Gregory J. Depow, Ph.D.

A. BIOGRAPHICALINFORMATION

**Personal**

University of California San Diego

Rady School of Management

10065 Scholars Dr N

La Jolla, CA 92093, USA

Phone: (604) 316-0428

e-mail: gdepow@ucsd.edu

website: gregdepow.com

lab: Empathy and Emotions Lab

lab site: oveislab.com/people

secondary lab: Digital Emotions Lab

secondary lab site: amitgoldenberg.com/people

google scholar: https://scholar.google.com/citations?user=1FZFK5oAAAAJ&hl=en

**Academic and Research Positions and Appointments**

Rady School of Management, University of California San Diego 2024-present

Postdoctoral Fellow

Potential Project, A More Human World of Work 2023

Contact: *Item-development of the Human Leader Assessment*

External Consultant

Department of Psychology, University of Toronto Scarborough 2018-2024

Teaching Assistant, 2018-present

Head Teaching Assistant, 2019-present

Department of Psychology, University of Toronto 2018-2024

Research Assistant, 2018-present

**Education**

Ph.D., Psychology, University of Toronto 2019-2024

Dissertation: *Wise Empathy and Well-being.*

Committee: Michael Inzlicht (Supervisor), Paul Bloom, Jennifer Stellar

MA, Psychology, University of Toronto 2018-2019

Thesis: *A Representative Experience Sampling Study of Empathy*

*in Everyday Life*

Committee: Michael Inzlicht (Supervisor), Elizabeth Page-Gould, Jennifer Stellar

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

Political Philosophy minor, University of the Fraser Valley

**Awards and Achievements**

* SPRG Ken Dion Award for research, leadership, and service 2024
* UTSC Annual Best Paper Award 2021
* Service Award, Outstanding Achievement, Distinguished Graduate (UFV) 2013

**Professional Affiliations**

* Work and Play Lab
* MAPEL Lab
* Society for Affective Science
* Society for Personality and Social Psychology

**Citizenship**

Canadian

B. ACADEMIC HISTORY

**Research Interests**

* Empathy, Compassion
* Prosocial motivation and effort
* Subjective well-being
* Psychophysiology
* Social Media

**Select Research Awards**

Social Sciences and Humanities Research Council of Canada 2024-2026

Postdoctoral Fellowship

Total Amount: $140,000

Sanford Institute for Empathy and Compassion 2024-2025

Postdoctoral Fellowship

Total Amount: $62,000

Center for Positive Leadership Sam and Bonnie Rechter 2024-2025

Fellowship

Total Amount: $5,000

Social Sciences and Humanities Research Council of Canada 2022-2024

Doctoral Fellowship

Total Amount: $40,000

Ontario Graduate Scholarship 2020-2021

Total Amount: $15,000

Social Sciences and Humanities Research Council of Canada 2019-2020

Canada Graduate Scholarship-Masters

Total Amount: $17,500

University of Toronto Faculty and Program-level Fellowships 2018-present

Total Amount: $56,124.85

C. SCHOLARLY AND PROFESSIONAL WORK

**Journal Articles**

Depow, G.J., Inzlicht, M. (2025). How individual differences in empathy predict moments of empathy in everyday life. *In Press at Personality and Social Psychology Bulletin*.

Depow, G. J., Oldemburgo de Mello, V., & Inzlicht, M. (2025). A positive empathy intervention to improve well-being on Instagram. *Emotion.* Advance online publication. https://dx.doi.org/10.1037/emo0001489

Inzlicht, M., Sparrow, T., Depow G.J. (2024). Chronic cannabis use in everyday life: Emotional, motivational, and self-regulatory effects of getting high. *Social Psychological and Personality Science*. Advance Online Publication. https://doi.org/10.1177/19485506241245744

Valdis, D.C., Sleegers, W.A., …., Depow, G.J., …Yoshimura, N. (2024). A Multi-Lab Replication of the Induced Compliance Paradigm of Cognitive Dissonance. *Advances in Methods and Practices in Psychological Science. 7(1). doi:*[*10.1177/25152459231213375*](https://doi.org/10.1177/25152459231213375)

Depow, G.J., Lin, H. & Inzlicht, M. Cognitive effort for self, strangers, and charities. *Sci Rep* 12, 15009 (2022). https://doi.org/10.1038/s41598-022-19163-y

Pollerhoff, L., Stietz, J., Depow, G.J. et al. (2022). Investigating adult age differences in real-life empathy, prosociality, and well-being using experience sampling. *Sci Rep* 12, 3450. https://doi.org/10.1038/s41598-022-06620-x

Depow, G.J., Francis, Z., Inzlicht, M. (2021). 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

**Preprints and Selected Articles in Preparation**

Depow, G.J., Zohar, E., Oveis, C., Inzlicht, M. (2025). Wise Empathy on Instagram: An Ecological Momentary Intervention. *In Prep.*

Depow, G.J., Hobson, N., Beck, J., Inzlicht, M., Hougaard, R. (2023). The Compassion Advantage: Leaders who Care Outperform Leaders who Share Followers’ Emotions. *Preprint*: https://psyarxiv.com/md2g8/

Marzuki, A. A., Gloy, K., Kandler…., Depow, G. J., … Schaefer, A. (2025). Error and inhibitory-related brain activity associated with political ideology: A multi-site replication study. Stage 1 registered report Accepted at *Cortex*. https://doi.org/10.31234/osf.io/39vqj

**Other Projects and Publications**

Depow, G.J. (2024). *Wise Empathy and Well-being*. [Ph.D. Thesis, University of Toronto]. TSpace Repository.

Depow, G.J., Hobson, N. (2023). *Item-development of the Human Leader Assessment.* [Commissioned Report, Potential Project].

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].

**Selected Conference Presentations and Invited Talks**

Depoew, G.J. (2025). Regulation of Empathy on Social Media. *Flash talk presented at the Emotion Regulation Preconference for the 12th annual conference of the Society for Affective Science,* Portland OR*,* United States.

Depow, G.J. (2024). Supporting Employees, Now and in the Future: Managing distress and expressing compassion in organizations. *Symposium presented at the 84th Annual Meeting of the Academy of Management (AOM 2024).* Chicago IL, United States.

Depow, G.J. (2024). Effort and Empathy. *Invited Talk.* *Presented to the Centre for Social Cognitive Studies.* Jagiellonian University. Kraków, Poland.

Depow, G.J., Inzlicht, M. (2024). How Individual Differences in Empathy Predict Moments of Empathy in Daily Life. *Poster presentation given at the 11th annual conference of the Society for Affective Science*, Long Beach CA, United States.

Depow, G.J. (2023). Empathy in Digital Life. *Invited Talk. Presented to the Social Interactions Lab.* Northeastern University. Boston MA, United States.

Depow, G.J. (2023). Empathy in Daily and Digital Life. *Invited Talk. Presented to the Stanford Social Neuroscience Lab*. Stanford University. Silicon Valley CA, United States.

Depow, G.J. (2023). Positive Empathy on Social Media. *Poster presented at the 2023 Annual Meeting of the Society for Affective Science.* Long Beach CA, United States.

Depow, G.J. (2022). Describing Empathy in Everyday Life. *Invited talk. Presented at the York-University of Toronto Social Personality Abnormal (YUTSPA) conference.* York University. Toronto, ON., Canada.

Depow, G.J. (2022). The Experience of Empathy in Everyday Life. *Talk presented to the UFV Psychology Journal Club.* University of the Fraser Valley. B.C., Canada.

Depow, G.J., & Inzlicht, M. (2022). Everyday Manifestations of Trait Empathy. *Poster presented at the 22nd Annual Meeting of the Society for Personality and Social Psychology (SPSP).* San Fransisco, CA, United States.

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.

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.*

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.

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.

E. SERVICE

**Community and Volunteer Service**

Coordinator 2022-2024

Social Personal Research Group

University of Toronto

Social Media Coordinator 2019-2024

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 2020-2022

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)

PSYB70 – Methods in Psychological Science

PSYC85 – History of Psychology

PSYC19 – TA and Head TA Psychology of Self-control (1, 4)

PSYC08 – Advanced Data Analysis in Psychology (2)

PSYC93 – Supervised Study (Thesis Project: Christopher Kouyoumdjian)

PSYC90 – Supervised Study (Thesis Project: Daniel Lobo)

PSYC22 – Infancy

PSYC13 – Social Cognition

PSYC 194A – Psychology Honors Thesis (Honors student: Ziwi Vivian Lin)

**Review Work**

Nature Scientific Reports (3)

Biological Psychology

Emotion (4)

Motivation and Emotion (2)

Personality and Social Psychology Bulletin

The British Journal of Social Psychology (2)

Journal of Experimental Social Psychology (2)

Social Cognition

Journal of Psychiatric Research

Current Directions in Psychology

Current Psychology

Discover Psychology