

CURRICULUM VITAE

1. PERSONAL DETAILS AND DATE OF THE CURRICULUM VITAE

02.09.2023

Jaakko Tammilehto
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Last Name	Tammilehto
First Names	Jaakko, Matti, Olavi
Date and place of birth	19 July 1991, Helsinki, Finland
Citizenship	Finnish

2. DEGREES

MA in Psychology	08/2015– 01/2018
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Faculty of Medicine, University of Helsinki

Master's Thesis	Laudatur
<i>“Association of personality with life satisfaction in people with chronic disease – coping as a mediator”</i>	
Advanced Studies	Excellent (GPA=4.9/5)

BA in Psychology	09/2011– 08/2015
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Faculty of Behavioral Sciences, University of Helsinki

Bachelor's Thesis	Excellent (5/5)
<i>“Caregivers of people with severe mental illness: Psychological well-being and associated factors”</i>	
Basis Studies	Very Good (GPA=4.1/5)
Intermediate Studies	Very Good (GPA=4.4/5)
Method Studies	Excellent (GPA=4.7/5)

Matriculation Examination	08/2007– 12/2010
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Haukilahti general upper secondary school

Overall Grade	Eximia Cum Laude
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DEGREES IN PROGRESS

Doctoral Thesis

“Emotion regulation: From social and cognitive underpinnings to everyday dynamics”

Supervisors: PhD Jallu Lindblom (Tampere University, Finland), emer. prof. Raija-Leena Punamäki-Gitai (Tampere University, Finland), prof. Peter Kuppens (KU Leuven, Belgium)

3. OTHER EDUCATION

Advanced Longitudinal Modeling in Mplus. Utrecht Summer School / Rebecka Kuiper, Ellen Hamaker, Jeroen Mulder, Beth Grandfield	07/2023
Assessment training: A systematic review assessing the effectiveness of intervention studies. Itsenäisyden juhlavuoden lastensäätiö / Marko Merikukka and Lotta Heikkilä, Finland	12/2022
Modeling the dynamics of intensive longitudinal data. Utrecht Summer School / Ellen Hamaker, Laura Bringmann, Oisín Ryan, Noemi Schurmann, and Rebecca Kuiper, Netherlands	08/2022
Complexity Methods for Behavioural Science: A Toolbox for Studying Change. Radboud Summer School / Fred Hasselman, Netherlands	07/2021
Modeling the dynamics of intensive longitudinal data. Utrecht Summer School / Ellen Hamaker, Laura Bringmann, Oisín Ryan, Noemi Schurmann, and Rebecca Kuiper, Netherlands	08/2019

4. LANGUAGE SKILLS

Finnish	Native
English	Full professional proficiency
Swedish	Elementary proficiency

5. CURRENT EMPLOYMENT

Whole-time job 07/2023–12/2023	Doctoral researcher funded by a personal grant from The Finnish Cultural Foundation
Part-time job 7/2023–12/2023	Researcher, Psychological treatment, etiology and mental health Research Group (PsyTEAM, PIs: Tom Rosenström & Suoma Saarni). Department of Psychology and Logopedics, Faculty of Medicine, University of Helsinki

6. PREVIOUS WORK EXPERIENCE

5/2023–06/2023	Researcher, Psychological treatment, etiology and mental health Research Group (PsyTEAM, PIs: Tom Rosenström & Suoma Saarni). Department of Psychology and Logopedics, Faculty of Medicine, University of Helsinki
1/2023–04/2023	Researcher, funded by a project grant from Wihuri Foundation (PI: Jallu Lindblom)
9/2022–6/2023	Part-time teacher, Faculty of Social Sciences / Psychology, Tampere University
7/2022–12/2022	Doctoral researcher funded by a personal grant from The Alfred Kordelin Foundation
8/2021–6/2022	Doctoral researcher funded by a personal grant from The Finnish Cultural Foundation
08/2019–07/2021	Doctoral researcher funded by two personal grants from Jutikkala Fund
05/2019–07/2019	Doctoral researcher funded by a personal grant from Otto A. Malm Foundation
01/2019–04/2019	Doctoral researcher, Faculty of Social Sciences / Psychology, Tampere University
04/2018–12/2018	Researcher, Miracles of Development Research Group, Faculty of Social Sciences / Psychology, Tampere University
08/2017–01/2018	Psychologist intern, Early Psychosis Clinic, Helsinki University Hospital
05/2017–06/2017	Research assistant, Copassion Research Group, Faculty of Theology, University of Helsinki
06/2014–07/2017	Care assistant, Psychiatric Inpatient Unit for Disabled, Rinnekoti Foundation
04/2010–01/2014	Shift leader, Lidl Suomenoja, Lidl Commandity Company
01/2012–01/2013	Military service, corporal, boat driver, The Finnish Defense Forces

7. RESEARH FUNDING AND GRANTS

Personal grants for my dissertation

2023	The Finnish Cultural Foundation, 14 000 e
2021	The Alfred Kordelin Foundation, 12 000 e
2019	The Finnish Cultural Foundation, 22 000 e
2019	Jutikkala Fund, 25 000 e
2018	Jutikkala Fund, 25 000 e
2018	Otto A. Malm Foundation, 5 000 e

Project grants as a part of the research group

2022	Wihuri Foundation, 80 000 e Research Project: What Really Matters in Child Development? Principal Investigator: Jallu Lindblom Own role: Participating in writing the grant application and contributing to the conceptual framework of the research project. Named expertise in emotional processes and development as well as early adversities and mental health
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8. RESEARCH OUTPUTS

PEER-REVIEWED SCIENTIFIC PUBLICATIONS

Tammilehto, J., Kuppens, P., Bosmans, G., Flykt, M., Peltonen, K., Vänskä, M., & Lindblom, J. Attachment orientation and dynamics of negative and positive emotions in daily life.

Journal of Research in Personality. <https://doi.org/10.1016/j.jrp.2023.104398>

Own role: developing the conceptual framework, research questions, and hypotheses, preregistering the hypotheses and analysis plan, conducting all statistical analyses and data preparations, writing the article, open publishing the analyses scripts and data

Statistical analyses: dynamic structural equation modeling, multilevel confirmatory factor analyses (e.g., testing the measurement invariance across within- and between-person level and the measurement invariance of the measure between two samples), descriptive statistics for time series data (e.g., stationarity tests, intraclass correlations, within- and between-person level descriptives) Monte Carlo simulations for assessing statistical power (i.e., for dynamic structural equation models)

Tammilehto, J., Flykt, M., Peltonen, Kuppens, P., Bosmans, G., & Lindblom, J. Roles of recalled parenting experiences and effortful control in adult daily emotion regulation.

Cognition and Emotion, 37(4) 795–817. <https://doi.org/10.1080/02699931.2023.2209711>

Own role: developing the conceptual framework, research questions, and hypotheses, conducting all statistical analyses and data preparations, writing the article, open publishing the analyses scripts and data

Statistical analyses: dynamic structural equation modeling, multilevel confirmatory factor analyses (e.g., testing the measurement invariance across within- and between-person level), descriptive statistics for time series data (e.g., stationarity tests, intraclass correlations, within and between-person level descriptives), Monte Carlo simulations for assessing statistical power (i.e., for dynamic structural equation models)

Tammilehto, J., Bosmans, G., Kuppens, P., Flykt, M., Peltonen, K., Kerns, K., & Lindblom, J. (2022). Dynamics of attachment and emotion regulation in daily life: Uni- and bidirectional associations. *Cognition and Emotion*, 36(6), 1109–1131. <https://doi.org/10.1080/02699931.2022.2081534>

Own role: developing the conceptual framework, research questions, and hypotheses, conducting all statistical analyses and data preparations, writing the article, open publishing the analyses scripts and data

Statistical analyses: dynamic structural equation modeling, multilevel modeling, multilevel confirmatory factor analyses (e.g., testing the measurement invariance across within- and between-person level), descriptive statistics for time series data (e.g., stationarity tests, intraclass correlations, within and between-person level descriptives), Monte Carlo simulations for assessing statistical power (i.e., for dynamic structural equation models)

Tammilehto, J., Punamäki, R-L., Flykt, M., Vänskä, M., Heikkilä, L., Lipsanen, J., Poikkeus, P., Tiitinen, A., & Lindblom, J. (2021). Developmental stage-specific effects of parenting on adolescents' emotion regulation: A longitudinal study from infancy to late adolescence.

Frontiers in Psychology, 12, 1572. <https://doi.org/10.3389/fpsyg.2021.582770>

Own role: developing the conceptual framework, research questions, and hypotheses, preregistering the hypotheses and analysis plan, conducting all statistical analyses and data preparations, writing the article, publishing the analyses scripts

Statistical analyses: longitudinal structural equation modeling, confirmatory factor analyses (e.g., testing the measurement time invariance), Monte Carlo simulations for assessing statistical power (i.e., for structural equation modeling)

Punamäki, R. L., **Tammilehto, J.**, Flykt, M., Vänskä, M., Tiiainen, A., Poikkeus, P., & Lindblom, J. (2022). Determinants of adolescent sleep: Early family environment, obstetric factors, and emotion regulation. *Journal of Applied Developmental Psychology*, 80, 101420. <https://doi.org/10.1016/j.appdev.2022.101420>

Own role: conducting statistical analyses and data preparations, writing the article, open publishing the analyses scripts

Statistical analyses: longitudinal structural equation modeling, confirmatory bi-factor analyses

SCIENTIFIC PRESENTATIONS

Tammilehto, J., Peltonen, K., Flykt, M., Vänskä, M., Bosmans, G., Kuppens, P., & Lindblom, J. Adverse childhood experiences predict dynamic emotion features in everyday life.

European Conference on Developmental Psychology. 30.09.2023. Turku. Finland.

Tammilehto, J., Flykt, M., Peltonen, K., Kuppens, P., Bosmans, G., & Lindblom, J. Perceived Childhood Parenting and Effortful Control Predict Daily Emotion Regulation. European Conference on Developmental Psychology. 30.09.2023. Turku. Finland.

Tammilehto, J.. Chair of Symposium: Parenting, Attachment, and Emotion Processing: Insights on Socioemotional Development in Close Relationships during Childhood and Adolescence. European Conference on Developmental Psychology. 30.09.2023. Turku.

Tammilehto, J.. Emotion Regulation in Daily Life. Invited Lecture (invitor: Prof. Sander Koole). Amsterdam University Summer School. 21.07.2023. Amsterdam. Netherlands.

Tammilehto, J., Flykt, M., Peltonen, K., Kuppens, P., Bosmans, G., & Lindblom, J. Significance of perceived childhood parenting and effortful control in selection and implementation of emotion regulation. Finnish Family Research Conference 10.11.2022. Turku, Finland.

Tammilehto, J., Vänskä, M., Peltonen, K., Flykt, M., Bosmans, G., Kuppens, P., & Lindblom, J. Psychometrics of positive and negative emotions in two ecological momentary assessment samples. Finnish Health Psychology Days 03.11.2022. Helsinki, Finland.

Tammilehto, J., Kuppens, P., Bosmans, G., Flykt, M., Peltonen, K., Vänskä, M., & Lindblom, J. Aikuisän kiintymystyyli ja tunteiden jokapäiväinen dynamiikka. Finnish Health Psychology Days 02.11.2022. Helsinki, Finland.

Tammilehto, J., Bosmans, G., Kuppens, P., Flykt, M., Peltonen, K., Kerns, K., & Lindblom, J. Dynamics of state attachment and emotion regulation. Finnish Health Psychology Days. 04.11.2021. Helsinki, Finland.

Tammilehto, J., Punamäki, R-L., Flykt, M., Vänskä, M., Heikkilä, L., Lipsanen, J., Poikkeus, P., Tiiainen, A., & Lindblom, J. Stage-specific effects of parent-child relationships in infancy, middle childhood, and adolescence on adolescents' emotion regulation. Virtual Biannual Meeting of Society for Research in Child Development 15.04.2021

Tammilehto, J., Punamäki, R-L., Flykt, M., Vänskä M., Heikkilä, L., Lipsanen, J., Poikkeus, P., Tiiainen, A., & Lindblom, J. Developmental effects of parenting in infancy, middle childhood, and late adolescence on adolescents' emotion regulation. Biannual Meeting of International Society for Studying Behavioral Development. 25.06.2020. Rhodos, Greece. Accepted presentation, Cancelled due to Covid-19.

Tammilehto, J., Kerns, K., Kuppens, P., Bosmans, G., Flykt, M., Peltonen, K., Huovinen, V., & Lindblom, J. Adult attachment and daily emotion regulation: Strategy selection and effectiveness. Biannual Meeting of Society for Research in Child Development 21.03.2019. Baltimore, United States.

Tammilehto, J., Lindblom, J., Bosmans, G., Kuppens, P., Kerns, K., Peltonen, K., & Flykt, M. Adult attachment and emotion regulation in daily social contexts. 5th Annual Conference and Meeting of the Nordic Attachment Network 20.09.2018. Lund, Sweden.

9. AWARDS AND HONOURS

10. SCIENTIFIC AND SOCIETAL IMPACT

PUBLISHED OPEN ACCESS SCIENTIFIC MATERIALS

Analysis scripts and outputs of the Study I of Dissertation (<https://osf.io/b8mqz>)

Data, analysis scripts, and outputs of the Study II of Dissertation (<https://osf.io/u59nd>)

Data, analysis scripts, and outputs of the Study III of Dissertation (<https://osf.io/u59nd>)

Data, analysis scripts, and outputs of the Study IV of Dissertation (<https://osf.io/v6495>)

EXPERT TASKS

Consultative evaluation for emotion regulation measure, Hogrefe Publishing Group

Conducting a systematic review regarding the effectiveness of psychosocial interventions for children and adolescents for Itsenäisyyden juhlavuoden lastensäätiö 2023→

Member of the Test Board of the Finnish Psychology Association 2023–2025

PEER REVIEW

Current Psychology

IN THE MEDIA

<https://www.sttinfo.fi/tiedote/tunteiden-saately-voi-muovata-turvallisuuden-kokemustamme?publisherId=69818730&releaseId=69945138>

<https://www.sttinfo.fi/tiedote/lapsuuden-kokemukset-omista-vanhemmista-saattavat-heijastua-tapoihimme-saadella-tunteita?publisherId=69818730&releaseId=69978937>

11. TEACHING EXPERIENCE

- 8/2022–06/2023 Teaching undergraduate courses developmental psychology I and II: Responsibilities included seminar teaching, course evaluations, and handling practical matters during the course (responsible teacher: Kati Heinonen-Tuomaala). Faculty of Social Sciences / Psychology, Tampere University
- 4/2021–10/2021 Supervising the research training (100 hr) for three psychology undergraduates in the ecological momentary assessment data gathering of Miracles of Development research projects (PI: Jallu Lindblom). Faculty of Social Sciences / Psychology, Tampere University
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12. OTHER

Proficiency in statistical software: R, Mplus, SPSS

Proficiency in data gathering software: M-path
