

Joseph John Mazzola, Ph.D.
Curriculum Vitae

University Address

Roosevelt University
Department of Psychology
430 S. Michigan Ave., 827-C
Chicago, IL 60605
Office: (312) 341-2275
jmazzola@roosevelt.edu

Home Address

2638 W. Francis Place
#2S
Chicago, IL 60647
Cell: (440) 666-9819

Academic Positions

Roosevelt University

Director of Industrial/Organizational Psychology MA Program Aug 2015 – Present
Assistant Professor of Industrial/Organizational Psychology Aug 2012 – Present

Coastal Carolina University

Visiting Assistant Professor of Psychology Aug 2011 – July 2012

The University of Tulsa

Visiting Professor of Industrial/Organizational Psychology Aug 2010 – July 2011

Education

University of South Florida

Aug 2010

PhD: Industrial/Organizational Psychology
Minor: Occupational Health Psychology/Public Health
Dissertation: *Workplace Nutrition and Exercise Climate: Scale development and preliminary model.*

University of South Florida

Dec 2006

MA: Industrial/Organizational Psychology
Thesis: *Moderating effect of negative affectivity on the job satisfaction-turnover intentions and justice-turnover intentions relationship.*

Bowling Green State University

May 2004

BS: Psychology
Minor: Science, Classical Civilizations

Research

Main Research Interests

Workplace Health

Climate for Eating and Exercise Behaviors
Health Knowledge & Promotion
Program Evaluation

Occupational Stress

Stressor-Strain Relationship
Stress Mindset and Challenge-Hindrance Model
Work-Family Interaction

Methodology

Qualitative and Mixed Measurement
Implementation of Correct Design & Statistical Analysis
Trust in the I/O Literature and “HARKing”

Job Attitudes

Job Satisfaction and Organizational Commitment
Intention to Quit/Turnover
Precursors to Counterproductive Work Behaviors

Publications

In Press

1. Mazzola, J. J., Moore, J. T., & Alexander, K. A. (in press). Is work preventing us from acting healthy? The relationship between daily workplace barriers and facilitators on nutrition and exercise behaviors. *Stress & Health*.
2. Ahmed, S., & Mazzola, J. J. (in press). Work and family stress in adult learners. In Scott, L., Watson, C., & Tiu Wu, A. (Ed.), *Quality of Life in Adult Learners*.

2015

3. Schonfeld, I. S., & Mazzola, J. J. (2015). Examining stress in self-employed individuals with interviews. *Journal of Occupational Health Psychology, 20*(4), 501-513.

2014

4. Narayan, A., & Mazzola, J. J. (2014). Encouraging employees to be more active: Taking “steps” towards personal goals. *Journal of Psychological Issues in Organizational Culture, 4*, 5-17.

2013

5. Mazzola, J. J., & Deuling, J. K. (2013). Forgetting what we learned as graduate students: HARKing and selective outcome reporting in I/O journal articles. *Industrial and Organizational Psychology: Perspectives on Science and Practice, 6*, 279-284.

2012

6. Mazzola, J. J., & Kessler, S. R. (2012). Counterproductive work behavior and their ethical dilemmas: Creating just, respectful, and productive organizations. In Reilly, N., Sirgy, M. J., & Gorman, C. A. (Ed.), *Work and Quality of Life: Ethical Practices in Organizations*. New York, New York: Springer Publishers.
7. Schonfeld, I. S., & Mazzola, J. J. (2012). Strengths and limitations of qualitative approaches to research in occupational health psychology. In Sinclair, B., Tetrick, L., & Wang, M. (Ed.), *Research Methods in Occupational Health Psychology: State of the Art in Measurement, Design, and Data Analysis*. Florence, KY: Routledge.

2011

8. Mazzola, J. J., Jackson, E. M., Shockley, K. M., & Spector, P. E. (2011). Examining stress in graduate assistants: Combining open- and closed-ended survey methods. *Journal of Mixed Methods Research*, 5(3), 198-211.
9. Mazzola, J. J., Schonfeld, I. S., & Spector, P. E. (2011). What qualitative research has taught us about occupational stress. *Stress & Health*, 27(2), 93-110.
10. Nixon, A.E., Mazzola, J. J., Bauer, J., Spector, P. E., & Krueger, J. (2011). Can work make you sick?: A meta-analysis of job stressor-physical symptom relationships. *Work & Stress*, 25(1), 1-22.

2007

11. Rosenburg, H., & Mazzola, J. (2007). Relationships among self-report assessments of craving in binge-drinking university students. *Addictive Behaviors*, 32(12), 2811-2818.

Manuscripts Under Review

Cosco, A., Mazzola, J. J., Byrne, M., & Rydzik, M. (under review). Employee perception of organizational involvement in their health. *Qualitative Health Research*.

Page, K., Deuling, J., & Mazzola, J. J. (under review). Clusters of work-family conflict: An investigation of age, gender, and child age. *Journal of Applied Psychology*.

Manuscripts in Preparation

Mazzola, J. J., & Disselhorst, R. (writing). Should we be challenging employees?: A comprehensive review of the challenge-hindrance model. Writing for *Journal of Applied Psychology*.

Mazzola, J.J., Page, K., & Rospenda, K. (writing). Work-family and family-work conflict on organizational and mental health outcomes in caregivers. Writing for *Journal of Occupational Health Psychology*.

Mazzola, J. J., Riehl, C., & Cosco, A. (writing). The effects of exercise by type and timing on organizational outcomes. Writing for *Occupational Health Science*.

Disselhorst, R., Riehl, C., & Mazzola, J. J. (writing). The relationship between caffeine and organizational/health variables. Writing for *Stress & Health*.

Ongoing Research Projects

Stress Mindset on Physiological Stress Levels and Task Performance (data analysis)
With Alexis Cosco, Michael Byrne, and Joe Costa

Meta-analysis on Stressors to Behavioral Strain (data coding)
With Joe Costa

The Effect of Emotional Labor on CWBs and Stress in a Lab Setting
With Joe Costa and Ryan Disselhorst

A Mixed Methods Inquiry to Stress and Job Security in Marijuana Workers
With Zuky Robles

Trust in the Industrial/Organizational Psychology Literature (literature review)
With Alexis Cosco, Jackie Deuling, & Kyle Page

Work-family issues and telepressure (literature review)
With Kyle Page & Carolyn Kalafut

Symposium/Paper Sessions

1. Cosco, A., Mazzola, J. J., Byrne, M., & Disselhorst, R. (2015, April). *Organizational involvement in employee health on work-related outcomes*. Symposium accepted at the 29th Annual Society for Industrial and Organizational Psychology Conference. Philadelphia, PA.
2. Mazzola, J. J., Page, K., & Rospenda, K. M. (2015, May). *Two roles are better than three?: Work-family and family-work conflict in caregivers*. Interactive panel accepted at the 11th International Conference on Occupational Stress and Health, Atlanta, GA.
3. Mazzola, J. J., Byrne, M., & Cosco, A. (2015, May). *The role of stress mindset on physiological stress levels and task performance: A proposed study*. Paper accepted at the 11th International Conference on Occupational Stress and Health, Atlanta, GA.
4. Cosco, A., & Mazzola, J. J. (2015, May). *The effect of breakfast on stress levels at work*. Paper accepted at the 11th International Conference on Occupational Stress and Health, Atlanta, GA.
5. Schonfeld, I. S., & Mazzola, J. J. (2013, May). *Examining stress in the self-employed: Final data presentation*. Presented at the 10th International Conference on Occupational Stress and Health. Los Angeles, CA.

6. Mazzola, J. J., Alexander, K. N., Moore, J. T., & Jex, S. M. (2011, May). *Organizational barriers and facilitators to proper nutrition and regular exercise*. Symposium presented at the 9th International Conference on Occupational Stress and Health. Orlando, FL.
7. Schonfeld, I. S., & Mazzola, J. J. (2011, May). *Examining stress in the self-employed through qualitative interviews*. Symposium presented at the 9th International Conference on Occupational Stress and Health. Orlando, FL.
8. Mazzola, J. J., & Spector, P. E. (2009, November). *The Workplace Nutrition and Exercise Climate Scale and its relationships*. Symposium presented at the 8th International Conference on Occupational Stress and Health. San Juan, Puerto Rico.
9. Nixon, A. E., Mazzola, J. J., Bauer, J., Spector, P. E., & Krueger, J. (2009, November). *Are all symptoms created equally? A meta-analytic investigation of occupational stressors and physical symptoms inventories*. Paper presented at the 8th International Conference on Occupational Stress and Health. San Juan, Puerto Rico.
10. Mazzola, J. J., & Spector, P. E. (2008, March). *Softball teams & pizza parties: An investigation into Workplace Health Climate*. Paper presented at the 7th International Conference on Occupational Stress and Health, Washington, DC.
11. Nixon, A. E., Mazzola, J. J., & Spector, P. E. (2008, March). *Occupational stressors and physical symptoms: A meta-analysis*. Paper presented at the 7th International Conference on Occupational Stress & Health. DC.
12. Mazzola, J. J., & Spector, P. E. (2007, March). *The development and validation of a Workplace Health Climate Scale: A Proposed Study*. Paper presented at the 28th Annual Industrial/Organizational And Organizational Behavior Graduate Student Conference, Indianapolis, IN.

Posters

1. Costa, J., & Mazzola J. J. (2015, May). *Emotional labor and counterproductive work behavior: Their relationship in the context of job control and emotional intelligence*. Poster accepted at the 11th International Conference on Occupational Stress and Health, Atlanta, GA.
2. Mazzola, J. J., Moore, J. T., Alexander, K. N. & Cosco, A. (2014, May). *Daily fluctuations of barriers and facilitators on daily health behaviors throughout the week*. Poster presented at 29th Annual Society for Industrial and Organizational Psychology Conference, Honolulu, HI.
3. Mazzola, J.J., Jackson, E.M., Shockley, K.M., & Spector, P.E. (2008, March). *Examining stress: An integration of qualitative and quantitative methods*. Poster presented at the 7th International Conference on Occupational Stress and Health, Washington, DC.
4. Crossley, C. D., Burnfield, J. L., Mazzola, J. J., Jex, S. M., & Bennett, R. J. (2006, May). *The ties that bind: Perceived job embeddedness and voluntary turnover*. Poster presented

at the 21st Annual Society for Industrial and Organizational Psychology Conference, Dallas, TX.

5. Mazzola, J. J., & Spector, P.E. (2006, March). *Frequencies of stressors from studies utilizing the Stress Incident Record*. Poster presented at the 6th International Conference on Occupational Stress and Health Conference, Miami, FL.

Workshops

1. Mazzola, J. J., & Schonfeld, I. S. (2017, June). *How to use mixed methodology in research and applied applications*. Workshop conducted at the 12th International Conference on Occupational Stress and Health. Minneapolis, MN.
2. Schonfeld, I. S., & Mazzola, J. J. (2013, May). *A guide to conducting qualitative research: What to look out for*. Workshop conducted at the 10th International Conference on Occupational Stress and Health. Los Angeles, CA.

Student Publications

Page, K., Disselhorst, R., Riehl, C., & Kalafut, C. (writing). Go with the Flow: A deeper investigation into flow. Writing for *Stress & Health*.

Grants and Research Funding

06/15/15 – 09/01/15

“The Effect of Timing and Type of Exercise on Work-Related Outcomes”
Roosevelt University, Summer Grant Program
Total Direct Costs - \$1500

09/01/14 – 06/30/15 (PI, 20%)

“The Role of Stress Mindset on Physiological Stress Levels and Task Performance”
National Institute of Occupational Health & Safety through Illinois ERC
#T42/OH008672
Total Direct Costs - \$15,540

09/01/09 – 06/30/10 (Investigator, 40%) PI: Katherine Alexander

“Examining Daily Barriers and Facilitators to Nutrition and Exercise Behavior using Daily Diaries”
National Institute of Occupational Health & Safety through Bowling Green State University ERC
#T42/OH00842-05
Total Direct Costs - \$3,479

Invited Talks

Tips for Conducting Qualitative Research in Organizational Sciences
Northern Illinois University

October 2015

October 4, 2016

Sparling Lecture: There's Donuts in the Breakroom: Organizational Support for Proper Nutrition and Exercise Behaviors.

Roosevelt University

April 2013

Workplace Nutrition and Exercise Climate: Does My Organizational Allow Me to Be Healthy?

CUNY – Brooklyn

February 2012

Roosevelt University

February 2012

Kansas State University

January 2012

The University of Tulsa

February 2011

The University of South Florida – Sarasota/Manatee

January 2011

University of Houston – Clear Lake

March 2010

Central Michigan University

January 2010

Kennesaw State University

February 2009

Graduate Students' Perspective on Getting Involved, Leading, and Collaborating

Special Session at 9th International Conference on Occupational Stress and Health

May 2011

Occupational Health Psychology in My Life: Then & Now

The University of Puerto Rico

November 2009

Popular Media

Quoted in “The Gig Economy is Coming. You Probably Won’t Like It.” In Boston Globe by Brandon Ambrosino. (April 20, 2016)

<https://www.bostonglobe.com/magazine/2016/04/20/the-gig-economy-coming-you-probably-won-like/i2F6Yicao9OQVL4dbX6QGI/story.html>

Quoted in “Does Gender Trump Talent?” in BBC Capital by Chana R. Schoenberger (September 8, 2014).

<http://www.bbc.com/capital/story/20140905-where-are-all-the-men>

Teaching

Graduate Classes

Roosevelt University

Psyc 530	Advanced Research Methods	FA12-F16 (6 sections)
Psyc 663	Special Topics: Occupational Health Psych	FA12-SU16 (4 sections)
Psyc 462	Organizational Psychology	FA13-SP15 (4 sections)
Psyc 751	Personnel Psychology	SP14
Psyc 666	Leadership & Motivation	FA15-SP16 (2 sections)

The University of Tulsa

Psy 7623	Survey of Industrial Psychology	FA10
----------	---------------------------------	------

Undergraduate Classes

Roosevelt University

Psyc 470	Industrial/Organizational Psychology	SP13; F13; SP15 (in class) SU14-SP16 (4 sections - online)
Psyc 223	Social Psychology	SU13
Psyc 347	Health Psychology	SP14-F16 (3 sections - online)

Coastal Carolina University

Psyc 202	Scientific Communication in Psychology	FA11-SU12 (5 sections)
Psyc 226	Research Methods	FA11; SP12
Psyc 226L	Research Methods Lab	FA11; SP12
Psyc 470	Industrial/Organizational Psychology	SU12 (online)

The University of Tulsa

Psy 2053	Psychology of Work	SU11
Psy 2023	Statistics for the Behavioral Sciences	SP11
Psy 3013	Research Methods	FA10, SP11

University of South Florida

Psy 3213	Research Methods in Psychology	FA09, SP10
Psy 2012	Introduction to Psychology	FA06, FA07
Clp 4433	Tests & Measurement Lab	SU06 (3 sections)
Psy 2012	Introduction to Psychology - <i>Coordinating Teaching Assistant</i>	FA05-SP06 (4 sections)
Psy 3213	Research Methods in Psychology Lab	FA04-FA08 (4 sections)

Service

Roosevelt University

Institutional Review Board Member	2015-Present
University Senator	2014-2016
Doctoral Program Selection Committee	2012-Present
RIOPA Faculty Advisor	2013-2015
Service Excellence Training Main & Steering Committee	2012-2013

University of Tulsa

TU Student Research Colloquium Judge	2011
I/O Psychology Program Committee	2010-11
I/O Psychology Comprehensive Exam Committee	2010-11

University of South Florida

Psychology Teaching Assistant Orientation	2008–10
Vice-President of USF Psychology Graduate Student Organization	2007–08
President of USF Psychology Graduate Student Organization	2006–07

Society for Occupational Health Psychology

Secretary/Treasurer	2014-Present
Chair of the Graduate Issues Committee for the SOHP	2008-2010

Professional

Editorial Board:	<i>Stress & Health</i>	2013-
	<i>Journal of Occupational Health Psychology</i>	2013-
Journal Reviewer:	<i>Work & Stress</i>	2012-
	<i>Anxiety, Stress, & Coping</i>	2011-
	<i>Journal of Mixed Methods Research</i>	2010-
	<i>Stress & Health</i>	2009-2012
	<i>Journal of Occupational Health Psychology</i>	2006-
	<i>Intern. Journal of Workplace Health Management</i>	2012-
	<i>Canadian Journal of Higher Education</i>	2016-
Conference Reviewer:	<i>Society for Industrial/Organizational Psych</i>	2013-
	<i>Work, Stress, & Health</i>	2007-
	<i>Academy of Management</i>	2006-09
Symposium Chair, <i>What Do I Want to Be When I Grow Up?: Careers in Occupational Health Psychology</i> . 8th International Conference on Occupational Stress and Health. San Juan, Puerto Rico (2009, November).		
Interactive Paper Chair, <i>Stress on worker well-being burnout</i> . 11 th International Conference on Occupational Stress and Health, Atlanta, GA. (2015, May)		
Paper Panel Chair, <i>Individual protective factors and their relationships</i> . 11 th International Conference on Occupational Stress and Health, Atlanta, GA. (2015, May)		
Work, Stress, & Health Conference Planning Committee		2009-10; 2014-15
AP Psychology Test Reader		2010 – Present

Advising

Roosevelt University

Ph.D. students supervised: Alexis Cosco, Michael Byrne, Joe Costa, Kyle Page, Ryan Disselhorst, Ciara Riehl, Carolyn Kalafut, Zuky Robles

Thesis supervision (1st reader): Alexis Cosco, Michael Byrne, Joe Costa, Kyle Page
Thesis supervision (2nd reader): Anjali Banerjee

Practicum supervision (1st reader): Milissa Rydzik, Samantha Gleaves, Dan Maday, Nicole Bearden, Thomas Krystofek, Leilani Hedstrom,, Jennifer Weinberg, Tyrand Williams

Practicum supervision (2nd reader): Minnie Kaur, Kelsey Gardner, Sandy Francois, Kosha Parikh, Jen Golnik, Caelan Wheldon, John Amenta, Ashley Preyar

Honors and Awards

Certificate of Recognition for Provost Award for Outstanding Teaching by a Graduate Student (Spring 2010)
Eve Levine Award for Psychology Graduate Student Teaching Achievement (2007)
Inducted into the Order of Omega, Bowling Green State University (2003)
Psychology Undergraduate Research Assistantship, Bowling Green State University (2003 to 2004)

Society Memberships

Society for Occupational Health Psychology (SOHP)	2006 –
Society for Industrial Organizational Psychology (SIOP)	2005 –
Association for Psychological Science	2011 – 2012
Society for the Teaching of Psychology (STP)	2008 – 2012
Academy of Management (AOM)	2007 – 2008

Consulting

Organizational

Loyola Medical Center (2013 - \$10,000)
Reviewing job descriptions for education and licensure requirements and aiding in transferring them to Gottlieb Hospital location, including supervising student consultants.

Tampa Electric Company (2008)
Conducted survey on stress, health, and sleep quality

Academic

Worth Publishers (2012)
Reviewed latest edition of “Essentials of Statistics for Behavioral Science” by Susan Nolan & Thomas Heinzen

American Institute of Research (2011)
Wrote Psychology-based items for standardized test development

John Wiley & Sons, Inc (2007)
Wrote Powerpoint presentations and online study questions for “Industrial and Organizational Psychology, 5th edition.” By Paul Spector