

# Christina X. Mu

School of Aging Studies, University of South Florida  
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[University Webpage](#) | [Google Scholar](#) | [ResearchGate](#) | [ORCID](#) | [LinkedIn](#)

## Education

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- 2019–August 2024 **PhD Candidate in Aging Studies**  
(Expected) University of South Florida; Tampa, FL  
Dissertation Committee: Soomi Lee, PhD (co-chair), Lindsay Peterson, PhD (co-chair), Brent Small, PhD, Christina McCrae, PhD, Ross Anandel, PhD, and Katie Stone, PhD
- 2017–2019 **BA in Psychology; Minor in Aging Studies** | *Summa cum laude*  
California State University, Fullerton; Fullerton, CA  
Thesis Advisor: Laura Zettel-Watson, PhD
- 2015–2017 **AA in Psychology and Social & Behavioral Sciences** | *Summa cum laude* and with honors  
Pasadena City College; Pasadena, CA

## Research Interests

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Sleep health; pain; middle and late adulthood; policies related to aging and older adults; health disparities; micro-longitudinal methods (e.g., ecological momentary assessment, actigraphy)

## Grants & Fellowships

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- 2022–2024 **National Heart, Lung, and Blood Institute (F31HL165898)**  
*The joint effects of sleep and pain, and moderations by work characteristics*  
Total Award: \$83,839  
Role: Principal Investigator  
Study Team: Christina McCrae (sponsor), Soomi Lee, Brent Small, Ross Anandel, Katie Stone  
*Objective:* To investigate the interplay between sleep and pain in healthcare workers and their joint contributions on long-term health and well-being outcomes. Further, to examine moderations by job demands and resources, as well as differences by age, sex, and race/ethnicity.
- 2023–2027 **National Heart, Lung, and Blood Institute (R01HL16322601A1)**  
*Sleep, Pain, Active Social Life, and Inflammation (SPAI)*  
Total Award: \$1,992,374  
Role: Research Assistant  
Principal Investigator: Soomi Lee, PhD  
*Objective:* To examine the extent to which the impact of sleep on chronic pain is mediated by social lifestyles and inflammation in three different cohorts of adults.  
*Responsibilities:* Assisted with preliminary steps of data harmonization,

gathered data, and reviewed grant

2020–2022

**NIH/National Institute on Aging (R56AG065251)**

*Sleep health profiles in middle-aged adults in relation to cardiovascular health*

Total Award: \$412,264

Role: Research Assistant

Principal Investigator: Soomi Lee, PhD

*Objective:* To uncover distinct sleep profiles in middle-aged adults and provide preliminary analysis relating the sleep profiles to cardiovascular health.

*Responsibilities:* led the data management and analyses of two published manuscripts, assisted with manuscript writing and revisions, collaborated with a multidisciplinary team of experts, supported grant resubmission efforts for two R01 projects

## Awards

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2024	Society of Behavioral Medicine Distinguished Student Travel Scholarship
2023	Emerging Scholar and Professional Organization (ESPO) Carol Schutz Travel Award, GSA
2023	Episummer Columbia University, Department of Epidemiology: Sleep Epidemiology Workshop Tuition Scholarship
2022	Behavioral and Social Sciences Boaz Kahana Student Poster Award, GSA
2022	Behavioral and Social Sciences Travel Award, GSA
2022	Emerging Scholar and Professional Organization (ESPO) Travel Award, GSA
2022–2023	H. Edward and Mildred E. Greely Endowed Fellowship, USF (Accepted for Fall 2022, Declined in Spring 2023 due to competing funding)
2020, 2021	Behavioral and Social Sciences Student Registration Award, GSA
2019–2022	Graduate Student Success Fellowship, USF
2019–2020	National Science Foundation Graduate Research Fellowship Program <ul style="list-style-type: none"> <li>• 2019, 2020 (honorable mention both cycles)</li> </ul>
2017–2019	Ronald E. McNair Postbaccalaureate Achievement Program, CSUF
2018–2019	Sally Casanova California Pre-Doctoral Program, CSUF
Spring 2018	Mary Lois Ayres Scholarship, CSUF
Fall 2017	Department of Psychology Travel Scholarship, CSUF
2017	Classified Senate Scholarship, PCC
Spring 2017	Academic Senate Dean's Honors Scholarship, PCC
Spring 2017	Opal Jones Trust Scholarship in Psychology, PCC
Spring 2017	Honors Extraordinary in Social Sciences, PCC
Spring 2017	Honors for Superior Achievement in Psychology, PCC
Fall 2016	Robert and Adrienne Westerbeck Scholarship, PCC
Fall 2016	George and Ruri Sugimoto Scholarship, PCC

*Note.* PCC = Pasadena City College; CSUF = California State University, Fullerton; USF = University of South Florida; GSA = Gerontological Society of America

## Publications

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\*Undergraduate researcher in training at the time of production

### Peer-Reviewed Articles

1. Smith, C.E., Mu, C. X., Venetto, A., Khan, A., Lee, S., & Small, B. (2024). Be present now, sleep well later: Mindfulness promotes sleep health via emotion regulation.

Updated January 2024

- Health Psychology*. Accepted.
2. Lee, S., **Mu, C. X.**, Wallace, M. L., Andel, R., Almeida, D. M., Buxton, O. M., & Patel, S. R. (2023). Multidimensional sleep health problems across middle and older adulthood predict early mortality. *Journal of Gerontology: Medical Sciences*. <https://doi.org/10.1093/gerona/glad258>
  3. \*Domenech Acevedo, M. S., **Mu, C. X.**, & Lee, S. (2023). Identifying determinants for sleep intervention preferences among middle-aged healthcare workers. *Journal of Young Investigators*. Accepted.
  4. Elayoubi, J., Nelson, M.E., **Mu, C. X.**, Haley, W.E., Wadley, V., Clay, O., Crow, M., Cushman, M., Grant, J., Howard, G., McClure, L., Roth, D., Walston, J., & Andel, R. (2023). The role of caregiving in cognitive function and change: A REGARDS Study. *Psychology and Aging*. <https://doi.org/10.1037/pag0000766>
  5. Lee, S., **Mu, C. X.**, \*Joshi, R., & \*Khan, A. (2023). Daily and momentary variability in sleep, stress, and well-being data in two samples of health care workers. *Field Methods*, 35(4), 349-363. <https://doi.org/10.1177/1525822X221132425>
  6. **Mu, C. X.**, Lee, S., Boddupalli, S., & Meng, H. (2022) Effects of a music intervention on sleep in persons with dementia: A systematic review. *Dementia*. <https://doi.org/10.1177/14713012221096986>
  7. **Mu, C.X.** & Lee, S. (2022). The moderating role of trait and state mindfulness between daily sleep and physical pain symptoms: An ecological momentary assessment and actigraphy study. *Psychology and Health*, 31(1), 91-108. <https://doi.org/10.1080/08870446.2022.2069245>
  8. Lee S., **Mu, C. X.**, Wallace, M. L., Andel, R. Almeida, D. M., Buxton, O. M., & Patel, S.R. (2022). Sleep health problems are associated with the risk of heart disease across sex and race. *Scientific Reports*. <https://doi.org/10.1038/s41598-022-05203-0>
  9. Vigoureux, T. F. D., **Mu, C. X.**, Mason, T. M, Gonzalez, B.D., & Lee, S. (2021) Adapting nursing research to a global pandemic: A fully remote actigraphy and ecological momentary assessment study. *Nursing Research*. <https://doi.org/10.1097/NNR.0000000000000561>
  10. **Mu, C. X.**, Jester, D., Cawthon, P., Stone, K., & Lee, S. (2021) Subjective social status moderates the link between back pain and mental health in older men. *Aging & Mental Health*. <https://doi.org/10.1080/13607863.2021.1899133>
  11. \*Veal, B. M., **Mu, C. X.**, Small, B. J., & Lee, S. (2021). Subjective cognitive abilities correlate with poor sleep among dayshift and nightshift nurses. *Journal of Sleep Research*, 30(5), e13359. <https://doi.org/10.1111/jsr.13359>
  12. Lee, S., **Mu, C. X.**, Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2020). Sleep health is associated with next-day mindful attention in healthcare workers. *Sleep Health*. <https://doi.org/10.1016/j.sleh.2020.07.005>

### Manuscripts Under Review

**Mu, C. X.**, Calfee, K., Joshi, R., LaRocque, B., & Lee, S. (*under review*). Personality and sleep: Exploring the role of health behaviors

### Manuscripts in Preparation

**Mu, C. X.**, Jester, D., Cawthon, P., Stone, K., Lane, N. E., & Lee, S. Subjective social status moderates back pain and mental health: A longitudinal retrospective analysis of the MrOS study

\*Huang, K., **Mu, C. X.**, Smith, C.E., & Lee, S. From the workroom to the bedroom: The impact of work characteristics on sleep quality, mediated by work-to-family spillover

\*Moore, S., Smith, C.E., **Mu, C. X.**, & Lee, S. Physical symptoms reactivity to daily stressors and cardiovascular disease: A comparison of black and white adults

## Upcoming Presentations

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(Poster sessions, Oral presentations, & Symposia)

**Mu, C. X.** & Lee, S. (2024, Mar.) Sleep and Pain Profiles: Impacts on Mental Health and Cardiovascular Disease. “Sleep Health: An Essential Component of Cardiovascular Disease Risk” Symposium at the *Society of Behavioral Medicine Meeting*.

## Conference Presentations

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\*Undergraduate researcher in training at the time of production

**Mu, C. X.** & Lee, S. (2023, Nov.) Individual and Joint Associations Between Sleep and Pain on Mental Health: Differences by Work Status and Occupation. Symposium at the *Gerontological Society of America (GSA) 2023 Scientific Meeting*.

**Mu, C. X.**, Thompson A. R., Brekke, B., & D’Antonio, P. (2023, Nov.) Policy Series: Public Health and Aging Policy: Experience of 2023 GSA Summer Policy Interns. Symposium at the *Gerontological Society of America (GSA) 2023 Scientific Meeting*.

- Thompson A. R., Brekke, B., **Mu, C. X.**, & D’Antonio, P. “Inside PAHPA: A GSA Policy Intern’s Journey to the Intersection of Policy and Preparedness”
- Brekke, B., **Mu, C. X.**, Thompson A. R., & D’Antonio, P. “Alzheimer’s Disease and Opportunity for Policy Change”
- **Mu, C. X.**, Thompson A. R., Brekke, B., & D’Antonio, P. “Health Equity, Intersectionality, and Climate Change: Public Health Considerations for Research”

**Mu, C. X.**, Thompson A. R., & Brekke, B. (2023, Nov.) ESPO Informal Chats: GSA’s Summer Policy Internship: Information and Q&A with the 2023 Interns. Symposium at the *Gerontological Society of America (GSA) 2023 Scientific Meeting*.

\*Huang, K., **Mu, C. X.**, Smith, C.E., & Lee, S. (2023, Nov.) From the workroom to the bedroom: The impact of work characteristics on sleep quality, mediated by work-to-family spillover. Poster at the *Gerontological Society of America (GSA) 2023 Scientific Meeting*.

\*Moore, S., Smith, C.E., **Mu, C. X.**, & Lee, S. (2023, Nov.) Physical symptoms reactivity to daily stressors and cardiovascular disease: A comparison of black and white adults. Poster at the *Gerontological Society of America (GSA) 2023 Scientific Meeting*.

**Mu, C. X.**, Jester, D., Cawthon, P., Stone, K., Lane, N. E., & Lee, S. (2022, Nov). Subjective social status moderates back pain and mental health: a longitudinal analysis of older men. Poster at the *Gerontological Society of America (GSA) 2022 Scientific Meeting*.

**\*Awarded the Behavioral and Social Sciences Boaz Kahana Student Poster Award**

Lee S., **Mu, C. X.**, Wallace, M. L., Andel, R. Almeida, D. M., Buxton, O. M., & Patel, S.R. (2022, Nov). Sleep health problems and mortality. Symposium at the *Gerontological Society of America (GSA) 2022 Scientific Meeting*.

Elayoubi, J., Nelson, M.E., **Mu, C. X.**, Haley, W.E., Wadley, V., Clay, O., Crow, M., Cushman, M., Grant, J., Howard, G., McClure, L., Roth, D., Walston, J., & Andel, R. (2022, Nov). The role of caregiving in cognitive function and change: A REGARDS Study. Poster at the *Gerontological Society of America (GSA) 2022 Scientific Meeting*.

Rehman, A., **Mu, C. X.**, & Lee, S. (2022, Nov). The mediating role of fatigue/sleepiness between state mindfulness and subjective cognition. Poster at the *Gerontological Society of America (GSA) 2022 Scientific Meeting*.

Smith, C.E., **Mu, C. X.**, \*Venetto, A., \*Khan, A., & Lee, S. (2022, Nov). Be present now, sleep well later: Mindfulness promotes sleep health via emotion regulation. Symposium at the

- Gerontological Society of America (GSA) 2022 Scientific Meeting.*
- Elayoubi, J., Nelson, M. E., Mu, C.X., Haley, W. E., Wadley, V.G., Clay, O.J., Crowe, M., Cushman, M., Grant, J.S., Roth, D.L., & Andel, R. The role of caregiving in cognitive function and change: A REGARDS study. (2022, Nov). Poster at the *Gerontological Society of America (GSA) 2022 Scientific Meeting.*
- \*Obiagwu, J., **Mu, C. X.**, & Lee, S. (2022, Nov). Social disparities in inflammatory biomarkers mediated by poor sleep quality. Symposium at the *Gerontological Society of America (GSA) 2022 Scientific Meeting.*
- \*Obiagwu, J., **Mu, C. X.**, & Lee, S. (2022, April). Social disparities in inflammatory biomarkers mediated by poor sleep quality. Poster at 2022 University of South Florida Undergraduate Research Conference.
- Lee, S., **Mu, C. X.**, \*Joshi, R., \*Khan, A., & \*Obiagwu, J. (2021, July). Daily and momentary variability in sleep, stress, and well-being data from healthcare workers. Paper presented at the *Society for Ambulatory Assessment (SAA) 2021 Conference Online.*
- Mu, C. X.**, Small, B. J., & Lee, S. (2021, Nov.). Subjective and perseverative cognition mediates the relationship between sleep and work impairment. Symposium at the *2021 Gerontological Society of America Scientific Meeting Online.*
- Vigoureux, T. F., **Mu, C. X.**, & Lee, S. (2021, Nov.). Making the most of adversity: A fully remote ecological momentary assessment and actigraphy study of hospital nurses. Poster at *2021 Gerontological Society of America Scientific Meeting Online.*
- \*Veal, B., **Mu, C.** & Lee, S. (2020, Nov.). Better night's sleep and subjective cognition: The role of day and night work shifts. Poster at *Gerontological Society of America (GSA) 2020 Scientific Meeting Online.*
- \*Deason, K., **Mu, C.** & Lee, S. (2020, Nov.). Personality and sleep health: Do lifestyle habits play a role? Poster at *Gerontological Society of America (GSA) 2020 Scientific Meeting Online.*
- \*LaRocque, B., **Mu, C.** & Lee, S. (2020, Nov.). Poor sleep health and next day work impairment: the mediating role of fatigue. Poster at *Gerontological Society of America (GSA) 2020 Scientific Meeting Online.*
- Mu, C.**, Jester, D., Cawthon, P., Stone, K., & Lee, S. (2020, Nov.). The effects of severe and frequent back pain on mental health: Does perceived socioeconomic status matter? Poster at *Gerontological Society of America, Virtual Conference.*
- Mu, C.**, Lee, S., Risal, P.G., Vigoureux, T.F.D., Bugos, J., & Meng, H. (2020, Aug.). Preliminary effects of a music intervention on actigraphy-measured sleep among persons with dementia. Poster at *Sleep 2020, Virtual Conference.*
- Mu, C.** & Lee, S. (2020, August). Trait mindfulness moderates the relationship between sleep and pain in nurses. Poster at *Sleep 2020, Virtual Conference.*
- Lee, S., **Mu, C.**, Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2020, August). Sleep health is associated with next-day mindful attention in healthcare workers. Poster at *Sleep 2020, Virtual Conference.*
- Mu, C.**, Jester, D. J., & Lee, S. (2020, May: *Conference Cancelled*). Social ladders matter: Socioeconomic status exacerbates the link between back pain severity and mental health in older men. Poster at Annual Scientific Meeting of the American Geriatrics Society (AGS), Long Beach, CA
- \*Deason, K., **Mu, C.**, & Lee, S. (2020, Feb.). Personality and sleep health: Do lifestyle habits play role? Poster at *We Love Research* at the University of South Florida, Tampa, FL.
- Mu, C.**, Carrada Zuñiga, N., Le, T., Gamboa, M., & Cherry, B. (2019, April). Investigating the impact of sleep disturbances on pain severity among older adults with fibromyalgia. Poster at *California Council on Gerontology & Geriatrics*, La Verne, CA.
- Hops, E., Taneja, P., Santa Cruz, S., & **Mu, C.** (2018, Jan.). Talking to tobacco-users. Oral presentation and workshop at California Youth Advocacy Network, Los Angeles, CA.

- Mu, C., & Zettel-Watson, L.** (2019, April). The impact of pain intensity and social support on cognitive functioning and quality of life in older adults with fibromyalgia. Poster at *Western Psychological Association Psi Chi Session*, Pasadena, CA
- Mu, C., & Ryan, L.** (2019, Jan.). Predicting executive functions from physical, social, and mental activities in older adults over 50. Poster at *Dallas Aging and Cognition Conference*, Dallas, TX.
- Person, D., **Mu, C.**, Bruno, M., & Carrada-Zuniga, N. (2018, April). The effects of a Vietnamese dual-language immersion program on students. Poster at *CSUF Student Creative Activities and Research Symposium*, Fullerton, CA.
- Mu, C., & Zettel-Watson, L.** (2018, April). Social support buffers impact of pain catastrophizing on life satisfaction in older adults with fibromyalgia. Poster at *Western Psychological Association Psi Chi Session*, Portland, OR.

## Policy Briefs & Press

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- <https://gsaonaging.podbean.com/e/gsa-policy-intern-podcast-series-insights-from-interns-intro-episode/>
- <https://www.usf.edu/cbcs/news/2022/mu-moffitt-presentation.aspx>
- <https://www.usf.edu/cbcs/news/2022/sas-spring-awards.aspx>
- <https://www.usf.edu/news/2022/poor-sleep-can-triple-risk-for-heart-disease.aspx>
- <https://theconversation.com/lack-of-sleep-is-harming-health-care-workers-and-their-patients-160421>
- [https://www.usf.edu/cbcs/aging-studies/fpeca/documents/sleephealth\\_lee2020.pdf](https://www.usf.edu/cbcs/aging-studies/fpeca/documents/sleephealth_lee2020.pdf)
- <https://www.usf.edu/cbcs/aging-studies/fpeca/documents/sleephealth.pdf>

## Research Experiences

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- June-July 2023 (8 weeks)    **Gerontological Society of America (GSA) Summer Policy Internship**  
*Policy Intern*  
 Director: Trish D'Antonio Mazzuca, RPh, BCGP  
 GSA Headquarters in Washington, D.C.
- Attended congressional hearings and meetings related to aging and older adults
  - Contributed to GSA sign-on letters for bills passing through Congress
  - Monitored the federal budget
  - Researched policies related to older adults
  - Created briefing reports and presented at meetings
  - Initiated new tasks/ideas with other interns (i.e., created internship handbook, internship survey, social media and marketing, manuscript)
- 2023–Present    **Sleep, Stress, and Health (STEALTH) Lab**, University Park, PA  
*External Collaborator*  
 Director: Soomi Lee, PhD  
 The Pennsylvania State University, Department of Human Development and Family Studies
- Mentor undergraduate researchers on their first-authored manuscripts
  - Support undergraduate researchers' graduate and medical school applications (e.g., review application materials, draft letters of recommendations)
  - Assist with data management and analyses inquiries
- 2019–2023    **Sleep, Stress, and Health (STEALTH) Lab**, Tampa, FL

*Lab Manager*

Director: Soomi Lee, PhD

University of South Florida, School of Aging Studies

- Assisted in data management and analyses of complex data using SAS 9.4, Mplus, and R (i.e., ecological momentary assessment and actigraphy)
- Led participant recruitment meetings; sanitized, shipped, and handled actigraphy devices during the COVID-19 pandemic; was one of the primary contact people for research assistants and participants; regularly communicated recruitment updates to leadership team
- Contributed to study design development; carried out study protocols and ethical research practices
- Supervised and oversaw 29 undergraduate research assistants
- Mentor undergraduate researchers in independent research, professional development, and graduate school applications
- Created and reviewed lab's social media and public relations
- Funding support from USF College of Behavioral and Community Sciences Grant Program (No. 18320) "Cancer center nurses' sleep health and its association with work performance" (PI: Soomi Lee)

2017–2019

**Ronald E. McNair Postbaccalaureate Achievement Program**, Fullerton, CA

Director: Patricia Literte, PhD

California State University Fullerton, Department of Sociology

Advisor: Dr. Laura Zettel-Watson, Department of Psychology

- Conceptualized original research idea, analyzed data, and wrote thesis, titled "The impact of pain intensity and social support on cognitive functioning and quality of life in older adults with fibromyalgia"
- Presented findings at a regional and national conferences
- Completed grant writing workshops to submit original research ideas to NSF GRFP and Ford Fellowship

2017–2019

**Fibromyalgia and Chronic Pain Center**, Fullerton, CA

*Research Assistant*

Director: Jordan Aquino, MPH

California State University Fullerton, Department of Public Health

- Administered and scored cognitive assessments given to older adults with and without fibromyalgia
- Recruited and screened participants
- Updated participants' information using FileMaker Pro

2018–2019

**Fresh Air Advocates**, Fullerton, CA

*Research Assistant*

Director: Pearl Bolter, MPA

California State University Fullerton, Environmental Health and Safety

- Promoted a smoke, vape, and tobacco-free campus
- Supervised and mentored undergraduate interns
- Collected observational data, coded data, and analyzed data in SPSS
- Organized campus-wide events
- Presented at the 2019 California Youth Advocacy Network

- Summer 2018     **Cognition and Neuroimaging Laboratory**, Tucson, AZ  
*Undergraduate Research Opportunities Consortium-Summer Research Institute (UROC-SRI), Research Assistant*  
 Advisor: Lee Ryan, PhD  
 University of Arizona, Department of Psychology
- Scored and entered neurological battery responses into SPSS
  - Called and screened participants for MRI study
  - Analyzed data and completed research paper titled, "Predicting executive functions from physical, social, and mental activities in older adults over 50"
  - Presented findings at regional and national conferences
- Spring 2018     **Center for Research on Educational Access and Leadership**, Fullerton, CA  
*Research Assistant*  
 Director: Dawn Person, EdD  
 California State University Fullerton, Department of Education
- Led the National Resource Center of Asian Languages Vietnamese dual-language immersion program evaluations
  - Wrote and edited reports for multiple projects (e.g., Allied Health Academy, GEAR UP, Early Assessment Program)
  - Data collection (e.g., organized data collection with local school sites, administered surveys, interviews, and focus groups)
  - Transcribed interviews
  - Submitted IRB proposals
  - Recruited, interviewed, and lead orientations for Vietnamese translators
  - Presented a professional development workshop to staff and Ed.D. students on how to create infographics

## Teaching Experiences

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- Summer 2022     **Instructor**  
 DEP 2004: Life Cycle, USF Behavioral & Community Sciences
- Summer 2021     **Instructor**  
 GEY 2000: Introduction to Aging Sciences, USF Behavioral & Community Sciences
- 2020             **Graduate Teaching Assistant**  
*School of Aging Studies, University of South Florida*  
Courses and Terms  
 GEY 3625: Sociological Aspects of Aging  
 Duties: Graded assignments, papers, exams; held office hours
- 2018-2019     **Undergraduate Teaching Assistant**  
*Department of Psychology, California State University, Fullerton*  
Courses and Terms  
 PSYC 362: Psychology of Aging (Spring 2018)  
 PSYC 306: Biopsychology (Spring 2019)  
 Duties: Graded assignments, papers, exams; held office hours
- 2016–2017     **Instructional Aide**



*Department of Psychology, Pasadena City College*

Courses and Terms

PSYC 025: Human Sexuality (Spring 2017)

PSYC 001: Introduction to Psychology (Summer 2016)

Duties: Graded assignments, papers, exams; held office hours

## Invited Talks

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- 2022 • Keynote Speaker—Nursing EBP/PI/Research Day Conference at Moffitt Cancer Center, Tampa, FL. Lecture titled “Sleep Health in Nurses: Strategies for Optimizing Your Sleep” presented on April 23, 2022
  - 2021 • McNair Scholars Alumni Panel: Graduate Schools (Virtual) on July 13, 2021
  - 2020 • McNair Scholars Alumni Panel: Graduate Schools (Virtual) on July 21, 2020

## Guest Lectures

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- 2023 • GEY 7936 Proseminar in Aging Studies, USF Behavioral & Community Sciences; Lecture on F31 Grant & GSA Policy Internship presented on November 17, 2023
  - 2022 • GEY 4612: Psychology of Aging, USF Behavioral & Community Sciences; Lecture on Sleep Health presented on January 19, 2022
  - GEY 7936 Proseminar in Aging Studies, USF Behavioral & Community Sciences; Lecture on Doctoral Journey: External Grants & Qualifying Exams presented on November 18, 2022
  - 2020 • GEY 4612: Psychology of Aging, USF Behavioral & Community Sciences; Lecture on Chronic Pain in Later Life presented on November 16, 2020
  - 2019 • GEY 3601: Physiological Changes of Aging, USF Behavioral & Community Sciences; Lecture on Pain in Older Adults presented on November 18, 2019

## Research Assistants Mentored

\*Mentored student in senior/honors thesis or independent research project(s)

<u>Name</u>	<u>Subsequent Position</u>
Aziz Rehman*	USF, MD Program in Morsani College of Medicine
Kian Huang*	USF, MD Program in Morsani College of Medicine
Mónica Domenech-Acevedo*	USF, MD Program in Morsani College of Medicine
Tanjina Jalil	Continued graduate studies, MA in Gerontology
Neha Dewansingh	Continued undergraduate studies
Sandra Mampilly	Continued undergraduate studies
Sarah Colston	Graduated from USF
Andrew Russell	Continued undergraduate studies
Joseph Obiagwu*	Graduated from USF; Continued post-bac clinical work
Jada Hewitt	Continued undergraduate studies
Sebastiana Moore*	Continued undergraduate studies
Kali Minick*	Continued undergraduate studies
Ana Sorto*	Graduated from USF
Angelina Venetto	USF, PhD in School Psychology
Breann LaRocque*	Graduated from USF
Cassandra Richardson	Colorado State University, PhD in Psychology
Rhitik Joshi	Nova Southeastern University, MD in College of Medicine
Alexandra Carey	Graduated from USF

Arooj Khan	University of Florida, DMD in College of Dentistry
Britney Veal*	University of South Florida, PhD in Aging Studies
Chelsea Djedi	Continued post-bac clinical work and teaching
Gabriel Bustamante-Salas	Graduated from USF
Jeilah Pabón	Graduated from USF
Julia Woolley*	Graduated from USF
Karley Deason*	Florida State University, MD Program in College of Medicine
Leonel Camejo*	Lewis Katz School of Medicine at Temple University, MD Program
Lisa Patel	Nova Southeastern University, MD in College of Medicine
Rachel Thurn	Graduated from USF
Taylor Harris	University of Kansas, PhD in Counseling Psychology

## Ad Hoc Reviewer

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- Ad hoc reviewer for *Innovations in Aging* and *Home Health Care Services Quarterly*
- Ad hoc reviewer, Gerontological Society of America Conference Abstracts
  - Reviewed 16 abstracts ranging in topics including sleep health, pain, and work
- Ad hoc reviewer, *Nature and Science of Sleep*; *Scientific Reports*; *Journal of Gerontology: Medical Sciences*; *Journal of Gerontology: Psychological Sciences*; *Sleep*, under the mentorship of Soomi Lee, PhD
- Ad hoc reviewer for *Journal of Women's Health*, under the mentorship of William Haley, PhD

## Skills & Certificates

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- Training in Responsible Conduct of Research (Active)
  - Collaborative Institutional Training Initiative (CITI) training in Human Research, Social/Behavioral Responsible Conduct of Research, and Social/Behavioral Investigators and Key Personnel, since 2017
  - Health Insurance Portability and Accountability Act (HIPPA), since 2020
- Statistical Software: SAS (proficient), SPSS (proficient), R Statistical Software (novice), Mplus (novice)
- Sleep Epidemiology certified by Columbia University's Department of Epidemiology on June 20, 2023
- Online Instructor Certification certified by the University of South Florida on September 12, 2022
  - 4-week long training to improve my online pedagogies
- Dr. Orfeu M. Buxton's (Penn State) Sleep Actigraphy Scoring
- Cognitive Assessments Tester for older adults with and without fibromyalgia (e.g., MMSE, CERAD, Stroop, Digit Span, Trails A-B, Animals Verbal Fluency, Digit Symbol Substitution)

## Professional Affiliations

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2023–Present	Society of Behavioral Medicine
2023–Present	American Psychological Association <ul style="list-style-type: none"> <li>• Division 20 (Adult Development and Aging)</li> </ul>
2018–Present	The Gerontological Society of America
2017–Present	Sigma Phi Omega: Gerontology Honor Society
2018–2019	Western Psychological Association
2017–2019	Psi Chi: International Honor Society in Psychology

## Community Service & Outreach

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- 2023–Present **College of Behavioral and Community Sciences (CBCS) Diversity, Equity, and Inclusion (DEI) Committee** (student member)
- Analyzed and summarized responses from the faculty, staff, and administration climate survey used to assess DEI efforts at USF and CBCS
  - Reviewed and provided feedback on the student climate survey
- 2023–Present **Gerontological Society of America** (volunteer)
- Organizer for the Careers in Aging Day; Worked with USF and GSA organizers to reach out to aging professionals in the Tampa Bay areas, promoted event to students, networked with community partners, assisted with administrative work (i.e., created Excel spreadsheet to track progress, took meeting minutes)
  - Member of the Demystifying Peer Review, Editorial Boards, Editorship Workgroup; collaborated with a multidisciplinary group of researchers to create a PowerPoint presentation for researchers of all levels (e.g., graduate level, early career) to provide an overview of the peer review process
- 2019–Present **Student Association for Aging Studies** (Treasurer: 2019-2020; Secretary: 2021-2023)
- Help organize and participate in service events (e.g., Walk to End Alzheimer's, Aging Friendly initiative at USF)
  - Recorded meeting minutes
  - Create the department calendars
  - Completed annual budget
- 2017–Present **Ronald E. McNair & Titan Scholars Mentorship Program**
- Participate in summer graduate school workshops for new McNair scholars
  - Mentor for undergraduate researchers participating in the Ronald E. McNair Postbaccalaureate Achievement Program or Titan Scholars Program at California State University, Fullerton
- 2020–2023 **Meals on Wheels** (Volunteer)
- Deliver hot meals to older adults and people with disabilities aging in place
- 2019–2021 **Sigma Phi Omega: Gerontology Honor Society** (President: 2018-2019; 2020-2021)
- Led general meetings, coordinate events (e.g., card writing for those in assisted living facilities)
- 2020 **Technology Assistance Group**
- Helped older adults living in an assisted living facility with their electronic devices (e.g., cellphone, tablets)
- 2018–2019 **McNair Club** (Treasurer: 2018-2019)
- Liaison between the Associated Students, California State University, Fullerton, Inc. (ASI) for funding, organize and leads meetings with the club president, and recruited members.

## Additional Experiences

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- 2017 **Pasadena City College Foundation**, Pasadena, CA  
*Office Assistant*  
Supervisor: Elaine Cartas
- Compiled and organized information on potential and current donors from the greater San Gabriel Valley Area
  - Contributed to in efforts to raise \$10-\$12 million in scholarships and grants for Pasadena City College students
- 2017 **Fullerton Gardens: Alzheimer's Residential Care Center**, Fullerton, CA  
*Memory Care Program Assistant*  
Supervisor: Mayra Gueta
- Provide care to 60+ residents diagnosed with dementia at varying degrees of cognition (e.g., feeding, led cognitively stimulating and physical activities)
- Fall 2017 **Project Living in Faith Everyday (L.I.F.E.)**, Fullerton, CA  
*Service Learner*  
Supervisor: Phil Calhoun & Elena Ravena
- Outreach experience to create intergenerational dialogue between community-dwelling older adults and younger adults
  - Weekly commitment to visiting an older adult living in the community

## References

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