

新谷 優
Yu Niiya, Ph.D.
法政大学
グローバル教養学部
教授

連絡先

〒102-8160
東京都千代田区富士見 2-17-1
法政大学グローバル教養学部
メール: niiya@hosei.ac.jp

学位

- 2006 年 ミシガン大学ラッカム大学院 (Ann Arbor, MI, USA)
 Ph.D. (社会心理学)
- 2001 年 東京大学大学院 人文社会系研究科 社会文化研究専攻 社会心理学
 修士 (社会心理学)
- 1998 年 国際基督教大学 教養学部
 学士 (教養学)

職歴

- 2016 年 4 月 法政大学 グローバル教養学部
- 現在 教授
- 2018 年 4 月 スタンフォード大学 心理学科
- 2019 年 3 月 客員研究員
- 2011 年 4 月 法政大学 グローバル教養学部
- 2016 年 3 月 准教授
- 2008 年 4 月 法政大学 グローバル教養学部
- 2011 年 3 月 助教
- 2007 年 1 月 ミシガン大学 Institute for Social Research
- 2008 年 3 月 ポスドク研究員

研究助成金

- 2025- 基盤研究（C）
「思いやり目標と非ゼロサム信念が援助の受け入れやすさに与える影響」
研究代表者 4,550 千円
- 2024- 基盤研究（C）
「若手社員の主体的変化行動を規定する経験、動機、心理的安全性：対人リスクの観点から」
研究分担者 4,550 千円 (研究代表者：繁樹江里)
- 2021-2025 基盤研究（C）
「対人目標が見知らぬ他者の援助を促進・抑制する条件とプロセスの検討」
研究代表者 4,160 千円
- 2017-2020 国際共同研究加速基金（国際共同研究強化）
「思いやり目標と自己イメージ目標が向社会的行動に及ぼす影響の日米比較」
研究代表者 14,040 千円
- 2016-2018 基盤研究（C）
「ノービス起業家と起業意志と事業化プロセス」
研究分担者 3,900 千円（研究代表者：田路則子）
- 2015-2018 若手研究（B）
「思いやり目標は異論・違反の表明を促すか」
研究代表者 3,900 千円
- 2013-2015 基盤研究（C）
「上司からのフィードバックが若手社員の社会化に与える効果に関する実証および介入研究」
研究分担者 4,290 千円 (研究代表者：繁樹江里)
- 2013-2015 基盤研究（C）
「若手起業家の特性と戦略構築力が成長性に与える影響」
研究分担者 4,290 千円（研究代表者：田路則子）
- 2011-2014 若手研究（B）
「大人の甘えと援助要請が個人・対人・集団に与える効果」
研究代表者 2,600 千円
- 2010-2012 基盤研究（C）
「先進的ハイテク・スタートアップの生成と成長要因の解明」
研究分担者 3,640 千円（研究代表者：田路則子）
- 2008-2009 若手研究（スタートアップ）
「大人の甘えを好ましく感じる要因の解明と甘えの関係性向上効果の日米韓比較」
研究代表者 3,107 千円

学術論文（査読あり）

1. Niiya, Y., Yakin, S., Park, L. E., & Chang, Y.-H. (2025). Nonzero-sum time perception is associated with greater willingness to help. *European Journal of Investigation in Health, Psychology and Education*, 15(5), 90. <https://doi.org/10.3390/ejihpe15050090>
2. Miyagawa, Y., & Niiya, Y. (2024). Psychometric validation of the Compassion Scale in Japan (CS-J). *Mindfulness*, 15, 1665-1681. <https://doi.org/10.1007/s12671-024-02389-4>
3. Niiya, Y. & Yakin, S. (2024). Compassionate goals are associated with a greater willingness to help through a nonzero-sum mindset. *Current Psychology*, 43, 17198-17212. <https://doi.org/10.1007/s12144-024-05643-z>
4. Yakin, S. & Niiya, Y. (2024). Time perception scale: Measurement invariance between the U.S. and Japan. *Asian Journal of Social Psychology*. <https://doi.org/10.1111/ajsp.12594>
5. Niiya, Y. & Suyama, M. (2024). Time for you and for me: compassionate goals predict greater psychological well-being via the perception of time as nonzero-sum resources. *Journal of Social Psychology*. <https://doi.org/10.1080/00224545.2023.2188154>
6. Miyagawa, Y., Tóth-Király, I., Knox, M. C., Taniguchi, J., & Niiya, Y. (2022). Development of the Japanese version of the State Self-Compassion Scale: A replication and extension of Neff et al. (2021). *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.779318>
7. Niiya, Y., Handron, C., & Markus, H. R. (2022). Will this help be helpful? Giving aid to strangers in the U.S. and Japan. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.784858>
8. Miyagawa, Y., Niiya, Y., & Taniguchi, J. (2021). Compassionate goals and responses to social rejection: A mediating role of self-compassion. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02345-8>
9. Hsu, T. W., Niiya, Y., Thelwall, M., Ko, M., Knutson, B., & Tsai, J. (2021). Social media users produce more affect that supports cultural values, but are more influenced by affect that violates cultural values. *Journal of Personality and Social Psychology*, 121(5), 969-983. <https://doi.org/10.1037/pspa0000282>
10. Kimel, S. Y., Mischkowski, D., Miyagawa, Y., & Niiya, Y. (2021). Left out but “in control”? Culture variations in perceived control when excluded by a close other. *Social Psychological and Personality Science*, 13(1), 39-48. <https://doi.org/10.1177/1948550620987436>
11. Niiya, Y., Jiang, T., Yakin S. (2021). Compassionate goals predict greater and clearer dissent expression to ingroups through collectively oriented motives in Japan and the U.S. *Journal of Research in Personality*, 90. doi:10.1016/j.jrp.2020.104057
12. 新谷優. (2021). 助け合いの文化心理学. *心理学評論*, 63, 329-345.

13. Miyagawa, Y., Niiya, Y., & Taniguchi, J. (2019). When life gives you lemons, make lemonade: Self-compassion increases adaptive beliefs about failure. *Journal of Happiness Studies*, 21, 2051-2068. <https://doi.org/10.1007/s10902-019-00172-0>
14. Niiya, Y., & Crocker, J. (2019). Interdependent = compassionate? Compassionate and self-image goals and their relationships with interdependence in the United States and Japan. *Frontiers in Psychology*, 10, 192. DOI=10.3389/fpsyg.2019.00192
15. Niiya, Y. (2018). My time, your time, or our time? Time perception and its associations with interpersonal goals and life outcomes. *Journal of Happiness Studies*, 20(5), 1439-1455. <https://doi.org/10.1007/s10902-018-0007-y>
16. Miyagawa, Y., Taniguchi, J., & Niiya, Y. (2018). Can self-compassion help people regulate unattained goals and emotional reactions toward setbacks? *Personality and Individual Differences*, 134, 239-244. <https://doi.org/10.1016/j.paid.2018.06.029>
17. Niiya, Y. (2017). Adults' *amae* as a tool for adjustment to a new environment. *Asian Journal of Social Psychology*, 20(3-4), 238-243. <https://doi.org/10.1111/ajsp.12184>
18. 新谷優. (2016). 改良版思いやり目標と自己イメージ目標尺度の開発. *心理学研究*, 87(5), 513-523.
19. Niiya, Y. (2016). Does a favor request increase liking toward the requester? *Journal of Social Psychology*, 156(2), 211-221. <https://doi.org/10.1080/00224545.2015.1095706>
20. Shimizu, M., Niiya, Y., & Shigemasu, E. (2016). Achievement goals and improvement following failure: Moderating roles of self-compassion and contingency of self-worth. *Self and Identity*, 15(1), 107-115. <https://doi.org/10.1080/15298868.2015.1084371>
21. Kuncewicz, D., Niiya, Y. & Crocker, J. (2015). Are compassionate and self-image goals comparable across cultures? *Polish Psychological Bulletin*, 46(4), 513-522. 10.1515/ppb-2015-0058
22. Niiya, Y., Crocker, J., & Mischkowski, D. (2013). Compassionate and self-image goals in the U.S. and Japan. *Journal of Cross-Cultural Psychology*, 44(3), 389-405. <https://doi.org/10.1177/0022022112451053>
23. Niiya, Y. & Harihara, M. (2012). Relationship closeness and control as determinants of pleasant *amae*. *Asian Journal of Social Psychology*, 15(3), 189-197. <https://doi.org/10.1111/j.1467-839X.2012.01371.x>
24. Niiya, Y., & Ellsworth, P. C. (2012). Acceptability of favor requests in the U.S. and Japan. *Journal of Cross-Cultural Psychology*, 43(2), 273-285. <https://doi.org/10.1177/0022022110383426>
25. Niiya, Y., Brook, A. T., & Crocker, J. (2010). Contingent self-worth and self-handicapping: Do incremental theorists protect self-esteem? *Self and Identity*, 9(3), 276-297. <https://doi.org/10.1080/15298860903054233>
26. 一言英文・新谷優・松見淳子 (2008). 自己の利益と他者のコスト：心理的負債の日米間比較. *感情心理学研究*, 16, 3-24.

27. Crocker, J., Niiya, Y., & Mischkowski, D. (2008). Why does writing about important values reduce defensiveness? Self-affirmation and the role of positive, other-directed feelings. *Psychological Science*, 19, 740-747. 10.1111/j.1467-9280.2008.02150.x
28. Niiya, Y. & Crocker, J. (2008). Mastery goals and contingent self-worth: A field study. *International Review of Social Psychology*, 21, 135-155.
29. Niiya, Y., Ballantyne, R.; North, M. S., & Crocker, J. (2008). Gender, contingencies of self-worth, and achievement goals as predictors of academic cheating in a controlled laboratory setting. *Basic and Applied Social Psychology*, 30, 76-83. <https://doi.org/10.1080/01973530701866656>
30. 新谷優・ジェニファー・クロッカー (2007). 学習志向性は失敗が自尊心に与える脅威を緩衝するか *心理学研究*, 78, 504-511.
31. Crocker, J., Brook, A. T., Niiya, Y., & Villacorta, M. (2006). The pursuit of self-esteem: Contingencies of self-worth and self-regulation. *Journal of Personality*, 74, 1749-1771. <https://doi.org/10.1111/j.1467-6494.2006.00427.x>
32. Niiya, Y., Ellsworth, P. C., Yamaguchi, S. (2006). *Amae* in Japan and the U.S.: An exploration of a "culturally unique" emotion. *Emotion*, 6, 279-295. 10.1037/1528-3542.6.2.279
33. Niiya, Y., Crocker, J., & Bartmess, E. N. (2004). From vulnerability to resilience: Learning orientations buffer contingent self-esteem from failure. *Psychological Science*, 15, 801-805. DOI: 10.1111/j.0956-7976.2004.00759.x
34. Heine, S. J., Harihara, M., & Niiya, Y. (2002). Terror management in Japan. *Asian Journal of Social Psychology*, 5, 187-196. <https://doi.org/10.1111/1467-839X.00103>

査読なしの論文等

1. Takagi-Guinea, N. & Niiya, Y. (2025). Learning just because: How thinking about job-hunt success affects motivation to learn. *The Hosei Journal of Global and Interdisciplinary Studies*, 10, 50-72.
2. Niiya, Y. (2020). Mother's time perception and psychological well-being during child-rearing. *The Hosei Journal of Global and Interdisciplinary Studies*, 6, 1-15.
3. Niiya, Y. (2018). Examination of an experimental manipulation of compassionate and self-image goals. *The Hosei Journal of Global and Interdisciplinary Studies*, 4, 31-45.
4. 田路則子・鹿住倫世・新谷優・本條晴一郎 (2018). 大学生の起業意識調査レポート—GUESSS 2016 調査結果における日本のサンプル分析—イノベーション・マネジメント, 15, 109-129. Taji, N., Kazumi, T., Niiya, Y., & Honjo, S. (2018). Global University Spirit Students Survey 2016: Report from Japan. *Journal of Innovation Management*, 15, 109-129.
5. 田路則子・新谷優 (2018). WEB ビジネスにおけるスタートアップの成長要因—首都圏における定量調査と事例分析, ベンチャーズレビュー-, 日本ベンチャー学会, 31, 63-67.
6. Taji, N. & Niiya, Y. (2016). Founding team diversity and team change as predictors of

investors' attraction toward web business in the US and Japan. *Journal of Innovation Management*, 13, 89-100.

7. 田路則子・新谷優 (2016) 米国シリコンバレー：IT ビジネスの興隆を支える移民のシリアル・アントレプレナー, 研究技術計画, 30, 312-325. Taji, N. & Niiya, Y. (2016). The role of immigrant serial entrepreneurs in the burgeoning of IT businesses in Silicon Valley. *Journal of Science Polity and Research Management*, 30, 312-325.
8. Kazumi, T., Taji, N., Niiya, Y., & Okamoto, Y. (2015). Global University Spirit Students Survey 2013: Report from Japan. *Journal of Regional Policy Studies*, 7, 49-66.
9. Niiya, Y. & Crocker, J. (2015). Acquiring knowledge and learning from failure: Theory, measurement, and validation of two learning goals. *The Hosei Journal of Global and Interdisciplinary Studies*, 1, 67-112.
10. Miyagawa, Y., Niiya, Y., Taniguchi, J., & Morishita, T. (2015). Development of Japanese version of the Self-Compassion Scale (SCS-J). *Tezukayama University Bulletin of Psychology*, 4, 67-75.
11. Taji, N., & Niiya, Y. (2014). Web business entrepreneurship in Japan and the U.S.: Comparison of data from metropolitan Tokyo and Silicon Valley. *Journal of Innovation Management*, 11, 105-121.
12. Wilson, P. A., Lewandowska-Tomaszczyk, B., & Niiya, Y. (2013). Happiness and contentment in English and Polish. In J. R. Fontaine, K. R. Scherer, C. Soriano (Eds.), *Components of emotional meaning: A sourcebook* (pp. 477-481). New York, NY, US: Oxford University Press.
13. Lewandowska-Tomaszczyk, B., Wilson, P. A., & Niiya, Y. (2013). English "Fear" and Polish "strach" in contrast: The GRID paradigm and the Cognitive Corpus Linguistic methodology. In J. J. R. Fontaine, K. R. Scherer, & C. Soriano (Eds.), *Components of emotional meaning: A sourcebook*. (pp. 425-436). Oxford University Press.
14. Soriano, C., Fontaine, J. J. R., Scherer, K. R., Akırmak, G. A., Alarcón, P., Alonso-Arbiol, I., Bellelli, G., Pérez-Aranibar, C. C., Eid, M., Ellsworth, P., Galati, D., Hareli, S., Hess, U., Ishii, K., Jonker, C., Lewandowska-Tomaszczyk, B., Meiring, D., Mortillaro, M., Niiya, Y., ... Zitouni, A. (2013). Cross-cultural data collection with the GRID instrument. In J. J. R. Fontaine, K. R. Scherer, & C. Soriano (Eds.), *Components of emotional meaning: A sourcebook*. (pp. 98-105). Oxford University Press.
<https://doi.org/10.1093/acprof:oso/9780199592746.003.0007>
15. Taji, N. & Niiya, Y. (2013). Japanese WEB startup entrepreneurship: A quantitative analysis of 2012 research. *Journal of Innovation Management*, 10, 53-68.
16. Niiya, Y. & Taji, N. (2012). Psychological predictors of entrepreneurial interest in Japan. *Journal of Innovation Management*, 9, 61-72.
17. Taji, N., Niiya, Y., & Fukuda, M. (2011). Undergraduate students' attitude toward entrepreneurship: Analyses of the Japanese sample from a cross-national survey. *Community Innovation*, 4, 103-114.
18. Crocker, J. & Niiya, Y. (2009). Contingencies of self-worth: Implications for motivation and achievement. In M. L. Maehr, S. A. Karabenick, & T. C. Urdan (Eds.), *Advances in*

Motivation and Achievement (vol. 15) Social Psychological Perspectives. Emerald Group Publishing, pp.81-118.

19. Crocker, J., Breines, J. G., Canevello, A., Liu, M. Y., & Niiya, Y. (2008). Egosystem and ecosystem goals: Implications for learning, relationships, and well-being. In R. Craven, H. Marsh, & D. McInerney (Eds.), *Advances in self research (vol. 3). Self-Processes, Learning, and Enabling Human Potential: Dynamic New Approaches*. Charlotte, NC: Information Age Publishing, pp. 251-268.
20. Kitayama, S., Uchida, Y., & Niiya, Y. (2007). Culture and Emotion: Japanese current issues. In K. Fujita (Ed.), *Emotional Science*, pp.173-210. Kyoto University Press.
21. Sasao, T. & Niiya, Y. (2000). Preventing alcohol abuse among Japanese college students: Stalking a cultural paradox. *Educational Studies*, 42, 81-99.

書籍

新谷優(2017). 自尊心からの解放—幸福をかなえる心理学. 誠信書房

招待講演

1. Niiya, Y. (2024). The importance of diversifying the editorial team in an international journal. Wiley Research Seminar Japan 2024.
2. 新谷優 (2024). 国際共同研究への道 日本青年心理学会国際交流委員会・研究委員会合同企画ワークショップ
3. 新谷優 (2023). 低い自尊心とうまくつき合う方法 京都外国語大学 学生部健康支援課 講演会
4. 新谷優 (2023). 思いやりのある人はお節介か 追手門学院大学心理学部講演会
5. Niiya Y. (2023). (Inter)personal trust: How it grows within and between us. Goethe-Institut Kultursymposium, Weimar, Germany.
6. Niiya Y. (2023). Trust in uncertain times: Review and outlook. Goethe-Institut Kultursymposium, Weimar, Germany.
7. Niiya Y. (2023). Whose time am I spending? Nonzero-sum time perception promotes psychological well-being and prosociality. Keynote presentation delivered at the 13th Asian Conference on Psychology and Behavioral Sciences, Tokyo, Japan.
8. 新谷優 (2021). 思いやりは誰のため？援助行動および援助に対する満足感を予測する非ゼロサムの思考 第85回日本心理学会大会 国際賞講演, 明星大学 (オンライン開催) .
9. 新谷優 (2020). 利他の心—「誰かのため」は「自分のため」？ 新川青年会議所 10 月度例会 入善まちなか交流施設 うるおい館
10. Niiya, Y. (2020). Helping a stranger in Japan: Who helps and why? Keynote presentation delivered at the 10th Asian Conference on Psychology and the Behavioral Sciences. Virtual Presentation.
11. 新谷優 (2019). 評価に囚われない働き方：REACT から ACT へ 中京大学企業研究所主催 公開講演会 中京大学名古屋キャンパスセンタービル

12. Niiya, Y. (2018). Recent advances: Cross-cultural adaptation and well-being. A quick glance at the antecedents, strategies, and outcomes of cross-cultural adaptation. 日本健康心理学会 第 30 回大会, 国際委員会企画シンポジウム, 明治大学.
13. 新谷優 (2018). こどもの心の健康 向南幼稚園
14. 新谷優 (2016). 「親切な人だという印象を与えよう」と「親切にしようとする」はどう異なるのか. 筑波大学 S 研
15. 新谷優 (2008). 向上心または功名心に基づく学習動機. 第 19 回日本社会心理学会 シンポジウム 鹿児島県民ホール.

学会発表 (国際学会)

1. Niiya, Y. (2025). What motivates people to offer help and refrain from giving harmful help? Poster presented at the annual conference for the Society for Personality and Social Psychology, Denver, CO.
2. Niiya, Y. & Ishii, K. (2024). Invitation to study unconventional prosocial behaviors and support. Roundtable discussion organized at the APS Global Psychological Science Summit. Online.
3. Niiya Y. ., Park, L., Yakin, S., & Chang, Y-H. (2023). Let me help you anyway: Nonzero-sum time perception encourages persistent helping despite criticisms. Paper presented at the 15th biennial conference of Asian Association for Social Psychology, Hong Kong.
4. Niiya Y. (2023). Whose time am I spending? Nonzero-sum time perception promotes psychological well-being and prosociality. Keynote presentation delivered at the 13th Asian Conference on Psychology and Behavioral Sciences, Tokyo, Japan.
5. Niiya Y. (2021). Wearing a mask for you and for me: How compassionate goals predict more adaptive behaviors during the COVID-19 pandemic. Online poster presented at the Asian Association for Social Psychology.
6. Yakin, S. & Niiya, Y. (2021). Testing measurement invariance of time perception scale across U.S. and Japanese samples. Online talk presented at the Asian Association for Social Psychology.
7. Niiya Y. & Suyama, M. (2021). Time for you and for me: Compassionate goals predict greater happiness via the perception of time as nonzero-sum resources in an experience sampling study. Poster presented at the online conference for the Association for Psychological Sciences.
8. Yakin, S. & Niiya, Y. (2021). People who perceive time as a nonzero-sum resource are happier having helped a friend even when the friend is ungrateful. Poster presented at the online conference for the Association for Psychological Sciences.
9. Niiya, Y. (2020). Helping a stranger in Japan: Who helps and why? Keynote presentation delivered at the 10th Asian Conference on Psychology and the Behavioral Sciences. Virtual Presentation.
10. Niiya, Y. (2020). Why aren't interdependent Japanese helpful to strangers? Poster presented during the Advances in Cultural Psychology preconference at the Society for Personality and Social Psychology, New Orleans, LA.
11. Yakin, S. & Niiya, Y. (2020). Interpersonal goals predicting ingroup dissent expression. Poster presented at the 21st annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

12. Niiya, Y., Jiang, T., & Yakin, S. (2019). A compassionate nail sticks out despite the fear of getting hammered down. Paper presented at the 13th conference of Asian Association for Social Psychology, Taipei, Taiwan.
13. Niiya, Y. (2019). Are people with interdependent self-construals more compassionate? Poster presented at the 20th annual conference of the Society for Personality and Social Psychology, Portland, OR.
14. Niiya, Y. (2018). Wanting to appear supportive does not predict helping when the need of help is unclear. Poster presented at the 31st annual conference of the Association for Psychological Science, San Francisco, CA.
15. Niiya, Y. (2018). A compassionate devil's advocate and a selfish conformist: When do the Japanese go against the stream? Poster presented at the 19th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.
16. Miyagawa, Y., Zhang, J. W., Niiya, Y., & Taniguchi, J. (2017). Does self-compassion promote personal improvement from regret experiences in Japan, where self-criticism is encouraged? Poster presented at the 18th annual conference of the Society for Personality and Social Psychology, San Antonio, TX.
17. Niiya, Y. (2017). My time, your time, or our time? How interpersonal goals shape one's well-being by shaping how one views time. Poster presented at the 18th annual conference of the Society for Personality and Social Psychology, San Antonio, TX.
18. Niiya, Y. & Sugiyama, K. (2016). My buddy is really kind, I am kind, but others aren't: A retake on Japanese self-enhancement and self-criticism. Poster presented at the 23rd Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
19. Niiya, Y. (2016). Wanting to be kind vs. wanting to appear kind: Self-image and compassionate goals in Japan. Poster presented at the 17th annual conference of the Society for Personality and Social Psychology, San Diego, CA.
20. Harihara, M., Senzaki, S., & Niiya, Y. (2015). Who is to be blamed? The inconsiderate help-seeker, or the too considerate help-giver? Comparison between the U.S. and Japan. Poster presented at the 16th annual conference of the Society for Personality and Social Psychology, Long Beach, CA.
21. Niiya, Y., Taji, N., & Harihara, M. (2015). Are Japanese entrepreneurs more "American" than mainstream Japanese? Poster presented at the 16th annual conference of the Society for Personality and Social Psychology, Long Beach, CA.
22. Niiya, Y. (2012). Why are we happy to help a stranger? How a request for help increases liking toward the requester. Poster presented at the 13th annual conference of the Society for Personality and Social Psychology, San Diego, CA.
23. Niiya, Y., & Harihara, M. (2011). Feeling good in Japanese relationships: Cognitive appraisals of pleasant Amai. Poster presented at the International Society for Research on Emotion, Kyoto, Japan.
24. Niiya, Y., Crocker, J., & Mischkowski, D. (2011). Compassionate and self-image goals in U.S., Japan, and India. Poster presented at the 12th Society for Personality and Social Psychology, San Antonio, TX.

25. Niiya, Y., & Taji, N. (2010). Psychological predictors of entrepreneurial interest in Japan. Paper presented at Rencontres de St-Gall, St. Gallen, Switzerland.
26. Niiya, Y., Crocker, J., & Mischkowski, D. (2010). Compassionate goals predict better relationships in Japan even after controlling for interdependent self-construal. Poster presented at the 11th annual conference of the Society for Personality and Social Psychology, Las Vegas, NE.
27. Niiya, Y. & Crocker, J. (2007). I want to learn to prove that I am smart: When mastery goals fail to reduce self-esteem vulnerability among academically contingent students Poster presented at the 8th annual conference of the Society for Personality and Social Psychology, Memphis, TN.
28. Niiya, Y. & Crocker, J. (2006). Learning with and without ego-involvement. Paper presented at the Society of Experimental Social Psychology, Philadelphia, PA.
29. Niiya, Y., Dunning, P. & Crocker, J. (2006). Self-affirmation and the ecosystem: Affirming values increases feeling of connectedness. Paper presented at the SELF research conference, Ann Arbor, MI.
30. Niiya, Y. & Crocker, J. (2006). Learning from failure goals reduce concerns about proving self-worth. Poster presented at the SELF research conference, Ann Arbor, MI.
31. Niiya, Y. & Ballantyne, R. P., & Crocker, J. (2006). Contingencies of self-worth as predictors of academic cheating among college students. Poster presented at the 18th convention of the Association for Psychological Science, New York, NY.
32. Niiya, Y. & Crocker, J. (2006). Double-loop learning goals reduce vulnerability of contingent self-worth following practice and failure. Poster presented at the 7th conference of the Society for Personality and Social Psychology, Palm Springs, CA.
33. Crocker, J. & Niiya, Y. (2006). The pursuit of self-esteem: Contingencies of self-worth and self-regulation. Paper presented as part of a symposium on "Does self-esteem matter?" at the 7th conference of the Society for Personality and Social Psychology, Palm Springs, CA.
34. Niiya, Y. & Crocker, J. (2005). Academic contingencies, learning orientations, and grades as predictors of self-esteem vulnerability in the classroom. Poster presented at the 6th convention of the American Psychological Society, Los Angeles, CA.
35. Niiya, Y. & Crocker, J. (2005). When incremental theorists avoid practice: Contingencies of self-worth and task difficulty. Poster presented at the 6th conference of the Society for Personality and Social Psychology, New Orleans, LA.
36. Niiya, Y. & Crocker, J. (2004). Failure in a contingent domain hurts. But not always. Poster presented at the 5th annual conference of the Society for Personality and Social Psychology, Austin, TX.
37. Niiya, Y., Ellsworth, P. C., & Yamaguchi, S. (2003). Understanding Amae in the American context. Paper presented at the 5th conference of the Asian Association of Social Psychology, Manila, Philippines.
38. Niiya, Y., Hallahan, M. C., & Lee, F. (2003). Attributions in times of love and war: A cross-cultural examination. Poster presented at the 5th annual convention of American

Psychological Society, Atlanta, GA.

39. Niiya, Y., Bartmess, E. N., & Crocker, J. (2003). How incremental theories attenuate the effects of performance on self-esteem. Poster presented at the 4th annual conference of the Society for Personality and Social Psychology, Los Angeles, CA.
40. Niiya, Y., Hallahan, M. C., & Lee, F. (2002). Understanding what can hurt us: Situational attributions for behavior in threatening contexts. Poster presented at the 14th annual convention of American Psychological Society, New Orleans, LA.
41. Niiya, Y., Yamaguchi, S., Murakami, F., & Harihara, M. (2001). When being inappropriate is appropriate: the acceptability of Amae in the Japanese context. Paper presented at the 4th conference of Asian Association of Social Psychology, Melbourne, Australia.
42. Sasao, T. & Niiya, Y. (2000). International illegal drug markets: Challenges for community research and practice. Paper presented at the 107th annual conference of American Psychological Association, Washington, DC.
43. Kano, M., Sasao, T., Niiya, Y., & Nishimura, M. (2000). Burnout, control coping, and health beliefs among caregivers in Japan. Paper presented at the 107th annual conference of American Psychological Association, Washington, DC.
44. Harihara, M., Yamaguchi, S., & Niiya, Y. (2000). Japanese self-effacement: Low self-regard or self-presentation? Paper presented at the 15th International Congress of the International Association for Cross-Cultural Psychology, Poland.
45. Niiya, Y., Yamaguchi, S., Murakami, F., & Harihara, M. (2000). Converging evidence on the meaning of Amae among Japanese. Paper presented at the 15th International Congress of the International Association for Cross-Cultural Psychology, Poland.
46. Sasao, T., Niiya, Y., Nishimura, M., Kano, M., & Otsuki, M. (1999). Prevention interventions and policies in Japan: A cultural paradox. Paper presented at the 106th annual conference of American Psychological Association, Boston, MA.
47. Sasao, T., Niiya, Y., Nishimura, M., Kano, M., & Otsuki, M. (1999). Self-discrepancy and affect across cultures: Extending Higgins' (1987) discrepancy theory. Paper presented at the 106th annual conference of American Psychological Association, Boston, MA.
48. Sasao, T., Niiya, Y., Nishimura, M., Kano, M., & Otsuki, M. (1999). The Independent and interdependent self as a moderator between self-discrepancy and negative affect in the Japanese context. Paper presented at the 3rd Conference of Asian Association of Social Psychology, Taipei, Taiwan
49. Sasao, T., Niiya, Y., & Nishimura, M. (1999). Prevention and Cultural Milieu in Japan. Paper presented at the 7th Biennial Conference of the Society for Community Research and Action, New Haven, CT.
50. Sasao, T., & Niiya, Y. (1998). Self-discrepancy and negative affect in collectivistic and individualistic contexts. Paper presented at the 105th annual conference of American Psychological Association, San Francisco, CA.

1. Takagi-Guinea, N., Matsubara, A., & Niiya, Y. (2024). Learn to love learning or learn to earn money? The hidden cost of thinking about employability on students' motivation to learn. 日本グループ・ダイナミックス学会 70 回大会, 立教大学.
2. 新谷優 (2024). 「お節介を気にする人」と「お節介でも手を出す人」. 日本社会心理学会第 65 回大会, 日本大学.
3. 新谷優 (2023). 思いやり目標をもつ人ほどお節介を焼きたがるのか. 日本グループ・ダイナミックス学会第 69 回大会, 高知工科大学.
4. 新谷優・Yakin, Syamil・Lora Park・Ya-Hui Chang (2023). 非ゼロサム的な時間の捉え方が援助を促進する. 日本社会心理学会第 64 回大会, 上智大学.
5. 新谷優 (2022). お節介だと批判されても援助して良かったと思えるのはなぜか. 非ゼロサム時間と援助に対する満足感について. 日本社会心理学会第 63 回大会, 京都橘大学.
6. 新谷優・Yakin, Syamil (2021). お節介だと批判されても援助して良かったと思える心理プロセス: 思いやり目標と非ゼロサム的な時間の捉え方. 日本社会心理学会第 62 回大会, 帝京大学 (オンライン開催).
7. 宮川裕基・谷口淳一・新谷優 (2020). 自他への思いやりと対人適応感の関連性の検討. 日本社会心理学会第 61 回大会 (オンライン開催).
8. 新谷優・Handron, C.・Markus, H.R. (2019). 「冷たい日本人」と「お節介なアメリカ人」? 見知らぬ他者への援助行動の文化比較. 日本社会心理学会第 60 回大会, 立正大学.
9. 宮川裕基・新谷優・谷口淳一 (2018). 自分を思いやることは自分に甘いことを意味するのか—セルフコンパッションと自分に甘いことの類似点及び相違点の検討. 日本社会心理学会第 60 回大会, 立正大学.
10. 新谷優 (2019). 自分に思いやりをもつ人は自分に甘い人か. 日本心理学会第 83 回大会, 立命館大学.
11. 宮川裕基・谷口淳一・新谷優 (2018). セルフコンパッションと目標の挫折経験への対処の関連性. 日本社会心理学会第 59 回大会, 追手門学院大学.
12. 新谷優 (2017). Self-esteem を高めるには. 日本社会心理学会第 58 回大会, 広島大学.
13. 新谷優 (2017). 電車で「妊婦のような女性」に席を譲るか: 対人目標と援助意図の関係. 日本グループ・ダイナミックス学会第 64 回大会, 東京大学.
14. 新谷優 (2016). 時間は誰のものか: 時間に対する考え方と対人目標の関係. 日本社会心理学会第 57 回大会, 関西学院大学.
15. 新谷優・志水元・繁樹江里 (2015). 達成目標が失敗後の成長にもたらす効果. 日本社会心理学会第 56 回大会, 東京女子大学.
16. 新谷優 (2015). 日本語版思いやり目標と自己イメージ目標尺度の因子構造. 日本グループ・ダイナミックス学会第 62 回大会, 奈良大学.
17. 新谷優 (2014). 甘える側と甘えられる側から見た甘えの受容の要因. 日本心理学会第 78 回大会, 同志社大学.

18. 新谷優 (2014). 甘える人は世渡り上手か：社会的スキルと適応との関係. 日本グループ・ダイナミックス学会第 61 回大会、東洋大学.
19. 新谷優 (2014). 適応力としての甘え：甘える人ほど新たな環境に早く適応するか. 日本社会心理学会第 55 回大会、北海道大学.
20. 宮川裕基・新谷優・谷口淳一 (2014). 自分を思いやる人は自分にあまいのか. 日本社会心理学会第 55 回大会、北海道大学.
21. 宮川裕基・新谷優 (2013). 自分への思いやり尺度日本語版の作成. 日本社会心理学会第 54 回大会、沖縄国際大学.
22. 新谷優 (2012). 甘えを好きになる現象とそのプロセス、日本社会心理学会第 53 回大会、筑波大学.
23. 新谷優 (2012). 甘えと援助要請はどう異なるのか、日本グループ・ダイナミックス学会第 59 回大会、京都大学.
24. 新谷優 (2011). 大人の甘えに対する寛容度の日米韓比較、日本社会心理学会第 52 回大会、名古屋大学.
25. 新谷優 (2010). 大人の甘えは対人関係を促進するか、日本社会心理学会第 51 回大会、広島大学.
26. 新谷優・針原素子(2010). 大人の甘えを好ましく感じる要因、日本グループ・ダイナミックス学会第 57 回大会、東京国際大学.
27. 新谷優 (2009). 親しさの証として喜ばれる大人の甘え.、日本社会心理学会第 50 回大会・日本グループ・ダイナミックス学会第 56 回大会、大阪大学.
28. 新谷優・ジェニファー・クロッカー (2005) 増大的知能観がセルフ・ハンディキャッピングを助長するとき、日本社会心理学会第 46 回大会、関西学院大学.
29. 新谷優・ジェニファー・クロッカー (2005). 学業での失敗に伴う大学生の自尊心低下の予防ー学業能力に付随する自尊心と学習志向、日本グループ・ダイナミックス学会第 52 回大会、神戸国際会議場.
30. 山口勸・新谷優・村上史朗・針原素子(2000). 「甘え」のアンビバレンスー甘える人の好ましさと未熟さの評価、日本社会心理学会第 41 回大会、関西大学.
31. 新谷優 (2000). 人はなぜ甘えを好ましいと思うのか、日本グループ・ダイナミックス学会第 48 回大会、東洋大学.
32. 笹尾敏明・新谷優・狩野恵・西村美咲・森口和 (2000). 日米大学生コミュニティにおける健康促進のための政策と予防、日本コミュニティ心理学会第 2 回大会、福岡.
33. 笹尾敏明・新谷優・西村美咲・狩野恵・大槻倫子 (1999). 日本の大学生の飲酒行動ー文化を考慮に入れた予防政策に向けて、日本コミュニティ心理学会第 1 回大会、府中.
34. 笹尾敏明・新谷優・西村美咲・松本美和 (1998). 予防と文化ーコミュニティ心理学の盲点、第 23 回日本コミュニティ心理学シンポジウム、福岡.

学会活動

理事

日本社会心理学会 （地方区理事：関東）(2019-2022)
日本グループダイナミックス学会 （地区別理事：関東）(2023-)

会員

Society for Personality and Social Psychology
Association for Psychological Science
Asian Association of Social Psychology
International Association for Cross-Cultural Psychology
International Society for Self and Identity
日本心理学会
日本社会心理学会
日本グループ・ダイナミックス学会

編集委員長 (Editor-in-Chief)

Asian Journal of Social Psychology (2024-)

編集委員 (Associate Editor)

Asian Journal of Social Psychology (2018-2020)
社会心理学研究 (2019-2022)
心理学研究 (2021-)
実験社会心理学 (2023-)

編集委員会 (Editorial Board)

Asian Journal of Social Psychology (2013-)
British Journal of Social Psychology (2023-)
Frontiers in Cultural Psychology (2016-2020)
Self and Identity (2016-2020)

教歴

Fall 2023 **Advanced Topics in Social Psychology** (300-level)
-present *Global and Interdisciplinary Studies, Hosei University*

Summer 2023 **Asian Association for Social Psychology Summer School**

Spring 2023 **Advanced Topics in Social Psychology**
present *Global and Interdisciplinary Studies, Hosei University*

Spring 2020 present	Quantitative Research Methods (200-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2017 -2020	Introduction to Psychology I (100-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2016 -2019	Social Research Methods (200-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2016 -present	Social Psychology I and II (200-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2011 -present	Self and Culture Seminar (400-level)
Fall 2010 -present	Cultural Psychology (300-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Summer 2016	Special Topics in Social Psychology 社会心理学特講 <i>Tsukuba University</i>
Spring 2010 -Fall 2015	Research Method in Social Psychology (300-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2008 -Fall 2015	Understanding the Human Mind I, II (100-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2008 -Fall 2015	Interpersonal Relations I, II (200-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2008 -Fall 2010	English for Academic Purposes (100-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Spring 2008 -Fall 2009	English for Test Preparation (100-level) <i>Global and Interdisciplinary Studies, Hosei University</i>
Summer 2005	Social Justice <i>Teaching Assistant, SPSP Summer Institute in Social Psychology</i>
Fall 2004	Introduction to Psychology <i>Graduate Student Instructor, University of Michigan</i>
Winter 2004 - Fall 2003	Introduction to Social Psychology <i>Graduate Student Instructor, University of Michigan</i>
Fall 2002	Introduction to Social Psychology

2002-2006	Field Practicum in Social Psychology and Individual Advising <i>Graduate Student Instructor, University of Michigan</i>
1999 - 2001	Research Method in Social Psychology <i>Teaching Assistant, University of Tokyo</i>
Fall 1998	Introduction to Statistics <i>Teaching Assistant, International Christian University</i>

2023-2024	教授会主任 他
2020-2023	学部長, 大学評議員 他
2019-2020	カリキュラム委員長 他
2015-2017	教授会主任 他
2011-2012	教授会副主任 他
ハラスメント防止対策委員, カリキュラム委員, 学生委員, 市ヶ谷環境委員, 大学評価委員, カリキュラム委員, 質保証委員, PR 委員 他	

学生が選ぶベストティーチャー賞（専門分野） 法政大学	2024
学生が選ぶベストティーチャー賞（専門分野） 法政大学	2023
国際賞 奨励賞 日本心理学会	2021
SPSP Teacher/Scholar Travel Award <i>The 18th annual conference of the Society for Personality and Social Psychology, San Antonio, TX.</i>	2017
Marquis Dissertation Award <i>Department of Psychology, University of Michigan</i> <ul style="list-style-type: none">▪ Awarded annually to the student judged to have submitted the best doctoral dissertation in psychology.	2006
Rackham One Term Dissertation Fellowship (\$7,600 plus tuition) <i>Rackham School of Graduate Studies, University of Michigan</i> <ul style="list-style-type: none">▪ Fellowship for Ph. D. candidates at the writing stage of the dissertation.	2006

- Innovation in Social Research Dissertation Fellowship** (\$20,000 plus tuition) 2005
Institute for Social Research, University of Michigan
- Fellowship awarded to an outstanding dissertation project that is innovative in that it challenges conventional wisdom, uses innovative/novel techniques, or crosses disciplinary boundaries in new and unusual ways.
- Brickman Summer Research Fellowship** (\$5000) 2005
Department of Psychology, University of Michigan
- Fellowship for Ph.D. candidates in social psychology for summer stipends.
- SPSP Graduate Poster Award** (honorable mention) 2005
The 5th Annual Conference for the Society of Personality and Social Psychology, New Orleans
- Award to students whose poster presentation reflects excellence in research, clarity in presentation, and personal knowledge in a discussion with the judges.
- Rackham Conference Travel Grant** (\$800) 2005
Rackham School of Graduate Studies, University of Michigan
- Grant to attend and present at national and international conferences
- Dissertation Thesis Grant** (\$1000) 2004
Department of Psychology, University of Michigan
- Grant awarded to aid Ph.D. candidates with their dissertation research project
- SPSP Student Travel Award** (\$400) 2003
The 3rd Annual Conference for the Society of Personality and Social Psychology, Los Angeles
- Grant to attend and present at the SPSP annual conference
- Rackham Travel Grant** (\$800) 2002
Rackham School of Graduate Studies, University of Michigan
- Grant to attend and present at national and international conferences
- Center for Japanese Studies Endowment Fellowship** (\$1000) 2002
International Institute, University of Michigan
- Grant awarded on merit basis to students specializing in Japan
- Fulbright fellowship** (\$30,000 plus tuition, moving costs) 2001
Institute of International Education
- Fellowship in support of students, scholars, and professionals to undertake international graduate study

