

CURRICULUM VITAE

1. PERSONAL DETAILS AND DATE OF THE CURRICULUM VITAE

31.05.2024

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

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| MA in Psychology | 08/2015– 01/2018 |
| 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 |
| 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 |
| Haukilahti general upper secondary school | |
| Overall Grade | Eximia Cum Laude |

DEGREES IN PROGRESS

Doctoral Thesis

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

Received permission to publish and publicly defend the dissertation 3/2024, Defense 8/2024

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

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| 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

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| Finnish | Native |
| English | Full professional proficiency |
| Swedish | Elementary proficiency |

5. CURRENT EMPLOYMENT

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| 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

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| 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 for post-doctoral research

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| 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

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| 2023 | The Finnish Cultural Foundation, 14 000 e |
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| 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, three-year project
 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

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>

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>

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>

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., Bosmans, G., Kuppens, P., Flykt, M., Vänskä, M., Peltonen, K., & Lindblom, J. Everyday state attachment: Dynamic features and role of trait attachment.

Journal of Personality.

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. *Social Psychological and Personality Science*.

Peltonen, K., **Tammilehto, J.**, Flykt, M., Vänskä, M., Kuppens, P., Bosmans, G., Vänskä, M., Flykt, M., & Lindblom, J. Adverse childhood experiences and emotion dynamics in daily life: A two sample study. *Cognition and Emotion*.

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: 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

2017 Health Psychology Master's Thesis Award, The Finnish Psychological Society, Division of Health Psychology

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 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.stinfo.fi/tiedote/tunteiden-saately-voi-muovata-turvallisuuden-kokemustamme?publisherId=69818730&releaseId=69945138>

<https://www.stinfo.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

12. OTHER

Proficiency in statistical software: R, Mplus, SPSS

Proficiency in data gathering software: M-path
