Personal details

Tammilehto

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Degrees

24.09.2024, Doctor of Philosophy (PhD), Psychology (passed with distinction, highest grade), Doctoral Programme in Psychology and Logopaedics, Faculty of Social Sciences, Tampere University, Tampere, Finland. Kalevantie 4, FI-33014 Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics* https://urn.fi/URN:ISBN:978-952-03-3536-6

18.01.2018, Master of Arts (MA), Psychology (thesis grade: laudatur, highest grade), Faculty of Medicine, University of Helsinki, Helsinki, Finland.

31.08.2015, Bachelor of Arts (BA), Psychology (thesis grade: excellent, highest grade), Faculty of Behavioural Sciences, University of Helsinki, Helsinki, Finland.

Other education

20.08.2024, *Introduction to Causal Inference and Causal Modeling*, Utrecht Summer School, Utrecht, Netherlands. Instructors: Oisín Ryan, Bas Penning de Vries, and Wouter van Amsterdam.

14.07.2023, *Advanced Longitudinal Modeling in Mplus*, Utrecht Summer School, Utrecht, Netherlands. Instructors: Rebecka Kuiper, Ellen Hamaker, Jeroen Mulder, and Beth Grandfield.

18.08.2022, *Modeling the Dynamics of Intensive Longitudinal Data*, Utrecht Summer School, Utrecht, Netherlands. Instructors: Ellen Hamaker, Laura Bringmann, Oisín Ryan, Noemi Schurmann, and Rebecca Kuiper.

09.07.2021, *Complexity Methods for Behavioural Science: A Toolbox for Studying Change*, Summer School, Radboud University, Nijmegen, Netherlands. Instructor: Fred Hasselman.

Language skills

Finnish: Native language.

English: Full professional proficiency.

Swedish: Elementary proficiency.

Current employment

01.01.2026–31.03.2027, postdoctoral researcher (100%), funded by the Finnish Cultural Foundation; research conducted in collaboration with the PsyTEAM research group (PIs: Tom Rosenström & Suoma Saarni). Faculty of Medicine, University of Helsinki. Stage II researcher. Project: *Unlocking Online Anxiety Therapy Dynamics: Decoding Treatment Processes and Mechanisms for Anxiety Disorders*

Previous work experience

01.10.2025–31.12.2025, postdoctoral researcher (50%), HUS. Project: *Unlocking Online Anxiety Therapy Dynamics: Decoding Treatment Processes and Mechanisms for Anxiety Disorders*

01.04.2024–31.12.2025, postdoctoral researcher (50%), Miracles of Development research group, funded by a project grant from the Jenny and Antti Wihuri Foundation (PI: Jallu Lindblom). Faculty of Social Sciences, Tampere University. Project: *What Really Matters in Child Development?*

01.04.2024–30.09.2025, postdoctoral researcher (50%), funded by the Finnish Cultural Foundation; research conducted in collaboration with the PsyTEAM research group (PIs: Tom Rosenström & Suoma Saarni). Faculty of Medicine, University of Helsinki. Project: *Unlocking Online Anxiety Therapy Dynamics: Decoding Treatment Processes and Mechanisms for Anxiety Disorders*

01.04.2024–31.08.2025, postdoctoral researcher (20%; part-time work alongside other funding), PsyTEAM research group, funded by the Research Council of Finland (PI: Tom Rosenström). Faculty of Medicine, University of Helsinki. Project: *Machine-Learned Causal Factors for Psychotherapy*

01.01.2024–30.03.2024, researcher (50%), PsyTEAM research group, funded by the Research Council of Finland (PI: Tom Rosenström). Faculty of Medicine, University of Helsinki. Project: *Machine-Learned Causal Factors for Psychotherapy*

01.07.2023–31.12.2023, doctoral researcher (100%), funded by the Finnish Cultural Foundation. Faculty of Social Sciences, Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.07.2023–31.12.2023, researcher (20%; part-time work alongside other funding), PsyTEAM research group, funded by the Research Council of Finland (PI: Tom Rosenström). Faculty of Medicine, University of Helsinki. Project: *Machine-Learned Causal Factors for Psychotherapy*

01.05.2023–30.06.2023, researcher (100%), PsyTEAM research group, funded by the Research Council of Finland (PI: Tom Rosenström). Faculty of Medicine, University of Helsinki. Project: *Machine-Learned Causal Factors for Psychotherapy*

01.01.2023–30.04.2023, researcher (50%), Miracles of Development research group, funded by a project grant from the Jenny and Antti Wihuri Foundation (PI: Jallu Lindblom). Faculty of Social Sciences, Tampere University. Project: *What Really Matters in Child Development?*

01.09.2022–30.06.2023, part-time teacher, Faculty of Social Sciences, Tampere University.

01.07.2022–31.12.2022, doctoral researcher (100%), funded by the Alfred Kordelin Foundation. Faculty of Social Sciences, Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

31.08.2021–30.06.2022, doctoral researcher (100%), funded by the Finnish Cultural Foundation. Faculty of Social Sciences, Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.08.2019–31.07.2021, doctoral researcher (100%), funded by the Jutikkala Fund. Faculty of Social Sciences, Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.05.2019–31.07.2019, doctoral researcher (100%), funded by the Otto A. Malm Foundation. Faculty of Social Sciences, Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.01.2019–30.04.2019, doctoral researcher (100%), funded by Tampere University. Faculty of Social Sciences, Tampere University. Dissertation: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.04.2018–31.12.2018, researcher (100%), Miracles of Development research group, Faculty of Social Sciences, Tampere University.

01.08.2017–31.01.2018, psychologist intern (100%), Early Psychosis Clinic, HUS.

Research funding and grants

Personal grants: €174,000

Research Team Grants: €210,000

01.04.2024–31.03.2027, personal postdoctoral grant, Finnish Cultural Foundation (€71,000). Project: *Unlocking Online Anxiety Therapy Dynamics: Decoding Treatment Processes and Mechanisms for Anxiety Disorders*

01.07.2023–31.12.2023, personal doctoral grant, Finnish Cultural Foundation (€14,000). Project: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.01.2023–31.12.2025, three-year project grant, Wihuri Foundation (€210,000). Project: *What Really Matters in Child Development*? PI: Jallu Lindblom. Own role: contributed to preparation of the application and development of the conceptual framework; named expertise in emotional processes and development, early adversities, and mental health.

01.07.2022–31.12.2022, personal doctoral grant, Alfred Kordelin Foundation (€12,000). Project: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

31.08.2021–30.06.2022, personal doctoral grant, Finnish Cultural Foundation (€22,000). Project: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.08.2020–31.07.2021, personal doctoral grant, Jutikkala Fund (€25,000). Project: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.08.2019–31.07.2020, personal doctoral grant, Jutikkala Fund (€25,000). Project: *Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

01.05.2019–31.07.2019, personal doctoral grant, Otto A. Malm Foundation (€5,000). Project*: Emotion Regulation: From Social and Cognitive Underpinnings to Everyday Dynamics*

Research supervision and leadership experience

Co-supervisor of one doctoral researcher (Faculty of Social Sciences, Tampere University) and principal supervisor of one master's student (Faculty of Medicine, University of Helsinki).

Teaching merits

01.09.2022–30.06.2023, Teaching undergraduate courses as a responsible teacher: developmental psychology I and II. Responsibilities: seminar teaching, course evaluation, and course administration. Faculty of Social Sciences, Tampere University.

01.04.2021–30.10.2021, Supervisor of research training (100 hours) for three undergraduate psychology students. Responsibilities: supervision of ecological momentary assessment data collection. Faculty of Social Sciences, Tampere University.

Awards and honors

10.04.2025, doctoral dissertation award, University of Tampere Foundation. https://www.tuni.fi/en/news/awards-recognise-teaching-excellence-high-impact-publishing-activities-and-56-outstanding

01.11.2017, master's thesis award, Finnish Psychological Society, Division of Health Psychology

Other key academic merits

Referee for scientific publications in peer-reviewed journals

Development and Psychopathology, *Emotion*, *Personality and Social Psychology Bulletin*, *Journal of Adolescence*, *Cognition and Emotion*, *Current Psychology*, *Motivation and Emotion*.

Memberships and positions of trust in scientific organizations

Board member of the Finnish Psychological Society (2023–2025).

Significant invited international lectures

Tammilehto, J. *Emotion Regulation in Daily Life*. Invited lecture, Amsterdam University Summer School (hosted by Prof. Sander Koole), 21.07.2023, Amsterdam, Netherlands.

Scientific and societal impact

Promoting open science and responsible research practices

Dissemination of open research materials, including nine preregistrations, five datasets, and analysis scripts for all published studies. All materials available at: https://osf.io/8zpyf/

Key positions of trust and expert roles

Member of the test board of the Finnish Psychology Association (2023–2025).

Examiner, Finnish National Matriculation Examination, Psychology (2026–)

Scientific presentations

20 peer-reviewed conference presentations, chair of 8 symposia, 4 invited lectures.

Presentations/chairs during 2026:

1. **Tammilehto, J.,** Saarni, S. E., Mylläri, S., Stenberg, J.-H., Ritola V., Lintula, S. J., & Rosenström, T. H. *Worry as a change mechanism in generalized anxiety treatment.* Annual Meeting of Society for Psychotherapy Research. 27.06.2026. Osaka, Japan.

2. **Tammilehto, J.** Chair of Symposium: *Personalization, mechanisms, and outcomes: Advanced modeling approaches to psychotherapy*. Annual Meeting of Society for Psychotherapy Research. 27.06.2026. Osaka, Japan.

3. **Tammilehto, J.,** Lindblom J., & Saarinen A. *Dynamics of negative affect, rumination, and problem solving in daily life: Testing response styles theory and the analytical rumination hypothesis.* Psychology Congress. 12.06.2026. Jyväskylä, Finland.

4. **Tammilehto, J.** Chair of Symposium: *Regulatory systems across a developmental continuum: Early foundations and functional dynamics.* Psychology Congress. 12.06.2026. Jyväskylä, Finland.

5. **Tammilehto, J.,** Malkki V., Stenberg, J.-H., Saarni, S. E., & Rosenström, T. *Average and individually optimized effects of internet-delivered treatments for common emotional disorders on depression and anxiety symptoms.* Psychology Congress. 10.06.2026. Jyväskylä, Finland.

6. **Tammilehto, J.** Chair of Symposium: *Impact on real-world mental health care: From general symptom change to personalization.* Psychology Congress. 10.06.2026. Jyväskylä, Finland.

In media

https://www.psychologicalscience.org/publications/observer/treatment-comorbid-depression-anxiety.html

https://www.tuni.fi/en/news/jaakko-tammilehto-close-relationships-colour-dynamics-daily-emotion-regulation

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

Technical Skills

Statistical software: R, Mplus, SPSS

Data collection platforms: m-Path, LimeSurvey

Publications

Total peer-reviewed publications: 11

First-author peer-reviewed publications: 8

Co-authored peer-reviewed publications: 3

Manuscripts currently under review: 4

1. Li, Y.,* **Tammilehto, J.,*** Lindblom, J., Vänskä, M., Punamäki R.-L., & Flykt, M. (2026). The roles of early life stress and peer relationships in adolescents' relationship-specific attachments. *European Journal of Personality, Advance online publication.* https://doi.org/10.1177/08902070261468095

*Li and Tammilehto contributed equally to this work, sharing first authorship.

2. Tammilehto, J., Kaurin, A., Bosmans, G., Kuppens, P., Vänskä, M., Flykt, M., Peltonen, K., & Lindblom, J. (2026). Temporal dynamics between state attachment security, avoidance, and anxiety: Insights into everyday attachment system functioning. *Personality and Social Psychology Bulletin, 52*(8), 2382-2398. https://doi.org/10.1177/01461672251333472

3. Tammilehto, J., Saarni, S. E., Stenberg, J.-H., Ritola, V., Joffe, G., Jokela, M., & Rosenström, T. H. (2025). Temporal dynamics between depression and anxiety symptoms during internet-based therapy and in the general population. *Clinical Psychological Science*, *13*(4), 740–759. https://doi.org/10.1177/21677026241301057

4. Tammilehto, J., Kaurin, A., Bosmans, G., Kuppens, P., Flykt, M., Vänskä, M., Peltonen, K., & Lindblom, J. (2025). Everyday state attachment: dynamic features and role of trait attachment. *Journal of Personality*, 93(3), 781–795. https://doi.org/10.1111/jopy.12975

5. Rosenström, T. H., Saarni, S. E., Saarni, S. I., **Tammilehto, J.,** & Stenberg, J.-H. (2025). Efficacy and effectiveness of therapist-guided internet versus face-to-face cognitive behavioural therapy for depression via counterfactual inference using naturalistic registers and machine learning in Finland: A retrospective cohort study. *The Lancet Psychiatry.* https://doi.org/10.1016/S2215-0366(24)00404-8

6. Peltonen, K., **Tammilehto, J.,** Flykt, M., Vänskä, M., Kuppens, P., Bosmans, G., & Lindblom, J. (2025). Adverse childhood experiences and emotion dynamics in daily life: a two sample study. *Cognition and Emotion*, *39*(6), 1250–1270. https://doi.org/10.1080/02699931.2024.2434153

7. Tammilehto, J., Kuppens, P., Bosmans, G., Flykt, M., Peltonen, K., Vänskä, M., & Lindblom, J. (2023). Attachment orientation and dynamics of negative and positive emotions in daily life. *Journal of Research in Personality, 105, Article 104398.* https://doi.org/10.1016/j.jrp.2023.104398

8. Tammilehto, J., Flykt, M., Peltonen, K., Kuppens, P., Bosmans, G., & Lindblom, J. (2023). 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

9. 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

10. Punamäki, R.-L., **Tammilehto, J.,** Flykt, M., Vänskä, M., Tiitinen, 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

11. 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