

MARIKO L. VISSERMAN

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

ACADEMIC APPOINTMENTS

- 2023-present *Assistant Professor*, School of Psychology, University of Sussex, UK
- 2023/2024 *Maternity leave*
- 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

- 2025 Elected as Society of Experimental Social Psychology (SESP) Fellow
- 2024-2025 Early Career Research Grant (**\$30,000 USD**), Global Gratitude Project, The Love Consortium (TLC), PI.

- 2024-2029 “Insight Grant” (**\$265,178 CAD**), Social Sciences and Humanities Research Council Canada (SSHRC), collaborator.
- 2024 Fully funded Scholarship (**£58,116**) for primary PhD supervision (Qiao Rachel Lei), School of Psychology, University of Sussex.
- 2024 Fully funded Scholarship (**£45,900**) awarded to PhD student Xinji Yang, China Scholarship Council (CSC), University of Sussex, 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

Grant Applications

- 2024 Early Career Research Grant (**\$30,000 USD**), Global Gratitude Project, The Love Consortium (TLC), PI – *Successful*
- 2023 Faculty “Insight Grant” (**\$265,178 CAD**), Social Sciences and Humanities Research Council Canada (SSHRC), collaborator – *Successful*
- 2022 Faculty “Insight Grant” (**\$265,178 CAD**), Social Sciences and Humanities Research Council Canada (SSHRC), collaborator – *Finalist*
- 2021 Faculty Grant “Marsden Fund Fast-Start Grant” (**\$360,000 NZD**), Royal Society New Zealand (RSNZ), PI – *Ranked 2nd quintile*
- 2021 Postdoctoral Fellowship (**\$90,000 CAD**), Social Sciences and Humanities Research Council Canada (SSHRC), PI – *Successful*
- 2020 Faculty Grant “VENI” (**€250,000**), Dutch Research Council, PI – *Finalist*
- 2019 Research grant (**€5,000**) for field study “Meet a stranger” at Lowlands Festival 2019 (Radboud University), collaborator – *Successful*.
- 2019 Postdoctoral Fellow Research grant (**\$2,000 CAD**) from the Office Vice Principal-Research (University of Toronto Mississauga), PI – *Successful*
- 2019 Postdoctoral Fellowship (**\$84,000 CAD**) from the Office Vice Principal-Research (University of Toronto Mississauga), PI – *Finalist*
- 2016 Talent Travel Grant (**€5,000**) (VU Amsterdam), PI – *Successful*
- 2016 Postgraduate Student Travel Award (**€1,000**) from the European Association for Social Psychology (EASP), PI – *Successful*

Publications

Journal Articles

1. Sasaki, E., Righetti, F., **Visserman, M. L.**, Đurić, M., Dobson, K., Naeimi, H., & Impett, E. (2025, PREPRINT). How romantic partners communicate about sacrifice: A theoretical framework and measurement approach. https://doi.org/10.31234/osf.io/c376k_v1
 • *Unpublished manuscript made available for use of the Sacrifice Communication Scale*
2. Naeimi, H., Park, H. G., Johnson, M. D., **Visserman, M. L.**, Horne, R. M., & Impett, E. A. (2025). On the move: Trajectories of stressors and rewards among relocating couples. *Personality and Social Psychology Bulletin*. Advance online publication. <https://doi.org/10.1177/01461672251355002>
3. 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>
4. **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>
5. 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>
6. 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>
7. 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>
8. **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>
9. 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>

10. 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>
11. 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>
12. **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>
13. 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>
14. **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>
15. 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>
16. **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>
17. 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>
18. 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>
19. **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

20. **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]*, 5th edition, 195-254. Boom uitgevers Amsterdam.
21. **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.
22. 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.
23. **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.

Manuscripts In Progress

24. **Visserman, M. L.***, Horne, R. M.*, Righetti, R., Park, Y., Murphy, G., & Impett, E. A. (under review). Navigating conflicts of interest and psychological need satisfaction in romantic relationships.
25. Sasaki, E., Righetti, F., **Visserman, M. L.**, Righetti, F., Đurić, M., Dobson, K., Naeimi, H., & Impett, E. A. (under review). How romantic partners communicate about sacrifice: A theoretical framework and measurement approach.
26. **Visserman, M. L.**, Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (in prep). Do gratitude and indebtedness predict prosociality in romantic relationships?
27. **Visserman, M. L.**, Raposo, S., Horne, R. M., Muise, A., & Impett, E. A. (in prep). A positive twist: Gaining novel experiences from relational sacrifices.

Published 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

2025: **Forbes** covered our work on the stressors and rewards of couples' relocation as "2 Consequences of moving because of your partner, by a psychologist", found [here](#).

- *Typically reaches 100 million+ readers monthly*

2025: Interview with **BBC Science Focus Magazine**, with Amy Arthur, about navigating conflicts of interests and sacrifices in close relationships.

- *Typically reaches ~5+ million readers (print + online circulation)*

2025: I wrote a popular scientific **article** for **The Conversation** on fostering fulfilling romantic relationships in a changing world, titled "Looking for meaningful romantic relationships? Start by diversifying your friendships and forgetting your wishlist", found [here](#).

- *Typically reaches ~10+ million readers worldwide (and ~40 million through republishing by other networks)*
- *Reached 12,083 direct reads in two weeks (136,214 reads after 2 months)*
- *From The Conversation media team: the article was 7th most read from university of Sussex in the past year, read 12,000 times across US, Australia, Canada, UK and South Africa, and republished by Phys.org, SmartNews (App), Newsify (App), Tolerance.ca and Menafn.*

2025: **The Washington Post** covered our work on predictors of relationship quality as "Try this one way to build better relationships, according to science", noting the importance of expressing appreciation, found [here](#).

- *Typically reaches ~80 million readers monthly*

2025: **Forbes** covered my work on detecting partners' sacrifices and the importance of expressing gratitude as "1 Subtle skill that's crucial for a happy marriage, by a psychologist", found [here](#).

- *Typically reaches 100 million+ readers monthly*

2025: **Forbes** covered our work on trust and suppression of emotions related to making sacrifices as "5 'Micro-moments' that slowly end your relationship, by a psychologist", found [here](#).

2025: Interview with book author Emily Usher, for **Literary Hub**, about the psychological impact of people's "first love", including how it is experienced and how it is viewed by society, found [here](#).

2025: Interview with **Scientific American**, with Clarisa Brincat, about relative importance of relationships for men and women "Men Actually Crave Romantic Relationships More Than Women Do", found [here](#).

- *Typically reaches ~ 9 million readers worldwide*

2025: Interview with **BBC News**, with Jamie Morris, about online dating, dating “burn-out”, and constructive ways of finding love, found [here](#).

- *Typically reaches ~ 489 million people weekly in the UK and worldwide (incl. ~50 million readers for BBC Digital)*

2024: **Forbes** covered our work partner responsiveness and sacrifice appraisals as “A psychologist explains how to ‘strength scan’ your relationship”, found [here](#).

- *Typically reaches 100 million+ readers monthly*

2024: **Psychology Today** covered our work on underestimating a partner’s gratitude as “3 Questions for couples to check in with each other”, found [here](#).

2024: **Forbes** covered our work on underestimating a partner’s gratitude as “A psychologist shares love’s 3 most important ‘check-in questions’”, found [here](#).

- *Typically reaches 100 million+ readers monthly*

2024: Interview with **BBC News**, with Grace Dean, about online dating, dating “burn-out”, And how people find love “offline” such as through climbing gyms, titled “Climbing wall meet-ups scale heights of romance for dating Brits - BBC News”, found [here](#).

- *Typically reaches ~ 489 million people weekly in the UK and worldwide (incl. ~50 million readers for BBC Digital)*

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 experți 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: **Forbes** covered our work on personal self-expansion in relationships as “3 Rules

from the Japanese ‘Kintsugi’ philosophy for lasting love”, discussing the benefits of transformation and growth in relationships, found [here](#).

2024: **Psychology Today** covered our work on personal self-expansion in relationships as “3 Ways the Japanese Golden Repair can heal a relationship”, found [here](#).

2024: Interview with **The Telegraph**, with Christina Hopkinson, on couples’ conflicts of interests related to division of labor, including food preparations, 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*

2024: **Forbes** covered our work on sacrificing and well-being as “A psychologist explains relationship ‘eclipsing’—and why it’s a problem”, found [here](#).

2024: The **World Happiness Report** referred to our work on sacrificing and well-being when discussing the benefits and costs of prosocial behavior, noting that “These acts may also lead to unintended negative effects on beneficiaries’ well-being”, found [here](#).

2023: **Forbes** covered our work on motives for sacrifice, on partner responsiveness, and on sacrifice expectations and gratitude as “Why some couples struggle to find balance between ‘sacrifice’ and ‘assertiveness’ — and how to fix it”, found [here](#).

- *Typically reaches 100 million+ readers monthly*

2023: **Forbes Japan** covered our work on sacrificing and well-being as “夫婦関係の破綻を招く5つの要因 心理学者が対策を解説” [“Five factors that lead to the breakdown of a marital relationship — psychologists explain how to deal with them”], found [here](#).

2023: **Forbes** covered my work on self-control and balancing personal and relational needs as “3 Reasons why you’re always ‘the Ken’ in your relationships”, found [here](#).

2023: **Psychology Today** covered our work on partner prosociality and relationship functioning after couples’ relocation as “Should you relocate for a partner?”, found [here](#).

2023: **Psychology Today** covered our work on how to express gratitude as “9 Research-backed ways to connect with others”, found [here](#).

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.*

2023: **Psychology Today** covered our work on personal self-expansion in relationships as “3 Secrets of happy couples”, found [here](#).

2023: **Psychology Today** covered our work on predictors of relationship quality as “The powerful microgesture that strengthens relationships”, noting the importance of expressing gratitude, found [here](#).

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: **Psychology Today** covered our work on sacrificing and well-being, and on sacrifice and gratitude, as “Do all romantic relationships require some sacrifice?”, found [here](#).

2022: **Interview** of Francesca Righetti with Mark Travers for **TherapyTips.org** about our work on sacrificing and well-being, covered as “Will sacrifice strengthen or destroy your relationship?”, found [here](#).

2022: **Psychology Today** covered our work on sacrificing and well-being as “Why relationship sacrifices aren’t always worth making”, found [here](#).

2022: **Psychology Today** covered our work on sacrificing and well-being as “4 Counterintuitive secrets of the happiest relationships”, 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: **Psychology Today** covered our work on personal self-expansion in relationships as “How to add passion to your relationship”, 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: **Psychology Today** covered our work on personal self-expansion in relationships as “How to restore passion to a relationship”, found [here](#).
- 2021: **Reddit** featured our work on how to express gratitude as “New study shows the best way to express gratitude”, found [here](#).
- 49,000 likes (upvotes) and 570 comments.
- 2021: **Psychology Today** covered our work on how to express gratitude as “3 Ways to improve how you say “Thank You” to your partner”, 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 Huffington Post** covered our research on self-esteem and regret of sacrifices as “Why you will regret sacrificing too much for your partner”, found [here](#).
- Typically reaches ~56 million readers monthly
- 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](#).
- 2014: **Pacific Standard** covered our research on relationship protection as “Why your friends won’t dump their awful significant others”, found [here](#).

Invited Talks

1. **Visserman, M. L.**, (2025, October). New ways of finding love (“A brave new world” talk series). Cokethorpe School, Oxford.
2. **Visserman, M. L.**, Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2025, May). *Do gratitude and indebtedness predict prosociality in romantic relationships?* Invited talk at the Global Gratitude Summit [Virtual].
1. **Visserman, M. L.** (2025, January). *The Power of Gratitude*. Invited public talk organized by “Seed Talks”, an organization that bridges scientific knowledge to the public, The Blues Kitchen, London, United Kingdom [Virtual].
72 attendees (ticketed event)
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. Lei, Q., **Visserman, M. L.**, Miles, E., Thompson, E., & Impett, E. A. (2025, December). From conflict to growth: How sacrifice motives for relocation shape self-expansion in romantic relationships. Talk at the International Conference on Life Education and Well-Being (ICLEWB), Hong Kong.
2. **Visserman, M. L.**, Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2025, October). Do gratitude and indebtedness predict prosociality in romantic relationships? Symposium talk at the Society for Experimental Social Psychology (SESP) conference, Lisbon, Portugal.
3. Yang, X., **Visserman, M. L.**, & Uskul, A. K. (2025, July). Sacrifice, gratitude, and gender roles: A cross-cultural exploration of romantic relationship dynamics. Talk at the International Association for Relationship Research (IARR) mini-conference “Gender, Sexuality, and Relationships”, London, United Kingdom.
4. Yang, X., **Visserman, M. L.**, & Uskul, A. K. (2025, May). Sacrifice, gratitude, and gender roles: A cross-cultural exploration of romantic relationship dynamics. Flash talk at the Global Gratitude Summit [Virtual].
5. **Visserman, M. L.**, Kim, Y-H., Sasaki, E., Cheon, J. E., Muise, A., Le, B. M., Srivastava, A., Horne, R. M., & Impett, E. A. (2025, March). *Do gratitude and indebtedness predict prosociality in romantic relationships?* Talk at the annual United Kingdom Attachment Network (UKAN) conference, Bristol, United Kingdom.
6. Yang, X., **Visserman, M. L.**, & Uskul, A. K. (2025, March). *Socio-Cultural Perspectives on Sacrifice Dynamics in Romantic Relationships*. Talk at the annual United Kingdom Attachment Network (UKAN) conference, Bristol, United Kingdom.
7. Park, H. G., Sasaki, E., **Visserman, M. L.**, Sisson, N. M., Baker, L. R., Harasymchuk, C., Kim, Y-H., & Impett, E. A. (2025, February). *The links between relationship growth beliefs, perceived effort, and gratitude*. [Poster Presentation]. Society for Personality and Social Psychology (SPSP) 2025 Annual Convention, Denver, CO, United States.
8. **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.
9. **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.
10. 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).

11. **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].
12. **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.
13. **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].
14. 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].
15. 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.
16. 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]
17. 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.
18. **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].
19. 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].

20. 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].
21. **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].
22. 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].
23. **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.
24. 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.
25. 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.
26. 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.
27. **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.

28. **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.
29. 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.
30. 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.
31. **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.
32. 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.
33. **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.
34. **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.
35. 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.
36. **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.

37. **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.
38. **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.
39. **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.
40. **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.
41. **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.
42. **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.
43. **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.
44. **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.
45. **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.

46. **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.
47. **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.
48. **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.
49. **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.
50. 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.
51. **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.
52. **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.
53. **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.
54. **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.

55. **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.
56. **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 *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

2025 - present: *Journal of Personality and Social Psychology*

2021 - 2024: *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
- *Routledge* – Book proposal

Professional Affiliations

- Society of Experimental Social Psychology (SESP)
- 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

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| 2025 | Co-hosted a visit by Dr. Simon Columbus (Lecturer at University of St Andrews) with a talk at the <i>Social psychology Seminars</i> , at the University of Sussex (Brighton, UK) |
| 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 <i>Student Travel Committee</i> , and the <i>Students’ Future Committee</i> , Radboud University, Nijmegen (The Netherlands) |

Professional Training (Selected)

- 2025 “Utilizing affective neuroscience methods in gratitude research” workshop (instructed by Paulo Boggio), The Love Consortium, April 16, 2025 [virtual]
- 2025 “How to take your paper to the next level” workshop (instructed by Sara Algoe), The Love Consortium, March 26, 2025 [virtual]
- 2025 “Data management” workshop, The Love Consortium, March 25, 2025 [virtual]
- 2025 “Considerations in Cultural Psychology” workshop (instructed by Yen-Ping Chang), The Love Consortium, January 22, 2025 [virtual]
- 2024 “Best practices in collaborative methods” workshop (instructed by Ayse Uskul and Gul Gunaydin), The Love Consortium, October 16, 2025 [virtual]
- 2024 “Harnessing big team science” workshop (instructed by Nicholas Coles, The Love Consortium, September 18, 2025 [virtual]
- 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 31st and November 7th, 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

Teaching & Mentoring Activities

Teaching

- 2026 Lecturer and module convenor for “Intimate Relationships”, to be delivered Spring 2026, University of Sussex [~80 students enrolled]
- 2023 Four lectures on 2nd year Social Psychology module, University of Sussex.
*Nominated for **Education Award**.
- 2020-2022 Lecturer and module convenor for “*Social Psychology of Interpersonal Relationships*” (University of Toronto) – *delivered three times*
*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**
- 2015-2016 Independent lectures in Measurement & Diagnostics module (on multilevel analyses in Organizational Psychology) for 2 years (VU Amsterdam)
- 2009-2016 Independent instructor (Research Methods, Introduction to Psychology, Academic Writing, and Psychometrics), Radboud University and VU Amsterdam

Mentoring

- 2025-2028 **Primary PhD supervision** of Qiao (Rachel) Lei, secondary supervision by Dr. Eleanor Miles. *Sponsored by the School of Psychology (£60,816)*, University of Sussex.

- 2024-2027 50/50 shared **primary PhD supervision** of Xinji Yang with Prof. Ayse Uskul. *Sponsored by the China Scholarship Council (CSC) (£45,900)*, University of Sussex.
- 2024-2025 **Academic Advisor** for 100 undergraduate students (50 1st year students, 50 3rd year students), University of Sussex.
- 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.*
- 2018-2022 Involved in **PhD 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)
- 2018-2022 **Supervision** of 11 Research Opportunity (ROP) students and volunteers in Prof. Impett's Lab (Sarah Asaad and Kristena Disalvo both succeeded to PhD positions), University of Toronto Mississauga
- 2021-2022 Undergraduate **research training** of Gabriela Murphy in Prof. Impett's Lab (Gabriela succeeded to a PhD position), University of Toronto Mississauga
- 2014-2016 **MSc** thesis and internship **supervision** of 15 students, VU Amsterdam
- 2013-2014 **Undergraduate** thesis **supervision** of 5 students, VU Amsterdam