



## TCU's EXPERIMENTAL PSYCHOLOGIST

### Faculty Thoughts: Nur Cayirdag



With summer break already underway, it's an excellent opportunity to recharge and reflect. Beyond relaxation, summer can be a time of growth and enrichment. Engage in purposeful activities like volunteering or starting a project that aligns with your goals, as having a sense of purpose boosts well-being. Practice gratitude by keeping a journal of things you're thankful for each day to enhance your mood and perspective. Strengthen relationships by spending quality time with family and friends, fostering deeper connections. Take time for hobbies you enjoy or explore new ones, as engaging in enjoyable activities can significantly reduce stress and enhance overall happiness. By incorporating these strategies, you'll head back to your studies refreshed and ready to take on new challenges. Enjoy your summer and make the most of it!

### Publications

Arjol, D., Aguera, A. D. R., Hagen, C., & Papini, M. R. (2024). Frustrative nonreward: Detailed c-Fos expression patterns in the amygdala after consummatory successive negative contrast. *Neurobiology of Learning and Memory*, 213, 107942. <https://doi.org/10.1016/j.nlm.2024.107942>

Espinosa, M., Butler, S. A., Mengelkoch, S., Joigneau Prieto, L., Russell, E., Ramshaw, C., Rose-Reneau, Z., Remondino, M., Nahavandi, S., & Hill, S. E. (2004). The impact of a digital contraceptive decision aid on user outcomes: Results of an experimental clinical trial. *Annals of Behavioral Medicine*, 58, 463-473. <https://doi.org/10.1093/abm/kaae024>

Fernández, R. C., Puddington, M. M., Papini, M. R., & Muzio, R. N. (2024). Runway extinction in terrestrial toads (*Rhinella arenarum*): Instrumental or Pavlovian? *Behavioural Processes*, 220, 105070. <https://doi.org/10.1016/j.beproc.2024.105070>

Gassen, J., Mengelkoch, S., Shanmugam, D., Pearson, J. T., van Lamsweerde, A., Benhar, E., & Hill, S. E. (2024). Longitudinal changes in sexual desire and attraction among women who started using the Natural Cycles app. *Hormones and Behavior*, 162, 1005546. <https://doi.org/10.1016/j.yhbeh.2024.105546>

Sease, T. B., Cox, C. R., Wiese, A. L., Sandoz, E. K., & Knight, K. (2024). The impact of state of surrender on the relationship between engagement in substance use treatment and meaning in life presence: A pilot study. *Frontiers in Psychology*, 15, 1331756. <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2024.1331756/full>

### Conferences

Papini, M. R. (2024). *Comparative psychology of incentive relativity*. Invited conference, Interamerican Society for Psychology, online talk (in Spanish). (<https://youtu.be/EYMiYxEug9A>)

Papini, M. R. (2024). *Behavioral plasticity in aneural organisms*. Invited conference, UNED, Madrid, Spain.