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This brief infographic is provided to help applicants learn about the kinds of research and methodological training I can provide, current research areas of focus in the lab, and my mentorship style.

Research Areas

- Emotion • Stress • Wellbeing • Interoception • Neurobiology of arousal • Role of metabolism and inflammation in social affective processes • Aging and lifespan development • Social affective neuroscience •

Methods Expertise

- Social cognitive experimental designs • Affect inductions and measurement • Experience sampling • Multimodal interoception assessments • Peripheral psychophysiology (e.g., cardiac, respiratory, gastric, hormonal measures) • Psychopharmacology (e.g., randomized control trials) • Psychoneuroimmunology • Human neuroimaging (structural, functional) • Advanced quantitative methods and modeling techniques •

New Projects & Aims

- Identify the neurobiological and interoceptive pathways by which metabolic states can impact emotion, stress reactivity, perceptions of risk and effort, and social dynamics • Understand the physiological, neural, and cognitive components underlying interoceptive aging •

Mentorship Style

- Tailored to students as whole individuals • View students as junior colleagues • Passionate about scientific discoveries, the research process, and mentorship • Organized • Respectful and supportive • Transparent, warm communication • Rigorous, careful thinking • Open to feedback •