
Thuy-vy Thi Nguyen, Ph.D.

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EDUCATION

- 2014 – 2018** **Ph.D.**, Social-Personality Psychology
University of Rochester, New York, USA
Dissertation title: Breaking the Monotony of Solitude: A Self-Determination Theory Perspective
- 2011 – 2014** **M.A.**, Social-Personality Psychology
University of Rochester, New York, USA
Thesis title: “Good” vs. “Bad” Perfectionism: Does Motivation Matter?
- 2009 – 2011** **M.A.**, Positive Psychology
Claremont Graduate University, California, USA
Thesis title: Explore the Relationship between Solitude Types and Happiness Orientations
- 2006 – 2008** **B.A.**, in Cognitive Sciences
University of California, Irvine, USA

RESEARCH AREA

I am currently developing a new program of research that focuses on people’s experiences with solitude, the effect of solitude on daily experiences, and key drivers of positive solitary experiences. My broader research focus examines motivational processes as key drivers of behavior changes and psychological well-being.

DISSERTATION ABSTRACT

Two experiments (total $N = 463$) were conducted to investigate the effects of controlling versus autonomy-supportive social contexts on individuals’ motivation for spending time alone by themselves, and their experiences during it. The findings demonstrated that enforced solitude led people to deriving little enjoyment in it and they were more likely to try to escape from it by engaging in even a boring task. This work has been followed up with a direct replication and a conceptual replication and the manuscript is currently in preparation for publication.

ACADEMIC POSITION

Postdoctoral Research Associate at the Center for Self-Determination Theory, Florida, USA
Advisors: Richard M. Ryan, Ph.D., and Shannon Robertson Hoefen

PEER-REVIEWED PUBLICATIONS

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (2018). Solitude as an approach to affective self-Regulation. *Personality and Social Psychology Bulletin*, 44(1), 92-106.

McPhetres, J., & **Nguyen, T. T.** (2017). Using findings from the cognitive science of religion to understand current conflicts between religious and scientific ideologies. *Religion, Brain, and Behavior*, <http://dx.doi.org/10.1080/2153599X.2017.1326399>

Hu, T., Guo, H., Sun, H., **Nguyen, T. T.**, & Luo, J. (2017). Spice up your chat: The intentions and sentiment effects of using emoji. *arXiv preprint arXiv:1703.02860*.

Hu, T., Xiao, H., **Nguyen, T. T.**, & Luo, J. (2017). What the language you tweet says about your occupation. *arXiv preprint arXiv:1701.06233*.

Nguyen, T. T., & Deci, E. L. (2016). Can it be good to set the bar too high? The role of motivational regulation in moderating the link from high standards to academic well-being. *Learning and Individual Differences*, 45, 245-251.

Nguyen, T. T., & Zuckerman, M. (2016). The Links of God Images to Women's Religiosity and Coping with Depression: A Socialization Explanation of Gender Difference in Religiosity. *Journal of Psychology of Religion and Spirituality*, 8(4), 309.

MANUSCRIPTS UNDER REVIEW & IN PREPARATION

Nguyen, T. T., & Soenens, B. Embracing me-time: Motivation for solitude during transition to college. *Invited revision at Motivation and Emotion*. Preprint: [10.31234/osf.io/dgmf7](https://doi.org/10.31234/osf.io/dgmf7)

Nguyen, T. T., & Weinstein, N. Identifying personality characteristics associated with the Capacity to be alone using big-five theory, attachment theory, and self-determination theory. *Invited revision at Journal of Personality*. Preprint: [10.31234/osf.io/sjcwg](https://doi.org/10.31234/osf.io/sjcwg)

Nguyen, T. T., & McPhetres, J. (2018). Train up a child in the way he should go: Parents' biblical literalism as determining factor of children's attitudes toward science. Preprint: [10.31234/osf.io/jh73f](https://doi.org/10.31234/osf.io/jh73f)

Nguyen, T. T. (In preparation). Breaking the monotony of solitude: An insight into why we seek banal diversion in solitude.

Nguyen, T. T., McPhetres, J., & Deci, E. L. (In preparation). Beyond God and government: The role of personal choice in supporting citizens' well-being in the face of changing economy and rising inequality.

Weinstein, N., **Nguyen, T. T.**, Wildschut, T., & Sedikides, C. (In preparation). Longing for support: On the self-relevance of the need for autonomy through nostalgia.

Przybylski, A. K., Weinstein, N., **Nguyen, T. T.**, Law, W., Mitev, K. (In preparation). A confirmatory investigation of the effect of acute social media abstinence on mood, self-esteem, satisfaction, & belonging.

BOOK CHAPTERS

Davis, O. C., & **Nguyen, T. T.** (2017). Conditional positive regard. In Zeigler-Hill & Shackelford (Eds), *Encyclopedia of Personality and Individual Differences* (pp. 1-4). Springer International Publishing. DOI: https://doi.org/10.1007/978-3-319-28099-8_1458-1

Nguyen, T. T., & Deci, E. L. (2016). Intrinsic versus extrinsic motivation. In H. L. Miller, Jr. (Ed), *The SAGE Encyclopedia of Theory in Psychology* (pp. 475-478). Thousand Oaks, CA: SAGE publications, Inc.

CONFERENCE PRESENTATIONS

Nguyen, T. T. (August 2010). Exploring the relationship between creative Solitude and Life Satisfaction. Paper presented at the 118th Annual Convention of the American Psychological Association, San Diego, California, USA.

Nguyen, T. T., & Ryan, R. (May 2014). Manifestations of personality traits in social and solitary experiences. Paper presented at the Inaugural Meeting of Social Psychologists around Western New York, Rochester, New York, USA.

Nguyen, T. T., & Deci, E. L. (August 2014). Overcome perfectionism: The buffering effect of autonomy in maintaining resilience against failure. Symposium presented at the American Psychology Association-Division 10 Hospitality Suite at the 122th Annual Convention of the American Psychological Association, Washington, D.C., USA.

Nguyen, T. T. (May 2015). Breaking the wall of “me time”. 3-minute presentation at the 2015 Falling Walls Lab Rochester organized by the University of Rochester and the Falling Walls Foundation.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2015). The value of solitude in daily well-being: A self-determination perspective. Symposium presented at the 2nd Annual Meeting of the Social Psychologists Around Western New York conference, Buffalo, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2016). How solitude affects mood: The bigger picture. Paper presented at the 3rd Annual Meeting of the Social Psychologists Around Western New York conference, Syracuse, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2018). Cultivating the benefits of daily solitude: The role of autonomous motivation in moderating the effect of practicing solitude on daily well-being. Paper presented at the 15th International Conference on Motivation, Thessaloniki, Greece.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (April 2018). Solitude as an approach to affective self-regulation. Paper presented at the 2018 The Consortium of European Research on Emotion at University of Glasgow, Glasgow, UK.

Nguyen, T. T. (February 2019). Breaking the Monotony of Solitude: Investigating the Role of Autonomy in Solitary Regulation. Data Blitz presentation at the 19th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California, USA

INVITED TALKS

American Jewish University, Los Angeles, California, USA	April 2010
University of California, Santa Barbara, California, USA	July 2015
Carleton University, Ottawa, Ontario, Canada	January 2016
State University of New York at Potsdam, New York, USA	May 2017
Bath University, Bath, United Kingdom	June 2018
University of Economics, Ho Chi Minh City, Vietnam	September 2018
Hoa Sen University, Ho Chi Minh City, Vietnam	September 2018

POSTER PRESENTATIONS (* supervised undergraduate students)

*Sirin, B., **Nguyen, T. T.**, Ryan, R. M., & Deci, E. L. (February 2018). Spend time alone to feel better with others: The role of healthy motivation for solitude in promoting social well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, Georgia, USA.

*Cui, Y., & **Nguyen, T. T.** (August 2017). Does the person I admire tell me about who I am. Poster presented at the 4th Annual Meeting of the Social Psychologists Around Western New York conference, Rochester, New York, USA.

*Cui, F., **Nguyen, T. T.**, McPhetres, J., & Deci, E. L. (January 2017). Influence of information on uncertainty. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (January 2017). Differentiated effects of solitude on affect activation and affect valence. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas, USA.

*Panny, B., **Nguyen, T. T.**, & Deci, E. L. (January 2017). Solitude, social interaction, and daily well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (January 2016). Being alone and unoccupied: Cultivating the benefits of true solitude for daily life. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, California, USA.

Nguyen, T. T., & Deci, E. L. (May 2015). Motivation determines optimal benefits of personal standard perfectionism on learning. Poster presented at the 27th Annual Convention of the Association for Psychological Science, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (May 2015). How time alone predicts daily well-being: The Self-Determination Perspectives. Poster presented at the 27th Annual Convention of the Association for Psychological Science, New York, USA.

Nguyen, T. T., Ryan, R. M., & Deci, E. L. (February 2015). The capacity to be alone. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California, USA.

Nguyen, T. T., & Deci, E. L. (February 2014). Perfectionism is not adaptive unless it is by choice. Poster presented at the Happiness and Well-Being Pre-conference at the Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas, USA.

Nguyen, T. T., & Deci, E. L. (June 2013). The role of autonomy in the pursuit of perfection. Poster presented at the 5th International Conference on Self-Determination Theory, Rochester, New York, USA.

Nguyen, T. T., Davis, O. C., & Deci, E. L. (August 2012). Intrinsic striving for excellence versus introjected pursuit of perfection. Poster presented at the International Conference on Motivation, Frankfurt am Main, Germany.

Nguyen, T. T., & Davis, O. C. (August, 2011). Solitary activities and happiness orientations. Paper presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C, USA.

Nguyen, T. T., Pearlman, S. L., & Davis, O. C. (July 2011). Developing self-insight: The self-determination theory perspective. Poster presented at the Second World Congress on Positive Psychology, Pennsylvania, Massachusetts, USA.

TEACHING EXPERIENCE

Theories of Personality and Psychotherapy (Position: Adjunct Lecturer)

- Description: A survey of personality, emphasizing modern theoretical approaches, basic methods of investigation, and the relations of these theories to psychotherapy and behavioral change.

An Approach to Human Motivation (Position: Lab Instructor)

- Description: A review of the theoretical and empirical development of Self-Determination Theory (SDT), including applications of SDT to psychopathology and psychological health, work, education, sport, and culture.

Psychology of Gender (Position: Adjunct Lecturer)

- Description: Exploration of the ways males and females differ in interaction, theories of development of sex differences, consequences for social change.

Research Methods (Position: Lab Instructor)

- Description: An introduction to psychological research with hands-on experience with all major phases of the research process, including: surveying the existing literature, developing research hypotheses, collecting and analyzing data, and reporting the results in manuscript form.

THESES SUPERVISED

Cui, F. (2017). Does supportive relationship influence people's goal pursuit?

Hughes, S. (2015). Self-disclosure experiences as a function of perfectionistic self-promotion: Analyses of mediation and moderation factors.

Panny, B. (2017). The effects of eudemonic pursuits on awe and the need for cognitive closure.

FELLOWSHIPS / AWARD / GRANTS

2018 *Emory Cowen Award for Best Publication by a Graduate Student.* University of Rochester. Rochester, New York, USA.

2017 *"Three-Minute Thesis" Competition 1st Place Winner.* University of Rochester. Rochester, New York, USA.

2017 *Diversity Fund Graduate Travel Award.* Society of Personality and Social Psychology.

2017 *Graduate Student Travel Award.* Society of Personality and Social Psychology.

2016 *Graduate Student Association's Conference Travel Funding Award.* University of Rochester, New York, USA.

2016 *International Conference Registration Grant.* American Psychological Association.

2015 *Dean's Travel Award.* University of Rochester, New York, USA.

2012 *Student Travel Award.* American Psychological Association.

2011 *"Three-Minute Thesis" Competition 2nd Place Winner.* American Psychological Association.

2011 *Student Travel Award.* American Psychological Association.

2011 *Dean's Travel Award.* Claremont Graduate University, Claremont, California, USA.

MEDIA COVERAGE

Research Digest – British Psychological Society: [The deactivation effect: What 15 minutes device-free solitude does to your emotions.](#)

Business Insider UK: [Why we all should be spending more time alone.](#)

Today.com: [Here's how 15 minutes of device-free solitude can affect your emotions.](#)

Le Point: [La littérature, source d'empathie et de cohésion sociale](#)

INVITED PRESENTATIONS TO NON-ACADEMIC AUDIENCES

Invited speaker at Life Project for Youth Alliance, Vietnam Summer 2015

Invited speaker at Allendale Columbia School, Rochester, NY Spring 2015

Invited Speaker at Tedx SunyGeneseo, Geneseo, NY Spring 2017

Retrieved from: <https://youtu.be/34ttspXxYlw>

PROFESSIONAL AND CROSS-DISCIPLINARY ENGAGEMENT

Research advisor at [Immersyve](#), Celebration, Florida, USA Fall 2018

Open Science workshop organizer at the [University of Rochester Libraries](#) Fall 2018

Assistant Director of Funding Committee at the [Psychological Science Accelerator](#) Fall 2018 - present

REFERENCES

Advisors:

Edward L. Deci

Professor Emeritus of Psychology and
Helen F. & Fred H. Gowen Professor Emeritus in the Social Sciences
University of Rochester
Email: deci@psych.rochester.edu

Richard M. Ryan

Professor at the Institute for Positive Psychology and Education
Australian Catholic University
Research Professor in Psychology
University of Rochester
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Collaborators:

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New York Institute of Technology
Principal Investigator
Quality of Life Laboratory
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Bart Soenens

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Ghent University
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Cardiff University
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Miron Zuckerman

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