

# Aleksandr Spectre, PhD

University of Cambridge · Department of Psychology  
Downing Street · Cambridge, CB2 3EB  
[ak823@cam.ac.uk](mailto:ak823@cam.ac.uk) · Office Number: +44 (0)1223762325

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## Academic Positions

University of Cambridge

University Lecturer (Assistant Professor), Department of Psychology (2012-Present)

Director: *Cambridge Prosociality and Well-being Laboratory* ([Website](#))

Fellow: *Well-being Institute* ([Website](#))

Theme Champion: *Cambridge Big Data* ([Website](#))

Affiliated Member: *Behavioural and Clinical Neuroscience Institute* ([Website](#))

University of Toronto

Postdoctoral fellow, Department of Psychology (2011—2012)

## Education

Ph.D. University of Hong Kong in Psychology, 2011

B.A. University of California, Berkeley in Psychology, 2008

Highest Honors in Psychology

High Distinction in General Scholarship

## Grants

- Cambridge Conservation Institute, (**Principal Investigator**, £75,000 GBP/ \$128,000 USD), University of Cambridge, 2014
- Economic and Social Research Council, Future Research Leaders Grant, (**Principal Investigator**, £307,000 GBP/ \$478,000 USD), University of Cambridge, 2013
- Economic and Social Research Council, National Centre for Research Methods, (**Principal Investigator**, £200,000 GBP/ \$311,000 USD), University of Cambridge, 2013
- Isaac Newton Trust / Wellcome Trust, ISSF Grant (**Principal Investigator**, £80,000
- SSHRC, Insight Development Grant (**Collaborator**, \$75,000), 2012
- Ontario Postdoctoral Fellowship, University of Toronto (**Fellowship Recipient**, \$100,000 CAD/ \$95,000 USD), 2011-2012
- National Science Foundation, Graduate Research Fellowship (**Fellowship Recipient**, \$121,050 USD), University of Hong Kong, 2009-2012

## Honors and Awards

- University of Hong Kong Distinguished Alumni, 2012
- Hong Kong S.A.R. Government Scholarship (\$20,000), 2010, 2011
- 3MT Research Presentation Competition 3<sup>rd</sup> Place, University of Hong Kong, 2011
- Outstanding Poster Presentation, HKU Research Postgraduate Conference, 2011
- Society for Personality and Social Psychology 2010 Student Poster Prize, Finalist and Honorable Mention, 2010
- Visiting Student Researcher, University of California, Berkeley, 2009
- University Postgraduate Fellowship (\$9,000), University of Hong Kong, 2008
- Berkeley Departmental Citation (awarded to top graduating undergraduate student in the psychology department), University of California, Berkeley, 2008
- Highest Honors for senior honors thesis, 2008
- High Distinction in General Scholarship, 2008
- Dean's List, 2008
- Haas Scholars Research Fellowship (\$15,000), University of California, Berkeley, 2007
- Summer Undergraduate Research Fellowship (\$3,000), University of California, Berkeley, 2007
- Pergo Foundation Summer Fellowship (\$1,500), University of California, Berkeley, 2007
- Cal Alumni Leadership Award Scholarship, University of California, Berkeley, 2006, 2007

## Publications

Note: \* denotes student advisee

Note: Before my marriage, I published under the name Aleksandr Kogan

1. Kim, H., Schimmack, U., Cheng, C., Webster, G. D., & Spectre, A. (2015). The role of positive self-evaluation on cross-cultural differences in well-being. *Cross-Cultural Research*. Advance online publication. doi:10.1177/1069397115617902
2. \*Yearwood, M. H., Cuddy, A., \*Lamba, N., \* Youyou, W., \*van der Lowe, I., Piff, P., Gorintin, C., Fleming, P., Simon-Thomas, E., Keltner, D., & Spectre, A. (2015). On wealth and the diversity of friendships: High social class people around the world have fewer international friends. *Personality and Individual Differences*.
3. Quoidbach, J., Gruber, J., Mikolajczak, M., Kogan, A., Kotsou, I., & Norton, M. I. (2014). Emodiversity and the emotional ecosystem. *Journal of Experimental Psychology: General*.

4. Kogan, A., Oveis, C., Carr, E., Gruber, J. Mauss. I. B., Shallcross, A., Impett, E., van der lowe, I., Hui, B., Cheng, C., & Keltner, D. (2014). Vagal activity is quadratically related to prosocial traits, prosocial emotions, and observer perceptions of prosociality. *Journal of Personality and Social Psychology*.
5. Dutra, S. J., West, T. V., Impett, E. A., Oveis, C., Kogan, A., Keltner, D., & Gruber, J. (2014). Rose-colored glasses gone too far? Mania symptoms predict biased emotion experience and perception in couples. *Motivation and Emotion*, *38*, 157-165.
6. Keltner, D., Kogan, A., Piff, P. K., Saturn, S. R. (2014). The sociocultural appraisals, values, and emotions (SAVE) framework of prosociality: Core processes from gene to meme. *Annual Review of Psychology*, *65*, 425-460.
7. Kogan, A., Gruber, J., Shallcross, A. J., Ford, B. Q., & Mauss. I. B. (2013). Too much of a good thing? Cardiac vagal tone's non-linear relationship with well-being. *Emotion*, *13*(4), 599-604.
8. Kogan, A., Sasaki, J., Zou, C., Kim, H.S., & Cheng, C. (2013). Uncertainty avoidance moderates the link between faith and subjective well-being around the world. *Journal of Positive Psychology*, *8*(3), 242-248.
9. Gruber, J., Kogan, A., Quoidbach, J. & Mauss. I. B. (2013). Happiness is best kept stable: Positive emotion variability associated with poorer psychological health. *Emotion*, *13*(1), 1-6.
10. Gruber, J., Kogan, A., Mennin, D., & Murray, G. (2013). Real-world emotion? An experience-sampling approach to emotion disturbance and regulation in bipolar disorder. *Journal of Abnormal Psychology*, *122*(40), 971-983.
11. Impett, E. A., Le, B., Asyaby-Eshghi, B., Day, L. C., & Kogan, A. (2013). To give or not to give? Sacrificing for avoidance goals is not costly for the highly interdependent. *Social Psychological and Personality Science*, *4*, 649-657.
12. Impett, E. A., Le, B. M., Kogan, A., Oveis, C., & Keltner, D. (2013). When you think your partner is holding back: The costs of perceived partner suppression during relationship sacrifice. *Social Psychological and Personality Science*.
13. Impett, E. A., Gere, J., Kogan, A., Gordon, A. M., & Keltner, D. (2013). How sacrifice impacts the giver and the recipient: Insights from approach-avoidance motivational theory. *Journal of Personality*.

14. Impett, E. A., Javam, L., Le, B. M., Asyabi-Eshghi, B., & Kogan, A. (2013). The joys of genuine giving: Approach and avoidance sacrifice motivation and authenticity. *Personal Relationships, 20*(4), 740-754.
15. Le, B. M., Impett, E. A., Kogan, A., Webster, G. D., & Cheng, C. (2013). The personal and interpersonal rewards of communal orientation. *Journal of Social and Personal Relationships, 30*(6), 694-710.
16. \*Mahalingam, V., \*Stillwell, D., \*Kosinski, M., Rust, J., & Kogan, A. (2013). Who can wait for the future? A personality perspective. *Social Psychological and Personality Science*. Advanced online edition.
17. Saslow, L. R., John, O. P., Piff, P. K., Willer, R., Wong, E., Impett, E. A., Kogan, A., Antonenko, O., Clark, K., Feinberg, M., Oveis, C., Keltner, D., and Saturn, S. R. (2013). The social significance of spirituality: New perspectives on the compassion-altruism relationship. *Psychology of Religion and Spirituality, 5*(3), 201-218.
18. Cheng, C., Kogan, A., & Choi, J. H. (2012). The effectiveness of a new, coping flexibility intervention as compared with a cognitive-behavioural intervention in managing work stress. *Work & Stress, 26*(3), 272-288.
19. Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology, 103*(2), 257-274.
20. Impett, E. A., Kogan, A., English, T., Oveis, C., John, O., & Keltner, D. (2012). Suppression sours relationships: The affective and relational costs of suppressing emotions during sacrifice in romantic relationships. *Personality and Social Psychology Bulletin, 38*(6), 707 - 720.
21. Muise, A., Impett, E. A., Kogan, A., & Desmarais, S. (2012). Keeping the spark alive: Being motivated to meet a partner's sexual needs sustains sexual desire in long-term romantic relationships. *Social Psychological and Personality Science, 4*(3), 267-273.
22. Simon-Thomas, E., Godzik, J., Castle, E., Antonenko, O., Ponz, A., Kogan, A., & Keltner, D. (2012). An fMRI study of caring versus self-focus during induced compassion and pride. *Social Cognitive and Affective Neuroscience, 7*(6), 635-648.
23. Spielmann, S. S., Joel, S., MacDonald, G., & Kogan, A. (2012). Ex appeal: Substituting current partners and ex-partners. *Social Psychological and Personality Science, 4*(2), 175-180.

24. Kogan, A., Saslow, L., Impett, E.A., Oveis, C., Keltner, D., & Saturn, S. (2011). A thin-slicing study of the oxytocin receptor (OXTR) gene and the evaluation and expression of the prosocial disposition. *Proceedings for the National Academy of Sciences*, 108, 19189-19192.
25. Kogan, A., Impett, E. A., Oveis, C., Hui, B, Gordon, A. M., & Keltner, D. (2010). When giving feels good: The intrinsic benefits of sacrifice in romantic relationships for the communally motivated. *Psychological Science*, 21, 1918-1924.
26. Impett, E. A., Gordon, A. M., Kogan, A., Oveis, C., Gable, & S. L., & Keltner, D. (2010). Moving toward more perfect unions: Daily and long-term consequences of approach and avoidance goals in romantic relationships. *Journal of Personality and Social Psychology*, 99, 948-963.
27. Cheng, C., Chen, Z., & Kogan, A. (2008). Social support and money as double-edged swords: Primary soothers and precipitants of pain. *Psychological Inquiry*, 19, 153–160.
28. Van Kleef, G. A., Oveis, C., van der Löwe, I., Kogan, A., Goetz, J., & Keltner, D. (2008). Power, distress, and compassion: Turning a blind eye to the suffering of others. *Psychological Science*, 19, 1315-1322.

## **Selected Invited Talks and Conference Presentations**

1. Kogan, A. (2013). From virtue to vice: Cardiac vagal tone's non-linear relationship with actual and perceived prosociality. Paper presented at the Annual Society for Personality and Social Psychology Conference, New Orleans, LA.
2. Kogan, A., Gruber, J., & Mauss, I.B. (2012). More is not always better: Moderation not maximization of cardiac vagal tone predicts greatest prosociality. Paper presented at the Annual Convention for the Association of Psychological Science, Chicago, IL.
3. Kogan, A., Gruber, J., & Mauss, I.B. (2012). More is not always better: Moderation not maximization of cardiac vagal tone predicts greatest prosociality. Paper presented at the Annual Convention for the Association of Psychological Science, Chicago, IL.
4. Muise, A., Impett, E. A., Kogan, A., & Desmarais, S. (2012). Keeping the spark alive: Being motivated to meet a partner's sexual needs sustains sexual desire in

- long-term romantic relationships. Paper presented at the International Association for Relationship Research, Chicago, IL.
5. Weintraub, M., Gordon, A.M., Kogan, A., Impett, E., Oveis, C., Keltner, K. (2012). Prosocial Buffers for Partners of Manic Individuals. Poster presented at the Annual Society for Personality and Social Psychology Conference, San Diego, CA.
  6. Kogan, A. (2011). From Virtue to Vice: Cardiac Vagal Tone's Non-linear Relationship with Prosociality. Invited talk at the University of Toronto.
  7. Kogan, A. (2011). Trust, Love, and Positivity: Three Spotlights on Prosocial Processes and Well-being. Invited talk at the University of Toronto.
  8. Kogan, A. (2011). Intuitive Gene Detectors. Paper presented at the University of Hong Kong Research 3MT Research Competition, Hong Kong.
  9. Kogan, A., Le, B., Hui, B., Impett, E.A., & Cheng, C. (2011). Beyond romance: Individual and cultural differences in the value and experience of different types of love. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
  10. Kogan, A. (2011). Beyond romance: Individual and cultural differences in the value and experience of different types of love. Poster presented at the University of Hong Kong Research Postgraduate Conference, Hong Kong.
  11. Gruber, J., Kogan, A., Murray, G., & Mennin, D (2011). An experience-sampling approach to positive emotion dysregulation in bipolar disorder and major depression. June Gruber (Chair), *A Transdiagnostic Approach to Positive Emotion and Reward Dysregulation*. Society for Research in Psychopathology (SRP), Boston, MA.
  12. Dutra, S., Gruber, J., West, T., Oveis, C., Impett, E., Kogan, A., & Keltner, D. (2011, January) Can my happiness be bad for you? Mania symptoms and emotion communication in romantic couples. Poster presented at the Emotion Preconference of the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
  13. Weintraub, M., Gordon, A.M., Kogan, A., Impett, E., Oveis, C., Keltner, K. (2011). Prosocial Buffers for Partners of Manic Individuals. Poster presented at the Twenty-Fifth Annual Society for Research in Psychopathology Conference, Boston, MA.
  14. Kogan, A., & Oveis, C. (2010) Reading kindness through a glance: A thin slicing investigation of the vagus nerve, prosocial detection, and the impact of culture.

Paper presented at the 20<sup>th</sup> Congress of the International Association for Cross-Cultural Psychology, Melbourne, Australia.

15. Kogan, A. Impett, E.A., Oveis, C., Bryant, H., Castle, E., & Keltner, D. (2010) Motivated to love: A daily diary investigation of communal strength, sacrifice, and positive outcomes in romantic relationships. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV. [*Received honorable mention for the Best Graduate Student Poster Award*]
16. Gordon, A.M., Impett, E.A., Kogan, A., Oveis, C., & Keltner, D. (2010). Appreciation in romantic relationships: The unique contributions of feeling appreciative and feeling appreciated. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
17. Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2010). You're simply the best! Appreciation and relationship quality. Paper presented at the Annual meeting of the Berkeley-Stanford Graduate Conference, Palo Alto, California.
18. Impett, E. A., & Kogan, A. (2010, January). The intrinsic benefits of genuine sacrifice in romantic relationships: Insights into human prosociality. Brief "data blitz" presented at the Relationship Researchers Interest Group (RRIG) preconference at the Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
19. Kogan, A., Impett, E.A., Oveis, C., Li, A., Hui, B., Lai, W. W. K., Cheng, C. & Keltner, D. (2009, May). Loving in abundance: A diary investigation of different types of love. Poster presented at the Annual Meeting of the Association for Psychological Science, San Francisco, CA.
20. Kogan, A. (2008, May). Down the rabbit hole: A unified theory of love. Paper presented at the Haas Scholars Research conference, Berkeley, CA.
21. Liu, M. Y., Oveis, C., Kogan, A. B., & Keltner, D. (2007, June). The effects of trait- and state-based power. Poster presented at the Conference for Emotional Capabilities in Organizations: The Influence of Context and Culture, INSEAD, Fontainebleau, France.
22. Oveis, C., Liu, M. Y., Kogan, A., & Keltner, D. (2008, January). Power and status are conveyed in dominant and submissive laughter. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

23. Liu, M. Y., Oveis, C., Kogan, A., & Keltner, D. (2007, January). Dominant and submissive laughter in a hierarchical setting: The effects of trait- and state-based power. Poster presented at the Emotion Preconference of the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
24. Oveis, C., Gruber, J., Kogan, A., Liu, M. Y., Keltner, D., Boyce, W. T., & Stamper, J. L. (2007, January). Thin slices of child and family temperament. POSTER/PAPER presented at the Emotion Preconference of the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.

## Teaching

University of Cambridge (2012-present)

- Social Psychology (second year course)
- Introduction to Psychology (first year course)
- Experimental Psychology (second year course)
- Current issues in Psychology (MPhil course)
- Regressions in R (MPhil and PhD course)

## Select Press Coverage

BBC: [Social gene spotted in 20 seconds, says researchers](#)

CNN: [Is empathy in our genes?](#)

Time: [Telltale signs you've got the 'love hormone' gene?](#)

MSNBC: [Empathy may be in your genes—and on your face](#) and [Strangers spot people with compassionate genes in seconds](#)

Discover Magazine: [OXTR gene produces differences in kind behaviour that people can spot in 20 seconds](#)

US News and World Report: [Does a gene make people seem kinder?](#)

Huffington Post: [A kindness gene? Researchers say caring, trustworthiness may be in our DNA](#)

New Scientist: [Single gene can make you appear kinder](#)

LiveScience: [Strangers spot people with compassionate genes in seconds](#)

WebMD: [Body language reveals 'Empathy Gene'](#)

Health.com: [Is Empathy in Our Genes?](#)

Vancouver Sun: [Being a jerk could be in your genes](#)

Canada.com: [Being a jerk could be in your genes](#)

World News Australia: [Single gene can make you appear kinder](#)

Nine News MSN: [Strangers can spot 'kindness' gene: study](#)



Sidney Morning Herald: [Gene linked to kindness](#)  
Herald Sun: [Strangers can spot 'kindness' gene: study](#)  
News.com.au: [Strangers can spot 'kindness' gene: study](#)

## **Graduate Students and Postdoctoral Fellows**

### Current Postdocs

- Laura Vuillier
- Joseph Chancellor

### Current Ph.D. Students

- Youyou Wu
- Mary Fan Zhang
- Maurice Yearwood
- Bryant Hui
- Sai Li
- Rui Sun

### Current MPhil Students

- Sandrine Mueller
- Esther Ng

### Former Postdocs

- Ilmo van der Löwe

### Former M.Phil Students

- Youyou Wu (currently Ph.D. student at the University of Cambridge)
- Nishtha Lamba (currently Ph.D. student at the University of Cambridge)

## **Professional Activities**

### Ad Hoc Reviewer

*Psychological Science*  
*Journal of Personality and Social Psychology*  
*Social Cognitive and Affective Neuroscience*  
*Clinical Psychological Science*  
*Journal of Experimental Social Psychology*  
*Journal of Experimental Psychology: General*  
*Personality and Individual Differences*  
*Hormones and Behavior*  
*Social Psychological and Personality Science*

*Personality and Social Psychology Bulletin*  
*Psychology, Public Policy, and Law*  
*Psychoneuroendocrinology*

Professional Affiliations

*Society for Personality and Social Psychology (SPSP)*  
*Association for Psychological Science (APS)*  
*American Association for the Advancement of Science (AAAS)*