

# Marissa C. Knox, PhD

## EDUCATION

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### The University of Texas at Austin

PhD, Educational Psychology (Human Development, Culture, and Learning Sciences) 2020

### The University of Texas at Austin

MA, Educational Psychology (Program Evaluation) 2017

### University of California, Davis

BA, *summa cum laude*, Majors: Psychology and Communication 2012

## TEACHING EXPERIENCE

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### Purdue University

Aug. 2022 – Present

Lecturer, Department of Human Development and Family Science

*Applications of Mindfulness and Compassion*

*Introduction to Relationship and Family Science*

*Introduction to Human Development*

### The University of Texas at Austin

June – Aug. 2020; Jan. 2021 – Present

Lecturer, Department of Educational Psychology

*Mindfulness, Compassion, and the Self* (online)

### The University of Texas at Austin

2012 – 2019

Teaching Assistant, Department of Educational Psychology

*Mindfulness, Compassion, and the Self*

Cognition, Human Learning, and Motivation

Adolescent Development

Individual through the Life Cycle

Applied Human Learning

## RESEARCH INTERESTS

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Self-Compassion

Mindfulness

Holistic Wellbeing

Coping

Resilience

Interventions

## RESEARCH EXPERIENCE

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### Foundation for Anesthesia Education & Research Grant, University of Virginia

June 2021 – June 2022

*Research Consultant*

### Center for Resiliency, Dell Children's Medical Center

Aug. 2020 – June 2022

*Research and Curriculum Consultant; Program Facilitator*

### Self-Compassion Research Lab, The University of Texas at Austin

2012 – 2020

*Graduate Research Assistant*

## PUBLICATIONS

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Franco, P.L., **Knox, M.C.**, Gulbas, L.E., & Gregory, K. (submitted). Learning together when feeling alone: The experience of parents with chronically ill children in a self-compassion program. *Chronic Illness*.

Bluth, K., **Knox, M.C.**, Press, A., & Lathren, C. (2023). Feasibility, Acceptability and Preliminary Outcomes of Embracing Your Life: An Online Self-Compassion Program for Emerging Adults. *Emerging Adulthood*, <https://doi.org/10.1177/21676968231189902>

Franco, P.L., **Knox, M.C.**, Gulbas, L.E., & Gregory, K. (2022). Learning Self-Compassion through Social Connection at Work: The Experiences of Healthcare Professionals in a 6-Week Intervention, *Qualitative Social Work*. <https://doi.org/10.1177/14733250221145941>

- Knox, M.C.** & Franco, P.L. (2022). Acceptability and Feasibility of an Online Version of the Self-Compassion for Healthcare Communities Program, *Psychology, Health, & Medicine*.  
<https://doi.org/10.1080/13548506.2022.2094428>
- Miyagawa, Y., Tóth-Király, I., **Knox, M.C.**, Taniguchi, J., & Niiya, Y. (2022). Development of the Japanese Version of the State Self-Compassion Scale (SSCS-J). *Frontiers in Psychology*. 12:779318. doi: 10.3389/fpsyg.2021.779318
- Neff, K.D., **Knox, M.C.**, Long, P., & Gregory, K. (2020). Caring for others without losing yourself: An adaptation of the Mindful Self-Compassion program for healthcare communities. *Journal of Clinical Psychology* 76(9), 1543-1562. <https://doi.org/10.1002/jclp.23007>
- Neff, K. D., Tóth-Király, I., **Knox, M. C.**, Kuchar, A., & Davidson, O. (2020). The development and validation of the State Self-Compassion Scale (long and short form). *Mindfulness* 12(1), 121-140.
- Neff, K. D., Bluth, K., Tóth-Király, I., Davidson, O., **Knox, M. C.**, Williamson, Z. & Costigan, A. (2020). Development and validation of the Self-Compassion Scale for Youth. *Journal of Personality Assessment*, 103(1), 92-105.
- Neff, K.D., Long, P., **Knox, M.C.**, Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J.G. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning. *Self and Identity*, 17(6): 627-645.
- Neff, K. D., & **Knox, M.C.** (2017). Self-Compassion. In V. Zeigler-Hill & T. Shackelford (Ed.), *Encyclopedia of Personality and Individual Differences*. New York: Springer.
- Yu, L. T., Schallert, D. L., Park, J. B., Williams, K. M., Seo, E., Sanders, A. J., ... & **Knox, M. C.** (2016). When students want to stand out: Discourse moves in online classroom discussion that reflect students' needs for distinctiveness. *Computers in Human Behavior*, 58, 1-11.
- Yarnell, L. M., Stafford, R. E., Neff, K. D., Reilly, E. D., **Knox, M. C.**, & Mullarkey, M. (2015). Meta-analysis of gender differences in self-compassion. *Self and Identity*, 14(5), 499-520.

## INVITED TALKS AND PRESENTATIONS

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- Knox, M.C. (January 12, 2024). *Self-compassion and integrity: Living into our values with care*. The College of Liberal Arts Leadership Academy. The University of Texas at Austin. Austin, TX.
- Knox, M.C. (October 6, 2023). *Fierce Self-Compassion*. True North Event. Santa Monica, CA.
- Knox, M.C. (March 4, 2023). *Leading from the heart: Integrating mindfulness and compassion into daily life*. Women's Leadership Institute. Purdue University. West Lafayette, IN.
- Knox, M.C. (January 13, 2023). *The integrity of self-compassion: Embodying our values with kindness*. The College of Liberal Arts Leadership Academy. The University of Texas at Austin. Austin, TX.
- Knox, M.C. (February 18, 2022). *Mindfulness, gratitude, & self-compassion: Practical tools for resilience*. Westchester County Psychological Association, Online.
- Knox, M.C. (February 8, 2022). *Mindfulness, gratitude, & self-compassion: Practical tools for resilience*. Association of Child Life Professionals, Online.
- Knox, M.C. (January 14, 2022). *Self-compassion and integrity: Living into our values with care*. The College of Liberal Arts Leadership Academy. The University of Texas at Austin, Online.
- Knox, M.C. (November 16, 2021). *Self-compassion in daily life*. Hispanic Faculty & Staff Association. The University of Texas at Austin, Online.
- Knox, M.C. (September 14, 2021). *Mindfulness, gratitude, & self-compassion: Practical tools for resilience*. UNC Chapel Hill HR Customer Service Center, Online.

- Knox, M.C. (July 27, 2021). *Self-care to support resilience among healthcare professionals*. North Carolina Society for Public Health Education, Online.
- Knox, M.C. (May 13, 2021). *Self-compassion to support health and healing for nurses during COVID-19*. McGill University, Online.
- Knox, M.C. (November 5, 2020). *Self-care: Putting your oxygen mask on first*. Sacramento Hospice Consortium Conference, Online.
- Knox, M.C. (August 27, 2020) *Compassion for self and others*. Professional Development for LASA High School Faculty and Staff, Online.
- Knox, M.C. (April 23, 2019). *Self-compassion and body image*. Texas Young Women Alliance. Austin, TX.
- Knox, M.C. (March 2, 2018). *Self-compassion in action*. College of Liberal Arts Dean's Office. The University of Texas at Austin. Austin, TX.
- Knox, M.C. (June, 8 & 19; July 13, 2017). *Self-compassion and stress management*. College of Liberal Arts Dissertation Boot Camp: First, Second, and Third Cohort. The University of Texas at Austin. Austin, TX.
- Knox, M.C., (December 15, 2016). *Self-compassion and self-care*. GLG (Gerson Lehrman Group Inc.). Austin, TX.
- Knox, M.C. (December 7, 2016). *Self-compassion in action: Self-care in everyday life*. Graduate Coordinator's Network. The University of Texas at Austin. Austin, TX.

## CONFERENCE PRESENTATIONS

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- Ravi, K.E., Haselschwerdt, M., Yoo, J., Obenauf, C. Bluth, K, **Knox, M.C.** (2024, May). "Mindful Self-Compassion: A Deleterious Pathway Interrupter for Young Adults with Childhood Exposure to Domestic Violence Histories?" Poster presentation accepted at American College Health Association Annual Meeting.
- Long, P. & **Knox, M.C.** (2020, November). Self-Compassion for Healthcare Communities program: Content and effectiveness for healthcare professionals. In Karina Quevedo (moderator), *Roads to self-compassion: The neurobiology and clinical applications of caring for the self and for others*. Symposium conducted at the meeting of the Mind and Life Institute Contemplative Research Conference, Online.
- Knox, M.C.** & Neff, K.D. (2016, June). Comparing compassion for self and others: Associations with personal and interpersonal wellbeing. In Joanna J. Arch (Chair), *Self-compassion and its implications for mental health: Empirical evidence and a contextual framework*. Symposium conducted at the meeting of the Association for Contextual Behavioral Science, Seattle, WA.
- Knox, M.C.**, Lagattuta, K.H., & Sayfan, L. (2013, April). *Developmental investigation of the negativity bias: Using eye tracking to measure children's and adults' attention to negative versus positive stimuli*. Poster session presented at the Society for Research in Child Development, Seattle, WA.

## RELEVANT EXPERIENCE AND TRAINING

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|---|-----------------------|
| <b>Center for Mindful Self-Compassion</b><br>Trained Teacher<br><i>Mindful Self-Compassion; Embracing Your Life</i> | March 2017 – Present  |
| <b>Student Wellness, UNC - Chapel Hill</b><br>Program Assistant   | Aug. 2019 – Dec. 2019 |
| <b>Counseling and Mental Health Center, UT Austin</b><br>Graduate Assistant   | Aug. 2014 – Dec. 2016 |

**REVIEW EXPERIENCE**

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Ad Hoc Reviewer 2019 – present  
Ecopsychology  
Mindfulness  
Self & Identity  
Stress & Health

**FELLOWSHIPS**

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Dissertation Writing Fellowship 2020  
Henderson Scholarship Award 2012