

**Name:** Peter G. Mezo

**Institutional affiliation:** University of Toledo

**Area of specialization:** Clinical

**Website (if applicable):**

<https://www.utoledo.edu/al/psychology/people/faculty/mezo.html>



**Brief (1 paragraph) summary of professional interests:**

I am interested in researching adaptive regulation in its many forms. This has included diverse constructs such as self-management, mindfulness, and irrational beliefs. Consistent with my training in clinical psychology, this research has primarily been applied to areas of distress, such as anxiety and depression. However, I have also been interested in conducting research in the manner in which adaptive regulation may enhance performance and quality of life more broadly. I enjoy sharing my passion for these topics with the graduate and undergraduate students in the Adaptive Regulation and Coping Lab at the University of Toledo.

**Representative publications (no more than five):**

Mezo, P. G., & Elhai, J. D. (in press). Character strengths as complementary predictors of anxiety symptoms. *Applied Research in Quality of Life*.

Mezo, P. G., Herc, H. C.\*, Pritchard, K. J.\*, & Bullock, W. A. (2020). Evaluation and a proposed revision of the CAMM among underrepresented elementary school children. *Assessment for Effective Intervention*, 45, 235-239.

Mezo, P. G., Callanan, T. S., Radu, G. M., & English, M. M.\* (2018). Irrational beliefs and self-management as separable predictors of anxiety and depression. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 36, 172-186.

Mackenzie, M. B.\*, Mezo, P. G., & Francis, S. E. (2012). A conceptual framework for understanding self-regulation in adults. *New Ideas in Psychology*, 30, 155-165.

**Representative honors or awards (no more than five):**

Eotvos Lorand University – Honorary Professor

University of Toledo – Admission into the University Scholars Institute Program

CACBT Certified in Cognitive Behaviour Therapy

**Involvement in MPA (e.g., Member since..., fellow, program committee member, gave invited talk, organized symposium, etc.):**

I have been a member of MPA since 2017. My lab has enjoyed attending MPA in the past, and I have contributed to presented posters, and to the organizing, moderating, and chairing of symposia.