

MIA JOVANOVA

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(she/her)

EDUCATION

Annenberg School for Communication, University of Pennsylvania Expected, May 2023
 Communication Neuroscience Lab
 Ph.D. Candidate in Communication

Committee: Drs. Emily B. Falk (chair), David M. Lydon-Staley, Duncan J. Watts
 Dissertation: A person-specific approach to study health behavior

Annenberg School for Communication, University of Pennsylvania 2020
 M.A. in Communication

Department of Communication, Cornell University 2017
 B.S. in Communication, Summa Cum Laude
 Health, science, and environment track with distinction in research
 Minor in Spanish

RESEARCH INTERESTS

Health Psychology | Behavior change | Intensive mobile sampling | Person-specific models |
 Social Neuroscience | Digital biomarker development | Generalizability and replicability

PEER REVIEWED PUBLICATIONS

7. Zhou, D., Kang, Y., Cosme, D., **Jovanova, M.**, He, X., Mahadevan, A., Stanoi, O., Brynlidsen J, K., Cooper, N., Cornblath, E., Parkes, L., Mucha, P. J., Ochsner, K. N., Lydon-Staley, D.M., Falk, E., Bassett, D. S. (2023). Mindfulness promotes control of brain network dynamics for self-regulation and discontinues the past from the present. *Proceedings of the National Academy of Sciences*. 120(2). doi.org/10.1073/pnas.2201074119
6. **Jovanova, M.**, Falk, E. B., Pearl, J. M., Pandey, P., Brook O'Donnell, M., Kang, Y., Bassett, D. S., Lydon-Staley, D. M. (2022). Brain system integration and message consistent health behavior change. *Health Psychology*, 41(9), 611-620. doi.org/10.1037/hea0001201
5. McGowan, A. L., PhD, Sayed, F., Boyd, Z. M., **Jovanova, M.**, Kang, Y., Speer, M., et al., (2022). Dense sampling approaches for psychiatry research: Adventures with scanners and smartphones. *In press at Biological Psychiatry*. doi.org/10.1016/j.biopsych.2022.12.012
4. Kang, Y, Cosme, D., Lydon-Staley, D., Ahn, J., **Jovanova, M.**, Corbani, F., et al. Purpose in life, neural alcohol cue reactivity and daily alcohol use in social drinkers. (2022). *Addiction* doi.org/10.1111/add.16012

3. **Jovanova, M.**, Skurka, C., Byrne, S., Kalaji, M., Greiner Safi, A., Porticella, N., Mathios, D. A., Avery, J. R., Dorf, C. M., Niederdeppe, J. (2021). Should graphic warning labels proposed for cigarette packages sold in the United States mention the Food and Drug Administration? *Nicotine and Tobacco Research*, 23(2), 402-406. doi.org/10.1093/ntr/ntaa142
2. McGowan A. L., Parkes L, He X, Stanoi O., Kang Y., Lomax S., **Jovanova M.**, Mucha P. J., Ochsner K. N., Falk E. B., Bassett D. S., Lydon-Staley D. M. (2021). Controllability of structural brain networks and the waxing and waning of negative affect in daily life. *Biological Psychiatry Global Open Science*, 1(1). doi.org/10.1016/j.bpsgos.2021.11.008
1. Scholz, C., **Jovanova, M.**, Baek, E., & Falk, E. B. (2020). Media content sharing as a value-based decision. *Current Opinion in Psychology*, 31, 83-88. doi.org/10.1016/j.copsyc.2019.08.004

MANUSCRIPTS UNDER REVIEW

4. Langrock, I., & **Jovanova, M.** Gender gaps in Communication's Open Science movement. (*Under review*). Preprint: <https://ssrn.com/abstract=4283210>.
3. **Jovanova, M.**, Cosme, D., Doré, B., Kang, Y., Stanoi, O., Cooper, N., Helion, C., Lomax, S., McGowan, A. L., Boyd, Z., Bassett, D. S., Mucha, P. J., Ochsner, K. N., Lydon-Staley, D. M., Falk, E. B. (*Under review*). Psychological distance intervention reminders reduce alcohol consumption frequency in daily life. Preprint: doi.org/10.31234/osf.io/yw7s3
2. Cosme, D., Kang, Y., Tartak, J. C., Ahn, J., Corbani, F. E., Cooper, N., Doré B., He X., Helion C., **Jovanova M.**, Lomax, S., Mahadevan A S., McGowan A, L., Paul, A., Pei R. et al., (*Under review*). Study protocol: Social Health Impact of Network Effects (SHINE) Study. Preprint: doi.org/10.31234/osf.io/cj2nx.
1. Sayed, F., McGowan, A. L., **Jovanova, M.**, Cosme, D., Kang, Y., Stanoi, O., Ochsner, K. N., Mucha, P. J., Bassett, D., Falk, E. B., Lydon-Staley, D. M. (*Under review*). Momentary associations between affect and alcohol use in the daily lives of college students. Preprint: <https://psyarxiv.com/a7cgu>.

PRE-REGISTRATIONS

Decoding how the brain tracks peer drinking behavior in social groups. Link: <https://osf.io/btny3>
 Gender gaps in Communication's Open Science movement. Link: <https://osf.io/538rx>
 A person-specific approach to study health behavior. Link: <https://osf.io/bmxsr/>

AWARDS AND HONORS

Top Paper Award, International Communication Association (CSAB)	2023
James D. Woods Award for Outstanding Graduate Teaching, University of Pennsylvania	2022
Russell Ackoff Doctoral Fellowship, Wharton Risk Management and Decision Processes	2021
Top Paper Award, International Communication Association (CSAB)	2020
Student Travel Award, International Communication Association	2018
Academic Excellence Award, highest Communication major GPA, Cornell University	2017
SUNY Chancellor's Nomination for Student Excellence, Cornell University	2017

 INVITED TALKS

- Tutorial on Open Science practices and pre-registrations
 Summer Institute in Computational Social Science, Imperial College, London, England Summer, 2022
- Brain system integration and message consistent changes in physical activity Spring, 2022
 Women in Network Science Seminar Series, virtual
- Effects of psychological distance interventions on drinking Fall, 2021
 Self-regulation, emotion and attention lab, University of Reading, virtual

 CONFERENCE PRESENTATIONS

***Top paper award**

16. **Jovanova M.**, Pandey, P., Schwarze, A., Kang Y., Cosme D., Bassett D.S., Ochsner, K. N., Mucha, P. J., Lydon-Staley, D.M., Falk, E.B. A person-specific approach to study health behavior: proof of concept with alcohol use. (May, 2023). Talk forthcoming at the International Communication Association, Communication Science & Biology interest group, Toronto, Canada
15. **Jovanova, M.**, Cosme, D., Stanoi, O., Helion, C., Doré, B., Kang, Y., Cooper, N., Brynildsen, K., Lomax, S., McGowan, A., Lydon-Staley, D. M., Ochsner, K. N., Bassett., D. B., Falk, E.B. Decoding how the brain tracks peer drinking behavior in social groups. (May, 2022). Talk presented at the International Communication Association, Communication Science & Biology interest group, Paris, France
14. **Jovanova, M.**, Stanoi, O., Scholz, C., Lydon-Staley, D.M., Kang, Y., Cooper, N., Cosme, D., Doré, B., Mucha, P.J., Ochsner, K. N., Bassett, D.S., Falk, E.B. (May, 2021). Brain responses to peers moderate peer influence effects on drinking. Talk presented at the International Communication Association, Communication Science & Biology interest group, virtual conference
13. **Jovanova, M.**, Stanoi, O., Scholz, C., Lydon-Staley, D.M., Kang, Y., Cosme, D., Doré, B., Mucha, P. J., Ochsner, K. N., Bassett, D. S., Falk, E. B. (May, 2021) Social network position and susceptibility to conversational influence on drinking. Talk presented at the International Communication Association, Health Communication division, virtual conference
12. **Jovanova, M.**, Stanoi, O., Scholz C., Lydon-Staley, D. M., Cooper N., Doré, B., Kang, Y., Cosme, D., Bassett, D. S., Mucha, P. J., Ochsner, K. N., Falk, E. B. (April, 2021). Social influence susceptibility on real-world drinking and mentalizing and reward brain responses. Talk and poster presented to the Social Affective Neuroscience Society, virtual conference

* **Top paper award** ([paper profile](#))

11. **Jovanova, M.**, Lydon-Staley, D. M., Pearl J., O'Donnell, M.B., Pandey, P., Kang, Y., Bassett D. B., Falk, E.B. (May, 2020). Default mode and salience brain network integration during messaging predicts health behavior change. Talk presented at the International Communication Association, Communication Science & Biology interest group, virtual conference

10. **Jovanova, M.**, Dore, B., Lydon-Staley, D. M., Stanoi, O., Cooper, N., Kang, Y., Helion, C., Mucha P., Oschner, K., Bassett. D. B., Falk, E. B. (May, 2020). A smartphone-based intervention: Using mindfulness and perspective-taking to reduce drinking. Talk presented at the International Communication Association, Health Communication division, virtual conference

9. **Jovanova, M.**, Scholz, C., Baek. E., O'Donnell, M.B., Falk, E.B. Neural mechanisms of health information propagation on social media. (September, 2019). Poster presented at the annual meeting of the European Health Psychology Society, Dubrovnik, Croatia

8. **Jovanova, M.**, Lydon-Staley, D. M., Pearl J., O'Donnell, M. B., Pandey, P., Kang. Y., Bassett D., Falk, E.B. (May, 2019). Functional connectivity between salience and self-related networks is associated with message-consistent cognitions and health behavior change. Poster presented at the annual meeting of the Social Affective Neuroscience Society, Miami, United States

7. **Jovanova, M.**, Byrne, S., Skurka, C., Kalaji, M., Greiner Safi, A., Porticella, N., Mathios, D.A., Avery, J.R., Dorf, C.M., Niederdeppe, J. (2018). Should graphic warning labels proposed for cigarette packages sold in the United States identify the Food and Drug Administration? Talk presented at the International Communication Association Conference, Health Communication division, Prague, Czech Republic

6. Langrock, I., & **Jovanova, M.** Open Science, Equal citations? (May, 2022). Investigating gendered citation practices within Open Science and Communication Research. Talk presented at the International Communication Association Conference, Computational Methods division, Paris, France

5. Brynildsen D., Zhou, D., Cosme, D., **Jovanova M.**, He X., Mucha P. J., Ochsner, K., N., Lydon-Staley. D. M., Falk, S. B., Bassett, D. S. (Nov, 2022). Talk presented at the Society for Neuroscience, San Diego, United States

4. Zhou, D., Kang, Y., Cosme, D., **Jovanova, M.**, He, X., Mahadevan, A., Stanoi, O., Brynildsen J, K., Cooper, N., Cornblath, E., Parkes, L., Mucha, P. J., Ochsner, K. N., Lydon Staley, D. M., Falk. E. B., Bassett, D. S. (June, 2022). Mindfulness promotes control of brain network dynamics for self-regulation and discontinues the past from the present. Talk presented at the Organization of Human Brain Mapping, Glasgow, Scotland

3. Kang., Y., Cosme, D., Ahn. J., Strecher, V., Lydon-Staley, D., Corbani, F., **Jovanova, M.**, Stanoi, O., Lomax, S., Ochsner, K. N., Mucha, P. J., Bassett, D. S., & Falk., E. B. (May, 2022). Alcohol cue reactivity in the ventral Striatum and daily purpose in life moderate the relationship between alcohol craving and consumption in college students. Talk presented at International Communication Association Conference, Communication Science & Biology interest group. Paris, France
2. Stanoi, O., **Jovanova, M.**, Speer M, Doré, B., Lydon-Staley, D. M., Bassett D. S., Mucha, P.J., Falk, E. B., Ochsner, K. N. (April, 2021). Social outcomes of emotion regulation. Talk presented at the Society for Affective Science, virtual conference.
1. Stanoi, O., Lee, E., Speer M.E., **Jovanova, M.**, He, X., Bassett, D. S., Mucha, P. J., Falk, E.B., Ochsner, K. N. (April, 2021). A 3-layer model of social groups: Friendship, leadership, and emotion sharing networks. Talk and poster presented at the Social Affective Neuroscience Society, virtual conference.

TEACHING

University of Pennsylvania

Outstanding graduate teaching award*

Head teaching fellow, Networked Life

Fall, 2021

Instructor: Dr. Duncan J. Watts

Teaching fellow, The Communication Research Experience

Fall, 2019

Instructor: Dr. Emily B. Falk

Cornell University

Teaching fellow, Introduction to Research Methods

Fall 2015, 2016

Instructors: Drs. Sahara Byrne & Mary Beth Deline

SERVICE

Volunteering

Penn Mindcore Diversity Initiative Mentor

Cornell Ucomm Professional Development Mentor

Student Planning Committee, International Communication Association

Ad Hoc Review

Human Brain Mapping

Proceedings of the National Academy of Sciences (with Dr. Emily B. Falk)

International Communication Association, Health Communication Division

International Communication, Association, Information Science Division

International Communication Association, Communication & Biology Interest Group (CSAB)

MEMBERSHIP

International Communication Association
 Social Affective Neuroscience Society
 Society for Personality and Social Psychology
 European Health Psychology Society
 Women in Network Science Society

ADDITIONAL TRAINING

The Summer Institutes in Computational Social Science, Imperial College, London, England 2022

SKILLS

Programming Languages: R (advanced), Python (intermediate)

Analysis: randomized experiments, multilevel mixed-effects models, intensive mobile sampling, network analysis, machine learning, geospatial data analysis, online surveys and web experiments, web scraping, functional neuroimaging (univariate, multivariate and connectivity analysis)

REFERENCES

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University of Pennsylvania

Annenberg School for Communication

Department of Psychology

Wharton Marketing Department

Wharton Operations, Information and Decisions Department

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Leonard Davis Institute of Health Economics

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Wharton Operations, Information and Decisions Department

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Department of Computer and Information Science at the School of Engineering and Applied Science

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Department of Mathematics