Gregory J. Depow, PhD\*

A. BIOGRAPHICALINFORMATION

**Personal**

University of Toronto

Department of Psychology

1265 Military Trail

Toronto, Ontario M1C 1A4 Canada

Phone: (604) 316-0428

e-mail: greg.depow@mail.utoronto.ca

lab: Toronto Try Lab

website: http://michaelinzlicht.com/lab/people

**Academic Positions and Appointments**

Department of Psychology, University of Toronto Scarborough 2018-present

Teaching Assistant, 2018-present

Head Teaching Assistant, 2019-present

Department of Psychology, University of Toronto 2018-present

Research Assistant, 2018-present

Department of Psychology, University of the Fraser Valley 2007-2012

Research Assistant, 2007-2012

Paid Peer-Tutor, 2009-2010

**Education**

PhD\*, Psychology, University of Toronto 2019-present

Thesis: *Wise Empathy: A Theoretical Framework for Skillful*

*Engagement with Other’s Emotions.*

Supervisor: Michael Inzlicht

Committee: Michael Inzlicht, Paul Bloom, Jennifer Stellar

\*In Progress

MA, Psychology, University of Toronto 2018-2019

Thesis: *A Representative Experience Sampling Study of Empathy*

*in Everyday Life*

Supervisor: Michael Inzlicht

Committee: Michael Inzlicht, Elizabeth Page-Gould, Jennifer Stellar

Bachelor of Arts, Psychology major (Honours extension), Applied Ethical 2005-2013

Political Philosophy minor, University of the Fraser Valley

Honours Thesis: *The Effects of Confidentiality and Anonymity on*

*Responses to Sensitive Questions*

Honours Supervisor: Robin White

**Awards and Achievements**

* UTSC Annual Best Paper Award 2021
* Completed M.A. with 4.0 GPA, University of Toronto 2018-2019
* Graduated with Distinction, University of the Fraser Valley (UFV) 2013
* Outstanding Achievement, Psychology Department (UFV) 2013
* Service Award, Psychology Department (UFV) 2013
* Dean’s List, University of the Fraser Valley (UFV) 2011

**Professional Affiliations**

* Work and Play Lab
* MAPEL Lab
* Association for Psychological Science
* Society for Personality and Social Psychology
* Society for the Improvement of Psychological Science
* Social Personality Research Group
* Association for Research in Personality

**Citizenship**

Canadian

**Languages**

B. ACADEMIC HISTORY

**Research Interests**

* Empathy
* Prosocial motivations and effort
* Social neuroscience
* Mindfulness, metta meditation
* Compassion
* Appreciative joy

**Research Awards**

Ontario Graduate Scholarship 2020-2021

*The Joy of Another: The Role of Positive Empathy in Countering*

*the Emerging Asocial Society*

Total Amount: $15,000

Social Sciences and Humanities Research Council of Canada 2019-2020

Canada Graduate Scholarship-Masters

*Everyday Empathy: Exploring Empathy in an Experience*

*Sampling Paradigm*

Total Amount: $17,500

School of Graduate Studies Conference Grant 2020

University of Toronto

Total Amount: $740

Faculty of Arts and Science Program-Level Fellowship 2019-present

University of Toronto

Total Amount: $3,331

Faculty of Arts and Science Fellowship 2018-present

University of Toronto

Total Amount: $16,520

Tuition Fellowship, Faculty of Arts and Science 2018-present

University of Toronto

Total Amount: $8,459

Chilliwack Foundation Scholarship 2009

Total Amount: $1,000

Chilliwack Rotary Scholarship 2007-2009

Total Amount: $4,000

C. SCHOLARLY AND PROFESSIONAL WORK

**Journal Articles**

Depow, G.J., Francis, Z., Inzlicht, M. (2020). The Experience of Empathy in Everyday Life. *Psychological Science*. https://journals.sagepub.com/doi/10.1177/0956797621995202

Francis, Z., Depow, G., & Inzlicht, M. (2021). Do early birds share their worms? How prosocial behaviour and empathy vary across the day. *Journal of Research in Personality*, *90*, 104055. https://doi.org/10.1016/j.jrp.2020.104055

Depow, G.J., Lin, H., Inzlicht, M., (2020). Prosocial Effort and the Role of Self-Other Overlap. *Journal of Experimental Psychology General*. Under Review.

Valdis, D.C., Sleegers, W.A., Priolo, D., Bran A., van Leeuwen, F., DeMarree, K.G., Fayant, M.P., Sætrevik, B., Ross, R.M. Ghasemi, O., Roberts, A.J., Gourdon-Kanhukamwe, A., Schmidt, K., Protzko, J., Baidada, O., Bayrak, F., Çeçen-Eroğul, A.R., Chatard, A., Eritsyan, K., Evans, T., Fointiat, V., García-Sánchez, E., Girandola, F., Gkinopoulos, T., Günsoy, C., Jaubert, S., Kocalar, H.E., Martinie, M.A., Mauduy, M., Mauny, N., Mayer, Z., Mioara, C., Moussaoui, L., Rubens, L., Sénémeaud, C., Stone, J., Toribio-Florez, D., Verschuere, B., Vezirian, K., Vieira, L., van Beest, I., Aubert, B., Bialobrzeska, I., Bordel, S., Boudjemadi, V., Cantarero, K., Chassang, I., Chung, S., Dalgar, I., Delfino, G., Denis-Rémis C., Depow, G.J., Desrichard, O., Granjon, M., Guimond, S., Halimi-Falkowicz, S., Ikeda, A., Joséphine, D., Khosla, M., Kodapanakkal, R., Komatsu, A.V., Lange, A., Lueders, A., Moreau, D., Nart, S., Niemyjska, A., Nugier, A., Özdoğru, A.A., Proulx, T., Rahal, R.M., Ribeiro, G., Rohmer, O., Somat, A., Sönmez, F., Souchet, L., Sulejmanović, D., Wollast, R., Turner-Zwinkels, F.M., Xia, J., Yamada, Y., Yoshimura, N. (2020). Registered Replication Report: A Multi-Lab Replication of the Induced Compliance Paradigm of Cognitive Dissonance. In Preparation. Preregistered acceptance at AMPPS.

**Other Projects and Publications**

Depow, G.J. (2020). *A Representative Experience Sampling Study of Empathy in Everyday Life.* [Master’s Thesis, University of Toronto]. TSpace Repository. http://hdl.handle.net/1807/97975

Depow, G.J. (2018). *Encouraging Engagement and Efficiency: An Organizational Analysis.* [Independent Report, Westbow Construction].

Depow, G.J. (2013). *The Effects of Confidentiality and Anonymity on Responses to Sensitive Questions.* [Honour’s Thesis, University of the Fraser Valley].

**Conference Presentations and Invited Talks**

Depow, G.J. (2021). What is Empathy?: New Insights in Theory and Measurement. *Symposium presented at the 128th Annual Meeting of the American Psychological Association.* Presented virtually (\*August 12th)

Depow, G.J. (2021). Deciding Who to Help: Prosocial Apathy and the Role of Self-Other Overlap. *Poster presented at the 33rd Annual Meeting of the Association for Psychological Science (APS). Presented virtually.* (\*May 26th)

Depow, G.J. (2021). Empathy in Everyday Life. *Talk presented to the T. Denny Sanford Institute (TDSI) Empathy and Compassion Journal Club*, UC San Diego. CA, United States. (\*May 25th)

Depow, G.J. (2021). Empathy in Everyday Life. *Talk presented to Social Interaction Lab, Northeastern University.* Boston MA, United States.

Depow, G.J. (2021) Prosocial Apathy and the Role of Self-other Overlap. *Talk presented at the Social Personality Research Group (SPRG) meeting.* Toronto ON, Canada.

Depow, G.J. (2021). Everyday Empathy. *Talk presented to Empathy and Moral Psychology Lab, Penn State University.* Pennsylvania, United States.

\*Depow, G.J., Lin, H., & Inzlicht, M. (2021). Don’t Spare a Thought: Prosocial Apathy for Cognitive Effort. *Poster presented at the 21st Annual Meeting of the Society for Personality and Social Psychology (SPSP).* Presented virtually.

Depow, G.J. (2020). Empathy and Compassion in Leader-Employee Interactions. *Talk Presented at Morality Altruism Politics Emotions Lab (MAPEL) meeting.* Toronto ON, Canada.

Depow, G.J. (2020). Prosocial Apathy: Avoidance of cognitive effort for individuals and charities. *Talk presented at Morality Lab, Rotman School of Management, University of Toronto.* Toronto ON, Canada.

Depow, G.J. (2020). A Representative Experience Sampling Study of Empathy in Everyday Life. *Poster presented at the 20th Annual Meeting of the Society for Personality and Social Psychology (SPSP).* New Orleans LA, United States.

Depow, G.J. (2020). Empathy Opportunities. *Talk Presented at Morality Altruism Politics Emotions Lab (MAPEL) meeting.* Toronto ON, Canada.

Depow, G.J. (2020) A Representative Experience Sampling Study of Empathy in Everyday Life. *Paper presented* *at the Social Personality Research Group (SPRG) meeting.* Toronto ON, Canada.

Depow, G.J. (2019) A Representative Experience Sampling Study of Empathy in Everyday Life. *Paper presented at the annual Graduate Led Academic Speaker Series (GLASS).* Toronto ON, Canada.

Depow, G.J. (2019) A Representative Experience Sampling Study of Empathy in Everyday Life. *Paper presented at the annual Interdisciplinary Graduate Research and Discovery Conference (IGRAD).* Toronto ON, Canada.

Depow, G.J. (2018) A Representative Experience Sampling Study of Empathy in Everyday Life. *Paper presented at the Social Personality Research Group (SPRG) meeting.* Toronto ON, Canada.

Depow, G.J. (2013) The Effects of Anonymity and Confidentiality on Responses to Sensitive Survey Questions. University of the Fraser Valley, Department of Psychology, Abbotsford BC, Canada, May 2013.

E. SERVICE

**Community and Volunteer Service**

Social Media Coordinator 2019-present

Psychology Graduate Student Association

University of Toronto

Volunteer at Science Rendezvous 2018-2021

Department of Psychology

University of Toronto

Volunteer Peer Tutor 2010-2012

Department of Psychology

University of the Fraser Valley

**Leadership Service**

Vice President 2020-present

Psychology Graduate Student Association

University of Toronto

Scarborough Campus Representative 2019-2020

Psychology Graduate Student Association

University of Toronto

MA Student Representative 2018-2019

Psychology Graduate Student Association

University of Toronto

Vice President 2012-2013

Student Psychology Association

University of the Fraser Valley

**Teaching and Mentoring**

PSYA01 – Introduction to Biological and Cognitive Psychology

PSYA02 – Introduction to Clinical, Developmental, Personality, and Social Psychology (2)

PSYB07 – Introduction to Data Analysis in Psychology (2)

PSYC85 – History of Psychology

PSYC19 – Head TA Psychology of Self-control (3)

PSYC08 – Advanced Data Analysis in Psychology (2)

PSYC93 – Supervised Study (Thesis Project)