

# Stephanie J. Wilson

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Southern Methodist University  
6122 N. Central Expressway  
Dallas, TX 75206

## **Academic Positions**

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- 2019 – Present    Tenure-track Assistant Professor  
Department of Psychology  
Southern Methodist University, Dallas TX
- 2016 – 2019      Postdoctoral Fellow in Psychoneuroimmunology  
Institute for Behavioral Medicine Research  
The Ohio State University College of Medicine, Columbus, OH

## **Education & Additional Training**

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**Doctor of Philosophy in Human Development and Family Studies, 2016**

**Master of Science in Human Development and Family Studies, 2012**

The Pennsylvania State University, University Park, Pennsylvania (Mentor: Dr. Lynn Martire)

**National Science Foundation Interdisciplinary Graduate Education and Research  
Traineeship in Big Data Social Science, 2012 - 2014**

The Pennsylvania State University, University Park, Pennsylvania

**Bachelor of Arts with Honors in Psychology, *summa cum laude*, 2009**

Rhodes College, Memphis, Tennessee (Mentor: Dr. Marsha Walton)

## **Awards & Honors**

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Institute for Behavioral Medicine Research Day Oral Presentation Award, 2019

American Psychosomatic Society's Young Scholar Award, 2018

PsychoNeuroImmunology Research Society's Trainee Scholar Award, 2018

National Institute on Aging's Butler-Williams Scholars Program, 2017

PsychoNeuroImmunology Research Society's Trainee Scholar Award, 2017

American Psychosomatic Society's Most Newsworthy Research, 2017

American Psychosomatic Society's Young Investigator Colloquium, 2017

National Institutes of Health Comprehensive Training in Oral and Craniofacial Sciences Program  
Postdoctoral Fellowship, 2016 – 2019

Pelotonia Postdoctoral Fellowship, 2016 – 2018 (deferred)

Penn State Alumni Association Dissertation Award, 2015

Joseph and Jean Britton Graduate Fellowship, 2014 - 2015

College of Health and Human Development Graduate Student Research Endowment, 2013

University Fellowship, 2010 - 2011

Ford Research Scholarship, 2010

Clinical Research Paper Award for Pediatric Oncology Education Program, 2010

Pepton Nalle Rhodes Phi Beta Kappa Award, Highest Academic Honor, 2009

E. Llewellyn Queener Award for Academic Excellence in Psychology, 2009  
Margaret Ruffin Hyde Psychology Research Scholarship, 2008  
Phi Beta Kappa, 2008

## **Grants**

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### Awarded

- 2018 – 2023 NIH K99/R00 Pathway to Independence Award, National Institute on Aging (PI: Wilson)  
*Couples' Interactions and Inflammatory Responses: The Context-Dependent Role of Age*
- 2018 – 2020 NIH Clinical Research Loan Repayment Program, National Institute on Aging (PI: Wilson)  
*Couples' Interactions and Inflammatory Responses: The Context-Dependent Role of Age*
- 2016 – 2019 Ruth L. Kirschstein National Research Service Award (NRSA), NIH Comprehensive Training in Oral and Craniofacial Sciences T32 Program Postdoctoral Fellowship (NIH salary, benefits, research support)  
*Periodontal Disease, Inflammation, and Everyday Stress of Breast Cancer Survivors*
- 2016 – 2018 Pelotonia Postdoctoral Fellowship (NIH salary, benefits; awarded, deferred)  
*Is Inflammation Impacted by Pain and Sleep Disturbance in Breast Cancer Survivors? Identifying Modifiable Risk Factors to Improve Survivors' Longevity, Health, and Quality of Life*

## **Published Peer-Reviewed Manuscripts**

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\*Mentored student

- Wilson, S. J.**, Bailey, B. E., Malarkey, W. B., & Kiecolt-Glaser, J. K. (in press). Linking marital support to aging-related biomarkers: Both age and marital quality matter. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.
- Padin, A. C.\*, Hebert, J. R., Woody, A., **Wilson, S. J.**, Shivappa, N., Belury, M. A., Malarkey, W. B., Sheridan, J. R., & Kiecolt-Glaser, J. K. (in press). A proinflammatory diet is associated with inflammatory gene expression among healthy, non-obese adults: Can social ties protect against the risks? *Brain, Behavior, & Immunity*.
- Wilson, S. J.**, Padin, A. C., Birmingham, D. J., Malarkey, W. B., & Kiecolt-Glaser, J. K. (in press). When distress becomes somatic: Dementia family caregivers' distress and genetic vulnerability to pain and sleep problems. *The Gerontologist*.
- Wilson, S. J.**, Woody, A., Padin, A. C., Lin, J., Malarkey, W. B., & Kiecolt-Glaser, J. K. (in press). Loneliness and telomere length: Immune and parasympathetic function in associations with accelerated aging. *Annals of Behavioral Medicine*.
- Kiecolt-Glaser, J. K., **Wilson, S. J.**, & Madison, A. (in press). Marriage and gut (microbiome) feelings: Tracing novel dyadic pathways to accelerated aging. *Psychosomatic Medicine*.
- Padin, A.C.\*, **Wilson, S.J.**, Bailey, B., Lustberg, M.B., Farrar, W.B., Povoski, S.P., Agnese, D.M., Reinbolt, R. E., Wesolowski, R., Williams, N., Sardesai, S., Ramaswamy, B., Noonan, A.M., Vandeusen, J.B., Haas, G.J., Kiecolt-Glaser, J.K. (in press). Physical

- activity after breast cancer surgery: Does depression make exercise feel more effortful than it actually is? *International Journal of Behavioral Medicine*.
- Wilson, S. J.**, Martire, L. M., & Zhaoyang, R. (2019). Couples' day-to-day pain concordance and marital interaction quality. *Journal of Social and Personal Relationships*, *36*(3), 1023 – 1040.
- Wilson, S. J.**, Martire, L. M., & Graham-Engeland, J. E. (2018). Capturing patients' symptom expression and spouses' cardiovascular responses continuously: The feasibility of examining a mechanism of disease risk in the home. *Families, Systems, and Health*, *36*(4), 518 – 522.
- Wilson, S. J.**, Bailey, B. E., Jaremka, L. M., Fagundes, C. P., Andridge, R., Malarkey, W. B., Gates, K. M., Kiecolt-Glaser, J. K. (2018). When couples' hearts beat together: Synchrony in heart rate variability during conflict predict heightened inflammation throughout the day. *Psychoneuroendocrinology*, *93*, 107 – 116.
- Kiecolt-Glaser, J. K., **Wilson, S. J.**, Bailey, M., Andridge, R., Peng, J., Jaremka, L.M., Fagundes, C. P., Malarkey, W. B., Laskowski, B., & Belury, M. A. (2018). Marital distress, depression, and a leaky gut: Translocation of bacterial endotoxin as a pathway to inflammation. *Psychoneuroendocrinology*, *98*, 52 – 60.
- Knobloch-Fedders, L. M., & **Wilson, S. J.** (2018). Interpersonal behavior within couple therapy sessions: Concurrent and prospective associations with depressive symptoms and relationship distress. *Psychotherapy Research*, *31*, 1 – 12.
- Wilson, S. J.**, Andridge, R., Peng, J., Bailey, B. E., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2017). Thoughts after marital conflict and full-thickness wounds: Age-graded pathways to healing. *Psychoneuroendocrinology*, *85*, 6 – 13.
- Wilson, S. J.**, Martire, L. M., & Sliwinski, M. J. (2017). Daily spouse responsiveness predicts longer-term trajectories of physical function. *Psychological Science*, *28*(6), 786 - 797.
- Wilson, S. J.**, Jaremka, L. M., Fagundes, C. P., Andridge, R., Peng, J., Malarkey, W. B., Habash, D., Belury, M. A., & Kiecolt-Glaser, J. K. (2017). Shortened sleep fuels inflammatory responses to marital conflict: Emotion regulation matters. *Psychoneuroendocrinology*, *79*, 74 – 83.
- Kiecolt-Glaser, J. K., & **Wilson, S. J.** (2017). Lovesick: How couples' relationships influence health. *Annual Review of Clinical Psychology*, *17*, 421 – 443.
- Kiecolt-Glaser, J. K., & **Wilson, S. J.** (2017). Caregiver vulnerability and brain structural markers: Compounding risk. *American Journal of Geriatric Psychiatry*, *25*(6), 592 – 594.
- Kiecolt-Glaser, J. K., & **Wilson, S. J.** (2016). Psychiatric disorders, morbidity, and mortality: Tracing mechanistic pathways to accelerated aging. *Psychosomatic Medicine*, *78*(7), 772 – 775.
- Martire, L. M., **Wilson, S. J.**, Small, B. J., Conley, Y. P., Janicki, P. K., & Sliwinski, M. J. (2016). COMT and OPRM1 genotype associations with daily knee pain variability and activity induced pain. *Scandinavian Journal of Pain*, *10*, 6 – 12.
- Wilson, S. J.**, Barrineau, M. J., Berg, C. A., & Butner, J. (2014). Shared possible selves, other-focus, and perceived wellness of couples with prostate cancer. *Journal of Family Psychology*, *28*(5), 684 – 691.
- Wilson, S. J.**, Martire, L. M., Keefe, F. J., Mogle, J. A., Stephens, M. A. P., & Schulz, R. (2013). Daily verbal and nonverbal expression of osteoarthritis pain and spouse responses. *Pain*, *154*(10), 2045 – 53.

- Kahalley, L. S., Conklin, H. M., Tyc, V. L., Hudson, M. M., **Wilson, S. J.**, Wu, S., Xiong, X., & Hinds, P. S. (2013). Slower processing speed after treatment for pediatric brain tumor and ALL. *Psycho-Oncology*, 22(9), 1979 – 1986.
- Kahalley, L. S., **Wilson, S. J.**, Tyc, V. L., Conklin, H. M., Hudson, M. M., Wu, S., Xiong, X., Stancel, H. H., & Hinds, P. S. (2013). Are the psychological needs of adolescent survivors of pediatric cancer adequately identified and treated? *Psycho-Oncology*, 22(2), 447 – 458.
- Kahalley, L. S., Tyc, V. L., **Wilson, S. J.**, Nelms, J., Hudson, M. M., Wu, S., Xiong, X., & Hinds, P. S. (2011). Adolescent cancer survivors' smoking intentions are associated with aggression, attention, and smoking history. *Journal of Cancer Survivorship*, 5(2), 123-131.
- Kahalley, L.S., Conklin, H.M., Tyc, V.L., **Wilson, S. J.**, Hinds, P.S., Wu, S., Xiong, X., & Hudson, M.M. (2011). ADHD and secondary ADHD criteria fail to identify many at-risk survivors of pediatric ALL and brain tumor. *Pediatric Blood & Cancer*, 57(1), 110-118.

## **Published Chapters**

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- Wilson, S. J.**, Woody, A., & Kiecolt-Glaser, J. K. (in press). Inflammation as a biomarker method in lifespan developmental methodology. In B. Knight (Ed.), *Oxford Research Encyclopedia of Psychology and Aging*. New York, NY: Oxford University Press.
- Berg, C. A., Sewell, K., Hughes, A., **Wilson, S. J.**, & Brewer, C. (2016). A developmental perspective to dyadic coping across adulthood. In J. Bookwala (Ed.), *Couple Relationships in Mid and Late Life: Current Perspectives* (pp. 259-280). Washington, DC: American Psychological Association.
- Wilson, S. J.**, & Berg, C. A. (2015). Spousal support: Physical health conditions. In S. K. Whitbourne (Ed.), *Encyclopedia of Adulthood and Aging* (pp. 1350 – 1353). Hoboken, NJ: Wiley-Blackwell.

## **Manuscripts in Progress**

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\*Provided mentorship to student

### Under Review or Revision

- Wilson, S. J.**, Padin, A. C., Bailey, B. E., Kiecolt-Glaser, J. K. (under revision). Spousal bereavement after dementia caregiving: A turning point for immune health.
- Marini, C. M., **Wilson, S. J.**, Stanford, A. M., Martire, L. M., & Franks, M. M. (accepted pending minor revision). Short and long-term effects of support visibility on support providers' negative affect. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.

### In Preparation

- Wilson, S. J.**, Peng, J., Andridge, R., Jaremka, L. M., Fagundes, C. P., Malarkey, W. B., Belury, M. A., & Kiecolt-Glaser, J. K. (in preparation). For better and worse? The importance of closeness, satisfaction, and age in spouses' cardiometabolic similarity.

## **Ad Hoc Journal Reviews**

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Annals of Behavioral Medicine  
Brain, Behavior, and Immunity

Clinical Psychological Science  
Cancer  
Health Psychology  
JCI Insight  
Journal of Family Psychology  
Perspectives on Psychological Science  
Psychoneuroendocrinology  
Psychosomatic Medicine  
Psychotherapy Research  
Transportation Research Board of the National Academies

## **Research Presentations and Symposia**

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\*Provided mentorship to student

- Wilson, S. J.**, & Chen, K.-H. (2019). *Linked lives, bodies, and minds: Health consequences and boundary conditions of physiological similarity and synchrony in close relationships*. Symposium submitted to the annual meeting of the American Psychosomatic Society, Vancouver, BC.
- Wilson, S. J.**, Peng, J., Andridge, R., Jaremka, L. M., Fagundes, C. P., Malarkey, W. B., Belury, M. A., & Kiecolt-Glaser, J. K. (2019). *For better and worse? The importance of closeness, satisfaction, and age in spouses' cardiometabolic similarity*. Abstract submitted to the annual meeting of the American Psychosomatic Society, Vancouver, BC.
- Wilson, S. J.** (2018). *Aging together: Couples' interpersonal dynamics, health, and well-being across adulthood*. Symposium organized for presentation at the annual meeting of the Gerontological Society of America, Boston, MA.
- Wilson, S. J.**, Bailey, B. E., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2018). *Linking marital support to sympathetic, immune, and endocrine activity: Both age and marital quality matter*. Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Stanford, A. M., Marini, C. M., **Wilson, S. J.**, & Martire, L. M. (2018). *Invisible support and daily mood among osteoarthritis patients and spouses*. Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Wilson, S. J.**, Woody, A., Padin, A. C., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2018). *Loneliness, herpesvirus reactivation, and leukocyte telomere length: Heart rate variability promotes resilience in a novel pathway to accelerated aging*. Paper presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- Woody, A., **Wilson, S. J.**, Padin, A. C., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2018). *One year after cancer screening, cancer-related distress predicts greater inflammation, pain, and sleep problems*. Paper presented at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- Wilson, S. J.**, Bailey, B. E., Jaremka, L. M., Fagundes, C. P., Andridge, R., Malarkey, W. B., Gates, K. M., Kiecolt-Glaser, J. K. (2017). *When couples' hearts beat together: Linkages in heart rate variability during conflict predict heightened inflammation throughout the day*. Poster presented at the mid-year meeting of the American Psychosomatic Society, *Emotions in Social Relationships: Implications for Health and Disease*, Berkeley, CA.

- Wilson, S. J., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2017).** *Intrusive thoughts in dementia family caregivers: Genetic risks for heightened pain and inflammation.* Paper presented at The Ohio State University's Institute of Behavioral Medicine Research (IBMR) Research Day, Columbus, OH.
- Wilson, S. J., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2017).** *Periodontal disease, its social risk factors, and immune sequelae: Reactivity as a novel mechanism.* Poster presented at The Ohio State University's Institute of Behavioral Medicine Research (IBMR) Research Day, Columbus, OH.
- Wilson, S. J., Jaremka, L. M., Fagundes, C. P., Bailey, B. E., Andridge, R., Malarkey, W. B., Belury, M. A., Kiecolt-Glaser, J. K. (2017).** *When couples' hearts beat together: Linkages in heart rate variability during conflict predict heightened inflammation throughout the day.* Oral paper presented at the annual meeting of the Psychoneuroimmunology Research Society, Galveston, TX.
- Padin, A. C.\*, **Wilson, S. J., Glaser, R., Malarkey, W. B., Kiecolt-Glaser, J. K. (2017).** *Prolonged cancer-related distress is associated with elevated inflammation during breast cancer survivorship.* Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Galveston, TX.
- Wilson, S. J., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2017).** *Periodontal disease, its social risk factors, and immune sequelae: Reactivity as a novel mechanism.* Poster presented at The Ohio State University's T32 College of Dentistry Research Day, Columbus, OH.
- Wilson, S. J., Bailey, B. E., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2017).** *Linking marital support to sympathetic, immune, and endocrine activity: Both age and marital quality matter.* Paper presented at the annual meeting of the American Psychosomatic Society, Sevilla, Spain.
- Wilson, S. J., Bailey, B. E., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2016).** *Differential effects of marital conflict on full-thickness wounds: Age-graded pathways to healing.* Poster accepted to the annual meeting of the Gerontological Society of America, New Orleans, LA.
- Wilson, S. J., Bailey, B. E., Kiecolt-Glaser, J. K. (2016).** *Supporting spousal caregivers in bereavement: A sensitive period for subsequent inflammation.* Poster accepted to the annual meeting of the Gerontological Society of America, New Orleans, LA.
- Padin, A. C.\*, **Wilson, S. J., Kiecolt-Glaser, J. K. (2016).** *Childhood adversity predicts different trajectories of inflammation, fatigue, and depression during breast cancer survivorship.* Poster accepted to the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Wilson, S. J., & Knobloch-Fedders, L. (2016).** *Change in couples' interpersonal behavior predicting change in depression and relationship distress across sessions of couple therapy.* Paper presented at the annual meeting of the Society for Psychotherapy Research, Jerusalem, Israel.
- Wilson, S. J., Jaremka, L. M., Fagundes, C. P., Andridge, R., Peng, J., Malarkey, W. B., Habash, D., Belury, M. A., & Kiecolt-Glaser, J. K. (2016).** *Prior nights' sleep blunts inflammatory response to couple conflict.* Poster presented at The Ohio State University's IBMR Research Day, Columbus, OH.
- Wilson, S. J., Martire, L. M., & Graham-Engeland, J. E. (2015).** *Using audio and ambulatory technology to examine daily pain expression in chronic pain.* Poster presented at the annual meeting of the Gerontological Society of America, Orlando, FL.

- Wilson, S. J., & Barrineau, M. J.** (2014). *Relationships and health in adulthood: Understanding mutual influences on multiple time scales*. Symposium organized for presentation at the annual meeting of the Gerontological Society of America, Washington, DC.
- Wilson, S. J., Martire, L. M., & Stephens, M. A. P.** (2014). *Daily pain-related interaction patterns and longitudinal change in individual and dyadic well-being*. Paper presented at the annual meeting of the Gerontological Society of America, Washington, DC.
- Wilson, S. J., Bomiriya, R., Martire, L. M., & Hunter, D. R.** (2014). *Conversational networks in couples' everyday interactions*. Poster presented at the annual Big Data Social Science symposium, University Park, PA.
- Williams, P. G., Butner, J. E., Rau, H. K., Bride, D. L., Cribbet, M., Silver, M., **Wilson, S. J., & Baucom, B.** (2014). *A dynamical systems examination of autonomic nervous system activation in the pre-sleep period*. Paper presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- Butner, J. E., **Wilson, S. J., & Berg, C. A.** (2014). *Exploratory construction of the topology for parent-adolescent co-regulation of Type I Diabetes: Extracting attractors and identifying control parameters through mixture modeling*. Paper presented at the Dynamical Systems Pre-Conference of the Society of Personality and Social Psychology, Austin, TX.
- Wilson, S. J., & Martire, L. M.** (2013). *Couples' daily lives: An in-home study of couples' everyday interactions and physiological function*. Poster presented at the annual Big Data Social Science symposium, University Park, PA.
- Wilson, S. J., Barrineau, M. J., Martire, L. M., Stephens, M. A. P., & Schulz, R.** (2013). *The role of spousal depressive symptoms in responding to daily expressions of osteoarthritis pain*. Paper accepted for presentation at the annual meeting of the Gerontological Society of America, New Orleans, LA.
- Wilson, S. J., Barrineau, M. J., & Berg, C. A.** (2012). *Shared possible selves of couples with prostate cancer: Significance of each partner's contributions*. Paper presented at the annual meeting of the Gerontological Society of America, San Diego, CA.
- Barrineau, M. J., **Wilson, S. J., & Berg, C. A.** (2012). *Perceptions of communication difficulties and daily affect in couples dealing with prostate cancer*. Paper presented at the annual meeting of the Gerontological Society of America, San Diego, CA.
- Wilson, S. J., Martire, L. M., Mogle, J. A., Stephens, M. A. P., Schulz, R., & Keefe, F. J.** (2012). *Interactive effects of daily nonverbal and verbal pain expression on spouse responses in osteoarthritis*. Poster presented at the annual meeting of the American Psychosomatic Society, Athens, Greece.
- Wilson, S. J., Martire, L. M., Mogle, J. A., Stephens, M. A. P., Schulz, R., & Keefe, F. J.** (2011). *Day-to-day pain concordance and marital interaction quality in a chronic illness context*. Paper presented at the International Association for Relationship Research mini-conference for Health, Emotion, and Relationships, Tucson, AZ.
- Sliwinski, M., Almeida, D. M., Martire, L. M., Mogle, J. A., Munoz, E., & **Wilson, S. J.** (2011). *Momentary and daily relationships between subjective health and affect*. Paper presented at the annual meeting of Gerontological Society of America, Boston, MA.
- Wilson, S. J., & Walton, M. D.** (2010). *Exploring identity in a juxtaposition of personal narratives and objective assessments*. Paper presented at the Society for Research on Adolescence meeting, Philadelphia, PA.

- Kahalley, L. S., **Wilson, S. J.**, Nelms, J. L., Conklin, H. & Tyc, V. L. (2010). *Processing speed and IQ discrepancies among survivors of pediatric cancer*. Paper presented at the Society of Behavioral Medicine meeting, Seattle, WA.
- Kahalley, L. S., Nelms, J. L., **Wilson, S. J.**, & Tyc, V. L. (2010). *Unidentified clinical needs of childhood cancer survivors*. Paper presented for presentation at the American Psychological Association meeting, San Diego, CA.
- Martire, L. M., Stephens, M. A. P., Brach, J. S., Keefe, F. J., Schulz, R., & **Wilson, S. J.** (2010). *Daily physical activity and change in pain and mood over different time scales*. Paper presented at the annual meeting of Gerontological Society of America, New Orleans, LA.
- Rotzoll, M. A., **Wilson, S. J.**, Reckert, E. K., Nobel, A. M., Berry, E. L., Barowka, S. E., & Sable, J. J. (2009). Direct and indirect stereotype threats both affect heart rate on spatial reasoning tasks. *Psychophysiology*, 46 (Suppl. 1), S122.
- Wilson, S. J.** (2009). *I narrate, therefore, I am: How the construction of a storied self bridges cognitive and discursive understandings of identity development*. Honors thesis presented at Rhodes College's Undergraduate Research and Creative Activity Symposium, Memphis, TN.
- Walton, M. D., & **Wilson, S. J.** (2008). "It took me 25 times to prove them wrong": *Echoing appraisals of others – A narrative device for making identity claims*. Poster presented at Society for Research on Adolescence meeting, Chicago, IL.
- Wilson, S. J.**, & Etz, M. N. (2007). "My kids will have every pair of Jordans that come out": *The expression of consumerism in early adolescents' narratives*. Poster presented at Tennessee Psychological Association undergraduate meeting, Nashville, TN.
- Etz, M. N., & **Wilson, S. J.** (2007). *Education and the future in middle school students' narratives*. Poster presented at Tennessee Psychological Association undergraduate meeting, Nashville, TN.

## **Invited Talks**

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- 11/2018      "*Participant Recruitment and Retention: A Customer Service Perspective*", invited presentation hosted by the Ohio State University's Center for Clinical and Translational Science as part of a conference featuring Tools of the Trade: Research Participant Recruitment & Retention
- 06/2018      "*Stress and its Remedies: Paths to Healthy Aging*", invited public presentation that covered the links between stress and the immune system, as well as the relevance of biological and social-emotional aging for these processes, at First Community Village, Columbus, OH
- 04/2017      "*Aging, Relationships, and Immune Function: Bridging Lifespan Development and Psychoneuroimmunology*", invited talk that covered scientific and professional developmental topics at The Pennsylvania State University's Center for Healthy Aging, Pathways T32 Program

## **Selected Media Coverage & Scientific Outreach**

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*To promote the University, The Ohio State Wexner Medical Center's Media Relations team features in-house research that they believe will interest the public. In May 2017, they assembled*



a media package highlighting our work on couples' sleep, marital conflict, and inflammation, published in *Psychoneuroendocrinology*. This invaluable experience has encouraged me to think seriously about the American Psychological Association's charge of "giving psychology away" to the public, who enables our work through research participation and grant support.

#### Articles

- October 25, 2017 *Knowable Magazine*, [Can Marriage Make You Sick?](#)  
September 4, 2017 *New York Times*, [Relationship Problems? Try Getting More Sleep](#)  
July 5, 2017 *TIME*, [How Lack of Sleep Can Ruin Your Marriage](#)  
July 3, 2017 *U.S. News & World Report*, [Is Arguing With Your Spouse Bad for Your Heart?](#)  
June 28, 2017 *Quartz*, [Couples Who Argue While Sleep-Deprived Risk Seriously Damaging Their Health](#)  
June 26, 2017 *Men's Health*, [How Skipping This Much Sleep Makes Arguing With Your Partner More Dangerous](#)

#### Radio interviews

- July 10, 2018 *Dr. Radio on Sirius XM Radio*: Everyday Health with Dr. Carol Bernstein  
June 19, 2018 *Dr. Radio on Sirius XM Radio*: Everyday Health with Dr. Carol Bernstein  
May 11, 2018 *Dr. Radio on Sirius XM Radio*: Heartbeat Show with Dr. Greg Ribakove  
September 12, 2017 *Dr. Radio on Sirius XM Radio*: Couples' Corner with Dr. Michael Aronoff  
June 27, 2017 *Dr. Radio on Sirius XM Radio*: Everyday Health with Dr. Carol Bernstein

## **Teaching Experience & Credentials**

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### **Online Teaching Certification, Penn State World Campus, Spring 2016**

- Mastered Penn State World Campus's system, an exemplar of online teaching platforms
- Developed expertise in effective online teaching practices, e.g., adapting materials to the online classroom's asynchronous format
- Practiced strategies for mindfully creating an online presence, including when and how to communicate with students on message boards and via class announcements
- Gained familiarity with the diverse online student population, including military personnel and full-time workers, and their unique challenges

### **Course Instructor, Penn State University Park, Empirical Inquiry in Human Development, Fall 2015**

- Student rating of instructor: 6.2/7 (mean instructor score for the College of Health and Human Development: 5.9/7)
- Served as co-instructor of record for this writing-intensive research methods course
- Designed syllabus, lectures, interactive group activities, lab demonstrations, writing assignments, and exams
- Mentored students in developing their own research questions and proposals
- Managed gradebook and online course system
- Provided one-on-one student support through individual appointments and email
- Connected students with research assistant opportunities
- Graded exams, papers, and quizzes
- Coordinated with the co-instructor to provide a high-quality learning environment for our students

**Lab Instructor, Penn State University Park, Empirical Inquiry in Human Development, Spring 2014**

- Student rating of instructor: 6.3/7 (mean instructor score for the College of Health and Human Development: 5.9/7)
- Designed lab activities and lectures
- Mentored students in developing their own research questions and proposals
- Provided one-on-one student support through individual appointments and email
- Graded exams, papers, and quizzes
- Managed gradebook and online course system

**Teaching Assistant, Penn State University Park, Analysis of Family Problems, Spring 2012**

- Provided one-on-one student support through individual appointments and email
- Graded exams, papers, and quizzes
- Managed gradebook and online course system

**Guest Lecturer, Penn State University Park, Family Relationships, Spring 2012**

- Designed and delivered interactive lecture entitled *Family Relationships and Childhood Chronic Illness*
- Engaged students with critical-thought questions and coordinated group activity

**Formal Mentorship**

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2018 – 2019	<b>Meera Mathur, undergraduate research mentee</b> The Ohio State University Second-year Transformational Experience Program (STEP, includes summer stipend)
2016 – 2019	<b>Raisa Amin, undergraduate research mentee</b> <i>Breast Cancer Survivor's Depression and Heart Rate Variability: Risks for Heightened Pain Sensitivity</i> The Ohio State University Undergraduate Research Office Summer Research Program (includes summer stipend) Pelotonia Cancer Research Fellowship, The Ohio State University Comprehensive Cancer Center (includes full-year funding)
Summer 2016	<b>Santiago Acero, undergraduate research mentee</b> <i>Heart Rate Variability throughout Breast Cancer Survivorship: The Importance of Treatment-Related Factors</i> Kenyon College Summer Research Program, The Ohio State University Comprehensive Cancer Center (includes housing, stipend)

**Research Positions**

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2016 – 2019	<b>Stress and Health Lab Postdoctoral Fellow</b> Dr. Janice Kiecolt-Glaser Institute for Behavioral Medicine Research The Ohio State University College of Medicine, Columbus, OH
2010 – 2015	<b>Couples' Daily Lives Research Assistant and Study Coordinator</b> Dr. Lynn Martire Department of Human Development and Family Studies The Pennsylvania State University, University Park, PA

Summer 2014      **Big Data Social Science NSF Summer Extern**  
 Dr. Lynne Knobloch-Fedders  
 The Family Institute  
 Northwestern University, Evanston, IL

2013 – 2014      **Big Data Social Science NSF Research Assistant**  
 Drs. Rachel Smith and David Hunter  
 Departments of Statistics and Communication Arts and Sciences  
 The Pennsylvania State University, University Park, PA

Summer 2013      **Big Data Social Science NSF Summer Extern**  
 Drs. Cynthia Berg and Jonathan Butner  
 Department of Psychology  
 University of Utah, Salt Lake City, UT

2009 – 2010,  
 Summer 2011      **Pediatric Oncology Education Intern**  
 Drs. Sean Phipps and Lisa Kahalley  
 Department of Psychology  
 St. Jude Children’s Research Hospital, Memphis, TN

Summer 2008      **Margaret Ruffin Hyde Award Summer Extern**  
 Dr. Michael Bamberg  
 Department of Psychology  
 Clark University, Worcester, MA

2006 – 2007      **NASA (National Aeronautics and Space Administration) Stars  
 Ambassador**  
 Dr. Marsha Walton  
 Department of Psychology  
 Rhodes College, Memphis, TN

## **Professional Service**

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2018              Emerging Leaders Initiative, American Psychosomatic Society

2016              Abstract Reviewer, American Psychosomatic Society

2013 – 2014      Graduate Council Representative, Penn State Graduate School  
 Graduate Student and Faculty Issues Committee

2013 – 2014      Department Representative, College of Health and Human Development Graduate  
 Council

Spring 2013      Student Representative, Departmental Adult Development and Aging Faculty  
 Search Committee

2012 – 2013      Programming Co-Chair, Penn State Graduate Student Association (GSA)

2011 – 2012      Community Service Co-Chair, Human Development and Family Studies Steering  
 Committee

2008 – 2009      Psychology Student Advisory Council Member (Faculty-Invited)

## **Professional Memberships**

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Phi Beta Kappa

Gerontological Society of America

American Psychosomatic Society

PsychoNeuroImmunology Research Society

American Psychological Association, Division 38 (Health Psychology)

International Association for Relationship Research

Psi Chi