

**Paul Karoly, Ph.D.**  
Professor Emeritus  
Department of Psychology  
Box 871104  
Arizona State University  
Tempe, Arizona 85287-1104  
(480) 965-5404  
E-mail: karoly@asu.edu

## **Education**

B.A. Psychology: City College (City University) of New York, 1966  
Ph.D. Clinical Psychology, University of Rochester (New York), 1971

## **Memberships**

American Psychological Society  
American Psychological Association  
Society of the Sigma Xi  
Psi Chi  
Phi Beta Kappa

## **Fellowships**

United States Public Health Service Fellow, University of Rochester  
1966-1967; Arizona State University, College of Liberal Arts and Sciences;  
1998: Interdisciplinary Fellow.

## **Experience/Employment**

Professor Emeritus: 2021-present  
Director of New Product Development, Goalistics, LLC, Tempe, Arizona  
2008-present  
Professor of Psychology, Arizona State University, 1982-2020;  
Formerly Interdisciplinary Faculty, Exercise Science and Physical  
Education PhD Program  
Formerly Affiliated Faculty: Adult Development and Aging Program  
Acting Director of Clinical Training, ASU, 2015-2016  
Chair, Arizona State University Ombudspersons Committee, 2008-present.  
Director of Graduate Studies, Arizona State University, 2001- 2003  
Professor and Director of Clinical Training, Arizona State University,  
1982-1987  
Professor of Psychology, University of Cincinnati, 1980-1982  
Associate Professor of Psychology, University of Cincinnati, 1975-1980  
Acting Director, Clinical Training Program, University of Cincinnati, 1972-  
1973  
Assistant Professor of Psychology, University of Cincinnati, 1970-1975

Psychology Trainee, Veteran's Administration Hospital, Outpatient Clinic, Rochester, New York, 1969-1970  
Psychology Trainee, Children and Youth Services Division, Rochester Mental Health Center, 1968-1969  
Psychology Trainee, Student Health Service, University of Rochester, 1968-1969  
Psychology Trainee, Veteran's Administration Hospital, Inpatient Psychology Service, Syracuse, New York, 1967-1968

### **Research Interests**

Human self-regulation; Goal systems; Goal-centered motivational analyses applied to psychopathology, psychological change, chronic pain, and health psychology; Psychological assessment: health screening; Internet-based self-management training.

## **Publications**

### **Books (11)**

- Karoly, P. & Steffen, J.J. (Eds.) (1980). *Improving the long-term effects of psychotherapy: Models of durable outcome*. New York: Gardner Press.
- Karoly, P. & Kanfer, F.H. (Eds.) (1982). *Self-management and behavior change: From theory to practice*. New York: Pergamon Press.
- Karoly, P., Steffen, J.J., & O'Grady, D. J. (Eds.) (1982) *Child health psychology: Concepts and issues*. New York: Pergamon Press.
- Karoly, P. & Steffen, J.J. (Eds.) (1982) *Improving children's competence*. Lexington, Massachusetts: Lexington Books(D.C. Heath).
- Steffen, J.J. & Karoly, P. (Eds.) (1982) *Autism and severe childhood psychopathology*. Lexington, Massachusetts: Lexington Books.
- Karoly, P. & Steffen, J.J. (Eds.) (1984) *Adolescent behavior disorders*. Lexington, Massachusetts: Lexington Books.
- Karoly, P. (Ed.) (1985) *Measurement strategies in health psychology*. New York: John Wiley and Sons.

- Karoly, P. & Jensen, M. P. (1987) *Multimethod assessment of chronic pain*. New York: Pergamon Press.
- Wolchik, S.A. & Karoly, P. (Eds.) (1988) *Children of divorce: Empirical perspectives on adjustment*. New York: Gardner Press.
- Karoly, P. (Ed.) (1988) *Handbook of child health assessment: Biopsychosocial perspectives*. New York: John Wiley and Sons.
- Karoly, P., & Crombez, G. (Eds.) (2018) *Motivational perspectives on chronic pain: Theory, research, and practice*. New York: Oxford University Press.

### **Book Chapters (37)**

- Kanfer, F.H. & Karoly, P. (1972) Self-regulation and its clinical application: Some additional conceptualizations. In R.C. Johnson, P.R. Dokecki, & O.H. Mowrer (Eds.), *Conscience, contract, and social reality: Theory and research in behavioral science*. New York: Holt, Rinehart, and Winston. Also reprinted in M. Hartig (Ed.), *Selbstkontrolle: Ein kritischer ueberblick ueber lerntheoretische und verhaltenstherapeutische ansatze*. Munchen-Berlin-Wien: Urban and Schwarzenberg, 1973. Also in N. Miller, T.X. Barber, J. Kamiya, D. Shapiro & J. Stoyva (Eds.) *Biofeedback and self-control*, 1973. Chicago: Aldine, 1974.
- Karoly, P. (1975). Operant methods. In F.H. Kanfer & A.P. Goldstein (Eds.) *Helping people change: A textbook of methods and materials*. New York: Pergamon Press.
- Karoly, P. (1977). Behavioral self-management in children: Concepts, methods, issues, and directions. In M. Hersen, R.M. Eisler, & P. M. Miller (Eds.), *Progress in behavior modification, Vol. 5*. New York: Academic Press.
- Karoly, P. (1980). Operant methods. In F. H. Kanfer & A. P. Goldstein (Eds.), *Helping people change (2nd edition)*. New York: Pergamon Press.
- Steffen, J. & Karoly, P. (1980). Toward a psychology of therapeutic maintenance. In P. Karoly & J.J. Steffen (Eds.), *Improving the long-term effects of psychotherapy: Models of durable outcome*. New York: Gardner Press.
- Karoly, P. (1980). Person variables in therapeutic change and development. In P. Karoly & J. J. Steffen (Eds.), *Improving the long-term*

- effects of psychotherapy : Models of durable outcome*. New York: Gardner Press.
- Karoly, P. (1981). Self-control problems in children. In E. J. Mash & L.G. Terdal (Eds.), *Behavioral assessment of childhood disorders*. New York: Guilford Press.
- Karoly, P. (1982). Perspectives on self-management and behavior change. In P. Karoly & F.H. Kanfer (Eds.), *Self-management and behavior change: From theory to practice*. New York: Pergamon Press.
- Kanfer, F. H. & Karoly, P. (1982). The psychology of self-management: Abiding issues and tentative directions. In P.Karoly & F.H. Kanfer (Eds.), *Self-management and behavior change: From theory to practice*. New York: Pergamon Press.
- Karoly, P. (1982). Developmental pediatrics: A process-oriented approach to the analysis of health competence. In P. Karoly, J. J. Steffen, & D.J. O'Grady (Eds.), *Child health psychology: Concepts and issues*. New York: Pergamon Press.
- Karoly, P. (1985). The logic and character of assessment in health psychology. In P. Karoly (Ed.), *Measurement strategies in health psychology*. New York: John Wiley and Sons.
- Filsinger, E. E. & Karoly, P. (1985). Taxonomic methods in health psychology. In P. Karoly (Ed.), *Measurement strategies in health psychology*. New York: John Wiley and Sons.
- Karoly, P. (1985). The assessment of pain: Concepts and procedures. In P. Karoly (Ed.), *Measurement strategies in health psychology*. New York: John Wiley
- Karoly, P. & Harris, A. (1986). Operant methods. In F.H. Kanfer & A.P. Goldstein (Eds.), *Helping people change(3rd edition)*. New York: Pergamon Press.
- Katzman, M. & Karoly, P. (1988). Enhancing marital satisfaction: A preventive focus on divorce and its aftermath. In S.A. Wolchik & P. Karoly (Eds.), *Children of divorce: Empirical perspectives on adjustment*. New York: Gardner Press.
- Karoly, P. (1988). Pain assessment in children I: Concepts and measurement strategies. In P. Karoly (Ed.), *Handbook of*

- child health assessment*. New York: John Wiley and Sons.
- Karoly, P. (1988). Child health assessment: Toward a biopsychosocial frame of reference. In P. Karoly (Ed.), *Handbook of child health assessment*. New York: John Wiley and Sons.
- Karoly, P. (1991). Goal systems and health outcomes across the life span: A proposal. In H. E. Schroeder (Ed.), *New Directions in health psychology assessment*. New York: Hemisphere.
- Karoly, P. (1991). Assessment of pediatric pain. In J.P. Bush & S.W. Harkins (Eds.), *Children in pain: Clinical and research issues from a developmental perspective*. New York: Springer-Verlag.
- Karoly, P. (1991). Self-management in health care and illness prevention. In C.R. Snyder & D.R. Forsyth (Eds.), *Handbook of social and clinical psychology: The health perspective*. New York: Pergamon Press.
- Karoly, P. (1991). On the robustness and flexibility of clinical health interventions. In C.R. Snyder & D.R. Forsyth (Eds.), *Handbook of social and clinical psychology: The health perspective*. New York: Pergamon Press.
- Nemeroff, C. & Karoly, P. (1991). Operant methods. In F.H. Kanfer & A.P. Goldstein (Eds.), *Helping people change: A textbook of methods (4th edition)*. New York: Pergamon Press.
- Jensen, M.P. & Karoly, P. (1992). Self-report scales and procedures for assessing pain in adults. In D.C. Turk & R. Melzack (Eds.), *Handbook of pain assessment*. New York: Guilford Press.
- Karoly, P. (1993). Enlarging the scope of the compliance construct: Toward developmental and motivational relevance. In N.A. Krasnegor, L. Epstein, S. B. Johnson & S. J. Yaffe (Eds.), *Developmental aspects of health compliance behavior*. Hillsdale, N.J.: Lawrence Erlbaum.
- Karoly, P. (1993). Mechanisms of self-regulation: A systems view. *Annual Review of Psychology*, 44, 23-52.
- Jensen, M.P. & Karoly, P. (1993). Measurement of pain via patient self-report. In C.R. Chapman & K. M. Foley (Eds.), *Current and emergent issues in cancer pain: Research and practice*.(pp.193-218) New York: Raven Press.

- Karoly, P. (1995). Self-control theory. In W. O'Donohue & L. Krasner (Eds.), *Theories in behavior therapy* (pp. 259-285) Washington, D.C.: American Psychological Association.
- Karoly, P., & Anderson, C. W. (2000). The long and short of psychological change: Toward a goal-centered understanding of treatment durability and adaptive success. In C. R. Snyder & R. E. Ingram (Eds.), *Handbook of psychological change*. (pp. 154-176) New York: Wiley.
- Jensen, M. P., & Karoly, P. (2001). Self-report scales and procedures for assessing pain in adults. In D. C. Turk & R. Melzack (Eds.), *Handbook of pain assessment* (2nd ed) (pp. 15-34). New York: Guilford
- Crews, D. J., Lochbaum, M. R., & Karoly, P. (2001). Self-regulation: Concepts, methods, and strategies in sport and exercise. In R. N. Singer, H. A. Hausenblas, & C. M. Janelle (Eds.), *Handbook of Sport Psychology* (2nd ed.). (pp. 566-581) New York: Wiley.
- Karoly, P. (2010). Goal systems and self-regulation: An individual differences perspective. In R. Hoyle (Ed.), *Handbook of self-regulation and personality*. (pp. 218-242). Malden, MA.: Wiley-Blackwell.
- Karoly, P. (2010). Psychopathology as dysfunctional self-regulation: When resilience resources are compromised. In J. W. Reich, A. J. Zautra, & J. Hall (Eds.), *Handbook of adult resilience: Concepts, methods, and applications*. (pp. 146-170). New York: Guilford Press.
- Jensen, M. P., & Karoly, P. (2011). Self-report scales and procedures for assessing pain in adults. In D. C. Turk & R. Melzack (Eds.), *Handbook of pain assessment (3<sup>rd</sup> edition)* (pp. 19-44). New York: Guilford Press.
- Karoly, P. (2012). Self-regulation. In W. O'Donohue & J. E. Fisher (Eds.), *Cognitive behavior therapy: Core principles for practice*. Hoboken, N. J.: John Wiley.
- Karoly, P. (2018). A goal-centered self-regulatory model of motivation and its relevance for advancing the study of chronic pain. In P. Karoly & G. Crombez (Eds.), *Motivational Perspectives on Chronic Pain*. (pp. 3-61). Oxford University Press.
- Karoly, P. (2018). Chronic pain and psychopathology: Exploring the motivational context and its clinical implications. In P. Karoly & G. Crombez (Eds.), *Motivational Perspectives on Chronic Pain*. (pp. 355-403). Oxford University Press.

Karoly, P. (2022). Coping with Illness: A motivational systems account. In Asmundson, G. J. G. (Ed.), *Comprehensive Clinical Psychology (2<sup>nd</sup> ed)*. Vol. 8. Pp. 64-84. New York: Elsevier.

## **PUBLISHED PSYCHOLOGICAL TESTS**

Ruehlman, L. S., Lanyon, R. I., & Karoly, P. (1998). *The Multidimensional Health Profiles. Professional Manual*. Lutz, Florida: Psychological Assessment Resources (PAR).

Jensen, M. P., & Karoly, P. (2007). *The Survey of Pain Attitudes (SOPA) Professional Manual*. Lutz, Florida: Psychological Assessment Resources.

## **JOURNAL ARTICLES**

1. Kanfer, F.H. & Karoly, P. (1972). Self-control: A behavioristic excursion into the lion's den. *Behavior Therapy*, 3, 398-416. Reprinted in C. M. Franks & G.T. Wilson (Eds.), *Annual Review of Behavior Therapy: Theory and Practice*. New York: Brunner/Mazel, 1973. Also reprinted in M.J. Mahoney & C.E. Thoresen (Eds.), *Self-control: Power to the person*. Monterey, California: Brooks/Cole, 1974.
2. Barocas, R. & Karoly, P. (1972). The effects of physical appearance on social responsiveness. *Psychological Reports*, 31, 495-500.
3. Karoly, P. (1972). On "controls" in psychotherapy research: A plea for innocence. *Psychotherapy: Theory, Research, and Practice*, 9, 11-12.
4. Kanfer, F.H., Karoly, P. & Newman, A. (1974). Source of feedback, observational learning, and attitude change. *Journal of Personality and Social Psychology*, 29, 30-38.
5. Karoly, P. (1974). Multicomponent treatment of fear of flying: A case report. *Behavior Therapy*, 5, 265-270.
6. Karoly, P. & Kanfer, F.H. (1974). Situational and historical determinants of self-reinforcement. *Behavior Therapy*, 5, 381-390.
7. Karoly, P. & Kanfer, F.H. (1974). Effects of prior contractual experiences

- on self-control in children. *Developmental Psychology*, 10, 459-460.
8. Kanfer, F.H., Cox, L., Greiner, J., & Karoly, P. (1974). Contracts, demand characteristics, and self-control. *Journal of Personality and Social Psychology*, 30, 605-619.
  9. Karoly, P. (1975). Ethical considerations in the application of self-control techniques: Comments on a case study. *Journal of Abnormal Psychology*, 84, 175-177. Abstracted in *Psychiatry Digest*, March, 1976.
  10. Karoly, P. (1975). A comparison of "psychological styles" in delinquent and nondelinquent females. *Psychological Reports*, 36, 567-570.
  11. Aiduk, R. & Karoly, P. (1975). Self-regulatory techniques in the modification of nonassertive behavior. *Psychological Reports*, 36, 895-905.
  12. Karoly, P. & Doyle, W. (1975). Effects of outcome expectancy and timing of self-monitoring on cigarette smoking. *Journal of Clinical Psychology*, 31, 351-355.
  13. Kanfer, F.H., Karoly, P., & Newman, A. (1975). Reduction of children's fear of the dark by competence-related and situational threat-related verbal cues. *Journal of Consulting and Clinical Psychology*, 43, 251-258. Reprinted in A. M. Graziano (Ed.), *Behavior therapy with children*, 2. Chicago: Aldine, 1975.
  14. Champlin, S. & Karoly, P. (1975). Role of contract negotiation in the self-management of study time: A preliminary investigation. *Psychological Reports*, 37, 724-726.
  15. Greiner, J. & Karoly, P. (1976). Effects of self-control training on study activity and academic performance: Analysis of self-monitoring, self-reward, and systematic planning components. *Journal of Counseling Psychology*, 23, 495-502.
  16. Karoly, P. & Rosenthal, M. (1977). Training parents in behavior modification: Effects on perceptions of family interaction and deviant child behavior. *Behavior Therapy*, 8, 406-410. Abstracted in D. Olson (Ed.), *Inventory of Marriage and Family Literature*, Vol.5. St. Paul: University of Minnesota Press.
  17. Karoly, P. & Dirks, M. (1977). Developing self-control in preschool children through correspondence training. *Behavior Therapy*,

8,398-405.

18. Edinberg, M., Karoly, P., & Gleser, G. C. (1977). Assessing assertion in the elderly: An application of the behavioral-analytic model of competence. *Journal of Clinical Psychology, 33*, 869-874.
19. Kirschenbaum, D. & Karoly, P. (1977). When self-regulation fails: Tests of some preliminary hypotheses. *Journal of Consulting and Clinical Psychology, 45*, 1116-1125.
20. Humphrey, L. L., Karoly, P. & Kirschenbaum, D. S. (1978). Self-management in the classroom: Self-imposed response cost versus self-reward. *Behavior Therapy, 9*, 592-601.
21. Karoly, P. & Briggs, N.Z. (1978). Effects of rules and directed delays on components of children's inhibitory self-control. *Journal of Experimental Child Psychology, 26*, 267-279.
22. Beers, T. M. Jr. & Karoly, P. (1979). Cognitive strategies, expectancy, and coping style in the control of pain. *Journal of Consulting and Clinical Psychology, 47*, 179-180.
23. Karoly, P. & Decker, J. (1979). Effects of personally- and socially-referenced success and failure upon self-reward and self-criticism. *Cognitive Therapy and Research, 3*, 399-405.
24. Sosis, R., Karoly, P., & Ruchlman, L.S. (1980). Perceived treatment success with involuntary clients: An exploratory study. *Psychological Reports, 46*, 907-910.
25. DeVoge, J.T., Minor, T., & Karoly, P. (1981). Effects of behavioral intervention and interpersonal feedback on fear and avoidance components of severe agoraphobia: A case analysis. *Psychological Reports, 49*, 595-605.
26. Karoly, P. & Ruchlman, L.S. (1982). Gender differences in adolescents' reports of self-control problems. *Cognitive Therapy and Research, 6*, 235-237.
27. Kirschenbaum, D., Dielman, J.S., & Karoly, P. (1982). Efficacy of behavioral contracting: Target behaviors, performance criteria, and settings. *Behavior Modification, 6*, 499-518.
28. Karoly, P. (1982). Cognitive assessment in behavioral medicine. *Clinical Psychology Review, 2*, 421-434.

29. Karoly, P. & Ruchlman, L.S. (1983). Affective meaning and depression: A semantic differential analysis. *Cognitive Therapy and Research*, 7, 41-50.
30. Barrios, F.X. & Karoly, P. (1983). Treatment expectancy and therapeutic change in the treatment of migraine headache: Are they related? *Psychological Reports*, 52, 59-68.
31. Schneider, F. & Karoly, P. (1983). Conceptions of the pain experience: The emergence of multidimensional models and their implications for contemporary clinical practice. *Clinical Psychology Review*, 3, 61-86.
32. Jensen, M.P. & Karoly, P. (1985). Control theory and multiple placebo effects. *The International Journal of Psychiatry in Medicine*, 15, 137-147.
33. Jensen, M.P., Karoly, P., & Braver, S. (1986). The measurement of clinical pain intensity: A comparison of six methods. *Pain*, 27, 117-126.
34. Sammons, M. T. & Karoly, P. (1987). Psychosocial variables in irritable bowel syndrome: A review and proposal. *Clinical Psychology Review*, 7, 187-204.
35. Karoly, P. & Jensen, M.P. (1987). Cognitive behavior therapy and health psychology: Concepts, applications, and directions. *The Southern Psychologist*, 3, 19-24.
36. Jensen, M.P., Karoly, P., & Huger, R. (1987). The development and preliminary validation of an instrument to assess patients' attitudes toward pain. *Journal of Psychosomatic Research*, 31, 393-400.
37. Jensen, M.P., Karoly, P., O'Riordan, E. F., Bland, F., & Burns, R.S. (1989). The subjective experience of acute pain: An assessment of the utility of ten indices. *The Clinical Journal of Pain*, 5, 153-159.
38. Brewer, B. & Karoly, P. (1989). Effects of attentional focusing on pain perception. *Motivation and Emotion*, 13, 193-203.
39. Karoly, P. & Bay, R.C. (1990). Diabetes self-care goals and their relation to children's metabolic control. *Journal of Pediatric Psychology*, 15, 83-95.

40. Brewer, B., Karoly, P., Linder, D., & Landers, D. (1990). Validation of a procedure to induce pain of varied intensities. *Research Quarterly for Exercise and Sport*, 61, 268-271.
41. Ruhlman, L.S. & Karoly, P. (1991). With a little flak from my friends: Development and preliminary validation of the Test of Negative Social Exchange (TENSE). *Psychological Assessment: A Journal of Consulting and Clinical Psychology*, 3, 97-104.
42. Jensen, M.P., Karoly, P., & Harris, P. (1991). Assessing the affective component of chronic pain: Development of the Pain Discomfort Scale. *Journal of Psychosomatic Research*, 35, 431-438.
43. Jensen, M.P. & Karoly, P. (1991). Control beliefs, coping efforts, and adjustment to chronic pain. *Journal of Consulting and Clinical Psychology*, 59, 431-438.
44. Okun, M.A., Ruhlman, L.S., & Karoly, P. (1991). Application of investment theory to predicting part-time community college student intent and institutional persistence/departure. *Journal of Educational Psychology*, 83, 212-220.
45. McKeeman, D. & Karoly, P. (1991). Interpersonal and intrapsychic goal-related conflict reported by cigarette smokers, unaided quitters, and relapsers. *Addictive Behaviors*, 16, 543-548.
46. Jensen, M.P. & Karoly, P. (1991). Motivation and expectancy factors in symptom perception: A laboratory study of the placebo effect. *Psychosomatic Medicine*, 53, 144-152.
47. Jensen, M.P., Turner, J.A., Romano, J.M., & Karoly, P. (1991). Coping with chronic pain: A critical review of the literature. *Pain*, 47, 249-283.
48. Brewer, B., & Karoly, P. (1992). Recurrent pain in college students. *Journal of American College Health*, 41, 67-69.
49. Jensen, M.P. & Karoly, P. (1992). Comparative self-evaluation and depressive affect among chronic pain patients: An examination of selective evaluation theory. *Cognitive Therapy and Research*, 16, 297-308.
50. Jensen, M.P. & Karoly, P. (1992). Pain specific beliefs, perceived symptom severity, and adjustment to chronic pain. *Clinical Journal of Pain*, 8, 123-130.

51. Karoly, P. & Lecci, L. (1993). Hypochondriasis and somatization in college women: A Personal Projects analysis. *Health Psychology, 12*, 103-109.
52. Karoly, P. (1993). Goal systems: An organizing framework for clinical assessment and treatment planning. *Psychological Assessment, 5*, 273-280.
53. Lecci, L., Karoly, P., Briggs, C. & Kuhn, K. (1994). Specificity and generality of motivational components in depression: A Personal Projects Analysis. *Journal of Abnormal Psychology, 103*, 404-408.
54. Lecci, L., Okun, M., & Karoly, P. (1994). Life regrets and current goals as predictors of psychological adjustment. *Journal of Personality and Social Psychology, 66*, 731-741.
55. Karoly, P., & Ruhlman, L. S. (1995). Goal cognition and its clinical implications: Development and preliminary validation of four motivational assessment instruments. *Assessment, 2*, 113-129.
56. Lecci, L., Karoly, P., Ruhlman, L.S. & Lanyon, R. I. (1996). Goal-relevant dimensions of hypochondriacal tendencies and their relation to symptom manifestation and psychological distress. *Journal of Abnormal Psychology, 105*, 42-52.
57. Karoly, P. (1996). Search for motivational resonance. *Psychological Inquiry, 7*, 54-57.
58. Karoly, P., & Ruhlman, L. S. (1996). The motivational implications of pain: Chronicity, psychological distress, and work goal construal in a national sample of adults. *Health Psychology, 15*, 383-390.
59. Karoly, P., & Lecci, L. (1997). Motivational correlates of self-reported persistent pain in young adults. *Clinical Journal of Pain, 13*, 104-109.
60. Affleck, G., Tennen, H., Urrows, S., Higgins, P., Abeles, M., Hall, C., Karoly, P., & Newton, C. (1998). Fibromyalgia and the pursuit of personal goals: A daily process analysis. *Health Psychology, 17*, 40-47.
61. Karoly, P. (1998). Expanding the conceptual range of health self-regulation research: A commentary. *Psychology & Health: An International Review of Health Psychology, 13*, 741-746.

62. Ruehlman, L. S., Lanyon, R. I., & Karoly, P. (1999). Psychosocial screening in primary care: Development and validation of the Multidimensional Health Profile, Part 1: Psychosocial functioning. *Psychological Assessment, 11*, 166-176.
63. Karoly, P. (1999). A goal systems-self-regulatory perspective on personality, psychopathology, and change. *Review of General Psychology, 3*, 264-291.
64. Karoly, P. (2000). La sante mentale et la psychopathologie selon la perspective des but personnels: Aspects conceptuels, empiriques, et cliniques. *Revue Quebecoise de Psychologie, 21*, 115-151.
65. Von Korff, M., Jensen, M.P., & Karoly, P. (2000). Assessing global pain severity by self-report in clinical and health services research. *Spine, 25*, 3140-3151.
66. Affleck, G., Tennen, H., Zautra, A., Urrows, S., Abeles, M., & Karoly, P. (2001). Women's pursuit of personal goals in daily life with fibromyalgia: A value-expectancy analysis. *Journal of Consulting and Clinical Psychology, 69*, 587-596.
67. Von Korff, M., Jensen, M. P., & Karoly, P. (2002). Assessing global pain severity by self-report. *The Economics of Neuroscience, 4*, 34-39.
68. Okun, M. A., Karoly, P., & Lutz, R. (2002), Clarifying the contribution of subjective norm to the prediction of leisure-time exercise. *American Journal of Health Behavior, 26*, 296-305.
69. Lochbaum, M., Karoly, P., & Landers, D. M. (2002). Evidence for the importance of openness to experience for performance on a fluid intelligence task by physically active and inactive participants. *Research Quarterly for Exercise and Sport, 73*, 437-444.
70. Okun, M., Ruehlman, L. S., Karoly, P., Lutz, R., Fairholme, C., & Arens, R. (2003). Social support and social norms: Do both contribute to predicting leisure-time exercise? *American Journal of Health Behavior, 27*, 493-507.
71. Karoly, P., & Kanfer, R. (2003). Frederick H. Kanfer (1925-2002). *American Psychologist, 58*, 1095.(Obituary)
72. Lochbaum, M. R., Karoly, P., & Landers, D. (2004). Affective responses

- to acute bouts of aerobic exercise: A test of Opponent Process theory. *Journal of Sport Behavior*, 27, 330-348.
73. Hamilton, N., Karoly, P., & Kitzman, H. (2004). Self-regulation and chronic pain: The role of emotion. *Cognitive Therapy and Research*, 28, 559-576.
74. Karoly, P. (2005). Self-control. In M. Hersen & J. Rosqvist (Eds.), *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy*. Pp. 504-508. Thousand Oaks, CA.; Sage Publications, Inc.
75. Karoly, P. (2005). Self-monitoring. In M. Hersen & J. Rosqvist (Eds.), *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy*. Pp. 521-525. Thousand Oaks, CA.: Sage Publications, Inc.
76. Kanfer, R., & Karoly, P. (2005). F. H. Kanfer (Biography). In M. Hersen & J. Rosqvist (Eds.), *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy*. Pp. 345- 346. Thousand Oaks, CA.: Sage Publications.
77. Karoly, P., Ruhlman, L. S., Lutz, R., Okun, M., Newton, C., & Fairholme, C. (2005). Perceived self-regulation of exercise goals and interfering goals in regular and irregular exercisers: A life space analysis. *Psychology of Sport & Exercise*, 6, 427-442.
78. Ruhlman, L., Karoly, P., Newton, C., & Aiken, L. (2005). The development and preliminary validation of a brief measure of chronic pain impact for use in the general population. *Pain*, 113, 82-90.
79. Ruhlman, L. S., Karoly, P., & Newton, C. (2005). Comparing the experiential and psychosocial dimensions of chronic pain in African-Americans and Caucasians: Findings from a national community sample. *Pain Medicine (Special Issue)*, 6, 49-60.
80. Hamilton, N., Karoly, P., & Zautra, A. (2005). Health goal cognition and adjustment in women with fibromyalgia. *Journal of Behavioral Medicine*, 28, 455-466.
81. Maes, S., & Karoly, P. (2005). Self-regulation assessment and intervention in physical health and illness: A review. *Applied Psychology: An International Review*, 54, 267-299.
82. Boekaerts, M., Maes, S., & Karoly, P. (2005). Self-regulation across domains of applied psychology: Is there an emerging consensus? *Applied Psychology: An International Review*, 54, 149-154.

83. Karoly, P., Ruhlman, L. S., & Lanyon, R. I. (2005). The assessment of adult health care orientations: Development and preliminary validation of the Multidimensional Health Profile—Health Functioning Index (MHP-H) in a national sample. *Journal of Clinical Psychology in Medical Settings*, *12*, 79-91.
84. Karoly, P., Boekaerts, M., & Maes, S. (2005). Toward a consensus in the psychology of self-regulation: How far have we come? How far do we have yet to travel. *Applied Psychology: An International Review*, *54*, 300-311.
85. Ruhlman, L. S., Karoly, P., Newton, C., & Aiken, L. S. (2005). The development and preliminary validation of the Profile of Chronic Pain: Extended Assessment Battery. *Pain*, *118*, 380-389.
86. Karoly, P., & Ruhlman, L. S. (2006). Psychological “resilience” and its correlates in chronic pain: Findings from a national community sample. *Pain*, *123*, 90-97.
87. Lanyon, R. I., Maxwell, B. M., Karoly, P., & Ruhlman, L. S. (2006). Utility of the Multidimensional Health Profile—Psychosocial Functioning Scales (MHP-P) for assessing psychosocial adjustment in gastric bypass surgery patients. *Journal of Clinical Psychology in Medical Settings*, *13*, 57-66.
88. Karoly, P., Ruhlman, L. S., Aiken, L. S., & Todd, M. (2006). Evaluating chronic pain impact in primary care: Further validation of a brief assessment instrument. *Pain Medicine*, *7*, 289-298.
89. Karoly, P., & Newton, C. (2006). Effects of approach and avoid mindsets on performance, regulatory cognition, and affect in a multi-task environment. *Cognitive Therapy and Research*, *30*, 355-376.
90. Okun, M. A., Fairholme, C., Karoly, P., Ruhlman, L. S., & Newton, C. (2006). Academic goals, goal process cognition, and exam performance among college students. *Learning and Individual Differences*, *16*, 255-265.
91. Karoly, P. (2006). Tracking the leading edge of self-regulatory failure. *Clinical Psychology: Science and Practice*, *13*, 366-370.
92. Karoly, P., & Ruhlman, L. S. (2007). Psychosocial aspects of pain-related life task interference: An exploratory analysis in a general population sample. *Pain Medicine*, *8*, 563-572.

93. Okun, M. A., & Karoly, P. (2007). Locus of perceived goal ownership, goal process cognition, and health behavior change. *American Journal of Health Behavior, 31*, 98-109.
94. Lanyon, R. I., Maxwell, B. M., Karoly, P., & Ruhlman, L. S. (2007). Concurrent validity of the Multidimensional Health Profile–Health Functioning Scales (MHP-H) in the preoperative assessment of applicants for gastric bypass surgery. *Journal of Clinical Psychology in Medical Settings, 14*, 41-49.
95. Karoly, P., Okun, M.A., Ruhlman, L. S., & Pugliese, J. A. (2008). The impact of goal cognition and pain severity on disability and depression in adults with chronic pain: An examination of direct paths and mediated effects via pain-induced fear. *Cognitive Therapy and Research, 32*, 418-433.
96. Lutz, R., Karoly, P., & Okun, M. A. (2008). The *why* and the *how* of goal pursuit: Self-determination, goal process cognition, and participation in physical exercise. *Psychology of Sport and Exercise, 9*, 559-575.
97. Karoly, P. (2008). Systematizing personal goals: The three R's. *The European Health Psychologist, 10* (2), 29-31.
98. Ruhlman, L. S., Karoly, P., & Taylor, A. (2008). Perceptions of chronic pain's interference with sexual functioning: The role of gender, treatment status, and psychosocial factors. *Sexuality and Disability, 26*, 123-136.
99. Okun, M. A., Karoly, P., Martin, J. L., & Benschhoff, A. (2008-2009). Distinguishing between exogenous and endogenous intent-to-transfer students. *Journal of College Student Retention: Theory, Research, and Practice, 10*, 507-524.
100. Hamilton, N. A., Karoly, P., Gallagher, M., Stevens, N., Karlson, C., & McCurdy, D. (2009). The assessment of emotion regulation in cognitive context: The emotion amplification and retention scales. *Cognitive Therapy and Research, 33*, 255-263.
101. Pomaki, G., Karoly, P., & Maes, S. (2009). Linking goal progress to subjective well-being at work: The moderating role of goal-related self-efficacy and attainability. *Journal of Occupational Health Psychology, 14*, 206-218.
102. Okun, M., Levy, R., Karoly, P., & Ruhlman, L. S. (2009). Dispositional happiness and college student GPA: Unpacking a null

relation. *Journal of Research in Personality*, 43, 711-715.

103. Ruhlman, L. S., Karoly, P., & Pugliese, J. (2010). Psychosocial correlates of chronic pain and depression in young adults: Further evidence of the utility of the Profile of Chronic Pain Screen (PCP: S) and the Profile of Chronic Pain: Extended Assessment (PCP: EA) Battery. *Pain Medicine*, 11, 1546-1553.
104. Ruhlman, L. S., Karoly, P. & Enders, C. (April, 2011). Evaluation of the online chronic pain management program. *Journal of Pain*, 12, p. 73 (Abstract).
105. Ruhlman, L. S., Karoly, P., & Enders, C. (2012). A randomized controlled evaluation of an online chronic pain self-management program. *Pain*, 153, 319-330.
106. Crombez, G., Eccleston, C., Van Damme, S., Vlaeyen, J. W. S., & Karoly, P. (2012). Fear avoidance model of chronic pain: The next generation. *Clinical Journal of Pain*, 28, 475-483.
107. Caumo, W., Ruhlman, L. S., Karoly, P., Sehn, F., Vidor, L. P., Dall-Agnol, L., Chassot, M., & Torres, I. L. S. (2013). Cross-cultural adaptation and validation of the Profile of Chronic Pain: Screen for a Brazilian population. *Pain Medicine*, 14, 52-61.
108. Karoly, P., Ruhlman, L. S., & Okun, M. A. (2013). Psychosocial and demographic correlates of employment status in a National community sample of adults with chronic pain: Toward a psychology of pain presenteeism. *Pain Medicine*, 14, 1698-1707.
109. Mun, C.J., Okun, M., & Karoly, P. (2014). Trait mindfulness and catastrophizing as mediators of the association between pain severity and pain-related impairment. *Personality and Individual Differences*, 66, 68-73.
110. Karoly, P., Okun, M., Enders, C., & Tennen, H. (2014). The effects of pain intensity on goal schemas and goal pursuit: A daily diary study. *Health Psychology*, 33, 968-976.
111. Karoly, P., Mun, C. J., & Okun, M. (2015). Motivational predictors of psychometrically-defined schizotypy in a non-clinical sample: Goal process representation, approach-avoid temperament, and aberrant salience. *Psychiatry Research*, 226, 295-300.
112. Karoly, P. (2015). Motivation, broadly construed, matters. *Pain*, 156,

1375-1376.

113. Mun, C. J., Karoly, P., & Okun, M. (2015). Effects of daily pain intensity, positive affect, and individual differences in pain acceptance on work goal interference and progress. *Pain, 156*, 2276-2285.
114. Okun, M., Karoly, P., Mun, C. J., & Kim, H. (2016). Pain-contingent goal interruption and resumption at work: A within-day diary analysis. *Journal of Pain, 17*, 65-75.
115. Mun, C. J., Karoly, P., Okun, M., Kim, H., & Tennen, H. (2016). Affect, work goal schemas, and work goal striving among adults with chronic pain: A multilevel structural equation analysis. *Journal of Behavioral Medicine, 39*, 288-299.
116. Mun, C. J., Karoly, P., Ruehlman, L. S., & Kim, H. (2016). Borderline personality features and pain severity: Exploring the mediational role of depression and catastrophizing. *Journal of Social and Clinical Psychology, 35*, 386-400.
117. Mun, C. J., Thummala, K., Davis, M. C., Karoly, P., Tennen, H., & Zautra, A. (2017). Predictors and social consequences of daily pain expectancy among adults with chronic pain. *Pain, 158*, 1224-1233.
118. Mun, C. J., Karoly, P., & Okun, M. A. (2018). Does working memory moderate the within-person associations between pain intensity and negative affect and pain's interference with work goal pursuit? *Clinical Journal of Pain*
119. Pitaes, M., Blais, C., Karoly, P., Okun, M., & Brewer, G. (2018). Acute pain disrupts prospective memory cue detection processes. *Memory, 26*, 1450-1459.
120. Crews, D., & Karoly, P. (2018). The effect of brain synchronization training on golf putting performance. *Journal of Sport and Exercise Psychology, 40*, S85.
121. Mun, C. J., Davis, M. C., Molton, I.R., Karoly, P., Suk, H. W., Ehde, D., Tennen, H., Kerns, R. D., & Jensen, M. P. (2019). Personal resource profiles of individuals with chronic pain: Socio-demographic and pain interference factors. *Rehabilitation Psychology, 64*, 245-262.
122. Mun, C. J., Suk, H. W., Davis, M. C., Karoly, P., Finan, P., Tennen, H., & Jensen, M. P., (2019). Investigating intra-individual pain

variability: Methods, applications, issues, and directions. *Pain*, 160, 2415-2429.

123. Mun, C. J., Ruhlman, L. S., & Karoly, P. (2020). Examining the adjustment patterns of adults with multiple chronic pain conditions and multiple pain sites: More pain, no gain. *Journal of Pain*, 21, 108-120.
124. Karoly, P. (2021). How pain shapes depression and anxiety: A hybrid self-regulatory/ predictive brain perspective. *Journal of Clinical Psychology in Medical Settings*, 28, 201-211.
125. Robison, M. K., Ellis, D. M., Pitaes, M. M., Karoly, P., & Brewer, G. (2021). Acute pain impairs sustained attention, *Journal of Experimental Psychology: Applied*, 27, 563-577.
126. Ruhlman, L. S. & Karoly, P. (2022). Adherence versus striving to adhere to vegan, vegetarian, or pescatarian diets: Applying a goal-centered, self-regulatory framework. *Journal of Health Psychology*, 1-11.
127. Vizcaino, M., Ruhlman, L. S., Karoly, P., Shiling, K., Berardy, A. Lines, S., & Wharton, C. M. (2021). A goal-systems perspective on plant-based eating: Keys to successful adherence in university students. *Public Health Nutrition*, 24, 75-83.
128. Ruhlman, L. S., & Karoly, P., (2023). A pilot test of internet-delivered brief interactive training sessions for depression: Evaluating dropout, uptake, adherence, and outcome. *Journal of American College Health*, 71 (7), 2131-2139.
129. Karoly, P. (2024). A self-regulatory perspective on human motivation and its implications for understanding adaptation to chronic pain. *New Ideas in Psychology*, 73, 101069.

## **Selected Grants and Contracts**

The interacting effects of drugs and behavior therapy. University of Cincinnati Research Council, 1976-77. With Robert Stutz. \$4,000.00

Assessment of burn pain in children. Shriner's Burns Research Institute, Cincinnati, Ohio, 1980-1981. With Frank Schneider. \$15,000.00

Clinical Training in Health and Behavior. NIMH 1T01 MH 17877-01. \$44,809.00.  
9/1/83--6/30/84.

Clinical Training in Health and Behavior. NIMH 1T01 MH 17877-02. \$44,809.00.  
7/1/84--6/30/85.

Clinical Training in Health and Behavior. NIMH 1T01 MH 17877-03. \$44,809.00.  
7/1/85--6/30/86.

NIMH--Center for the Prevention of Child and Family Stress. 1PSOMH 39246-1  
Co-principal Investigator (with Irwin Sandler). \$400,000. 1985-1986.

Multifactorial Assessment of Competence in Children with Diabetes  
Mellitus. Arizona State University Research Council.  
1985-1986. \$2,241.

Age and Unintended Institutional Turnover in the Community College.  
Co-investigator (with M. Okun), Maricopa Community Colleges.  
1988-1989. \$3,970.

Development of a Psychosocial Screening Instrument. Phase I Small Business  
Innovation Research Grant, National Institute of Mental Health (1 R43 MH  
44010-01A1). 3/1/89-8/31/89. Co-Principal investigator (with L.S.  
Ruehlman). \$39,620.

Chronic Illness Adaptation in the Elderly: A Goal Systems Approach. ASU  
Research Committee. Summer, 1990. \$2,150.

Development of the Multidimensional Health Profile. Phase II Small Business  
Innovation Research Grant, National Institute of Mental Health (2 R44  
MH44010). 8/15/91-7/31/93. Co-Principal investigator (with L.S.  
Ruehlman). \$421,843.

Work Goals and Health Outcomes: A Goal Systems Analysis"; Phase I Small  
Business Innovation Research Grant, National Institute of Mental Health  
(1 R43 MH50398). 9/30/92-3/31/93. Co-Principal investigator (with L.S.  
Ruehlman). \$49,998.

The Basic Attributes Test: Collection of Normative Data. Co-Investigator  
Edward Sadalla. United States Air Force. Contract. \$40,000 1994-1995;  
Renewed 1995-1996. \$40,000.

Gender Differences on the Basic Attributes Test: A study of student pilots. Co-  
investigator: Edward Sadalla. United States Air Force Contract. 1996- 1997.  
\$161,000

Development of the Comprehensive Pain Assessment System. Phase I Small Business Innovation Research Grant, National Institute of Neurological Disorders and Stroke (1 R43 NS38772). 7/20/99-7/15/2000. Co-Principal investigator (with L.S. Ruhlman). \$112,977.

Development of the Gambling Practices Scale. Phase I Small Business Innovation Research Grant, National Institute of Mental Health (1 R43 MH 64842), 5/01/01-11/30/01, Co-Principal investigator (with L.S. Ruhlman). \$126,347.

Development of the Comprehensive Pain Assessment System. Phase II Small Business Innovation Research Grant from the National Institute of Neurological Disorders and Stroke (2 R44 NS3 8772), 03/07/2002-02/29/2004. \$962,932.

Development of the Comprehensive Pain Assessment System. Supplement to Phase II Small Business Innovation Research Grant, National Institute of Neurological Disorders and Stroke (2 R44 NS3 8772-03S1), 09/24/2003-02/29/2004. Co-Principal investigator (with L.S. Ruhlman). \$62,500.

Development of the Pain Self-Management Program. Phase I Small Business Innovation Research Grant, National Institute of Neurological Disorders and Stroke (1 R43 NS048743), 10/1/2004-3/31/2005. Co-Principal investigator (with L.S. Ruhlman). \$140,360.

Development of the Pain Self-Management Program. Phase II Small Business Innovation Research Grant from the National Institute of Neurological Disorders and Stroke (2 R44 NS048743), 09/15/2007-03/31/2010. Co-Principal Investigator (with L.S. Ruhlman). \$928,703.

Development of the Pain Self-Management Program. Supplement Small Business Innovation Research Grant from the National Institute of Neurological Disorders and Stroke (3 R44NS048743-04S1), 04/01/2009-03/31/2010, Co-Principal investigator (with L.S. Ruhlman). \$35,280

Chronic Pain and the Enterprise of Living. R21, National Institute of Nursing Research (1R21 NRO10752-01A2). Principal Investigator (with M. Okun). 2009-2011. \$417,470.

Development of the Depression Self-Management Program. Phase I Small Business Innovation Research Grant, National Institute of Mental Health (1 R43 MH087006), 05/18/2010-01/17/2011, Co-Principal investigator (with L.S. Ruhlman). \$176,501.

Control Your Cravings: A Web-Based Transdiagnostic Self-Management Program. Phase I Small Business Innovation Research Grant, National Institute on Drug Abuse (1R43DA033010), 07/15/2012 – 12/31/2012, Co-Principal Investigator (with L.S. Ruhlman). \$219,717.

Development of the Partner Pain Support Program. Phase I Small Business Innovation Research Grant, National Institute of Nursing Research (1R43NR014382-01A1), 02/07/2014-09/30/2014, Co-Principal Investigator (with L.S. Ruhlman). \$223,149.

Development of the Building Efficacy for Successful Tapering (BEST) Program”, Phase I Small Business Innovation Research Grant, National Institute on Drug Abuse (1R43DA040988-01A1), 05/01/2017-01/31/2018. Co-Principal investigator (with L.S. Ruhlman). \$225,473.

## Published Reviews

Karoly, P. (1978). "Bringing forth the word". Review of O.I. Lovaas' *The autistic child. Contemporary Psychology*, 23, 738-739.

Karoly, P. (1980). Review of R.B. Stuart (Ed.), *Behavioral self-management. Behavior Modification*, 4, 559-560.

Karoly, P. (1983). Review of T. V. Merluzzi, C.R.Glass, & M. Genest (Eds.), *Cognitive assessment. Behavioral Assessment*, 5, 97-99.

## Selected Workshops/Addresses

Training children in self-control. Workshop presented at the Tenth Annual Convention of the Association for the Advancement of Behavior Therapy, New York City, December. 1976.

Self-management in children: Concepts and application, with special reference to the classroom. Presented at *The Symposium, 1980*, Annual Conference at Rutgers University, North Branch, March 17, 1980.

Self-control in diabetes. Invited address to the Cincinnati chapter of the American Diabetes Association, April 15, 1981.

A control theory approach to Type A behavior. Invited address to the Arizona Association of Health Psychologists, May, 1983

Perspectives and directions in health/illness indexing. Invited address to the Arizona Association of Health Psychologists, October, 1984.

Developmental pediatrics: Toward a model of health competence. Invited colloquium. San Diego State University, July, 1984.

Life-span assessment. Invited address at the *Kent State Applied Psychology Conference on Behavioral Health Assessment*. Kent State University, July 30-31, 1987.

Enlarging the scope of the compliance construct: Toward developmental and motivational relevance. Address presented at the National Institute of Child Health and Human Development Workshop entitled "Developmental Aspects of Health Compliance Behavior", Washington, D.C., July 17-19, 1989.

Issues and directions in child health assessment. Invited Keynote Address at the *Third Florida Conference on Child Health Psychology*, Gainesville, Florida, April 12, 1991.

Goal systems, self-regulation, and sport psychology. Invited Keynote Address to Division 47 of the American Psychological Association at the Annual Convention of the American Psychological Association, August 18, 1997, Chicago, Illinois.

Goals: Cornerstones of psychological empowerment. Workshop for the Arizona Psychological Association, February 26, 1999, Phoenix, Arizona.

Goal Cognition: Models, Measures, and Health Applications. Invited Address, Leiden University, Netherlands, June, 2002.

## **Paper/ Poster Presentations**

Barocas, R. & Karoly, P. (April, 1971). The effects of physical appearance on social responsiveness. *Eastern Psychological Association Meetings*, New York, New York.

Karoly, P. (November, 1973). Some observations on the discrepancies between theory and practice in behavior modification. *Ohio*

*Psychological Association Annual Convention.*

- Karoly, P. & Cauper, R. (May, 1974). Survey of psychology undergraduates' attitudes and opinions about graduate education. *Midwestern Psychological Association Meetings*, Chicago, Illinois.
- Karoly, P. (November, 1974). Self-control techniques: Theory and research. Cincinnati Association for the Advancement of Behavior Therapy Meetings, Cincinnati, Ohio.
- Karoly, P. & Briggs, N.Z. (December, 1975). Effects of prior delay contingencies and rule provision on resistance to temptation. Paper presented at the Ninth Annual Convention of the Association for the Advancement of Behavior Therapy, San Francisco, CA.
- Karoly, P. & Ross, E.S. (December, 1976). Mother-child interaction patterns and verbal self-control in children. Paper presented at the Tenth Annual Convention of the Association for the Advancement of Behavior Therapy, New York, New York.
- Humphrey, L., Karoly, P. & Kirschenbaum, D.S. (May, 1977). Self-reward versus self-imposed response cost in classroom behavior management. Paper presented at the 49th Annual Meeting of the Midwestern Psychological Association, Chicago.
- Ross, E.S. & Karoly, P. (December, 1977). Verbal self-control in children: An investigation of mother-child communication patterns. Paper presented at the 11th Annual Convention of the Association for the Advancement of Behavior Therapy, Atlanta, GA.
- Beers, T. & Karoly, P. (December, 1977). Cognitive strategies, expectancy, and coping style in the tolerance of aversive stimulation. Paper presented at the 11th Annual Convention of the Association for the Advancement of Behavior Therapy, Atlanta, GA.
- Karoly, P. (April, 1978). Toward a synthesis in the psychology of self-control. Paper presented at the 5th Biennial Meeting of the Southeastern Conference on Human Development, Atlanta, GA.
- Karoly, P. (December, 1979). Symposium: Clinical and research issues in cognitive behavioral interventions with children.

- Chairman. At the 13th Annual Convention of the Association for the Advancement of Behavior Therapy.
- Kirschenbaum, D.S., Dielman, J.S., & Karoly, P. (November, 1980). Dimensions of behavioral contracting in academic settings: Target behaviors and performance criteria. Paper presented at the 14th Annual Convention of the Association for the Advancement of Behavior Therapy.
- Karoly, P. (August, 1982). Recent advances in the treatment of anxiety in children. Symposium presentation (Sponsored by APA Division 37) at the 90th Annual Convention of the American Psychological Association.
- Jensen, M.P. & Karoly, P. (November, 1984). Motivational and expectancy factors in symptom perception: A placebo study. Paper presented at the 18th Annual Convention of the Association for the Advancement of Behavior Therapy.
- Karoly, P. & McKeeman, D. (November, 1984). Development and preliminary validation of a scale to assess perceptions of bodily self-management. Paper presented at the 18th Annual Convention of the Association for the Advancement of Behavior Therapy.
- McKeeman, D., Karoly, P., & Kaiser, J. (November, 1984). Development of a preoperative screening device in total joint replacement patients. Paper presented at the Arthritis Health Professionals Association Meetings, Western Region.
- Karoly, P. (October, 1984). Perspectives and directions in health/illness indexing. Invited Address, Arizona Association of Health Psychology.
- Karoly, P. (July, 1984). Developmental pediatrics: Toward a model of health competence. Invited Colloquium, San Diego State University.
- Karoly, P. (April, 1985). Identifying psychosocial protective factors in chronically ill children. Paper presented as part of a symposium on *Prevention of Psychopathology in Chronically Ill Children* at the 1985 Biennial Meetings of the Society for Research in Child Development (SRCD), San Francisco, CA.
- Barton, J. & Karoly, P. (August, 1985). Self-evaluation maintenance, self-regulatory processes, and the Type A behavior pattern.

- Paper presented at the 93rd Annual Convention of the American Psychological Association
- Karoly, P. (October, 1985). Assessment of pain: Issues and directions. Presentation at the Arizona State Psychological Association Annual Convention, Phoenix.
- Karoly, P., McKeeman, D., & Clapper, R.L. (November, 1985). A structural analysis of "addictive" behavior change goals: General and self-regulatory dimensions of personal projects in a nonclinical sample. Paper presented at the 19th Annual Convention of the Association for the Advancement of Behavior Therapy, Houston, Texas.
- Karoly, P. & Jensen, M.P. (November, 1985). Assessing pain-specific self-evaluative standards: Development and preliminary validation of the *Inventory of Pain Concerns*. Paper presented at the 19th Annual Convention of the Association for the Advancement of Behavior Therapy, Houston, Texas.
- Karoly, P. (November, 1985). Activity level and pain assessment. Paper presented at the Symposium on Cemented versus Uncemented Revision Total Joint Replacement, Scottsdale, Arizona.
- Bay, C.R. & Karoly, P. (March, 1987). Attitudinal determinants of compliance in juvenile diabetics. Paper presented at the Society of Behavioral Medicine, 8th Annual Scientific Sessions, Washington, D.C.
- Jensen, M.P. & Karoly, P. (March, 1987). Assessing the subjective experience of pain: What do the scale scores of the McGill Pain Questionnaire measure? Paper presented at the Society of Behavioral Medicine, 8th Annual Scientific Sessions, Washington, D.C.
- Karoly, P., Clapper, R., Salverson, J.E., & Jensen, M.P. (April, 1987) Dimensions of self-regulation in the Type A behavior pattern. Paper presented at the Annual Convention of the Western Psychological Association, Long Beach, CA.
- Karoly, P. & Ruhlman, L.S. (April, 1987). Trait versus cognitive mediators of problem-solving during painful stimulation. Paper presented at the Annual Convention of the Western Psychological Association, Long Beach, CA.
- Karoly, P. & Bay, R.C. (August, 1988). Diabetes self-care goals and their

- relation to children's metabolic control. Paper presented at the Annual Convention of the American Psychological Association, Atlanta, GA.
- Jensen, M.P. & Karoly, P. (March, 1989). Revision and cross-validation of the Survey of Pain Attitudes (SOPA). Paper presented at the 10th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Crews, D.J., Landers, D.M. & Karoly, P. (April, 1989). The relationship between effort and performance during the golf putt. Paper presented at the Annual Meetings of the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA.
- Karoly, P. (April, 1989). Compliance/persistence in health care: A goal systems perspective. Paper presented as part of a symposium entitled "Roadblocks to change in psychotherapy: Perspectives on resistance and noncompliance" at the 5th Annual Conference of the Society for the Exploration of Psychotherapy Integration (SEPI), Berkeley, CA.
- Karoly, P. (November, 1989). Motivational assessment in pediatric pain: A control theory perspective. Paper presented as part of a symposium entitled "Clinical and research issues in behavioral approaches to pediatric pain: Developmental perspectives" at the Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, D.C.
- Brewer, B.W. & Karoly, P. (April, 1990). Effects of attentional focusing on pain perception. Paper presented at the Annual Meetings of the Western Psychological Association, Los Angeles, CA.
- Jensen, M.P., Karoly, P., & Haines, T.J. (April, 1990). Coping strategies and adjustment to chronic pain: Pain severity as a moderating variable. Paper presented at the Annual Meetings of the Western Psychological Association, Los Angeles, CA.
- McNeil, J., Brewer, B.W., Karoly, P. & Sadalla, E. (April, 1990). Effects of informational and emotional processing on pain perception. Paper presented at the Annual Meetings of the Western Psychological Association, Los Angeles, CA.
- Karoly, P. (August, 1990). Medical regimen adherence during old age. Paper presented as part of an invited symposium entitled

- "Medical Regimen Adherence: A Lifespan Perspective" at the 98th Annual Convention of the American Psychological Association, Boston, MA.
- Okun, M., Ruchlman, L.S., & Karoly, P. (August, 1990). Applying the theory of reasoned action to college student turnover. Paper presented at the 98th Annual Convention of the American Psychological Association, Boston, MA.
- Karoly, P. & Lecci, L. (August, 1991). Hypochondriasis: A Personal Projects Analysis. Paper presented at the 99th Annual Convention of the American Psychological Association, San Francisco, CA.
- Lecci, L., Karoly, P., Briggs, C., & Kuhn, K. ( June, 1992). Anxiety and depression: A Personal Projects Analysis. Paper presented at the 3rd Annual Convention of the American Psychological Society, San Diego, CA.
- Ruchlman, L.S., Karoly, P., & Briggs, C. (March,1993). Goal cognition and adjustment to chronic illness. Paper presented at the 14th Annual Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Ruchlman, L.S., Karoly, P., & Lecci, L.B. (April, 1993). Development of the Goal Systems Assessment Battery: A National Sample. Paper presented at the Joint Meetings of the Western and Rocky Mountain Psychological Associations, Phoenix AZ.
- Lecci, L., Okun, M., & Karoly, P. (April,1993). Life regrets and current goals as predictors of mental health. Paper presented at the Joint Meetings of the Western and Rocky Mountain Psychological Associations, Phoenix, AZ.
- Ruchlman, L.S., Karoly, P., Lanyon, R.I., & Lecci, L. (April,1993). Development of a brief mental health screening instrument. Paper presented at the Joint Meetings of the Western and Rocky Mountain Psychological Associations, Phoenix, AZ.
- Ruchlman, L.S. & Karoly, P. (April,1993). Negative social exchange and psychological distress. Paper presented at the Joint Meetings of the Western and the Rocky Mountain Psychological Associations, Phoenix, AZ.
- Briggs, C., Okun, M., & Karoly, P. (April, 1993). Academic self-esteem and goal cognitions about doing well in college. Paper presented at the

- Joint Meetings of the Western and Rocky Mountain Psychological Associations, Phoenix, AZ.
- Karoly, P., Lecci, L., Ruehlman, L.S., & Lanyon, R.I. (April, 1993). Goal representations in adult hypochondriasis. Paper presented at the Joint Meetings of the Western and Rocky Mountain Psychological Associations, Phoenix, AZ.
- Lewis, B. & Karoly, P. (April, 1994). The pain brain drain: The effects of induced pain and goal difficulty on cognitive processing and self-regulatory behavior. Paper presented at the Western Psychological Association Meeting, Kona, Hawaii.
- Karoly, P. & Lecci, L. (August, 1996). Attachment styles are associated with patterns of goal construal in young adults. Poster presented at the American Psychological Society Meetings, San Francisco, CA.
- Dorre, A., Okun, M. & Karoly, P. (August, 1996). Life satisfaction and personal goal construals among older university employees. Poster presented at the 104th Annual Meetings of the American Psychological Association, Toronto, Ontario, Canada.
- Karoly, P. (May, 1998). Intentional mindsets: Goal-framing in seven dimensions. Paper presented at the 10th Annual Convention of the American Psychological Society, Washington, D. C.
- Hamilton, N., & Karoly, P. (August, 1998). Goal cognition and adjustment among Fibromyalgic women. Poster presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.
- Lutz, R., & Karoly, P. (June, 2000). Motives, traits, and goals: Toward multilevel analyses of exercise behavior. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA), San Diego, CA.
- Crews, D., & Karoly, P. (June, 2000). Intentional mindsets predict performance in elite golfers. Poster presented at NASPSPA, San Diego, CA.
- Lochbaum, M., & Karoly, P. (June, 2000). The impact of temperament and goal construal on post-exercise anxiety and affect. Poster presented at NASPSPA, San Diego, CA.
- Hamilton, N., Zautra, A., Davis, M., Reich, J., & Karoly, P. (2001). Mood

- repair and the stress response in older women with and without chronic pain. Presentation at the Annual Convention of the Western Psychological Association, Maui, Hawaii.
- Okun, M., Karoly, P., & Lutz, R. (April, 2002). Clarifying the contribution of subjective norm to predicting leisure time exercise. Poster presented at the Western Psychological Association Convention, Irvine, CA.
- Hamilton, N., Karoly, P., Guyotte, S., Miller, M., Costa, B., & McAfee, J. (June, 2002). Emotion regulation and test taking anxiety. Poster presented at the American Psychological Association Convention, New Orleans, LA.
- Karoly, P., & Newton, C. (June, 2002). Mental control and hypochondriasis: An analysis using the Wegner thought suppression paradigm. Talk presented at a Symposium entitled "Cognitive Perspectives on Hypochondriasis: Current Trends and Emerging Directions" (L. Lecci, Chair). American Psychological Association Convention, New Orleans, LA.
- Ruehlman, L. S., Karoly, P., Newton, C., Aiken, L., Todd, M., & Fairholme, C. (March 5, 2003). Development of the chronic pain screen. Poster Presentation, American Psychosomatic Society, 61<sup>st</sup> Annual Scientific Meetings, Phoenix, Arizona.
- Hamilton, N., Zautra, A., Reich, J., Karoly, P., & Davis, M. (2003). Fluctuations in the pain-mood relationship among women with rheumatoid arthritis: The influence of mood repair and affect intensity. Presentation at the Annual Convention of the Society of Behavioral Medicine, Salt Lake City, Utah. (2003 Citation Award for Excellence in Research).
- Hamilton, N., Karoly, P., & Zautra, A. (2004, April). Health goal cognition and adjustment in women with fibromyalgia. In N. A. Hamilton (Chair) *Dynamic Adjustment to Chronic Pain: Cognitive, Social, and Affective Processes*. Symposium at the Western Psychological Association Convention, Phoenix, Arizona.
- Karoly, P., Ruehlman, L. S., & Okun, M. (2004, April). Level of exercise and intentional mindsets. Poster presented at the Western Psychological Association Convention, Phoenix, Arizona.
- Okun, M., Fairholme, C., Karoly, P., & Ruehlman, L. S. (2004, April). Contents and processes associated with students' goals for introductory psychology. Poster presented at the Western Psychological

- Association Convention, Phoenix, Arizona.
- Ruehlman, L. S., Newton, C., & Karoly, P. (2004, April). Chronic pain and compensation. Poster presented at the Western Psychological Association Convention, Phoenix, Arizona.
- Ruehlman, L. S., & Karoly, P. (2004, April). Management of exercise goals among irregular, short-term regular, and long-term regular exercisers: The role of planning and goal switching. Poster presented at the Western Psychological Association Convention, Phoenix, Arizona.
- Fairholme, C., Okun, M., Ruehlman, L. S., & Karoly, P. (2004, April). Perceived classroom environment and changes in achievement goals. Poster presented at the Western Psychological Association Convention, Phoenix, Arizona.
- Ruehlman, L. S., & Karoly, P. (2005, May). Psychological factors account for pain's interference with exercise. Poster presented at the American Psychological Society Convention, Los Angeles, CA.
- Hamilton, N., McCurdy, D., Gallagher, M., Karlson, C., Stevens, N., & Karoly, P. (2007, March). Biopsychosocial correlates of emotion regulation. Poster presented at the 28<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, D. C.
- Ruehlman, L. S., Karoly, P., & Enders, C. (2011, April). Evaluation of the online chronic pain management program. Poster presented at the 30<sup>th</sup> Annual Scientific Meeting of the American Pain Society, Austin, Texas.
- Mun, C. J., Karoly, P., Ruehlman, L. S., & Kim, H. (2014, May). Linking borderline personality to pain via depression and catastrophizing. Poster presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, California.
- Mun, C. J., Karoly, P., Okun, M., & Enders, C. (2014, May). The impact of chronic pain intensity on work goal progress: A daily diary study. Poster presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, California.
- Mun, C. J., Karoly, P., Okun, M., & Ruehlman, L. S. (2015, August) Does fear of pain mediate the effect of an online chronic pain management program on medication use? Poster presented at the 123<sup>rd</sup> Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.
- Karoly, P., Ruehlman, L. S., Vizcaino, M., Berardy, A., Shilling, K., Lines, S., &

Wharton, C. (2018, November). Motivational factors in adherence to plant-based eating. Poster presented at the Annual Meeting of the American Public Health Association, San Diego, California.

### **Other Professional Activities**

Editorial Board, *Behavior Therapy*, 1978, 1982, 1983  
Associate Editor, *Behavior Therapy*, 1979, 1980, 1981 (Vols. 10, 11, & 12).  
Editorial Board, *Journal of Consulting and Clinical Psychology*, 1979-1990, 2003.  
Editorial Board, *Journal of Personality and Social Psychology*, 1979-1983.  
Editorial Board, *Behavioral Assessment*, 1982 (Vol. 4), 1983 (Vol. 5), 1984 (Vol. 6), 1985 (Vol. 7), and 1990 (Vol. 12).  
Associate Editor, *Behavioral Assessment*, 1986-1987.  
Editorial Board, *Psychological Reports*, 1972-present.  
Editorial Board, *The Clinical Journal of Pain*, 1995-1999  
Editorial Board, *Clinical Psychology: Science and Practice*, 1997-1999  
Editorial Board, *Pain Medicine*, 2000-  
Guest Editor: *Review of Research in Education*, 1979.  
Program Committee, The Thirteenth Annual Convention of the Association for the Advancement of Behavior Therapy.  
Reviewer: The Annual Convention of the American Psychological Association, Division 38 (Health Psychology), 1987, 1990, 1991.  
Occasional Reviewer: Scott, Foresman & Company; Gardner Press; Brooks/Cole; NIMH; NSF; *American Psychologist*; *Journal of Social and Clinical Psychology*; *Journal of Applied Social Psych*; *Cognitive Therapy and Research*; *Psychological Science*; *Behavior Modification*; *Psychosomatic Medicine*; *American Journal of Psychology*; *Child Development*; *Journal of Abnormal Psychology*; *Journal of Applied Behavior Analysis*; *Behavioral Assessment*; *Psychological Bulletin*; *Clinical Psychology: Science and Practice*; *Psychological Inquiry*, *International Journal of Aging and Human Development*, *Personality and Social Psychology Bulletin*, *European Journal of Pain*, *Clinical Journal of Pain*, *Social Science and Medicine*, *European Review of Applied Psychology*, and others.

### **Honors**

Distinguished Contribution to Scientific Psychology, Arizona Psychological Association, 1991.

Fellow of the American Psychological Association (Division 1), 1995

Fellow of the American Psychological Association (Division 38), 1996

## ***Academic Activities***

### Dissertations Supervised at the University of Cincinnati

---

N. Ribner, 1971  
 J. Kachorek, 1972  
 M. March, 1972  
 N. Lanier, 1972  
 S. Lewis, 1972 (Co-chair)  
 R. Aiduk, 1972 (Chair)  
 A. Newman, 1973  
 M. Seidner, 1973  
 L. Anne Byrnes, 1974 (Chair)  
 J. Greiner, 1974 (Chair)  
 R. Bale, 1974 (Chair)  
 M. Tessnear, 1974 (Chair)  
 C. Stouffer, 1974  
 M. Edinberg, 1975 (Chair)  
 T. Beers, 1975 (Chair)  
 D. S. Kirschenbaum, 1975 (Chair)  
 F. X. Barrios, 1977 (Chair)  
 Erica S. Ross, 1977 (Chair)  
 T. Dewart, 1978 (Chair)  
 J. Redden, 1979  
 B. Green, 1980  
 D. Hill, 1982 (Chair)  
 Frank Schneider, 1982 (Chair)

### Masters Theses Supervised at the University of Cincinnati

---

L. Cox, 1972  
 J. Greiner, 1972  
 J. Zich, 1972  
 W. Doyle, 1973 (Chair)  
 R. Leslie, 1974  
 T. Beers, 1974  
 D. Greenwald, 1974  
 S. Haas, 1974 (Co-chair)  
 M. Dirks, 1975 (Chair)  
 Erica S. Ross, 1975 (Chair)  
 E. Cullman, 1975 (Chair)  
 N. Z. Briggs, 1975 (Chair)  
 C. D'Orta, 1975  
 J. Goldstein, 1975  
 N. Hewitt, 1976 (Chair)  
 J. Decker, 1976 (Chair)  
 A. Franchi, 1976  
 D. Zahm, 1976  
 A. Cowles, 1977 (Chair)  
 M. Baker, 1978 (Chair)  
 T. Lanzetta, 1982 (Chair)

---

### Dissertations Supervised and/or Comprehensive Exam Committees at Arizona State University

---

J. Stanwood (Chair)  
 D. Ranieri  
 M. Katzman  
 J. Barton (Chair)  
 R. Lutz (Chair)  
 G. Goldstein Bond  
 J. Pasternak  
 D. McKeeman (Chair)  
 N. Yeaman (Chair)

---

### Masters Theses Supervised at Arizona State University

---

S. Westover (Chair)  
 P. Sensenig  
 B. Fogas  
 D. Gehrling (Chair)  
 M. Brooks  
 P. Balls  
 G. Goldstein Bond  
 M. P. Jensen (Chair)  
 R. C. Bay (Chair)

M.P. Jensen (Chair)  
D. Blair  
A. Cofresi  
B. Brewer  
S. Rees-McGee  
S. Petrozello  
E. Roche  
K. Goren (Chair)  
H. Myung Wang  
L. Lecci (Chair)  
B. Maxwell  
L. Burrows (Chair)  
C. Becker  
M. Taborga  
T. Asher  
C. Newton (Chair)  
A. Dorre (Co-chair)  
J. Tartaro (C-chair)  
P. Harakas  
A. Kratz  
A. Kraft  
B. Huff (Education)  
P. Finan  
M. Lee  
R. Rios  
A. Fowler  
C. Purdom  
M. Weiners  
C. J. Mun (Co-Chair)  
M. Hill  
D. Kothari  
A. Papova  
E. Mistretta  
S. Moore  
R. Jacobson (Social)  
A. Berlin (Social)  
Other Dissertation Committees  
G. Pomaki, Leiden University (the Netherlands)  
S. Boersma, Leiden University (the Netherlands)

E. Roche (Chair)  
B. Brewer (Chair)  
B. Weber (Lewis) (Chair)  
J. Miller  
B. Maxwell  
T. Himmelfarb (Chair)  
B. Lewis  
C. Newton (chair)  
H. Tafoya-Barraza  
J. McNeil  
A. Schultz (chair)  
A. Dorre (chair)  
D. Sturgeon  
C. J. Mun (Chair)

Senior Thesis Chair

K. Kandarisi (2009)

## **Courses Taught**

### **1. Undergraduate**

Psychology and Medicine (Health Psychology)

Personality: Theory and Research

Abnormal Psychology  
Introductory Psychology  
Research Methods in Personality and Clinical Psychology  
Seminar in Human Motivation  
Advanced Psychology of Adjustment

## **2. Graduate**

Counseling and Psychotherapy  
Psychotherapy Research  
Personality (Advanced)  
Psychotherapy  
Seminar in Control Theory  
Seminar in Health Psychology  
Introduction to Health Psychology I & II  
Research in Clinical Psychology  
ProSeminar: Issues in Clinical Psychology  
Child Health Psychology  
Clinical Case Conference  
Cognitive Social Learning Theory Seminar  
Practicum in Human Behavior Analysis  
Seminar: Mechanisms of Psychopathology  
Advanced Seminar in Human Motivation