

Xinyu Pan

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EDUCATION

The University of Hong Kong , Department of Psychology, Hong Kong <i>Ph.D. Candidate in Social Psychology</i>	09/2021 – Present
Peking University , School of Psychological and Cognitive Science, Beijing, China <i>M.S. in Social and Cultural Psychology</i>	09/2018 – 07/2021
Shanghai University , Department of Philosophy, Shanghai, China <i>B.A. in Philosophy</i>	09/2014 – 07/2018
East China Normal University , School of Psychological and Cognitive Science, Shanghai, China <i>B.S. in Psychology (Minor Degree)</i>	09/2016 – 07/2018

RESEARCH INTERESTS

General Areas: Behavior science; Social cognition and perception; Social behavior

Current topics: Emotion, social crowding, social media, prosocial behaviors, social interaction, well-being, health

Techniques: Behavioral experiments, natural language processing, experience sampling, field study, intervention

Applications: Positive psychology intervention, health behaviors, consumer behaviors, urban planning, social media use

PUBLICATIONS (Abstracts in the Appendix)

- **Pan, X.**, & Jiang, T. (2023). Awe fosters global self-continuity: The mediating effect of global processing and narrative. *Emotion*, 23(6), 1618–1632. <https://doi.org/10.1037/emo0001187>
- **Pan, X.**, Hou, Y., & Wang, Q. (2023). Are we braver in cyberspace? Social media anonymity enhances moral courage. *Computers in Human Behavior*, 148, 107880. <https://doi.org/10.1016/j.chb.2023.107880>
- Hou, Y., **Pan, X.**, & Wang, Q. (2022). Remembering online and offline: the effects of retrieval contexts, cues, and intervals on autobiographical memory. *Memory*, 30(4), 441–449. <https://doi.org/10.1080/09658211.2021.1953078>
- **Pan, X.**, Jiang, T., Yuan, W., Hao, C., Yang, B., & Keltner, D. (2023). A Balanced Mind: Awe Fosters Equanimity and Its Implications for Well-Being. *Journal of Personality and Social Psychology*. (Submitted for Initial Review)
- **Pan, X.**, & Chen, Z. (2023). Less Human in Herds: Social Crowding Contributes to Dehumanization. *Psychological Science*. (Submitted for Initial Review)
- **Pan, X.**, & Jiang, T. (2023). A Tale of Self-Transcendence: Awe Fosters Optimism. *Journal of Positive Psychology*. (Submitted for Initial Review)
- Jiang, T., **Pan, X.**, & Chen, Z. (2023). Empathy Mediates the Relationship between Materialism and Prosocial Tendency: The Moderating Role of Self-Concept Clarity. *Personality and Individual Difference*. (Submitted for Initial Review)

SELECTED WORKING PAPERS AND WORK IN PROCESS

- **Pan, X.**, Jiang, T., Awe activates positive coping strategies: The mediating effect of temporal distancing.
- **Pan, X.**, Chen, Z., Awe reduces objectification via humility.
- **Pan, X.**, Chen, Z., Humility fosters humor appreciation.
- **Pan, X.**, Chen, Z., Social crowding inhibits self-control.
- **Pan, X.**, Chen, Z., Social crowding fuels prejudice.
- **Pan, X.**, Chen, Z., Environmental diversity enriches humanness.

CONFERENCE PRESENTATIONS

Pan, X., Jiang, T. Awe Fosters a Balanced Mind, *2021 Society for Personality and Social Psychology Annual Convention (SPSP, 2021)*. *Virtual*.

Pan, X., Chen, Z. Social Crowding Leads to Dehumanization, *2023 Society for Personality and Social Psychology Annual Convention (SPSP, 2023)*, Atlanta, US.

SELECTED GRANT

Grant in the Role of a Co-Investigator

HKU Seed Fund for Basic Research. *Effects of awe on objectification and aggression: Humility as a mechanism* (PI: Dr. Z. Chen; Co-I: Ms. **X. Pan**; 01-07-2022 to 30-06-2024; HK\$61,500; ref. no. 201910159277).

- **Duties included:** Conceptualization, experimental design, data collection & analysis, and manuscript writing.

Grant in the Role of a Project Coordinator

John Templeton Foundation. *Getting at the heart of cross-cultural differences in generosity: Explaining how individual, contextual, and cultural factors shape prosocial behavior* (PI: Dr. Zhansheng Chen; 01-01-2018 to 30-9-2020; amount: US\$210,804; ref. no. 60953)

- **Duties included:** Experimental design, data collection & analysis.

Hong Kong Research Grant Committee's General Research Fund (GRF). *Mind deprivation, instrumentality, and crowdedness: Social crowding contributes to objectification* (PI: Dr. Zhansheng Chen; 01-01-2021 to 31-12-2023; HK\$640,000; ref. no. 17619720)

- **Duties included:** Conceptualization, Experimental design, data collection & analysis, and manuscript writing.

SELECTED AWARDS & SCHOLARSHIPS

- Summer Institution in Social and Personality Psychology (SISPP), SPSP, Travel Award 2023
- Graduate School Scholarship for Academic Excellence, Peking University 2020
- National Scholarship for Outstanding Student in Basic Discipline, Ministry of Education of PRC 2016 – 2018

ACADEMIC EXPERIENCE

Graduate Researcher 09/2021 – Present
Supervisor: Zhansheng Chen, Department of Psychology, The University of Hong Kong, Hong Kong

Project: The Psychological Impact of Social Crowding

- Project Goal: We investigate the psychological and behavioral consequences of social crowding.
- Methodology involved: Natural language processing, field study, experimental moderation design, etc.
- Preliminary Findings: Social crowding leads to dehumanization, increases aggression, and decreases prosociality.

- Duties included: Conceptualization, leading the project, experimental design, data analysis, and manuscript writing.

Project: The Psychological Benefits of Humility

- Project Goal: We propose a four-process model of humility and explore the psychological benefits of humility.
- Hypothesis: Humility fosters the sense of humor (i.e., humor appreciation, humor production, and humor sharing) by increasing benign appraisal, and has implications on interpersonal liking.
- Preliminary Findings: Humility is positively associated with and predicts humor appreciation.
- Duties included: Conceptualization, leading the project, experimental design, data analysis, and manuscript writing.

Research Assistant

03/2020 – Present

Supervisor: Tonglin Jiang, School of Psychological and Cognitive Sciences, Peking University, Beijing

Project: Awe Fosters a Balanced Mind

- Project Goal: We suggest a new perspective to understand the psychological benefits of awe.
- Hypothesis: Awe fosters equanimity via temporal distancing, which in turn has implications for psychological and physical well-being.
- Methodology involved: Intervention, experience sampling method, EEG, cross-cultural research, text analysis.
- Duties included: Conceptualization, leading the project, experimental design, data analysis, and manuscript writing.

Graduate Researcher

09/2018 – 07/2021

Supervisor: Qi Wang, Department of Human Development, Cornell University, Ithaca, New York
Yubo Hou, School of Psychological and Cognitive Sciences, Peking University, Beijing

Project: The Effect of Retrieval Contexts and Cues on Autobiographical Memory

- Project Goal: Explore the impact of retrieving context on the accuracy of autobiographical memories.
- Hypothesis: Memories retrieved online are more accurate and more fixed over time than those retrieved offline.
- Duties included: Leading the project, experimental design, data analysis, and manuscript writing.

OTHER EXPERIENCES

Teaching Assistant (Department of Psychology, The University of Hong Kong, Hong Kong)

- Fundamentals of Social Psychology (PSYC 2020A) Fall 2022
- Fundamentals of Social Psychology (PSYC 2020B) Spring 2023

Intern (Leadership APP Development Project, Tencent, Beijing)

05/2019 – 11/2019

- Summarized the iceberg model of leadership among Chinese leaders based on semi-structured interviews with 10 CEOs of the Internet industry and developed psychological scales of leadership, personality, and emotional intelligence.
- Constructed percentile norm based on 4000 samples from local Internet companies.
- Successfully launched the APP with more than 50,000 users by far.

REFERENCES

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APPENDIX: SELECTED ABSTRACTS

Pan, X., & Jiang, T. (2023). Awe fosters global self-continuity: The mediating effect of global processing and narrative. *Emotion, 23*(6), 1618–1632. <https://doi.org/10.1037/emo0001187>

Awe is a self-relevant emotion, but whether and how awe impacts global self-continuity (GSC), a sense of connectedness among past, present, and future selves, has never been investigated. In six studies ($N = 1,384$), we examined the relationship between awe and GSC, as well as the mechanisms underlying this relationship, with both correlational and experimental design. We found awe positively associated with (Studies 1 and 3) and predicted (Studies 2 and 4–6) GSC. Moreover, we found that global processing (processing information in a general and big-picture way) and narrative (depicting one's life as a story) serially mediated the relation (Studies 3–6). The effect of awe on GSC and the mediating effect of global processing and narrative could not simply be attributed to awe is predominantly positive (Studies 3, 4, and 6), and the model also holds for awe brought by threatening experience (Study 5). These findings enrich the literature about the way awe affects self-concept.

Pan, X., Hou, Y., & Wang, Q. (2023). Are we braver in cyberspace? Social media anonymity enhances moral courage. *Computers in Human Behavior, 148*, 107880. <https://doi.org/10.1016/j.chb.2023.107880>

The literature has established accumulated evidence on the negative consequences of social media anonymity on behaviors online (e.g., cyber-aggression). Yet the potential benefits of social media anonymity have been largely overlooked, especially when it comes to prosociality. In four studies, we examined the facilitating effect of perceived social media anonymity on online moral courage. We first tested and confirmed the relation of perceived social media anonymity to online moral courage in a correlational study (Study 1) and an experimental study (Study 2). We then tested and revealed the mediating role of perceived risk and the moderating role of moral meaningfulness in the relation between perceived anonymity and moral courage (Study 3). We further used social media behavioral data to examine the association between social media anonymity and moral courage in an ecologically valid context (Study 4). Our findings enrich the research of moral psychology and social media studies by providing the first experimental evidence for the prosocial effect of social media anonymity. They further have important implications for website interface design, social activism, as well as intervention programs to promote constructive civil engagement online.

Hou, Y., **Pan, X.**, Cao, X., & Wang, Q. (2022). Remembering online and offline: the effects of retrieval contexts, cues, and intervals on autobiographical memory. *Memory, 30*(4), 441–449. <https://doi.org/10.1080/09658211.2021.1953078>

The current study examined the impact of social media as a retrieval context (in contrast to private recall) on the retention of autobiographical memory. At session 1, participants ($N = 177$) generated recent life events in response to cue words and then described the event details as if they were writing about the events either on WeChat or in their diaries. They received a surprise memory test for the events at session 2 either one week or two weeks later, either with or without the original cue words. Participants in the WeChat condition recalled less consistent memories between the two sessions than those in the diary condition, especially when the memory test took place at the one-week interval and when there were no cues to assist recall at the two-week interval. It appears that memories recalled on social media are subject to greater reconstruction in subsequent offline recall, and that the timing of recall and the presence of memory cues interact with the reconstructive process. These findings shed new light on autobiographical remembering in the digital age.

Pan, X., Yuan, W., Hao, C., Jiang, T., Yang, B., & Keltner, D. (2023). A Balanced Mind: Awe Fosters Equanimity and Its Implications for Well-Being. *Journal of Personality and Social Psychology*. (Submitted for Initial Review)

Here we document a new psychological benefit of awe, that its brief experience enhances equanimity, defined as a balanced state of mind or openness toward all experiences. We also provide evidence showing that temporal distancing mediates the relationship between awe and equanimity across six studies, using a mix of experimental, experience sampling, big data analytics, and intervention methods. In Studies 1 and 2, induced awe increased equanimity, indexed by the self-report scale (Study 1), and a decrease in emotional reactivity (Study 2). In Studies 3–5, awe increased equanimity via temporal distancing. This effect persisted beyond self-diminishment (i.e., feeling self as small and insignificant) and proved to be cross-culturally reliable (Study 4). An analysis of almost 200,000 posts on social media (Study 5) revealed that the proposed mediation model manifested in ecologically rich contexts. Finally, in a five-day brief awe intervention (Study 6), awe increased psychological and physical well-being, with equanimity accounting for these benefits. Taken together, these findings reveal how awe cultivates a balanced state of mind by shifting temporal perspective upon the events of life.

Pan, X., & Chen, Z. (2023). Less Human in Herds: Social Crowding Contributes to Dehumanization. *Psychological Science*. (Submitted for Initial Review)

As industrialization and urbanization process, more and more people are moving to cities and towns, making social crowding a common situation in daily life. We examined how social crowding undermines people's perceptions of others' humanness i.e., dehumanization. We tested this in five studies ($N = 852$). In Study 1, we form a corpus of more than 80,000 posts ($N = 81,093$ users) on social media and used natural language processing to test the association between social crowding and mind perception as expressed in a real-world setting. In Study 2, we conducted an experimental study to provide causal evidence for the effect of social crowding on dehumanization. In Studies 3 and 4, we replicated the main effect of social crowding on dehumanization, and most importantly, examined the mediating effect of social avoidance on both the trait level and state level. In Study 5, using experimental moderation design, we conducted a 2 (social crowding: crowded vs. control) * 2 (social avoidance: enhanced social avoidance vs. inhibited social avoidance) study to further confirm the mediating role of social avoidance and found that changing people's sense of social avoidance could alter the effect of social crowding on dehumanization. The findings of five studies consistently supported our hypothesis.