

CURRICULUM VITAE*Jyoti "Tina" Savla*

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 Center for Gerontology
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EMPLOYMENT

- 2007- Present** **Assistant Professor**, Department of Human Development, Virginia Polytechnic Institute and State University.
- 2007- Present** **Faculty Affiliate**, Center for Gerontology, Virginia Polytechnic Institute and State University.
- 2005** **NIMH Post-doctoral Fellowship**, The Pennsylvania State University.
Advisor: David M. Almeida, Ph. D.
Co-Advisor: Steven H. Zarit, Ph. D.

EDUCATION

- 2004** **Ph.D., *Child and Family Development***, The University of Georgia
Dissertation Title: Effects of Missing Data on Statistical Power to Detect Change in Family-Based Preventive Intervention Research
Chair: Adam Davey, Ph. D.
- 1998** **M.Sc., *Human Development***, University of Bombay, India.
Thesis Title: Development, Implementation and Assessment of a Consciousness-Raising Program for Gender-Typed Parents in India.
Chair: Nirmala Almeida, Ph. D.
- 1996** **B.Sc., *Human Development***, University of Bombay, India.
- 1995** **Diploma, *Integrated Computer Science***, Nirmala Niketan Polytechnic School, India.
Project: Ticketing Program for Indian Airlines.

ACADEMIC AWARDS

- 2007** **Summer Institute on Longitudinal Methods** (Mixed Model & Tools for Causal Inferences), Pennsylvania State University, PA.
- 2006** **NIA Technical Assistance Workshop**, Dallas, TX.
- 2006** **C2S Summer Biomarker Institute**, Northwestern University, IL.
- 2005** **Summer Institute on Longitudinal Methods** (Survival Analysis), Pennsylvania State University, PA.
- 2005** **Advanced Training Institute on Functional Magnetic Resonance Imaging**, American Psychological Association.

- 2005** **Advanced Training Institute on Structural Equation Modeling in Longitudinal Research**, American Psychological Association.
- 2004** **Gerontology Seed Grant Award**, University of Georgia.
- 2003** **Elizabeth Sheerer Award**, Family and Consumer Sciences, University of Georgia.
- 2002** **Summer Institute on Longitudinal Methods** (Missing data in longitudinal studies), Pennsylvania State University.
- 1998** **Braganza Thesis Award**, University of Bombay.
- 1997** **Gauri Char Scholarship**, University of Bombay.
- 1996** **Braganza Scholarship in Early Childhood Education**, University of Bombay.

PUBLICATIONS

Published

- Davey, A., & Savla, J. (2007). Teacher's Corner: Estimating statistical power with missing data. *Organizational Research Methods*.
- Savla, J., Davey, A., Costa, P. T., & Whitfield, K. (2007). Replicating the five-factor model with African-American older adults. *Personality and Individual Differences*, *43*, 1279-1288.
- Davey, A., Savla, J., Sundström, G., Zarit, S. H., & Malmberg, B. (2007). How equitable is Sweden's changing care mix? Linking individual and regional characteristics over time. *Ageing and Society*, *27*, 511-532.
- Davey, A., Savla, J., & Luo, Z. (2005). Issues in assessing model fit with missing data. *Structural Equation Modeling*, *12*, 578-597.
- Davey, A., Femia, E. E., Zarit, S. H., Shea, D. G., Sundström, G., Berg, S., Smyer, M. A., & Savla, J. S. (2005). Life on the edge: Patterns of formal and informal help to older adults in the United States and Sweden. *Journals of Gerontology: Social Sciences*, *60*, S281-S288.
- Savla, J. S., & Davey, A. (2004). From a distance: Experiences of long-distance Indian caregivers. *Indian Journal of Gerontology*, *18*, 509-521. [Special issue on Intergenerational Issues and Challenges.]

Under Review

- Savla, J., Almeida, D. M., Davey, A., Zarit, S. H. (revise & resubmit). Daily routine assistance to older parents and everyday hassles. *Journals of Gerontology: Social Sciences*.
- Davey, A., Fingerman, K., Tucker, C., & Savla, J. (under review). Within-family variability in representations of past relationships with parents. *Journals of Gerontology: Social Sciences*.
- Seltzer, M. M., Almeida, D. M., Greenberg, J. S., Savla, J., Stawski, R. S., Hong, J. & Lounds, J. J. (under review). Daily Stress and Dysregulation of Salivary Cortisol in Parents of Children with Disabilities. *Proceedings of the National Academy of Sciences*.
- Savla, J., Davey, A., Sundström, G., Zarit, S. H., & Malmberg, B. (under review). Home and Community based services in Sweden: Responsiveness to changing demographics and needs. *European Journal of Gerontology*.

Books and Book Chapters

- Davey, A., Eggebeen, D. J., & Savla, J. (2007, invited book chapter). Parental marital transitions and

support between generations: Looking within the family longitudinally. In T. Owens & J. J. Suiitor. *Advances in Life Course Research*. New York: Elsevier Science.

Davey, A., & Savla, J. (book under contract). Statistical power with missing data: A structural equation modeling approach. *Lawrence Erlbaum Associates*.

Zarit, S. H., & Savla, J. (invited book chapter). Family Care of Elders: Challenges and Solutions.

Davey, A., Savla, J., & Janke, M. (2005). Intergenerational relationships. In N. J. Salkind (Ed.) *Encyclopedia of Human Development* (pp. 727-728). Thousand Oaks, CA: Sage

Davey, A. Janke, M., & Savla, J. (2005). Antecedents of Intergenerational Support: Families in Context and Families as Context. In M. Silverstein, R. Giarrusso and V. L. Bengston (Eds.), *Annual Review of Gerontology and Geriatrics: Intergenerational Relations Across Time and Place*. (pp. 29-54). New York: Springer.

* All authors are equal contributors.

Davey, A., Savla, J., & Belliston, L. M. (2003). Intergenerational relationships. In J. J. Ponzetti, Jr. (Ed.), *International Encyclopedia of Marriage and Family Relationships, 2nd ed.* (pp. 918-922). New York: Macmillan.

In Progress

Savla, J., & Davey, A. (in progress). Moderating the effects of missing data on statistical power. *Psychological Methods*.

Savla, J., Almeida, D. M., Molenaar, P., & Rovine, M. (in progress). Differential patterns of diurnal rhythm of cortisol by stressor characteristics. *Psychoneuroendocrinology*.

Savla, J., Zarit, S. H., Kim, K., & Femia, E. (in progress). Kin relationship between caregivers and people with dementia: Stress and response to treatment.

Savla, J., Shrestha, S., Zarit, S. H., & Femia, E. (in progress). Impact of adult day services on dementia related behavioral problems over time.

Savla, J., Zarit, S. H. & Almeida, D. M. (in progress). Dysregulation of the daily cortisol rhythm in adult children providing routine assistance to older parents.

Davey, M. P., Davey, A., Savla, J., & Anderson, S. (in progress). Second order change and evidence-based practice. *Family Processes*.

Almeida, D. M., Savla, J., Banks, S. R., & Molenaar, P. (in progress). Measurement properties of the diurnal rhythm of cortisol: Evidence from the National Study of Daily Experiences.

Zarit, S. H., Femia, E. E., Savla, J., & Fauth, E. R. (in progress). Application of within-person designs to intervention with dementia patients and their families.

Fauth, E., Savla, J., Femia, E. & Zarit, S. H. (in progress). The importance of appraisal of behavioral and psychological symptoms of dementia in stress outcomes for caregivers.

Savla, J., Cichy, K., & Almeida, D. M. (in progress). Coping with daily stressors among widowed women.

Savla, J., Davey, A., & Georgia Centenarian Team (in progress). Pain, inflammation and arthritis in community dwelling centenarians.

CONFERENCE PRESENTATIONS

2007

Savla, J., & Zarit, S. H. (2007, Nov). Perspectives on adult day services for people with dementia and their caregivers. *Gerontological Society of America, San Francisco.*

Savla, J., Zarit, S. H., Almeida, D. (2007, Nov). Dysregulation of the daily cortisol rhythm in adult children providing routine assistance to older parents. *Gerontological Society of America, San Francisco.*

Fauth, E., Savla, J., Femia, E. & Zarit, S. H. (2007, Nov). The importance of appraisal of behavioral and psychological symptoms of dementia in stress outcomes for caregivers. *Gerontological Society of America, San Francisco.*

Kim, K., Savla, J., Shreshta, S., Zarit, S. H. & Femia, E. E. (2007, Nov). Kin relationship between caregivers and people with dementia: Stress and response to treatment. *Gerontological Society of America, San Francisco.*

Shreshta, S., Savla, J., Zarit, S. H., & Femia, E. E. (2007, Nov). Impact of adult day services on dementia related behavioral problems over time. *Gerontological Society of America, San Francisco.*

Zarit, S. H., Femia, E. E., Savla, J., & Fauth, E. R. (2007, Nov). Application of within-person designs to intervention with dementia patients and their families. *Gerontological Society of America, San Francisco.*

Seltzer, M. M., Almeida, D. M., Greenberg, J. S., Savla, J., Stawski, R. S. Hong, J. & Lounds, J. J. (2007, Nov). Daily stress and dysregulation of salivary cortisol in parents of children with disabilities: A report from the MIDUS Study. *Gerontological Society of America, San Francisco.*

2006

Savla, J., Almeida, D. M., Banks, R. S., Molenaar, P., & Rovine, M. (2006, Nov). Differential patterns of diurnal rhythm of cortisol by age, gender and stressor characteristics. *Gerontological Society of America, Dallas, TX.*

Savla, J., Davey, A., Sundström, G., Zarit, S. H., & Malmberg, B. (2006, Nov). Home and Community based services in Sweden: Responsiveness to changing demographics and needs. *Gerontological Society of America, Dallas, TX.*

Davey, A., Savla, J., Sundström, G., Zarit, S. H., & Malmberg, B. (2006, Nov). How equitable is Sweden's changing care mix? Linking individual and regional characteristics over time. *Gerontological Society of America, Dallas, TX.*

Cichy, K. E., Savla, J., & Almeida, D. M. (2006, Nov). Coping with daily stressors among widowed women. *Gerontological Society of America, Dallas, TX.*

2005

Savla, J., & Davey, A. (2005, Nov). Examining statistical power in the presence of missing data in aging research. *Gerontological Society of America, New Orleans, LA.*

Davey, A., Savla, J., Sundström, G., Malmberg, B., & Zarit, S. H. (2005, Nov). Regional variability in informal care in Sweden. *Gerontological Society of America, New Orleans, LA.*

Poon, L. W., Woodard, J. L. Miller, S., Davey, A., Savla, J., Janke, M., & Martin, P. (2005, Nov). Convergence of functional capacity measures among the Oldest Old. *Gerontological Society of America, New Orleans, LA.*

Savla, J., & Davey, A. (2005, Aug). Interaction effects of type (MCAR and MAR) and amount of missing data on statistical power of a growth curve model. *American Psychological Association, Division 5: Evaluation, Measurement and Statistics.*

Savla, J., & Davey, A. (2005, May). Widowhood: Variability and predictors of resilience in bereaving older adults. *The Sixteenth Annual Southeastern Regional Student Mentoring Conference in Gerontology and Geriatrics, Tybee Islands, GA.*

Luo, Z., Davey, A., Savla, J. (2005, May). Missing data reduces statistical power in structural equation models Using full information maximum likelihood. *American Psychological Society, Los Angeles, CA.*

2004

Savla, J., & Davey, A. (2004, Jan). From a distance: Experiences of long-distance caregivers. *17th Annual Conference on Interdisciplinary Qualitative Studies. Athens, GA.*

2003

Savla, J., Miller, S. R., Davey, A., & Whitfield, K. (2003, April) Evaluating the replicability of the five-factor model in African-American older adults. *Fifteenth Annual Southeastern Regional Student Mentoring Conference in Gerontology and Geriatrics, Tybee Island, GA.*

2001

Belliston, L. M., Davey, A., Cook, T. K., & Savla, J. (2001, Nov). Walking the walk: Congruence between intergenerational beliefs and behaviors. *Gerontological Society of America, Chicago, IL.*

Cook, T. K., Davey, A., Belliston, L. M., & Savla, J. (2001, Nov). How caring for a spouse changes the marriage for husbands and wives. *Gerontological Society of America, Chicago, IL.*

Savla, J., Davey, A., & Eggebeen, D. J. (2001, Nov). Parental marital transitions and support between generations: Looking within the family longitudinally. *Gerontological Society of America, Chicago, IL.*

Savla, J. (2001, March). Consciousness-raising program for parents in India. *Women's Studies Student Symposium, University of Georgia, Athens, GA.*

Savla, J. (2001, April). Consciousness-raising program for parents in India. *The 24th Annual Symposium on Child and Family Development (Quint State Meetings), Greensboro, NC.*

RESEARCH EXPERIENCE

Ongoing

Multilevel Analysis of Formal & Informal Care in Sweden (2004-2007)

Agency: National Institute of Aging (1R03AG023301-01)

Principal Investigator: Adam Davey, Ph. D.

Role: Research Associate

The major goal of this project is to examine the regional variability in how families have responded to changes over a 6-year period in the availability of formal services across Sweden. Municipality level data will be collected from the Swedish Governmental database. Multi-level modeling techniques will be used to examine the potential for municipality-level characteristics to moderate the associations between individual level variables such as receipt of formal and informal support, and unmet need.

National Study of Daily Experiences (2003-2008)

Agency: National Institute of Aging

Principal Investigator: David M. Almeida, Ph. D.

Role: Research Associate

The purpose of the NSDE is to examine the day-to-day lives, particularly the daily stressful experiences of a subsample of 1484 MIDUS respondents who completed short telephone interviews on each of eight consecutive nights. Thus, the data set is comprised of 10,389 daily interviews. In addition to diary data on daily stressors, the second wave of this study collects cortisol data from participants on four of the eight days of the study. Using multilevel modeling techniques, we assess not only between-people variance in the level of stressors and well-being, but more importantly, within-person processes and day-to-day fluctuations in stress and wellbeing.

Under Review*Daily Stress, Health and Well-Being of Family Caregivers*

Agency: National Institute of Aging

Principal Investigator: Steven H. Zarit, Ph. D.

Role: Co-investigator

The proposed study will collect daily diary data over a 9-day period on daily stressors, daily mood and health symptoms and daily measures of three critical biomarkers such as cortisol, alpha-amylase and DHEAs to demonstrate the links between stress and health among caregivers of alzheimer's patients, as well as possible mediators of that relationship. The sample will be 180 family caregivers of a PWD who is currently using ADS. Participants will be assessed over a period of 9 consecutive days, including days their relative uses ADS (low stress condition) and days their relative does not (high stress condition).

Long-term Influences of Parent-Child Relations on Parents' Health

Agency: National Institute of Health

Principal Investigator: Rosemary Blieszner, Ph. D.

Role: Co-investigator

The proposed study uses data from the National Study of Families and Households (NSFH) to examine how and why parent-child relationships change over time and its consequences on parents' physical and mental health in middle and later life. The analytic sample will include three waves of data on 1,606 respondents aged 35 and over who had a focal child ages 12 –18 years old at Wave 1.

Completed*Marital Transitions and Intergenerational Flows of Assistance (1999-2000)*

Agency: National Institute of Aging (1R03AG17243-01)

Principal Investigator: David Eggebeen, Ph. D.

Role: Research Assistant

The major goal of this research is to identify the life-course aspects of marital histories that have

implications for levels of assistance and responsiveness of parents to changes in the lives of older parents.

Marriage, Families, and Retirement (2000-2003)

Agency: National Institute of Health (2R01AG13180-03A1)

Principal Investigator: Maximiliane E. Szinovacz, Ph. D.

Role: Research Assistant

The objective of this project is to determine the interconnections between marital/ family experiences and the retirement transition. The project uses the data from Health and Retirement Study and investigates whether marital/ family obligations and relationships influence retirement decisions and post-retirement marital and family relationships.

Georgia Centenarian Project (2001-2006)

Agency: National Institute of Aging (1P01AG17553-01A1)

Principal Investigator: Leonard Poon, Ph. D.

Role: Data Manager and Analyst

The major goal of this project is to examine centenarians who are community-dwelling and institutionalized in order to gather more comprehensive data about the aging process at the very end of life. Three major areas will be evaluated: testing and isolating genes that contribute to longevity; investigating the brain-behavior relationship between late-life aging and impairment of the ability to process information; and assessing factors that contribute to how centenarians function on a daily basis.

Widowhood: Variability and Predictors of Resilience in Bereaving Older Adult (2004-2006)

Agency: Seed Grant Award from The Gerontology Center, University of Georgia

Role: Principal Investigator

The major goal of this project is to examine the variation in the adjustment process to the transition to widowhood, particularly by examining factors at the three levels, namely, individual, dyadic and social levels that predict the initial adjustment to bereavement and adjustment over time using data from the "Changing Lives of Older Couples" (CLOC) study which is a large multi-wave prospective survey. Linear growth curve analysis with multi-level data with HLM will be employed to detect the average rate of change in the bereavement process over time and the variability in change in older adults as well as examine the moderators of bereavement.

TEACHING EXPERIENCE

Courses Taught

- 2005 *Research Methods in Developmental Processes (HDFS 536)*, The Pennsylvania State University (Assisted Dr. W. Schaie)
- 2003 *Developmental and Family Research Methods (CHFD 8800)*, The University of Georgia (Assisted Dr. A. Davey)
- 2002 *Mid-Life and Elder Years (CHFD 3710)*, University of Georgia

Guest (or Invited) Lectures

- 2005 *Aging in Society (GRNT 6500)*, University of Georgia.
Topic: Family, Friends and Social Support for the Elderly
- 2004 *Development within the Family (CHFD 2100)*, University of Georgia
Topic: Arranged Marriages and Family Relations in India
- 2004 *Midlife and Elder Years (CHFD 3710)*, University of Georgia
Topic: Relationships among Elderly
- 2003 *Contemporary Issues in Family Relations (CHFD 3920)*, University of Georgia.

- 2000 Topic: Dating practices in different countries
 Contemporary Issues in Family Relations (CHFD 3920), University of Georgia.
 Topic: Dating practices in different countries
 2000 *Ecological Perspectives on Diversity* (CHFD 8720), University of Georgia
 Topic: Cultural aspects and family life in India

Other Instruction Experience

- 1997 – 1998 *Staff Supervisor*, Chuim Community Center, Bombay, India
 1995 – 1997 *Kindergarten & Elementary School Teacher*, Apostolic Carmel Convent, Bombay, India

RESEARCH INTERESTS

Substantive:

- Intergenerational Relationships & Family Caregiving
- Stress and Coping Mechanisms
- Pain Management using Complementary and Alternative Medicine (CAM)

Methodological:

- Daily Diary Methods
- Randomized Clinical Trial Studies
- Time-series and dynamic models
- Missing Data Analysis

PROFESSIONAL SOCIETIES AND ORGANIZATIONAL INVOLVEMENT

Gerontological Society of America

- Student Member* (2001 - present).
- GSA Abstract Reviewer* (2003 - present).

American Psychological Association

- Student Affiliate* (2004 - present).

Virginia Polytechnic Institute and State University

- College Committees*
 - New Faculty Mentoring Meetings (2007-2008)
- Department Committees*
 - Graduate Curriculum Committee (2007-2008)

The University of Georgia

- University Committees*
 - Public Relations Officer, Indian Student Association (2001-2002)
- College Committees*
 - Public Relations Officer, Phi Upsilon Omicron (2001-2002)
- Departmental Committees*
 - Treasurer, Graduate Student Organization (2001-2002)
 - Faculty Search Committee for Gerontology Position (2004).

University of Bombay

- University Committees*
 - Student Representative (1992-1995)

Organizer, Inter-collegiate events (1991-1993)
College Committees
Students Council Member (1992-1995)

Ad-hoc Reviewer

Aging and Mental Health (2006 to present)
Therapeutic Recreation Journal (2006 to present)

PUBLIC SERVICE

First-Aid to the Injured, St. John Ambulance Association
Homeless Shelter of Athens, GA
Family Solutions Program at the University of Georgia
Southeast Vipassana Association

SOFTWARE AND STATISTICAL SKILLS

Microsoft Office
Corel Suite
SPSS
STATA
SAS
LISREL
AMOS
MPlus
NORM (Multiple Imputation Software)
Cardiff's Teleform
NESSTAR
