

CURRICULUM VITAE

Jyoti "Tina" Savla

The Virginia Polytechnic and State University
 Department of Human Development
 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 Fellow**, 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.

AWARDS

- 2008** **Jerome Niles Faculty Research Award**, Virginia Tech, VA.
- 2008** **International Travel Supplement**, Virginia Tech, VA
- 2008** **Summer Institute on Longitudinal Methods** (Mediation Models), Pennsylvania State University, PA.
- 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

- Jorgensen, B. L. & Savla, J. (in press). Financial literacy of youth: The importance of parental socialization. *Family Relations*.
- Hedrick, V. E., Comber, D. L., Estabrooks, P., A., Savla, J., & Davy, B. M. (In Press). The Beverage Intake Questionnaire: Initial Validity and Reliability. *Journal of the American Dietetic Association*.
- Whitfield, K., Jonassaint, C., Brandon, D., Stanton, M., Sims, M., Bennett, G., Savla, J., Edwards, C.L. (In Press). Does John Henryism Mediate the Relationship Between Personality and Cardiovascular Health in African Americans? *Journal of the National Medical Association*.
- Davey, M., & Davey, A., Tubbs, C., Savla, J., & Anderson, S. (In Press). Second order change and evidenced based practice. *Journal of Family Therapy*.
- Davey, A., & Savla, J. (2010). *Statistical power analysis with missing data: A structural equation modeling approach*. New York: Routledge.
- Seltzer, M. M., Almeida, D. M., Greenberg, J. S., Savla, J., Stawski, R. S., Hong, J. & Taylor, L. J. (2009). Psychosocial and biological markers of daily lives of midlife parents of children with disabilities. *Journal of Health and Social Behavior*, 50, 1-15.
- Davey, A., Tucker, C. J., Fingerman, K. L., & Savla, J. (2009). Within-family variability in representations of past relationships with parents. *Journals of Gerontology: Social Sciences*, 64, 125-136.
- Davey, A., Savla, J., Janke, M. C., & Anderson, S. (2009). Grandparent-Grandchild relationships: From families in context to families as context. *International Journal of Aging and Human Development*, 69, 311-325.
- Dennis, E. A., Dengo, A. L., Comber, D. L., Flack, K. D., Savla, J., Davy, K. P., & Davy, B. M. (2009). Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults. *Obesity*. Retrieved from <http://dx.doi.org/10.1038/oby.2009.235>
- Roberto, K. A., Ermann, L. S., & Savla, J. (2009). Older womens' assessment and management of chronic pain in their daily lives. *Journal of Pain Management*, 1, 345-356.

Savla, J., Davey, A., Sundström, G., Zarit, S. H., & Malmberg, B. (2008). Home and Community based services in Sweden: Responsiveness to changing demographics and needs. *European Journal of Ageing, 5*, 47-55.

Savla, J., Almeida, D. M., Davey, A., Zarit, S. H. (2008). Daily routine assistance to older parents and everyday hassles. *Journals of Gerontology: Social Sciences, 63*, S154-S161.

Davey, A., & Savla, J. (2007). Teacher's corner: Estimating statistical power with missing data. *Organizational Research Methods*. <http://orm.sagepub.com/cgi/rapidpdf/1094428107300366v2>.

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

Kim, K. Savla, J., Femia, E. E., & Zarit, S. H. (under review) Kin relationship of caregivers and people with dementia: Stress and response to treatment. *Journals of Gerontology: Psychological Sciences*.

Savla, J., Zarit, S. H., Shrestha, S., & Femia, E. (under review). Impact of adult day services on dementia related behavioral problems over time. *The Gerontologist*.

Ivory, A. H., Kaestle, C. E., & Savla, J. (under review). Influences of Depression and Health on TV over Time: A Growth Curve Analysis. *Journal of Adolescent Health*.

Books and Book Chapters

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

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. Suitor. *Advances in Life Course Research*. New York: Elsevier Science.

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

Savla, J., & Almeida, D. M. (in progress). Daily stress, affect and fluctuations in pain symptoms and cortisol rhythm.

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

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., Savla, J., & Rovine, M. (in progress). A Review of Clinical Studies on Risk Factors of Alzheimer. *Science*.

Savla, J., Roberto, K., Blieszner, R. (in progress). Caregiving and Cortisol: MCI Study. *Journal of Gerontology: Psychological Sciences*.

CONFERENCE PRESENTATIONS

2009

Savla, J. (2009). Diary approaches for studying the effects of daily stressors on the health of caregivers. *Gerontological Society of America, Atlanta*.

Savla, J., Roberto, K. A., Blieszner, R. (2009). Daily stressors and implications of Mild Cognitive Impairment for care partners. *Gerontological Society of America, Atlanta*.

Zarit, S. H., Femia, E. E., Kim, K., Savla, J. (2009). Daily stress and well-being of family caregivers. *Gerontological Society of America, Atlanta*.

2008

Savla, J. & Almeida, D. (2008, Nov). Daily stress, affect and fluctuations in pain symptoms and cortisol rhythm. *Gerontological Society of America, Maryland*.

Ermann, L. S., Roberto, K. A., & Savla, J. (2008, Nov). Life with chronic pain: Older women's experiences and care strategies. *Gerontological Society of America, Maryland*.

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 Support**

Effects of Mindfulness Meditation on Stress and Inflammation in Patients with Rheumatoid Arthritis
Agency: Jerome Niles Faculty Research Grant

Role: Principal Investigator

This proposal seeks support to collect pilot data to evaluate the influence of relaxation techniques such as mindfulness meditation (MM) to decrease stress, pain and chronic inflammation among persons with RA. A waiting-list control group design will assess the effects of MM on psychological, physical and biological measures among subjects aged 35-60 years who have been diagnosed with mild to moderate RA. The participants will be assessed 2 months post intervention to study the maintenance effects of MM.

Caring for a spouse with Mild Cognitive Impairment: Daily challenges, marital relations, and physiological indicators

Agency: Virginia Commonwealth, Alzheimer's And Related Diseases Research Award Fund

Role: Co-investigator

This project will assess the daily frequency and intensity of the behavioral symptoms and challenges of those diagnosed with MCI and examine the effects on their marriages, and its associations with spouse care providers' as well as the psychological and physical health and well-being of their spouses and biomarkers of physiological wear and tear. Thirty spousal partners will participate in daily telephone interviews and report the stresses and strains they are experiencing as well as provide physiologic measures of stress symptoms such as salivary cortisol. Within- and between-person variability will be examined to further understanding about the day-to-day challenges facing families dealing with early memory loss.

Daily Stress, Health and Well-Being of Family Caregivers

Agency: National Institute of Aging

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

Role: Consultant

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).

Maintaining Resistance Training in Older Prediabetic Adults: Theoretical Approach

Agency: National Institute of Health

Role: Co-investigator

The aim of this Phase II Clinical Trial is to demonstrate the efficacy of social cognitive theory (SCT) based intervention for initiating, and most importantly, maintaining resistance training in older adults with pre-diabetes (i.e., impaired glucose tolerance or impaired fasting glucose) to improve glucose homeostasis. The primary outcome measures are indices of pre-diabetes (glucose tolerance and fasting glucose concentration) and strength. Secondary measures include adherence, insulin sensitivity, fat free mass, other indicators of health and metabolic fitness, and SCT measures. Assessments will occur at baseline, at the end of the Initiation Phase (3 months), at the end of the different interventions (9 months) and 6 months after all contact has ended (15 months from baseline).

Under Review

Exercise and Rebound Blood Pressure During Weight Maintenance

Agency: National Institute of Health

Role: Co-investigator

The general purpose of this study is to determine if regular aerobic exercise can attenuate the rebound increase in BP that occurs during maintenance of weight loss. To address this, we propose to randomize 150 overweight and obese hypertensive individuals following their achievement of a 10% weight loss to one of two conditions: control maintenance by dietary strategies alone or maintenance of weight loss by dietary strategies plus regular aerobic exercise. The proposed study will provide new and clinically relevant insight on the importance of regular aerobic exercise in breaking the link between obesity and hypertension.

Daily Stress and Pain: Effectiveness of Vipassana Meditation

Agency: National Institute of Health

Role: Principal Investigator

This proposal seeks support for a waiting-list control study to evaluate the influence of intensive relaxation techniques such as mindfulness meditation (MM) to decrease stress, pain and chronic inflammation among persons with RA.

Adaptation to Pain: Applying the SOC Model with Older Adults in Rural Appalachia

Agency: National Institute of Aging

Role: Co-Principal Investigator

Using the Selection, Optimization and Compensation metamodel with a measurement-burst design we propose to examine the adaptation strategies used by older adults in rural Appalachia. We expect to see cultural and health disparities in this underserved group of individuals.

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.

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.

TEACHING EXPERIENCE

Courses Taught

- 2008 - Present *Advanced Research Methods: Structural Equation Modeling*, The Virginia Polytechnic and State University
- 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

- 2008 *Professional Seminar in Human Development*, Virginia Tech
Topic: The Research Process—Methods and Research Plan
- 2007 *Professional Seminar in Human Development*, Virginia Tech
Topic: Advanced Research Methods for Human Development
- 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.
Topic: Dating practices in different countries
- 2000 *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
- Everyday Life Factors and its Influences on Stress, Health and Well-Being
- Pain Management using Complementary and Alternative Medicine (CAM)

Methodological:

Daily Diary Methods
 Time-series and dynamic models
 Missing Data Analysis

PROFESSIONAL SOCIETIES AND ORGANIZATIONAL INVOLVEMENT

Gerontological Society of America

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

American Psychological Association

Affiliate (2004 - present).

Virginia Polytechnic Institute and State University

College Committees
 New Faculty Mentoring Meetings (2007-2009)
Department Committees
 Graduate Curriculum Committee (2007-2008; 2009-2010)
 Awards Committee (2008-2009)

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)
 Personality and Individual Differences (2007 to present)
 Journals of Gerontology: Psychological Sciences (2008 to present)
 Journals of Gerontology: Social Sciences (2008 to present)
 Family Relations (2008 to present)
 Journal of Marital and Family Therapy (2008 to present)
 Psychology and Aging (2008 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

-Last Updated on 11 March 2010-