

CURRICULUM VITAE

1. PERSONAL DETAILS AND DATE OF THE CURRICULUM VITAE

26.09.2024

Jaakko Tammilehto

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<https://osf.io/8zpyf/>

2. DEGREES

PhD in Psychology 09/2018–
09/2024

Doctoral Thesis Approved with
Distinction (highest
grade)

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

<https://trepo.tuni.fi/handle/10024/159026>

MA in Psychology 08/2015–
01/2018

Faculty of Medicine, University of Helsinki

Master’s Thesis Laudatur (highest grade)

*“Association of personality with life satisfaction in
people with chronic disease – coping as a
mediator”*

Advanced Studies Excellent (GPA=4.9/5)

BA in Psychology 09/2011–
08/2015

Faculty of Behavioral Sciences, University of Helsinki

Bachelor’s Thesis Excellent (5/5)

*“Caregivers of people with severe mental illness:
Psychological well-being and associated factors”*

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

Haukilahti general upper secondary school

Overall Grade Eximia Cum Laude

3. OTHER EDUCATION

Introduction to Causal Inference and Causal Modeling. Utrecht Summer School / Oisín Ryan, Bas BL Penning de Vries, & Wouter AC van Amsterdam.	08/2024
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. Itsenäisyyden juhluvuoden 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

01/2024–	50 % post-doctoral researcher in Miracles of Development research project, funded by a project grant from Wihuri Foundation (PI: Jallu Lindblom)
04/2024–	50 % post-doctoral researcher funded by a personal grant from The Finnish Cultural Foundation in collaboration with Psychological treatment, etiology and mental health Research Group (PsyTEAM, PIs: Tom Rosenström & Suoma Saarni)

6. PREVIOUS WORK EXPERIENCE

01/2024–04/2024	50% Post-doctoral 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
07/2023–12/2023	Doctoral researcher funded by a personal grant from The Finnish Cultural Foundation
7/2023–12/2023	20 % Post-doctoral 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

5/2023–06/2023	Post-doctoral 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	Post-doctoral researcher in Miracles of Development research project, 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. RESEARCH FUNDING AND GRANTS

Personal grants: 137 000 e

Personal grants for post-doctoral research

2024	The Finnish Cultural Foundation, 34,000 e for the first year of a two-year grant
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Personal grants for doctoral research

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 research group: 160 000 e

Project grants as a part of the research group

2022–	Wihuri Foundation, three-year project funding Research Project: What Really Matters in Child Development? Principal Investigator: Jallu Lindblom
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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.

8. RESEARCH OUTPUTS

PEER-REVIEWED SCIENTIFIC PUBLICATIONS

- Tammilehto, J.,** Kaurin, A., Bosmans, G., Kuppens, P., Flykt, M., Vänskä, M., Peltonen, K., & Lindblom, J. Everyday state attachment: Dynamic features and role of trait attachment (2024). *Journal of Personality*. <https://doi.org/10.1016/10.1111/jopy.12975>
- 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 (2023). *Journal of Research in Personality*. <https://doi.org/10.1016/j.jrp.2023.104398>
- Tammilehto, J.,** Flykt, M., Peltonen, Kuppens, P., Bosmans, G., & Lindblom, J. Roles of recalled parenting experiences and effortful control in adult daily emotion regulation (2023). *Cognition and Emotion*, 37(4) 795–817. <https://doi.org/10.1080/02699931.2023.2209711>
- 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>
- 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>
- Peltonen, K., **Tammilehto, J.,** Flykt, M., Vänskä, M., Kuppens, P., Bosmans, G., Vänskä, M., Flykt, M., & Lindblom, J (2024). Adverse childhood experiences and emotion dynamics in daily life: A two sample study. *Cognition and Emotion*.
- 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>

SCIENTIFIC MANUSCRIPTS UNDER PEER-REVIEW

- Tammilehto, J.,** Kaurin, A., Kuppens, P., Bosmans, G., Vänskä, M., Flykt, M., Peltonen, K., & Lindblom, J. Temporal dynamics between attachment states: Insights into everyday attachment system functioning.
- Tammilehto, J.,** Saarni, S, Stenberg, J., Ritola, V., Joffe, G., Jokela M., & Rosenström, T. Temporal dynamics between depression and anxiety symptoms during internet-based therapy and in the general population. *Clinical Psychological Science*.

SCIENTIFIC PRESENTATIONS

- Tammilehto, J.** Chair of Symposium: Relational Foundational of Socioemotional Development and Dynamics. Psychology Congress. 15.08.2024. Helsinki, Finland.
- Tammilehto, J.,** Kaurin, A, Bosmans, G., Kuppens, P., Flykt M., Vänskä, M., Peltonen, K., Lindblom, J. Dynamic Attachment Features in Everyday Life. Psychology Congress. 15.08.2024. Helsinki, Finland.

- Tammilehto, J.**, Saarni, S., E., Stenberg, J-H., Ritola, V., Joffe, G., Jokela, M., Rosenström, T. Primary processes in the covariation of depression and anxiety symptoms. Psychology Congress. 14.08.2024. Helsinki, Finland.
- Tammilehto, J.** Chair of Symposium: Insights from psychotherapeutic treatment processes in registry data. Finnish Health Psychology Days. 08.11.2023. Helsinki, Finland.
- Tammilehto, J.**, Saarni, S., E., Stenberg, J-H., Ritola V., Joffe G., Rosenström, T. Dynamics between depression and anxiety symptoms in online therapy for depression. Finnish Health Psychology Days. 08.11.2023. Helsinki, Finland.
- Tammilehto, J.** Chair of Symposium: Insights from psychotherapeutic treatment processes in registry data. Finnish Health Psychology Days. 08.11.2023. Helsinki, Finland.
- 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. Attachment orientation and everyday emotion dynamics. 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., Tiitinen, 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., Tiitinen, 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

Over 3800 activity points Open Science Framework (see <https://osf.io/8zpyf/>), including openly publishing numerous datasets, analysis scripts, and other study materials for research community

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 juhluvuoden lastensäätiö 2023→
 Member of the Test Board of the Finnish Psychology Association 2023–2025
 Board member of the Finnish Psychological Society 2023–2025

IN THE MEDIA

<https://www.tuni.fi/en/news/jaakko-tammilehto-close-relationships-colour-dynamics-daily-emotion-regulation> <https://www.sttinfo.fi/tiedote/70484745/vaitos-laheiset-ihmissuhteet-varittavat-paivittaisen-tunteiden-saatelyn-dynamiikkaa?publisherId=69818730&lang=fi>
<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

09/2024–	Supervising master thesis on personality traits and emotion dynamic features
06/2024–	Co-supervising doctoral research on early life stress and emotion regulation
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

12. OTHER

Proficiency in statistical software: R, Mplus, SPSS
 Proficiency in data gathering software: M-path