

August 14, 2019

**CURRICULUM VITAE**  
**JENNIFER E. GRAHAM-ENGELAND**

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**EDUCATION**

- Ph.D. Social and Health Psychology, August 2003  
Stony Brook University, Stony Brook, NY  
Graduate Certificate in Women's Studies, December 2001  
Stony Brook University, Stony Brook, NY
- B.A. Psychology and English, May 1995  
Cornell University; College of Arts and Sciences; Ithaca, NY

**POSTDOCTORAL TRAINING**

- 2004-2006 Postdoctoral Fellow, Institute for Behavioral Medicine Research and the Dept. of Molecular Virology, Immunology, and Medical Genetics, The Ohio State University;  
*NIH Training Grant in Psychoneuroimmunology, T32 AI55411, 2004*

**POSITIONS**

- 2017-present Professor in Charge (PIC) of the Graduate Program, Biobehavioral Health, The Pennsylvania State University
- 2012-present Associate Professor of Biobehavioral Health, The Pennsylvania State University
- 2009-present Affiliate, Center for Healthy Aging, The Pennsylvania State University
- 2006-2012 Assistant Professor of Biobehavioral Health, The Pennsylvania State University
- 2004-2006 Postdoctoral Fellow, The Ohio State University Medical Center
- 2003-2004 Visiting Scholar, Dept. of Psychology, Stony Brook University

**RESEARCH INTERESTS**

I investigate the impact of psychological stress on physical health and the psychological, physiological and behavioral mechanisms underlying **stress and health connections**. I emphasize the role of **emotion and affective/cognitive responses to stress** (e.g., anger, rumination, meaning-making) that are potential targets for non-pharmacological intervention. Drawing on perspectives from social psychology and psychoneuroimmunology, I examine the impact of such dynamics on different health-related outcomes, including inflammation, physical pain, and cardiovascular disease risk.

Specific research topics include:

- 1) adaptive consequences of recognizing and expressing negative emotion;
- 2) how emotion, depressed mood, inflammation, and physical pain are bi-directionally connected;
- 3) the use of immune-related biomarkers as outcomes or mediators of stress and health phenomena;
- 4) the relevance of situational forces (e.g., relationship dynamics) and individual differences (e.g., age, hostility, and gender) on stress and health connections.

**HONORS AND AWARDS**

- Fran and Holly Soistman Faculty Development Endowment, College of Health and Human Development, Penn State University, 2016-2017
- American Psychological Association Leadership Institute for Women in Psychology (LIWP), 2016-2017

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- College of Health and Human Development, Penn State University, Commencement Marshal, December 2014
- Functional MRI Visiting Fellowship, Short-Course in Functional Magnetic Resonance Imaging, MGH/HST Athinoula Martinos Center for Biomedical Imaging, Boston, October, 2014
- American Psychosomatic Society Scholar Research Award, 2006
- Psychoneuroimmunology Research Society Scholars Award, 2006
- Pittsburgh Mind-Body Center Summer Institute, travel stipend, 2006
- American Psychological Association, Division 38 Student Research Award, 2003
- Madeline Fusco Fellowship, Stony Brook University, 2003
- Graduate Council Commendation to Distinguished Doctoral Students, Stony Brook University, 2003
- Award for Excellence in Teaching, Stony Brook University, Dept. of Psychology, 2003
- Dissertation Award, Stony Brook University, Dept. of Psychology, 2002
- Travel Awards, Stony Brook University, Dept. of Psychology, 2001 and 2003

## GRANTS

### Ongoing (Current) Grants (as PI or Co-I)

07/01/2018- 06/30/2023	<b>NIH RF1 AG056487</b> National Institute on Aging (NIA) <i>Integrative biobehavioral and psychosocial risk for cognitive decline in the elderly</i> <b>Role: PI</b> (Multiple PIs: Christopher Engeland & Jennifer Graham-Engeland)	\$3,781,840
01/15/2018- 01/14/2023	<b>NIH R01 HL137809</b> National Heart, Lung, and Blood Institute (NHLBI) <i>Early psychosocial intervention and child and parent cardiovascular disease risk</i> <b>Role: Co-I</b> (PI: Hannah Schreier)	\$2,643,761
09/01/2018 08/31/2019	<b>Bridges to Translation IV Pilot Award</b> Clinical Translational Science Institute <i>Diet and stress responses in low-income rural adults under the dynamics of food insecurity</i> <b>Role: Co-I</b> (PI: Muzi Na)	\$50,000

### Proposals Under Review

<i>Pending:</i> <i>Slated for funding</i>	<b>NIH R21 AG066140</b> National Institute on Aging (NIA) <i>Sex hormones, inflammation, and cognitive decline in older men and women</i> <b>Role: Co-I</b> (PI: Erik Knight). Submitted 03/11/2019; slated for funding by council 08/19	\$439,617
<i>Submitted</i> 08/13/2019	<b>NIH R01</b> National Heart, Lung, and Blood Institute (NHLBI) <i>The impact of social isolation in adolescence and young adulthood on cardiovascular disease risk</i> <b>Role: PI</b> (Multiple PIs: Jennifer Graham-Engeland & Mark Feinberg)	\$3,910,424

### Ongoing Training and Student Grants (as faculty mentor / sponsor)

05/02/2016- 05/02/2021	<b>NIH T32 AG049676</b> National Institute on Aging (NIA) <i>Psychosocial determinants and biological pathways to healthy aging (pathways)</i> <b>Role: Faculty</b> (PI: David Almeida)	\$1,963,357
09/30/2016- 08/31/2021	<b>NIH UL1</b> National Institutes of Health	\$18,400,465

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*Training Program of the Penn State Clinical and Translational Science Institute*

**Role: Faculty**

**Completed Grants**

09/30/2012- 08/31/2017 NCE-2019	<b>NIH R01 AG042595</b> National Institute on Aging (NIA), with National Institute on Mental Health (NIMH) <i>Inflammatory mediators of stress and cognitive aging</i> <b>Role: PI</b> (Multiple PIs: Jennifer Graham-Engeland & Christopher Engeland)	\$1,952,507
08/01/2017- 07/31/2019	<b>NIH F31 DK112641-01</b> National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) <i>Inflammatory Stress Response and Loss of Control Eating in Youth</i> <b>Role: Consultant</b> (PI: Lisa Shank)	\$55,853
04/20/2018- 08/20/2018	<b>BBH Seed Fund</b> Department of Biobehavioral Health (BBH) <i>Cognitive Profiles and Metabolic Syndrome: Biobehavioral Mechanisms Explaining Increased Risk and Progression</i> <b>Role: Co-I</b> (PI: Kyle Murdock)	
08/16/2016- 08/15/2017	Funding Agency: Social Science Research Institute, Penn State University Perinatal Coparenting Intervention and Cardiovascular Disease Risk <b>Role: Co-I</b> (PI: Hannah Schreier)	\$22,490
04/01/2015- 03/31/2017	<b>NIH F32 AG048698</b> National Institute on Aging (NIA) <i>The role of daily well-being in inflammatory processes and diurnal cortisol rhythms.</i> <b>Role: Co-Sponsor / Faculty</b> (PI: Nancy Sin)	\$122,286
01/10/2016- 01/09/2017	Funding Agency: Social Science Research Institute, Penn State University <i>The Body Mindfulness Project: Changing chronic maladaptive patterns in body and mind</i> <b>Role: Co-I</b> (PI: Andrew Belser)	\$4,459
09/14/2015- 09/13/2016	Funding Agency: Social Science Research Institute, Penn State University <i>Identifying antecedents and consequences of the disclosure of musculoskeletal pain among hotel housekeepers</i> <b>Role: Co-I</b> (PI: Larry Martinez)	\$3,300
05/30/2013- 05/29/2016	Funding Agency: Social Science Research Institute, Penn State University <i>How pain, mood, stress, social and health behavior, and inflammation are connected in undergraduate students with and without chronic pain.</i> <b>Role: PI</b>	\$4,978
03/01/2014- 02/28/2015	Funding Agency: Social Science Research Institute, Penn State University <i>Daily stress and premature cognitive aging as long-term sequelae of childhood sexual abuse.</i> <b>Role: Co-I</b> (PI: Jennie Noll)	\$43,000
07/10/2012- 07/09/2014	Funding Agency: Social Science Research Institute, Penn State University <i>Validation of salivary to blood-based inflammatory markers and associations with psychosocial and immune health indicators.</i> <b>Role: PI</b>	\$4,940
10/31/2011- 10/30/2013	Funding agency: Social Science Research Institute, Penn State University <i>Inflammatory mediators of psychological stress and cognitive aging.</i> <b>Role: PI</b>	\$24,748

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01/01/2013- 01/01/2014	Funding Agency: CTSI Community Engagement Research Core <i>The Pennsylvania Adult Rural Health Study.</i> <b>Role: Co-I</b> (PI: Martin Sliwinski, Penn State University)	\$70,000
2010-2011	Funding Agency: Pennsylvania State Institute for Neuroscience <i>Developing an animal model of cognitive bias to study the impact of emotion on health and behavior.</i> <b>Role: Co-I</b> (PI: Victoria Braithwaite, Penn State University)	\$37,420
10/21/2008- 06/30/2013	Funding Agency: Social Science Research Institute, Penn State University <i>The Rheumatoid Arthritis Multidimensional Project (RAMP).</i> <b>Role: PI</b>	\$35,000
2007-2008	Funding Agency: Social Science Research Institute, Penn State University <i>Ramping up for the Rheumatoid Arthritis Multidimensional Project (RAMP).</i> <b>Role: PI</b>	\$3,200

## **EDITORIAL SERVICE**

### **Editorial Board**

2008-2012 *Journal of Social Issues*

### **Ad Hoc Reviewer**

*Psychosomatic Medicine; Brain, Behavior, and Immunity; Psychoneuroendocrinology; Journal of Gerontology: Psychological Sciences; Gerontology; Journal of Behavioral Medicine; Annals of Behavioral Medicine; Journal of Psychosomatic Research; Psychology and Health; The Clinical Journal of Pain; Psychiatry Research; Journal of Family Issues; Journal of Wound Care; Personal Relationships; Aging and Health; Journal of Research on Adolescence; PLOS-one; Pain Medicine*

## **PROFESSIONAL SERVICE**

### **Grant Application Review**

Standing member, NIH Study section: Social Psychology, Personality, and Interpersonal Processes (SPIP), July 2017-present

NIH Study section ad-hoc reviewer: Social Psychology, Personality, and Interpersonal Processes (SPIP), Oct 2015, Washington, D.C.; Feb 2016, San Diego, CA

Special emphasis panel for the *National Center for Complementary and Alternative Medicine (NCCAM)*, initiative in non-pharmacological approaches to manage pain and co-morbid conditions, ZAT1 HS-15; March 31-April 1, 2014, Bethesda, MD

Merit Review for the Department of Veteran Affairs, Mental Health and Behavioral Sciences Panel (MHBA), December 2015.

Penn State Clinical and Translational Science Institute, Bridges to Translation, ad-hoc reviewer, September 2015.

### **Conference Related Service**

*Abstract Reviewer, American Psychosomatic Society International Conference; Fall 2009, Fall 2010, 2016*

*Abstract Reviewer, American Psychological Association, Div 38; Spring 2012, 2013, 2015*

*Faculty Mentor, American Psychosomatic Society Mentor/Mentee program, 2014, 2013, 2016*

*Abstract Reviewer, Women's Health Research Day, Penn State University, 2017*

**Other Professional Service**

2015, 2017; Tenure and Promotion Letter of Reference

**UNIVERSITY SERVICE****Committees**

- 2016-present *Faculty representative, Alumni Society Board of Directors, College of Health and Human Development, Penn State University*
- 2017-present *Health and Human Development (HHD) Professor in Charge (PIC) of Graduate Programs Committee*
- 2017-present *Chair, BBH Graduate Program Committee, Biobehavioral Health, Penn State University*
- 2017-present *BBH Advisory Committee (as PIC), Biobehavioral Health, Penn State University*
- 2018-present *Committee member, Search Committee for Teaching Assistant Professor (Ethics), Biobehavioral Health, Penn State University*
- 2019- *Committee member, Graduate Student Travel Grant Committee, Graduate School, Penn State University*
- 2018 *Committee member, Soistman Faculty Endowment Selection Committee, College of Health and Human Development, Penn State University*
- 2017-2018 *Committee member, Search Committee for Research Assistant Professor (Methods), Biobehavioral Health, Penn State University*
- 2017-2018 *AD-14 committee (appointed) to review HHD's Research and Graduate Education, College of Health and Human Development, Penn State University*
- 2017 *Search Committee for Associate Dean of the Graduate School, Penn State University*
- 2017 *Soistman Faculty Endowment Selection Committee, College of Health and Human Development, Penn State University*
- 2017 *BBH Graduate Program Committee, Biobehavioral Health, Penn State University*
- 2016-2017 *BBH Advisory Committee (elected), Biobehavioral Health, Penn State University*
- 2016-2017 *Chair, Graduate Council Committee on Committees and Procedures, Penn State University*
- 2015-2017 *Chair, Graduate Council Fellowship and Awards, Penn State University*
- 2015-2017 *Graduate Council (elected), College of Health and Human Development, Penn State University*
- 2015-2017 *Women's Leadership Initiative Internal Advisory Committee, Penn State University*
- 2015-2017 *Chair, Website Development Committee, Biobehavioral Health, Penn State University*
- 2015-2016 *Department Head Search Committee, Penn State University*
- 2015-2016 *Sabbatical Leave Review Committee, College of Health and Human Development, Penn State University*
- [2014-2015] *[Sabbatical]*
- 2007-2014 *Website Faculty Liaison, Biobehavioral Health, Penn State University*
- 2011-2013 *Graduate Admissions Committee, Biobehavioral Health, Penn State University*
- 2010-2011 *Chair, Graduate Council Committee on Academic Standards, Penn State University*
- 2009-2010 *Graduate Council Committee on Academic Standards, Penn State University*
- 2009-2011 *Graduate Council (elected), Penn State University*
- 2008-2009 *Faculty Search Committee, Biobehavioral Health, Penn State University*
- 2008-2009 *Graduate Admissions Committee, Biobehavioral Health, Penn State University*
- 2006-2008 *Scholarships Committee, Biobehavioral Health, Penn State University*
- 2006-2007 *Awards Committee, Biobehavioral Health, Penn State University*
- 2002-2003 *Graduate Committee, Psychology, Stony Brook University*
- 2000-2001 *Grievance Committee, Psychology, Stony Brook University*
- 2000 *Faculty Search Committee, Women's Center, Stony Brook University*
- 1999 *New Graduate Student Orientation, Psychology, Stony Brook University*
- 1999 *Faculty Search Committee, Psychology, Stony Brook University*

## PUBLICATIONS

- Graham<sup>1</sup>, J.E.**, Lobel, M., & DeLuca, R.S. (2002). Anger after childbirth: An overlooked reaction to postpartum stressors. *Psychology of Women Quarterly*, *26*, 222-233. doi: 10.1111/1471-6402.00061
- Graham, J.E.**, Robles, T.F., Kiecolt-Glaser, J.K., Malarkey, W.B., Bissell, M.G., & Glaser, R. (2006). Hostility and pain are related to inflammation in older adults. *Brain, Behavior, and Immunity*, *20*, 389-400. doi: 10.1016/j.bbi.2005.11.002
- Graham, J.E.**, Christian, L.M. & Kiecolt-Glaser, J.K. (2006). Marriage, health, and immune function: A review of key findings and the role of depression. In S.R.H. Beach, M.Z. Wamboldt, N.J. Kaslow, R.E. Heyman, M.B. First, L.G. Underwood, & D. Reiss (Eds.), *Relational Processes and DSM-V: Neuroscience, Assessment, Prevention, and Treatment*. (pp. 61-76). Washington DC: American Psychiatric Publishing, Inc.
- Graham, J.E.**, Christian, L. M., & Kiecolt-Glaser, J.K. (2006). Close relationships and immunity. In R. Ader (Ed.), *Psychoneuroimmunology*, 4<sup>th</sup> ed, Vol. 2, 781-798. Burlington, MA: Elsevier, Inc.
- Graham, J.E.**, Christian, L.M., & Kiecolt-Glaser, J.K. (2006). Stress, age, and immune function: Toward a lifespan approach. *Journal of Behavioral Medicine*, *29*, 389-400. doi: 10.1007/s10865-006-9057-4
- Cannella, D.T., Lobel, M., Glass, P., Lokshina, I., & **Graham, J.E.** (2007). Factors associated with depressed mood in chronic pain patients: The role of intrapersonal coping resources. *Journal of Pain*, *8*, 256-262. doi: 10.1016/j.jpain.2006.08.007
- Christian, L.M., **Graham, J.E.**, Padgett, D.A., Glaser, R., Kiecolt-Glaser, J.K. (2007). Stress and wound healing. *Neuroimmunomodulation*, *13*, 337-46. doi: 10.1159/000104862
- Kiecolt-Glaser, J.K., **Graham, J.E.**, Malarkey, W.B., Porter, K., Lemeshow, S., Glaser, R. (2008). Olfactory influences on mood and autonomic, endocrine, and immune function. *Psychoneuroendocrinology*, *33*, 328-339. doi: 10.1016/j.psyneuen.2007.11.015
- Graham, J.E.**, Lobel, M., Glass, P., & Lokshina, I. (2008). Effects of written constructive anger expression in chronic pain patients: Making meaning from pain. *Journal of Behavioral Medicine*, *31*, 201-212. doi: 10.1007/s10865-008-9149-4
- Kiecolt-Glaser, J.K., **Graham, J.E.**, Malarkey, W.B., Porter, K., Lemeshow, S., Glaser, R. (2008). Comment in response to letter regarding 'Olfactory influences on mood and autonomic, endocrine, and immune function'. *Psychoneuroendocrinology*, *33*, 1303. doi: 10.1016/j.psyneuen.2008.07.001
- Lobel, M., Cannella, D.T., **Graham, J.E.**, DeVincent, C., Schneider, J., and Meyer, B. A. (2008). Pregnancy-specific stress, prenatal health behaviors, and birth outcomes. *Health Psychology*, *27*, 604-615. doi: 10.1037/a0013242
- Graham, J.E.**, Glaser, R., Loving, T.J., Malarkey, W.B., Stowell, J.R., Kiecolt-Glaser, J.K. (2009). Cognitive word use during marital conflict attenuates increases in inflammatory cytokines. *Health Psychology*, *28*, 621-630. doi: 10.1037/a0015208
- Christian, L.M., Deichert, N.T., Gouin, J., **Graham, J.E.**, & Kiecolt-Glaser, J. K. (2009). Psychological influences on endocrine and immune function. In G. Berntson and J. Cacioppo (Eds.), *Handbook of Neuroscience for the Behavioral Sciences*, pp. 1260-1279, ch. 64. Hoboken, New Jersey: John Wiley & Sons Inc.
- Graham, J.E.**, & Streitl, K. L. \*<sup>2</sup> (2010). Sleep quality and acute pain severity among young adults with and without chronic pain: The role of biobehavioral factors. *Journal of Behavioral*

<sup>1</sup> Note, prior to July 2013, Dr. Jennifer Graham-Engeland published under Dr. Jennifer Graham.

\* Denotes a graduate student or postdoctoral scholar under the supervision of Dr. Graham-Engeland; † Denotes an undergraduate student under the supervision of Dr. Graham-Engeland

*Medicine*, 33, 335-45. doi: 10.1007/s10865-010-9263-y

- Streitel, K. L.\*, **Graham, J.E.**, Pickering, T.G., & Gerin, W. (2011). Explaining gender differences in the white coat effect. *Blood Pressure Monitoring*, 16, 1-6. doi: 10.1097/MBP.0b013e32833f56c2
- Engeland, C.G. & **Graham, J.E.** (2011). Psychoneuroimmunological aspects of wound healing and the role of pain. In D. Upton (Ed.). *Psychological Impact of Pain in Patients with Wounds*. Wounds UK Ltd., London, 87-114.
- Zawadzki, M. J., **Graham, J.E.**, & Gerin, W. (2012). Rumination and anxiety mediate the effect of loneliness on depression and sleep quality in college students. *Health Psychology*, 32, 212-22. doi: 10.1037/a0029007
- Song, S.\*, **Graham, J.E.**, Susman, E. & Sohn, Y. (2012). The cost of ineffective emotion regulation and problem drinking differs by emotional disposition, delinquency, and gender of South Korean adolescents. *Journal of Child and Adolescent Substance Abuse*, 21, 367-382. <http://dx.doi.org/10.1080/1067828X.2012.710029>.
- Graham, J.E.**, Song, S.\*, & Engeland, C.G. (2012). Acute pain speeds skin barrier wound recovery in healthy men and women. *Journal of Psychosomatic Research*, 73, 452-8. doi: 10.1016/j.jpsychores.2012.07.011
- Slavish, D.\*, & **Graham-Engeland, J.E.** (2014). Rumination mediates the relationships between depressed mood and both sleep quality and self-reported health in young adults. *Journal of Behavioral Medicine*, 2, 204-13. doi: 10.1007/s10865-014-9595-0.
- Sin, N. L.\*, **Graham-Engeland, J.E.**, & Almeida, D. (2014). Daily positive events and inflammation: Findings from the National Study of Daily Experiences. *Brain, Behavior, and Immunity*, 43, 130-8. doi: 10.1016/j.bbi.2014.07.015
- Slavish, D.\*, **Graham-Engeland, J.E.**, Smyth, J.M., & Engeland, C.G. (2014). Salivary markers of inflammation in response to acute stress. *Brain, Behavior, and Immunity*, 44, 253-269. doi: 10.1016/j.bbi.2014.08.008
- Sin, N.L.\*, **Graham-Engeland, J.E.**, Ong, A.D., & Almeida, D. (2015). Affective reactivity to daily stressors is associated with elevated inflammation. *Health Psychology*, 34, 1154-65. doi: <http://dx.doi.org/10.1037/hea0000240>
- Song, S.\*, **Graham-Engeland, J. E.**, Corwin, E. J., Ceballos, R.M., Taylor, S.E., Seeman, T., & Klein, L. K. (2015). The role of multiple negative social relationships in inflammatory cytokine responses to a laboratory stressor. *PeerJ*. doi: 10.7717/peerj.959
- Scott, S., **Graham-Engeland, J.E.**, Engeland, C.G., Katz, M., Lipton, R., Smyth, J.M, Almeida, D., Mogle, J., & Sliwinski, M.J. (2015). The Effects of Stress on Cognitive Aging, Physiology and Emotion (ESCAPE) Project. *Biomed Central Psychiatry*, 15, 1-14. doi: 10.1186/s12888-015-0497-7
- Song, S.\*, **Graham-Engeland, J.E.**, Mogle, J., & Martire, L.M. (2015). The effects of daily mood and couple interactions on the sleep quality of individuals with chronic pain. *Journal of Behavioral Medicine*, 38, 944-955. doi: 10.1007/s10865-015-9651-4
- Graham-Engeland, J.E.**, Zawadzki, M., Slavish, D.C.\*, & Smyth, J.M. (2016). Depressive symptoms and momentary mood predict momentary pain among rheumatoid arthritis patients. *Annals of Behavioral Medicine*, 50, 12-23. doi: 10.1007/s12160-015-9723-2
- Khoo, G.S. & **Graham-Engeland, J.E.** (2016). The benefits of contemplating tragic drama on self-regulation and health. *Health Promotion International*, 31, 187-99 doi: 10.1093/heapro/dau056
- Majd, M., **Graham-Engeland, J.E.**, Smyth, J.M., Sliwinski, M.J., Lipton, R.B., & Katz, M.J., Engeland, C.G. (2018). Distinct inflammatory response patterns are evident among men and women with higher depressive symptoms. *Physiology and Behavior*, 184, 108-115. doi:10.1016/j.physbeh.2017.11.009

- Slavish, D.C.\*, **Graham-Engeland, J.E.**, Sliwinski, M.J., Smyth, J.M., Almeida, D.M., Lipton, R.B., & Katz, M.J. (2018). Neuroticism, rumination, negative affect, and sleep: Examining between- and within-person associations. *Personality and Individual Differences*, *123*, 217-222. doi:10.1016/j.paid.2017.11.023
- Mathur, A.\*, **Graham-Engeland, J.E.**, Slavish, D.C.\*, Smyth, J.M., Lipton, R., Katz, M., & Sliwinski, M.J. (2018). Recalled early life adversity and pain: The role of mood, sleep, optimism, and control. *Journal of Behavioral Medicine*, *41*, 504-515. 10.1007/s10865-018-9917-8
- Jones D.R.\*, Johnson, J., **Graham-Engeland, J.E.**, Park, C.L., & Smyth, J.M. (2018). Is perceived growth associated with momentary indicators of health and well-being in people with asthma or rheumatoid arthritis? *Applied Psychology: Health and Well-Being*, *10*, 254-271. doi: 10.1111/aphw.12129
- Jones, D.R.\*, **Graham-Engeland, J.E.**, Smyth, J.M., & Lehman, B.J. (2018). Clarifying the associations between mindfulness meditation and emotion: Daily high- and low-arousal emotions and emotional variability. *Applied Psychology: Health and Well-Being*, *10*, 504-523. doi: 10.1111/aphw.12135
- Graham-Engeland, J.E.**, Sin, N.L.\*, Smyth, J.M., Jones, D.R.\*, Knight, E.L., Sliwinski, M.J., Katz, M.J., Lipton, R.B., Almeida, D.M., & Engeland, C.G. (2018). Negative and positive affect as predictors of inflammation: Timing matters. *Brain, Behavior, and Immunity*, *74*, 222-230. doi: 10.1016/j.bbi.2018.09.011
- Wilson, S.J., Martire, L.M., & **Graham-Engeland, J.E.** (2018). Capturing patients' symptom expression and spouses' cardiovascular activity continuously: The feasibility of examining mechanisms of disease risk in the home. *Families, Systems, and Health*, *36*, 518-522. doi: 10.1037/fsh0000369
- Slavish, D.C.\*, **Graham-Engeland, J.E.**, Engeland, C.G., Taylor, D.J., & Buxton, O.M. (2018). Insomnia symptoms are associated with elevated C-reactive protein in young adults. *Psychology and Health*, *33*, 1396-1415. doi: 10.1080/08870446.2018.1500577
- Wardecker, B.\*, Matsick, J.L., **Graham-Engeland, J.E.**, & Almeida, D.M. (2019). Life satisfaction across adulthood in Bisexual men and women: Findings from the Midlife in the United States (MIDUS) Study. *Archives of Sexual Behavior*, *48*, 291-303. doi: 10.1007/s10508-018-1151-5
- Graham-Engeland, J.E.**, Song, S.\*, Mathur, A.\*, Wagstaff, D.A., Klein, L.K., Whetzel, C., & Ayoub, W. (in press; epub ahead of print). Emotional state can affect inflammatory responses to pain among rheumatoid arthritis patients: Preliminary findings. *Psychological Reports*. doi: 10.1177/0033294118796655
- Slavish, D.C.\*, Jones, D.R.\*, Smyth, J.M., Engeland, C.G., Song, S.\*, & **Graham-Engeland, J.E.** (in press; epub ahead of print). Positive affect and salivary markers of inflammation among young adults with and without chronic pain. *International Journal of Behavioral Medicine*.

## PUBLICATIONS UNDER REVIEW

- Knight, E.L., Majd, M., **Graham-Engeland, J.E.**, Smyth, J.M., Sliwinski, M.J., Lipton, R.B., Katz, M.J., Engeland, C.G. (under review at *Brain, Behavior, and Immunity*). Gender differences in the link between depressive symptoms and ex vivo stimulated cytokine responses are associated with levels of endotoxin in blood.
- Jones, D.R.\*, Engeland, C.G., Smyth, J.M., Sliwinski, M.J., Sin, N.L., Lipton, R.B., & Katz, M.J., Almeida, D.A., & **Graham-Engeland, J.E.** (under review at *Health Psychology*). Examining associations between affect variability and inflammatory markers among midlife adults.
- Wardecker, B.\*, **Graham-Engeland, J.E.**, & Almeida, D.M. (under review at the *Journal of Behavioral Medicine*). Perceived discrimination predicts elevated biological markers of inflammation among sexual minority adults.



## PUBLICATIONS IN PREPARATION

- Jones, D.R.\* & **Graham-Engeland, J.E.** (*in preparation for the Journal of Behavioral Medicine*). Positive affect and peripheral inflammation: A review.
- Szabo, Y.Z., Slavish, D., & **Graham-Engeland, J.E.** (*in preparation for Biological Psychiatry*). The effect of acute stress on salivary markers of inflammation: A systematic review and meta-analysis.
- Slavish, D.C.\*, **Graham-Engeland, J.E.**, Martire, L.M., & Smyth, J.M. (*in preparation for the Journal of Behavioral Medicine*). Daily affect, pain, and sleep in young adults with and without chronic back pain.
- Khoo, S. & **Graham-Engeland, J.E.** (*under revision for submission to the Journal of Human Communication Research*). The stress-buffering effect of contemplating tragic films on physical health symptoms.
- Graham-Engeland, J.E.**, Mathur, A.\*, DeMeo, N.\*, Jones, D.R.\*, McGrady, M.E.†, Sliwinski, M.J., Engeland, C.G., Smyth, J.M., Lipton, R.B., Katz, M.J. (*in preparation*). Peripheral inflammation and recent physical pain: Moderation by aggregated momentary negative affect.
- Song, S.\*, Almeida, D., Majd, M., Engeland, C.G., DeMeo, N.\*, & **Graham-Engeland, J.E.** (*in preparation*). Depressive symptoms predict levels of inflammation 9 years later and the role of sleep quality: Findings from the Midlife in the United States (MIDUS) Study.
- Jones, D.R.\*, **Graham-Engeland, J.E.**, Smyth, J.M., & Lehman, B.J. (*in preparation*). Examining stress pathways associated with dispositional mindfulness and a mindfulness meditation intervention: Meditation may be most effective for those who are already mindful.
- Kang, J., Sliwinski, M.J., **Graham-Engeland, J.E.**, Scott, S.B., Hyun, J., & Smyth, J.M. (*in preparation*). Trapped in stress: The impacts of loneliness on emotional responses to everyday stressors.

## INVITED TALKS AND CONFERENCE SYMPOSIA

- Lobel, M., **Graham, J. E.**, & DeVincent, C.J. (2002, February). Explaining stress effects on birth outcome: Health behaviors, ethnicity, and socioeconomic status. In R. Zambrana (Chair), *Translating psychosocial research into culturally competent health care*. Symposium presented at the American Psychological Association Conference on Women's Health: Enhancing Outcomes in Women's Health, Washington, D.C.
- Graham, J.E.** (2005, October). *Stress, emotions, and inflammation: the PNI of pain and wound healing*. Social and Health Psychology Colloquium, Stony Brook University, Stony Brook, NY.
- Graham, J.E.**, Kiecolt-Glaser, J.K., Malarkey, W.B., and Glaser, R. (2006, May). Proinflammatory cytokines, stress, and acute and chronic pain. In **J.E. Graham (Chair)** and L. Watkins (Co-Chair), *Inflammation, immune activation, and pain: Basic science and clinical studies at the cutting edge*. Symposium presented at the annual meeting of the Psychoneuroimmunology Research Society, Miami, Florida.
- Graham, J.E.** (2007, April). *Pain, inflammation, and stress: Implications for aging*. Gerontology Center Colloquium, The Pennsylvania State University, University Park, PA.
- Graham, J.E.** (2009, May). Relationship stress, aging, and immune function. In D. Fishbein (Chair), *Relationships, stress, and health across the lifespan*. Symposium presented at the annual meeting of the Society for Prevention Research, Washington, D.C.
- Graham, J.E.** (2009, June). Inflammatory markers from blood: Value, selection, and assessment. In Gerin, W. (Chair), *The First Annual Summer Institute for Stress Psychophysiology: Theory and Methodologies*, The Pennsylvania State University, University Park, PA.
- Graham, J.E.** (2010, November). Relationships, stress, and immune function: Potential for pain and healing. In K. Ehrlich (Chair), *Relationships, Stress, and Immune Function*. Symposium

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presented at the annual University of Maryland Bioscience Day, Washington, D.C.

- Graham, J.E.** (2012, October). Moderator for *Approaches to Measuring Families*. Presentation session at Penn State's 20th Annual Symposium on Family Issues: Emerging Methods in Family Research.
- Graham, J.E.** (2013, April). Grand Rounds invited speaker. *When emotion and stress are a pain: The role of inflammation and meaning-making*. The University of Pittsburgh Department of Medicine, Division of Rheumatology & Clinical Immunology.
- Engeland, C., Smyth, J., Slavish, D., & **Graham, J.E.** (2013, March). Lessons learned from the bench: Relating salivary to blood-based inflammatory markers. In **J.E. Graham (Chair)**, and C.G. Engeland & J. Smyth (Co-Chairs), *Beyond Salivary Cortisol: Salivary Biomarkers of Immune Function and Stress at the Cutting Edge*. Symposium accepted for the annual meeting of the American Psychosomatic Society, Miami, FL.
- Graham-Engeland, J.E.** (2015, May). *Mood, pain, and inflammation: New evidence for momentary connections and prospects for intervention*. Colorado University at Boulder, Department of Psychology & Neuroscience.
- Graham-Engeland, J.E.** (2015, December). *Mood, pain, and inflammation: The pivotal role of mood and emerging prospects for intervention*. The Pennsylvania State University, Department of Biobehavioral Health.
- Graham-Engeland, J.E.** (2017, February). *Mood, pain, and inflammation: The complexities of real-life associations*. The Ohio State University, Institute for Behavioral Medicine Research.
- Graham-Engeland, J.E.** (2017, December). Grant writing for the NIH: Basics and Specific Tips for Success. In D. Downs (Chair), *Understanding the Grant Review Process at Federal Agencies: A Workshop for Faculty*. The Social Science Research Institute, The Pennsylvania State University
- Graham-Engeland, J.E.** (2018, June). When focusing on negative emotion is good for your health. Penn State Alumni Association reunion luncheon. College of Health and Human Development, Penn State University.

#### CONFERENCE PRESENTATIONS

- Graham, J.E.**, Lobel, M., & DeLuca, R.S. (2001, March). *Postpartum anger: An overlooked reaction to delivery and related stressors*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.
- Graham, J.E.**, Lobel, M., Glass, P., & Lokshina, I. (2003, May). *Effects of written constructive anger on chronic pain patients' health and coping*. Poster presented at the annual meeting of the American Psychological Society, Atlanta, GA.
- Cannella, D.T., Lobel, M., **Graham, J.E.**, Glass, P., & Lokshina, I. (2004, May). *Factors that influence depressed mood in chronic pain patients*. Poster presented at the annual meeting of the American Psychological Society, Chicago, IL.
- Graham, J.E.**, Lobel, M., Glass, P., & Lokshina, I. (2005, March). *Moderators of the benefits of constructive anger expression in chronic pain patients*. Poster presented at the annual meeting of the American Psychosomatic Society, Vancouver, Canada.
- Cannella, D.T., Lobel, M., & **Graham, J.E.** (2005, April). *The impact of prenatal maternal stress and health behaviors on birth outcomes*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Boston, MA.
- Graham, J.E.**, Robles, T.F., Kiecolt-Glaser, J.K., Malarkey, W.B., and Glaser, R. (2005, June). *The impact of hostility and anger expression on CRP and IL-6 in older adults: The independent role of pain and perceived health*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Denver, CO.

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- Robles, T.F., **Graham, J.E.**, Kiecolt-Glaser, J.K., Malarkey, W.B., and Glaser, R. (2005, June). *Older adults, C-reactive protein, and health related quality-of-life: Associations across a 5-year span*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Denver, CO.
- Graham, J.E.**, Christian, L.M., Glaser, R., Loving, T.J., Malarkey, W.B., and Kiecolt-Glaser, J.K. (2006, March). *Psychosocial predictors of marital stress-induced impairment of wound healing*. Citation poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
- Graham, J.E.**, Glaser, R., Loving, T.J., Malarkey, W.B., and Kiecolt-Glaser, J.K. (2006, May). *Cognitive words expressed during marital conflict discussion predict less prolonged increases in serum IL-6 following conflict*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Miami, FL.
- Cannella, D.T., Lobel, M., **Graham, J.E.**, DeVincent, C., Schneider, J., Meyer, B. A. (2006, May). *Pregnancy-specific stress: Associations with health behaviors*. Poster presented at the annual meeting of the American Psychological Society, New York, New York.
- Graham, J.E.**, Glaser, R., Loving, T.J., Malarkey, W.B., and Kiecolt-Glaser, J.K. (2007, March). *Expression of cognitive words attenuates serum IL-6 and TNF- $\alpha$  increases following marital conflict*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Cannella, D.T., Lobel, M. Glass, P. Lokshina, I. & **Graham, J.E.** (2007, March). *Chronic pain and depressed mood: The role of intrapersonal coping resources*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Graham, J.E.**, Thorne, C.J.\* , Propst, M.E.† , & Fagioletti, C.F.† (2008, March). *Psychological stress moderates the association between pain severity and depressed mood*. Poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.
- Graham, J.E.**, & Strietel, K.L.\* (2008, March). *Sleep Quality and Pain Severity Among Young Adults With and Without Chronic Pain: The Role of Depressed Mood and Biobehavioral Factors*. Citation poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.
- Kiecolt-Glaser, J.K., **Graham, J.E.**, Malarkey, W.B., Porter, K., Lemeshow, S., & Glaser, R. (2008, March). *Olfactory influences on mood and autonomic, endocrine, and immune function*. Symposium presentation at the annual meeting of the American Psychosomatic Society, Baltimore, MD.
- Graham, J.E.** & Streitel, K.L.\* (2009, March). *Pain severity and sleep quality among young adults with and without chronic pain*. Citation poster presented at the annual meeting of the American Psychosomatic Society, Chicago, IL.
- Song, S., **Graham, J.E.**, & Sohn, Y. (2009). *Alcohol use of adolescent prisoners compared to high school students: Role of emotion and emotion regulation*. Poster presented at the annual meeting of the American Psychosomatic Society, Chicago, IL.
- Graham, J.E.**, Song, S.\* , Glaser, R., Malarkey, W.B., & Kiecolt-Glaser, J.K., (2009, June). *Acute pain and skin barrier wound recovery: The role of depressed mood and anxiety*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Breckenridge, CO.
- Graham, J.E.**, Streitel, K.\* , & Fagioletti, C. † (2010, March). *Unique effects of pain and stress indicators on depressed mood among rheumatoid arthritis patients*. Poster presented at the annual meeting of the American Psychosomatic Society, Portland OR.

- Song, S.\*, Whetzel, C., Klein, L.C., & **Graham, J.E.** (2010, March). *Effects of state positive affect on cortisol AUC among rheumatoid arthritis patients*. Poster presented at the annual meeting of the American Psychosomatic Society, Portland OR.
- Graham, J.E.**, Song, S.\*, Klein, L.C, Wagstaff, D., & Whetzel, C.A. (2010, June). *Effects of elicited state anger, happiness, and sadness on serum IL-6, IL-10, and cortisol responses to pain among rheumatoid arthritis patients*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Dublin, Ireland.
- Zawadzki, M.J., **Graham, J.E.**, & Gerin, W. (2011, March). *An examination of the role that rumination and anxiety have in connecting loneliness with poor sleep quality and perceived chronic stress*. Poster presented at the annual meeting of the American Psychosomatic Society, San Diego, CA.
- Zawadzki, M.J., **Graham, J.E.**, & Gerin, W. (2011, April). *The loneliness-depression link: Examining the mediating roles that loneliness and anxiety play*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Washington, D.C.
- Song, S. \*, **Graham, J.E.**, Corwin, E.J., Ceballos, R.M., Taylor, S.E., Klein, L.C. (2011, June). *The role of negative social relationships and hostility in inflammatory cytokine response to a laboratory stressor*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Chicago, IL.
- Song, S.\*, Martire, L.M., Mogle, J., & **Graham, J.E.** (2012, April). *Daily mood and spousal responses interact to affect sleep quality among knee arthritis patients*. Poster presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- Graham-Engeland, J.E.**, Slavish, D., Munoz, L., Sliwinski, M., Song, S.\*, Katz, M., & Lipton, R. (2014, March). *Rumination (sometimes) mediates the association between depressed mood and health symptomatology: The moderating role of stress*. Poster presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- Slavish, D.\*, & **Graham-Engeland, J.E.** (2014, March). *Depressed mood mediates the relationship between rumination and sleep quality*. Poster presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- Sin, N., **Graham-Engeland, J.E.**, & Almeida, D.M. (2014, March). *Daily positive events and inflammation*. Oral presentation at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- Sin, N., **Graham-Engeland, J.E.**, Ong, A.D., & Almeida, D.M. (2014, November). *Affective reactivity to daily positive events and inflammation*. Oral presentation at the annual meeting of the Gerontological Society of America, Washington, D.C.
- Qi, S., Munoz, E., **Graham-Engeland, J.E.**, Smyth, J., Sciegaj, M., & Sliwinski, M.J. (2014, November). *The association between social isolation and chronic disease burden*. Poster presented at the Gerontological Society of America's Annual Scientific Meeting; Washington, D.C.
- Graham-Engeland, J.E.**, Zawadzki, M., Slavish, D.C.\*, & Smyth, J.M. (2015, March). *How momentary positive and negative mood and depressive symptoms predict pain in daily life among rheumatoid arthritis patients*. Citation poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.
- Sin, N.L, **Graham-Engeland, J.E.**, Almeida, D.M., Sliwinski, M.J., Smyth, J.M., Lipton, R.B., Katz, M.B., & Engeland, C.G. (2015, June). *Good moments add up for inflammatory health: Associations of momentary positive events with inflammatory state and responsiveness*. Presented as a citation poster and a short oral presentation at the annual meeting of the Psychoneuroimmunology Research Society, Seattle, WA.

- Wilson, Stephanie J., Martire, Lynn M., & **Graham-Engeland, J.E.** (2015, November). *Using audio and ambulatory technology to examine daily pain expression in chronic pain*. Presented at the annual meeting of the Gerontological Society of America, Washington, D.C.
- Graham-Engeland, J.E.**, Sin, N.L., Smyth, J.M., Sliwinski, M.J., Jones, D.\*, Almeida, D.M., Lipton, R.B., Katz, M.J., & Engeland, C.G. (2016, March). *Peripheral inflammatory biomarkers are linked with momentary affect but not global recalled affect*. Poster presented at the annual meeting of the American Psychosomatic Society in Denver CO.
- Slavish, D.C.\*, **Graham-Engeland, J.E.**, Sliwinski, M.J., Smyth, J.M., Almeida, D.M., Lipton, R.B., & Katz, M.J. (2016, March). *Daily rumination mediates the relationship between trait neuroticism and nightly sleep quality*. Citation poster presented at the annual meeting of the American Psychosomatic Society in Denver CO.
- Mathur, A.\*, **Graham-Engeland, J.E.**, Sliwinski, M.J., Smyth, J.M., Lipton, R.B., & Katz, M.J., (2016, March). *Psychological vulnerabilities explain an association between chronic life stress and pain: The role of resilience resources*. Citation poster presented at the annual meeting of the American Psychosomatic Society in Denver CO.
- Jones, D.\*, Lehman, B.J., & **Graham-Engeland, J.E.** (2016, March). *Mindfulness meditation moderates associations between daily stress and low and high activation positive affect but not daily stress and negative affect*. Citation poster presented at the annual meeting of the American Psychosomatic Society in Denver CO.
- Majd, M., **Graham-Engeland, J.E.**, Smyth, J.M., Sliwinski, M.J., Lipton, R.B., & Katz, M.J., Engeland, C.G. (2016, March). *Gender differences in the relationship between depressive symptoms and LPS-induced inflammation*. Oral presentation at the annual meeting of the American Psychosomatic Society in Denver CO.
- Graham-Engeland, J.E.**, Engeland, C.G., Sin, N.L., Smyth, J.M., Sliwinski, M.J., Almeida, D.M., Lipton, R.B., Katz, M.J. (2016, June). *The relationship between mood and inflammatory biomarkers is influenced by their temporal proximity and mood assessment method*. Presented orally at the annual meeting of the Psychoneuroimmunology Research Society, Brighton U.K.
- Engeland C.G., Majd M., **Graham-Engeland J.E.**, Smyth J.M., Sliwinski M.J., Lipton R.B., Katz M.J. (2016, June). *Higher depressive symptoms relate to different inflammatory response patterns (ex vivo) among men and women*. Presented as a poster at the annual meeting of the Psychoneuroimmunology Research Society, Brighton U.K.
- Graham-Engeland, J.E.**, Slavish, D.C., Smyth, J.M., Engeland, C.G., Song, S., & McCormick, N. (2017, March). Positive affect is associated with lower salivary C-reactive protein in young adults with and without chronic pain. Poster presentation at the annual meeting of the American Psychosomatic Society in Seville, Spain.
- Slavish, D.C.\*, **Graham-Engeland, J.E.**, Martire, L.M., & Smyth, J.M. (2017, March). Temporal dynamics between daily affect, pain, and nightly sleep quality in young adults. Oral presentation at the annual meeting of the American Psychosomatic Society in Seville, Spain.
- Jones, D.R\*., Smyth, J.M, Sliwinski, M.J., Engeland, C.G., Sin, N.L., Lipton, R.B., Katz, M.J., Almeida, D., **Graham-Engeland, J.E.** (2017, March). Positive emotion variability is associated with circulating inflammatory markers. Oral presentation at the annual meeting of the American Psychosomatic Society in Seville, Spain.
- Slavish, D.C.\*, **Graham-Engeland, J.E.**, Smyth, J.M., & Martire, L.M. (2017, May). Bidirectional associations between daily pain, affect, and sleep quality in young adults with and without chronic back pain. Poster presentation at the annual meeting of the American Pain Society in Pittsburgh, PA.
- Slavish, D.C., **Graham-Engeland, J.E.**, Engeland, C.G., Taylor, D.J., & Buxton, O.M. (March 2018, pending). Insomnia symptoms and stress-related vulnerability to sleep disturbances are associated with elevated inflammation. Presented as a poster at the annual meeting of the American Psychosomatic Society, Louisville, KY.

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- Mathur, A., Sliwinski, M.J., Jones, D.R., Engeland, C.G., Smyth, J.M., Lipton, R.B., Katz, M.J., & **Graham-Engeland, J.E.** (March 2018). Peripheral inflammation and recent physical pain: Moderation by aggregated momentary negative affect. Presented as a poster at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- Jones, D.R., Johnson, J.A., **Graham-Engeland, J.E.**, Park, C.L., Smyth, J.M. (March 2018). Is perceived growth associated with momentary indicators of health and well-being? Presented as a poster at the annual meeting of the American Psychosomatic Society, Louisville, KY.
- Knight, E.L., Majd, M., **Graham-Engeland, J.E.**, Smyth, J.M., Sliwinski, M.J., Lipton, R.B., Katz, M.J., & Engeland, C.G. (March, 2018). The link between stress and inflammation is mediated by depressive symptomatology and moderated by gender. Presented as a citation poster at the American Psychosomatic Society, Louisville, KY.
- Knight, E.L., Majd, M., **Graham-Engeland, J.E.**, Smyth, J.M., Sliwinski, M.J., Lipton, R.B., Katz, M.J., & Engeland, C.G. (April 2018). The stress-inflammation link is mediated by depressive affect and moderated by gender. Presented as a poster at the Society for Affective Science, Los Angeles, CA.
- Knight, E.L., Majd, M., **Graham-Engeland, J.E.**, Smyth, J.M., Sliwinski, M.J., Lipton, R.B., Katz, M.J., & Engeland, C.G. (June 2018). Stress indirectly links to *ex vivo* inflammatory responses via depressive symptoms and is moderated by gender. Presented as a poster at the Psychoneuroimmunology Research Society, Miami, FL.
- Jones, D.R. & **Graham-Engeland, J.E.** (March 2019). Positive affect and peripheral inflammation: A review. Presented as a citation poster at the annual meeting of the American Psychosomatic Society, Vancouver Canada.
- Hyun, J., Lipton, R., Zhaoyang, R., **Graham-Engeland, J.E.**, Pavlovic, J.M., & Sliwinski, M.J. (under review). Affectionate physical touch mitigates pain and emotional distress in older adults. Under review for presentation at the annual meeting of the Gerontological Society Association in November 2019, Austin TX.
- Song, S.\*, Majd, M., DeMeo, N.\*, Almeida, D., & **Graham-Engeland, J.E.** Depressive symptoms predict levels of inflammation 10 years later and the role of sleep quality: Findings from the Midlife in the United States (MIDUS) study. Under review for presentation at the annual meeting of the Korean Psychological Association, South Korea.

## **MASS MEDIA AND OTHER PUBLIC COVERAGE OF RESEARCH (SELECTED)**

- "[Negative mood signals body's immune response](#)," Penn State News (12/20/18); Multiple news outlets picked up this piece. It was highlighted in [Reddit](#), and in multiple original pieces such as in [Psychology Today.com](#) and [Bustle](#).
- "[Emotions like anger and sadness may cause pain as well as being a result of it](#)," Penn State News (09/10/18); multiple news outlets also reported on this piece.
- "[Facing adversity early in life linked with more physical pain in adulthood](#)", Penn State News (05/11/18); Multiple news outlets picked up this piece, including [Pain News Network](#), [Pacific Standard](#), and [Science Daily](#)
- "Studying stress and its connection with chronic pain", [Interview podcast on People Behind the Science](#) (08/14/15).
- "[Joy from the little things will keep you healthy](#): Research shows that positive experiences can reduce symptoms of chronic inflammation". RewireMe.com (12/16/14).
- "[Long-term benefit from staying calm in stressful circumstances](#)". Psych Central (06/10/15)
- "[Link between mood, pain in rheumatoid arthritis patients](#)". Science News (08/28/15)
- "[Mood and pain and intertwined in Rheumatoid Arthritis](#)". Rheumatology Network. (09/21/15)

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- "[Fight with your lover? Your words can affect your health](#)". ABC News.com. (11/18/09); 60+ national press stories published in Nov-Dec 2009 on this Health Psychology manuscript, including an interview for the U.S. Dept. of Health and Human Services program "HHS Health Beat" (12/17/09)
- "[10 secrets to staying pain-free](#)". Self Magazine, 02/2010
- "Probing question: [Do women have a higher pain threshold than men?](#)". Research/Penn State online magazine (11/2008)

## THESIS SUPERVISION & ADVISING

### Postdoctoral Trainees

- 2013-2017 Nancy Sin [Co-advisor; other co-advisors during this time were Dr. David Almeida (2012-2017), Dr. Orfeu Buxton (2014-2016), Dr. Christopher Engeland (2014-2015)]  
Recipient: National Research Service Award from the National Institute on Aging (2 years post-doctoral support); Training plan: The Role of Daily Well-being in Inflammatory Processes and Diurnal Cortisol. Advisors/Sponsors: Drs. David Almeida and Jennifer Graham-Engeland
- 2016-2018 Britney Wardecker (Co-advisor with Dr. David Almeida).  
Recipient: T32 "Pathways" NIA funded Training Grant via the Center for Healthy Aging

### Current Doctoral Students

- 2015-present Dusti Jones  
Dissertation proposal approved: *Positive affect in everyday life: Exploring whether associations between positive affect and health indicators vary by arousal*  
Recipient under supervision: Hintz Graduate Student Excellence Award, 2017 and 2018 (College of Health and Human Development); Ford Endowment Award for Biobehavioral Health, 2015; Pathways T32 Training grant fellow for training in interdisciplinary research related to aging, 2018 (one full year of support). Kligman Graduate Fellowship Endowment, 2015-2016 (College of Health and Human Development; one full year of support).
- 2018-present Natasha DeMeo  
Recipient: Penn State University Graduate Fellowship, 2018 (one full year of support).
- 2019-present Karina Van Bogart

### Past Doctoral Students Supervised (Advisor, Chair)

- 2012-2017 Danica Slavish, PhD  
Dissertation: *The role of neuroticism in daily experiences, affect, and nightly sleep quality*.  
Recipient under supervision: Alumni Dissertation Award (Penn State University), 2017; American Psychological Association (APA) Dissertation Research Award, 2016; American Psychosomatic Society Travel Award, 2017; National Science Foundation (NSF) Graduate Research Fellowship, 2013-2016 (3 years graduate support; Advisor Dr. Jennifer Graham-Engeland); Kligman Graduate Fellowship Endowment, 2015-2016 (College of Health and Human Development; one full year of support); Recipient: Hintz Graduate Student Excellence Award, 2015 (College of Health and Human Development); Gerald E. McClearn Graduate Student Award, 2015 (Dept. of Biobehavioral Health); Graduate Student Scientific Achievement Award, 2014 (Dept. of Biobehavioral Health); Graduate Student Research Endowment Award, 2014-15 (Dept. of Biobehavioral Health).
- 2014-2018 Ambika Mathur, MA

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Recipient under supervision: Ford Endowment Award for Biobehavioral Health, 2014

- 2008-2013 Sunmi Song, PhD  
Dissertation: *Integrating social relationship dynamics into the association between emotional disturbances and physical health: A stress psychophysiological approach.*  
Recipient under supervision: Hintz Graduate Student Excellence Award, 2012; Kligman Graduate Fellowship Endowment, 2012-2013 (one full year of support).
- 2013-2014 Andrew Porter, PhD (*transferred to Graham-Engeland from another lab prior to dissertation proposal*)  
Dissertation: *Sexual health communication, peer networks, and sexual health education.*

#### **Graduate Masters Theses Supervised (Advisor, Chair)**

- 2010 Katherine Streitl  
Thesis: *Explaining gender differences in the white coat effect*, Biobehavioral Health, Penn State University
- 2017 Ambika Mathur  
Thesis: *Mood and sleep disturbance explain an association between early life adversity and pain: The role of resilience resources*

#### **Dissertation Committee Membership**

- 2018-present Dusti Jones\*, Biobehavioral Health, College of Health & Human Development.
- 2017-present Jessica Brooks, Biobehavioral Health, College of Health & Human Development.  
Advisor: Patricia Koch
- 2016-present Hanjoo Kim, Clinical Psychology, College of the Liberal Arts. Advisor: Michelle Newman.
- 2017-2018 Sulumann (Sully) Coleman, Biobehavioral Health, College of Health & Human Development. Advisor: Joshua Smyth
- 2017-2018 Lindsey Potter, Biobehavioral Health, College of Health & Human Development.  
Advisor: Joshua Smyth
- 2015-2017 Danica Slavish\*, Biobehavioral Health, College of Health and Human Development.  
*See above for dissertation information.*
- 2015-2015 Arezou Mortazavi, Clinical Psychology, College of the Liberal Arts. *The role of state and trait positivity in response and recovery from negative emotion.* Advisor: José Soto.
- 2012-2015 Elizabeth Munoz, Human Development and Family Studies, College of Health & Human Development. *Stress, cognition, and aging: An examination of predictors and mechanisms.* Advisor: Martin Sliwinski.
- 2013-2015 Dede Ukueberuwa, Clinical Psychology, College of the Liberal Arts. *Neural networks for positive and negative emotional processing in multiple sclerosis.* Advisor: Peter Arnett.
- 2013-2014 Andrew Porter\*, Biobehavioral Health, College of Health & Human Development. *See above for dissertation information.*
- 2011-2014 Nastassia Hajal, Child Clinical Psychology, College of the Liberal Arts.  
*Neurophysiological and behavioral dynamics of emotion in mothers of young children.*  
Advisors: Pamela Cole & Douglas Teti.
- 2012-2013 Sunmi Song\*, Biobehavioral Health, College of Health & Human Development. *See above for dissertation information.*
- 2011-2013 Jean Lamont, Social Psychology, College of the Liberal Arts. *Body shame and health information seeking: The roles of body responsiveness and perceived control over health.* Advisor: Karen Gasper.



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- 2010-2012 Soon Khoo, Video and Media Studies, College of Communications, *The therapeutic effects of cinematic human drama: An experimental study of catharsis through narrative media and writing intervention*; Advisor: Mary Beth Oliver.
- 2010-2011 Kerry Michael, Biobehavioral Health, College of Health & Human Development, *Social and physiological processes underlying sensation-seeking and behavioral inhibition: Potential mechanisms linking personality to health*; Advisor: Dr. Sonia Cavigelli.
- 2009-2010 Jeannette Bennett, Biobehavioral Health, College of Health & Human Development, *Nicotine modulation of anti-viral immunity in periadolescent male and female C57BL/6J mice*; Advisor: Dr. Laura Klein.

*\*Chair of committee; advisee of Jennifer Graham-Engeland*

### **Comprehensive Examination Committee Membership**

- 2017 Ambika Mathur\*, Biobehavioral Health, College of Health & Human Development
- 2017 Margaret Cadden, Clinical Psychology, College of the Liberal Arts. Advisor: Peter Arnett
- 2016 Lindsey Potter, Biobehavioral Health, College of Health & Human Development. Advisor: Joshua Smyth
- 2016 Sulumann (Sully) Coleman, Biobehavioral Health, College of Health & Human Development
- 2015 Danica Slavish\*, Biobehavioral Health, College of Health & Human Development
- 2013 Dede Ukueberuwa, Clinical Psychology, College of the Liberal Arts. Advisor: Peter Arnett.
- 2012 Amy Thierry, Biobehavioral Health, College of Health & Human Development. Advisor: Shedra Amy Snipes.
- 2012 Brittney Hultgren, Biobehavioral Health, College of Health & Human Development. Advisor: Dr. Robert Turrisi.
- 2012 Jennifer Morack, Human Development and Family Studies, College of Health & Human Development. Advisor: Nilam Ram & Denis Gerstorf.
- 2012 Elizabeth Munoz, Human Development and Family Studies, College of Health & Human Development. Advisor: Martin Sliwinski.
- 2012 Sunmi Song\*, Biobehavioral Health, College of Health & Human Development.
- 2011 Nastassia Hajal, Child Clinical Psychology, College of the Liberal Arts. Advisors: Pamela Cole & Douglas Teti.
- 2011 Jean Lamont, Social Psychology, College of the Liberal Arts. Advisor: Stephanie Shields.
- 2011 Kimberly Walter, Biobehavioral Health, College of Health & Human Development. Advisor: Laura Klein.
- 2010 Soon Khoo, Video and Media Studies, College of Communications. Advisor: Mary Beth Oliver.
- 2009 Andrew Porter, Biobehavioral Health, College of Health & Human Development. Advisor: Patricia Koch.
- 2010 Kerry Michael, Biobehavioral Health, College of Health & Human Development. Advisor: Sonia Cavigelli.
- 2009 Jeannette Bennett, Biobehavioral Health, College of Health & Human Development. Advisor: Laura Klein.

*\*Chair of committee; advisee of Jennifer Graham-Engeland*

### **Selected Qualifying Exam Committee Membership (Since 2014)**

- 2019 Brooke Mattern, Biobehavioral Health, College of Health & Human Development
- 2019 Emily Fair, Biobehavioral Health, College of Health & Human Development
- 2019 Natasha DeMeo\*, Biobehavioral Health, College of Health & Human Development
- 2016 Dusti Jones\*, Biobehavioral Health, College of Health & Human Development
- 2016 Emily Jones, Biobehavioral Health, College of Health & Human Development. Advisor:

Hannah Schreier

- 2016 Gina Mathew, Biobehavioral Health, College of Health & Human Development. Advisor: Anne-Marie Chang
- 2015 Ambika Mathur\*, Biobehavioral Health, College of Health & Human Development
- 2014 Sulamunn (Sully) Coleman, Biobehavioral Health, College of Health & Human Development. Advisor: Joshua Smyth

\*Chair of committee; advisee of Jennifer Graham-Engeland

### **Undergraduate Honors Theses Supervised**

- 2019 Alexandria Stone. Pending thesis: *Acute physical pain and salivary inflammation in young adults: Moderation by negative affect*. Biobehavioral Health, Penn State University
- 2016 Corinne Renner. *Nutrition education and childhood health*. Co-supervisor. (Primary advisor, Dr. Lori Francis). Biobehavioral Health, Penn State University
- 2015 Danielle Kovalsky. *Utility of appraisals during peri-trauma as a predictor of post-traumatic stress symptoms following pediatric injury*. Biobehavioral Health, Penn State University
- 2014 Sara Manetta, *Pain, depressed mood, and academic performance in undergraduate students with chronic pain*. Biobehavioral Health, Penn State University
- 2014 Autumn Bowers, *Perceived stigma and depressed mood in in undergraduate students with chronic pain*. Biobehavioral Health, Penn State University
- 2010 Anjana Sinha, *The significance of acute pain and mood in inflammation through complement within rheumatoid arthritis*. Biobehavioral Health, Penn State University
- 2009 Christine Fagioletti, *Perceived stigma in chronic pain patients*. Biobehavioral Health, Penn State University
- 2008 Katherine Streitl, *Sleep quality among young adults with and without chronic pain: The role of Biobehavioral factors*, Biobehavioral Health, Penn State University

### **Undergraduate Honors Theses Second Reader**

- 2009 Elisabet Eppes, *The ethical and historical implications of biological reductionism in psychiatric perspectives on social anxiety disorder and the case for explanatory pluralism*, Advisor, Dr. Laura Klein; Biobehavioral Health, Penn State University

### **Research Awards to Supervised Undergraduate Students**

- 2019 Micailah Guthrie, Summer Research Opportunities Program (SROP), Penn State University Graduate School
- 2019 Alexandria Stone, Summer Research Award, College of Health and Human Development
- 2016 Nolan McCormick, Summer Research Award, College of Health and Human Development
- 2015 Danielle Kovalsky, *Alumni Recognition of Student Excellence*, College of Health and Human Development
- 2014 Sara Manetta, College Student Marshal for December 2014 graduating class, College of Health and Human Development
- 2012 Erica Stagliano, *Pattishall Undergraduate Research Award*, Biobehavioral Health, Penn State University; *Edith Pitt Chace Award*, College of Health and Human Development

## TEACHING EXPERIENCE

### Graduate Instruction, Dept. of Biobehavioral Health, Penn State University

Course: ***Biobehavioral Health Systems in Health and Development: Theory and Processes (BBH 501, 3 credit hours)***

Role: Course Instructor; deliver 45 lecture hours per semester

Semesters: Fall 2013 (50% responsibility); Fall 2016 (100% responsibility)

Enrollment: 6-9 students

Description: The principal objective of the course, which is required for BBH graduate students, is to examine issues of conceptualization of research and design in the study of the complex systems involved in biobehavioral health. We review and discuss literature to cover the breadth of major psychological, behavioral, and physiological systems related to physical health. Students should emerge with a better understanding of the history of biobehavioral health and how to interpret and conduct research with a biobehavioral perspective.

Course: ***Biobehavioral Health Intervention/Prevention Strategies (BBH 504, 3 credit hours)***

Role: Course Instructor; deliver 45 lecture hours per semester

Semesters: Spring 2009 & Spring 2010 (50% responsibility); Spring 2012 (100% responsibility)

Enrollment: ~10-12 students

Description: The focus of this course, which is required for BBH graduate students, is on different strategies that can help people to help themselves to better health. The course focuses on 1) the complex interactions of biological, psychological, sociocultural, behavioral, and environmental factors related to health, and 2) the development, implementation, and evaluation of biobehavioral strategies to promote healthy development, prevent health problems, intervene in risky situations, and/or facilitate in recovery from ill health.

Course: ***Professional Development in BBH Part 1 (BBH 597, 1.5 credit hours)***

Role: Course Instructor; deliver 30 lecture hours per semester

Semesters: Fall 2017, 2018 (100% responsibility)

Enrollment: 3 students

Description: The primary goals of this course, which is required for Biobehavioral Health (BBH) graduate students, are to orient students to expectations and to review best practices for success in the BBH Graduate Program. Students are introduced to departmental policies and procedures and provided with guidance toward diverse professional development issues in domains of research, teaching, and service.

Course: ***Professional Development in BBH Part 2 (BBH 597, 1.5 credit hours)***

Role: Course Instructor; deliver 20 lecture hours per semester

Semesters: Spring 2018, 2019 (100% responsibility)

Enrollment: 4 students

Description: The goal of this course is to enhance professional development skills in Biobehavioral Health graduate students in their second or third year of graduate study. Emphases are placed on presentation skills, writing productivity, pedagogical expertise, and career planning.

### Undergraduate Instruction, Dept. of Biobehavioral Health, Penn State University

Course: ***Interdisciplinary Integration in Biobehavioral Health (BBH 311, 3 credit hours)***

Role: Course Instructor (100% responsibility); deliver 45 lecture hours per semester

Semesters: Fall 2006; Spring 2008; Spring 2009, Spring 2010; Spring 2011; Fall 2012; Spring 2014; Fall 2015; Fall 2016

Enrollment: 90-160 students

Description: The primary objective of this 300-level undergraduate course is to enable students to be able to review and understand scientific literature relevant to the concepts and findings of

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different scientific domains and integrate them into a Biobehavioral Health framework. Related objectives are to 1) review a wide range of topics involved in the field of Biobehavioral Health and provide detailed knowledge of some key concepts in the field, 2) learn about the various levels of analyses (e.g., behavioral, molecular, environmental) commonly used in different disciplines, and 3) enhance critical thinking skills in various applied and research areas.

Course: ***Gender and Biobehavioral Health (BBH 315, 3 credit hours)***

Role: Course Instructor (100% responsibility); deliver 45 lecture hours per semester

Semesters: Spring 2007; Spring 2008, Fall 2009; Fall 2010; Fall 2011; Fall 2012

Enrollment: typically 80-135 students

Description: The focus of this 300-level undergraduate course is the interdisciplinary study of gender differences (and similarities) in health. We examine the influence of biological, behavioral, psychosocial, and sociocultural factors on gender differences in health, morbidity, and mortality. The first segment of the course focuses on health differentials by gender, the differences between gender and biological sex, and the development of gendered behavior/health throughout life; the second segment of the course focuses on specific health issues, including disease, behaviors, mental health, and health practices. We also consider gender-sensitive health promotion strategies.

Course: ***Drugs and Society (BBH 143, 3 credit hours)***

Role: Course Instructor (100% responsibility); deliver 45 lecture hours per semester

Semesters: Fall 2008, Fall 2009, Fall 2010

Enrollment: 100 students

Description: The focus of this general-education undergraduate course is to provide a fundamental understanding of health and social issues relating to drug use and abuse. We focus on drugs liable for addiction, and cover the basics of drug pharmacology in addition to physical and social effects. Both historical and modern perspectives are used to discuss issues related to the development, distribution, regulation, and use of drugs. Careful consideration is given to the most efficacious strategies for prevention, intervention, and treatment for drug-related disorders.

### **Undergraduate Instruction, Dept. of Social & Health Psychology, Stony Brook University**

Course: ***Social Psychology (PSY 240, 3 credit hours)***

Role: Course Instructor (100% responsibility); 45 lecture hours

Semesters: Summer 2002

Enrollment: 30 students

Description: Social Psychology is the scientific study of the way in which people's thoughts, feelings, and behaviors are influenced by the social world – the real or imagined presence of other people. This 200-level undergraduate course focused on key theories and research in social psychology, with particular emphasis on their relevance to national and international problems, including racial and gender discrimination, AIDS, violence, cults, cigarette marketing, and environmental responsibility.

Course: ***Psychology of Women (PSY 347/ WST 377, 3 credit hours)***

Role: Course Instructor (100% responsibility); 45 lecture hours

Semesters: Summer 2001

Enrollment: 30 students

Description: This 300 level undergraduate course encompassed the vast field of the psychology of women. We covered psychological and psychobiological theories and research about women and the differences between women and men, the development of gender roles, issues related to relationships and work, and the health problems women report or evidence more frequently than men. We also examined the influence of factors outside of traditional psychology, including culture, ethnicity, economics, and history.

Course: **Research Methods and Writing (PSY 310W, 3 credit hours)**  
Role: Recitation Section Instructor (100% responsibility); 30 lecture hours  
Semesters: Fall 2002  
Enrollment: 30 students

Description: This recitation section accompanied a 300-level research methods course. It was designed to help students think critically about psychological research and to learn how to write and present a research proposal according to the standards expected of research psychologists. Students wrote full length introduction and method sections, with substantial feedback.

### **Graduate Guest Teaching Lectures**

**Mediators and Moderators: Conceptual Frameworks for Thinking about Associations Between Variables**, Course: Biobehavioral Health Systems in Health and Development: Theory and Processes (BBH 501), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1.5 lecture hours).

**Immune Function and Pain**, Course: Biobehavioral Systems in Health and Development: Processes and Integration (BBH 503), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1.5 lecture hours).

**Emotions and Health**, Course: Biobehavioral Perspectives (BBH 502), Department of Biobehavioral Health (BBH), Penn State University (PSU) (3 lecture hours).

**Psychoneuroimmunology Core Concepts**, Course: Biobehavioral Health Systems in Health and Development: Theory and Processes (BBH 501), Penn State University (1.5 lecture hours).

### **Undergraduate Guest Teaching Lectures**

**Pain as a Stressor: A Psychosocial Perspective**, Course: Biobehavioral Aspects of Stress (BBH 432), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour).

**Relationship Stress and Immune Function**, Course: Biobehavioral Aspects of Stress (BBH 432), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour).

**Gender Differences in Acute and Chronic Pain**, Course: Gender and Biobehavioral Health (BBH 315), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour).

**Psychosocial Factors in Chronic Pain and Pain Management**, Course: Pharmacological Influences on Health (BBH 451), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour).

**Emotion, Stress, & Inflammation: A Research Program Focused on Pain**, Course: Introduction to Biobehavioral Health, Honors (BBH 101H), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour)

**Stress, Age, & Immune Function**, Course: Interdisciplinary Integration in Biobehavioral Health (BBH 311), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour)

**Stress and Cancer**, Course: Interdisciplinary Integration in Biobehavioral Health (BBH 311), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1.5 lecture hours)

**Sleep and Pain in College Students**, Course: Research and Applications in Biobehavioral Health (BBH 411), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour)

### **PROFESSIONAL AFFILIATIONS**

– American Psychosomatic Society (*member 2003-present*)

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- Psychoneuroimmunology Research Society (*member 2004-present*)
- American Psychological Association (*member 2001-2010; 2015-2019*)
  - Society for the Psychology of Women (Division 35); Health Psychology (Division 38)