sacrifices and the impact on gratitude in daily life*. In H. Tissera (Chair), *Perceiving you, perceiving me: Sources and benefits of accuracy and bias in interpersonal interactions*. Symposium conducted at the International Association for Relationship Research (IARR) mini-conference on "Positive action in relationships", Ottawa, Canada.
22. Horne, R. M., **Visserman, M. L.**, Impett, E. A. (2019, June). *I will follow you, but it will cost me: Trailing partners' exchange motives predict lower relationship quality through costly perceptions of relocation*. Data blitz talk presented at the International Association for

Relationship Research (IARR) mini-conference on “Positive action in relationships”, Ottawa, Canada.

23. Tu, E., Carswell, K., Horne, R. M., **Visserman, M. L.**, & Impett, E. A. (2019, May). *With or without you: Exploring relational and personal self-expansion among romantic partners post-relocation*. Poster presented at the University of Toronto Mississauga Psychology Research Day, Toronto, Canada.
24. **Visserman, M. L.**, Righetti, F., Muise, A., Impett, E. A., Joel, S., & Van Lange, P. A. M. (2019, February). *Taking stock of reality: Biased perceptions of romantic partners' costs for sacrifice*. Poster presented held at the annual meeting of the Society of Personality and Social Psychology (SPSP), Portland, Oregon, U.S.A.
25. Tu, E., Carswell, K. L., Horne, R. M., **Visserman, M. L.**, Impett, E. A. (2019, February). *With or without you: Exploring relational and personal self-expansion among romantic partners post-relocation*. Poster presented held at the annual meeting of the Society of Personality and Social Psychology (SPSP), Portland, Oregon, U.S.A.
26. **Visserman, M. L.**, Righetti, F., Impett, E. A., Muise, A., Joel, S., & Van Lange, P. A. M. (2018, July). *Taking stock of reality: Biased perceptions of romantic partners' costs for sacrifice*. Oral presentation held at the bi-annual meeting of the International Association for Relationship Research (IARR), Fort Collins, Colorado, U.S.A.
27. **Visserman, M. L.**, Impett, E. A., Righetti, F., Muise, A., Keltner, D., & Van Lange, P. A. M. (2018, March). *A quasi-signal detection analysis of perceiving a romantic partner's sacrifices and the impact on gratitude in daily life*. Poster presented at the Society of Personality and Social Psychology (SPSP) conference, Atlanta, Georgia, U.S.A.
28. Righetti, F., & **Visserman, M. L.** (2018, March). I gave too much: Low self-esteem and the regret of sacrifices. Symposium presentation held at the annual meeting of the Society of Personality and Social Psychology (SPSP), Atlanta, Georgia, U.S.A.
29. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2017, July). *Me or us? Self-control promotes a healthy balance between personal and relationship concerns*. Data blitz presentation held at the general meeting of the European Association for Social Psychology (EASP), Grenada, Spain.
30. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2017, July). *It's the motive that counts: Perceived partner's sacrifice motives and gratitude*. Data blitz presentation held at the preconference “Relationships and Health” at the annual meeting of the European Association for Social Psychology (EASP), Grenada, Spain.
31. **Visserman, M. L.**, Righetti, F., Impett, E. A., Muise, A., Keltner, D., & Van Lange, P. A. M. (2017, March). *Taking stock of reality: Biased perceptions of romantic partners' costs for sacrifice*. Oral presentation held at the annual mini-conference of the Department of Experimental and Applied Psychology (Social and Organizational Psychology section), VU Amsterdam, The Netherlands.

32. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2017, January). *It's the motive that counts: Perceived partner's sacrifice motives and gratitude*. Poster presented at the annual meeting of the Society of Personality and Social Psychology (SPSP), San Antonio, Texas, U.S.A.
33. **Visserman, M. L.**, Impett, E. A., Righetti, F., Muise, A., Keltner, D., & Van Lange, P. A. M. (2016, December). *A quasi-signal detection analysis of perceiving a romantic partner's sacrifices and the impact on gratitude in daily life*. Oral presentation held at the annual meeting of the Dutch Association for Social Psychology (ASPO), Leiden, The Netherlands.
34. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2016, July). *It's the motive that counts: Perceived partner's sacrifice motives and gratitude*. Oral presentation held at the bi-annual meeting of the International Association for Relationship Research (IARR), Toronto, Canada.
35. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2016, May). *It's the thought that counts: Perceived partner's sacrifice motives and gratitude*. Oral presentation held at the annual mini-conference of the Department of Experimental and Applied Psychology (Social and Organizational Psychology section), Vrije Universiteit Amsterdam, The Netherlands.
36. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2016, January). *Me or us? Controlling the balance between personal and relationship concerns*. Data Blitz presentation held at the annual meeting of the Society of Personality and Social Psychology (SPSP), San Diego, California, U.S.A.
37. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2016, January). *Me or us? Controlling the balance between personal and relationship concerns*. Poster presented at the annual meeting of the Society of Personality and Social Psychology (SPSP), San Diego, California, U.S.A.
38. **Visserman, M. L.**, Righetti, F., Impett, E. A., Keltner, D., & Van Lange, P. A. M. (2015, December). *Thanks for making me happy! Perceived partner's sacrifice motives and gratitude*. Oral presentation held at the annual meeting of the Dutch Association for Social Psychology (ASPO), Amsterdam, The Netherlands.
39. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2015, July). *Me or us? Controlling the balance between personal and relationship concerns*. Poster presented at the International Association for Relationship Research (IARR) mini-conference on "Self-regulation in Close Relationships", Amsterdam, The Netherlands.
40. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2015, May). *Me or us? Controlling the balance between personal and relationship needs*. Oral presentation held at the annual mini-conference of the Department of Experimental and Applied Psychology (Social and Organizational Psychology section), Vrije Universiteit Amsterdam, The Netherlands.

41. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2015, March). *Me or us? Controlling the balance between personal and relationship needs*. Poster presented at the International Convention of Psychological Science (ICPS), Amsterdam, The Netherlands.
42. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2014, December). *Me or us? Controlling a balance between personal and relationship needs*. Oral presentation held at the annual meeting of the Dutch Association of Social Psychology (ASPO), Groningen, The Netherlands.
43. Karremans, J. C., & **Visserman, M. L.** (2014, July). *Implicit romantic relationship protection in the face of attractive alternative partners*. Symposium presented at the annual meeting of the European Association of Social Psychology (EASP), Amsterdam, The Netherlands.
44. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2014, May). *Me or us? Controlling the balance between personal and relationship needs*. Oral presentation held at the annual mini-conference of the Department of Experimental and Applied Psychology (Social and Organizational Psychology section), Vrije Universiteit Amsterdam, The Netherlands.
45. **Visserman, M. L.**, Righetti, F., Kumashiro, M., & Van Lange, P. A. M. (2014, May). *Me or us? Controlling a balance between personal and relationship needs*. Poster presented at the bi-annual meeting of the Kurt Lewin Institute (KLI), Utrecht, The Netherlands.
46. **Visserman, M. L.**, & Karremans, J. C. (2014, February). *Beautiful, but not so nice in memory: relationship status biases the processing of an attractive alternative's behavior*. Poster presented at the annual meeting of the Society of Personality and Social Psychology (SPSP), Austin, Texas, U.S.A.
47. **Visserman, M. L.**, & Karremans, J. C. (2013, December). *An attractive alternative in a negative light: Biased processing of behavioral information in romantically involved individuals*. Oral presentation held at the annual meeting of the Dutch Association for Social Psychology (ASPO), Utrecht, The Netherlands.
48. **Visserman, M. L.**, & Karremans, J. C. (2012, June). *Protecting your relationship: A biased interpretation of an attractive alternative's behavior*. Poster presented at the annual meeting of the Behavioural Science Institute (BSI), Nijmegen, The Netherlands.
49. **Visserman, M. L.**, Curfs, K., Stomph, A., & Karremans, J. C. (2011, June). *Undress to impress: Male status makes women dress provocatively*. Poster presented at the annual meeting of the Behavioural Science Institute (BSI), Nijmegen, The Netherlands.

### **All Professional Positions**

2023-present *Lecturer (Assistant Professor)*, School of Psychology, University of Sussex, UK.

2021-2023 *SSHRC Postdoctoral fellow*, University of Toronto Mississauga, Canada

- 2020-2021 *Lecturer (Assistant Professor)*, School of Psychology, Victoria University of Wellington, New Zealand. *\*Ended due to persistent Covid travel restrictions*
- 2020-2021 *Sessional Lecturer (Social Psychology of Interpersonal Relationships)*, University of Toronto, Canada
- 2018-2020 *Postdoctoral Fellowships* at the University of Toronto Mississauga & York University (2018-2020), Canada
- 2013-2018 *Ph.D. Candidate*, VU Amsterdam, The Netherlands.
- 2016-2017 *Research Visit* at Prof. Emily Impett's Relationships and Well-Being Lab, University of Toronto Mississauga, Canada.
- 2013-2017 *Instructor* of undergraduate courses in Introduction to Psychology, Academic Writing, and Measurement & Diagnostics, at VU Amsterdam, The Netherlands
- 2013-2017 *Supervision* of Undergraduate and MSc students' research projects, theses, and internships, at VU Amsterdam, The Netherlands.
- 2011-2014 *Public Relations* for *In-Mind Magazine*, an international organization to bridge social psychological knowledge to lay audiences. *In-Mind* received the 2016 "The SPSP Service to the Field on Behalf of Personality and Social Psychology Award" from the *Society for Personality and Social Psychology*.
- 2009-2012 *Instructor* of an undergraduate course in Research Methods, at Radboud University, Nijmegen, The Netherlands.
- 2009-2012 *Research Assistant* working with Profs. Karremans, Prof. Holland, and Dr. Dotch, studying social cognition using field experiments and a reverse correlation paradigm, at Radboud University, Nijmegen, The Netherlands.

### **Professional Development and Service**

#### ***Editorial Board***

2021- present: *Journal of Social and Personal Relationships*

#### **Ad-Hoc Reviewer**

- *Nature Reviews Psychology*
- *Journal of Personality and Social Psychology*
- *Emotion*
- *Social Psychological and Personality Science*
- *Motivation and Emotion*
- *Personality and Social Psychology Bulletin*
- *Journal of Social and Personal Relationships* – **Recognized as "top reviewer" of 2021**



- *The Journal of Positive Psychology*
- *Computers in Human Behavior*
- *Frontiers in Psychology*
- *Journal of Research in Personality*
- *European Journal of Social Psychology*
- *European Journal of Personality*
- *Social Cognition*
- *Social Psychology*
- *Social Influence*
- *Personal Relationships*
- *International Association for Relationship Research (IARR) – Conference abstracts*
- *National Science Foundation (NSF) – Research proposals for grant applications*
- *European Association for Social Psychology (EASP) – Conference abstracts*

### ***Professional Affiliations***

- Association for Psychological Science (APS)
- Society for Personality and Social Psychology (SPSP)
- European Association of Social Psychology (EASP)
- International Association for Relationship Research (IARR)
- International Association for Cross-Cultural Psychology (IACCP)
- European Association of Cognitive Behavioral Therapy (EACBT)
- Dutch Association for Social Psychology (ASPO)
- Kurt Lewin Institute (KLI)

### ***Professional Service to Field***

- |      |  |
|------|--|
| 2023 | Hosted a 2-week visit and colloquium talk by Dr. Matt Hammond (Victoria University of Wellington, New Zealand) at the University of Sussex (Brighton, UK)  |
| 2023 | Organized a networking event for the United Kingdom Relationship Interest Group (UKRIG), with Dr. Emily Cross and Dr. Veronica LaMarche (University of Essex), Dr. Rachel Low and Dr. Matt Hammond (Victoria University of Wellington), at the University of Sussex (Brighton, UK) |
| 2023 | Organized a networking event for 25 relationships researchers (from UK, Netherlands, Belgium, Turkey, Spain, Switzerland, New Zealand, Australia, US, Canada) at the general meeting of the European Association for Social Psychology (EASP) (Krakow, Poland)                     |
| 2023 | Hosted a visit by Dr. Simon Columbus (University of Copenhagen, Denmark) at the University of Sussex (Brighton, UK)  |

- 2019 Symposium Chair “Navigating a Social World: The Costs and Benefits of Pro-Social Behavior” at the annual meeting of the Society of Experimental Social Psychology (Toronto, Canada)
- 2018 Organized a Time Management workshop for the Toronto Relationship Interest Group (TRIG) (Toronto, Canada)
- 2018 Organized a Faculty-wide colloquium talk by Prof. Impett at VU Amsterdam (The Netherlands)
- 2014-2017 Department PR committee, VU Amsterdam, The Netherlands
- 2015 Co-Organizer, International Association for Relationship Research (IARR) Mini-Conference (“Self-regulation and Close Relationships”), Amsterdam (The Netherlands)
- 2014-2015 Ph.D. student meetings organizer, VU Amsterdam (The Netherlands)
- 2009-2011 Student Committee member in the *Student Travel Committee*, and the *Students’ Future Committee*, Radboud University, Nijmegen (The Netherlands)

### ***Professional Training (Selected)***

- 2023 “Research Quality and Impact” workshop, University of Sussex, March 31, 2023 [virtual]
- 2022 Unconscious Bias workshop, University of Toronto Mississauga, Toronto Initiative for Diversity and Excellence (TIDE), January 16, 2022 [virtual]
- 2021 Longitudinal Dyadic Data Analyses & Growth Curve Analyses (instructed by Matthew Johnson), University of Toronto, Toronto Relationship Interest Group (TRIG), July 19 and 22, 2019 [virtual]
- 2020 Online Teaching Training (instructed by Fiona Rawle), University of Toronto Mississauga, April 13, 2020 [virtual]
- 2019 Theory Workshop (instructed by John Vervaeke), University of Toronto, TRIG, August 27-28, 2019
- 2018 Response Surface Analyses (instructed by Maxwell Barranti), Toronto Relationship Interest Group, October 31<sup>st</sup> and November 7<sup>th</sup>, 2018
- 2018 Dyadic Longitudinal Data Analysis Workshop (instructed by Randi Garcia & David A. Kenny), Connecticut, USA, June 25-29, 2018
- 2018 R: The Basics (instructed by Maxwell Barranti), Toronto Relationship Interest Group, June 13, 2018

- 2017 Longitudinal Data Analyses, University of Southern California, at the Summer Institute of Social Personality Psychology (SISPP) from the Society of Personality and Social Psychology, July 9-22, 2017.
- 2017 Longitudinal Dyadic Analyses (instructed by Robert A. Ackerman & Deborah A. Kashy), Society for Personality and Social Psychology, January 21, 2017
- 2017 Structural Equation Modeling (instructed by Bertjan Doosje), Utrecht University, Kurt Lewin Institute, April 2017
- 2016 Hierarchical Linear Modeling (instructed by Tessa West & Lotte van Dillen), Utrecht University, Kurt Lewin Institute, September 2016
- 2016 Advanced Statistical Modeling (instructed by Marcello Gallucci), VU Amsterdam, March 2016
- 2015 Publish & Review (instructed by Martijn van Zomeren), Groningen University, Kurt Lewin Institute, April 2015
- 2015 Academic Writing (instructed by Astrid Homan & Diana Boer), University of Amsterdam, Kurt Lewin Institute, February 2015

### **PhD Supervision**

**Qiao (Rachel) Lei**, primary supervisor, secondary supervision by Dr. Eleanor Miles.  
*Sponsored by the School of Psychology, University of Sussex.*

**Xinji Yang**, secondary supervisor, primary supervision by Prof. Ayse Uskul. *Sponsored by the China Scholarship Council (CSC) (£43,200), University of Sussex.*

### **All Teaching & Mentoring Activities**

- 2023 Lectures on 2<sup>nd</sup> year Social Psychology course, University of Sussex.  
*\*Nominated for **Education Award**.*
- 2023 Supervision of 3 MSc students, University of Sussex: Chelly Chan, George Leech, and Deniz Denizer\*\*  
*\*\*Awarded *Sussex Partnership Trust Prize for **Best Research Dissertation** on the MSc in Foundations of Clinical Psychology and Mental Health.**
- 2018-2023 Supervision of 11 Research Opportunity (ROP) students and volunteers in Prof. Impett's Lab (Sarah Asaad and Kristena Disalvo both succeeded to graduate school), at University of Toronto Mississauga
- 2021-2022 Undergraduate research training of Gabriela Murphy in Prof. Impett's Lab (Gabriela succeeded to graduate school), at University of Toronto

## Mississauga

- 2020-2022 Independent course instructor “*Social Psychology of Interpersonal Relationships*” (University of Toronto)  
*\*Ratings: respecting diversity (e.g., race, gender, ability, religion, sexual orientation) in my classrooms: 4.8/5, being attuned to students’ learning: 4.8/5; fostering enthusiasm and inspiration: 4.9/5; being supportive: 5/5)*
- 2018-2022 Involved in graduate training of Rebecca M. Horne (graduated 2022, University of Toronto Mississauga), Stephanie Raposo (York University), Yoobin Park (graduated 2021, University of Toronto St. George), and Giulia Zoppolat (graduated MSc; VU Amsterdam)
- 2015-2016 Independent lectures in Measurement & Diagnostics course (on multilevel analyses in Organizational Psychology) for 2 years (VU Amsterdam)
- 2014-2016 MSc thesis and internship supervision of 15 students (VU Amsterdam)
- 2013-2014 Undergraduate thesis supervision of 5 students (VU Amsterdam)
- 2009-2016 Independent instructor (Research Methods, Introduction to Psychology, Academic Writing, and Psychometrics), at Radboud University and VU Amsterdam