

August 2024

Christine M. Guardino

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ACADEMIC APPOINTMENTS

Stony Brook University, Stony Brook, NY

Assistant Professor, Department of Psychology, Aug 2024-present

Dickinson College, Carlisle, PA

Assistant Professor, Department of Psychology, Aug 2017 – June 2024

Affiliated with Health Studies Certificate Program, Aug 2017 – June 2024

- Sabbatical Leave, Spring 2022-Fall 2022
- Parental Leave, Fall 2021

University of California, Los Angeles

Postdoctoral Scholar, 2014-2017

- Project Coordinator for NICHD/NIH-funded study *Preconception and Prenatal Stress: Pathways to Child Biology and Behavior* (R01HD072021-01)

EDUCATION

Ph.D. in Psychology University of California, Los Angeles June 2014

Graduate major: Health Psychology

Graduate minor: Quantitative Psychology

Advisor: Christine Dunkel Schetter

Dissertation: Physical Activity, Chronic Stress, and Inflammation in Mothers during the First Postpartum Year

Master's Thesis: Trial of a Mindfulness-Based Stress Reduction Intervention during Pregnancy

M.A. in Psychology New York University, New York, NY May 2008

Thesis: Treatment Satisfaction in a Behavioral Intervention to Improve Hypertension Control

Advisor: Sundar Natarajan

B.A. in English Vassar College, Poughkeepsie, NY May 2002

Honors Thesis: Walt Whitman's Influence on the Harlem Renaissance

Advisor: Wendy Graham

AWARDS, HONORS, AND FELLOWSHIPS

Outstanding Poster Presentation Award, APA Division 38, August 2023

Student-Faculty Research Award, Dickinson College, Summer 2020

Professional Development Grant, Dickinson College, Summer 2020

Dana Research Assistant Grant, Dickinson College, Spring 2018

UCLA Faculty Course Innovation Grant for Climate Change and Sustainability, Spring 2016
UCLA Psychology Graduate SA J. Arthur Woodward Peer Mentoring Award, 2014
UCLA Shepherd Ivory Franz Distinguished Teaching Award, 2013
UCLA Graduate Division Summer Mentorship Award, Summer 2010
NIMH Predoctoral Fellowship (Biobehavioral Training in Mental and Physical Health, NIMH Award Number 15750), 2009-2011
UCLA Rapid Start Award, 2008-2009
Phi Beta Kappa, Vassar College Chapter, 2002

PUBLICATIONS / MANUSCRIPTS

Single asterisk (*) refers to past and current graduate student collaborators. Double asterisks (**) refers to past and current undergraduate student collaborators.

Julian, M. *, Somers, J. A., Dunkel Schetter, C., & **Guardino, C. M.** (2024). Resilience resources, life stressors, and postpartum depressive symptoms in a community sample of low and middle-income Black, Latina, and White mothers. *Stress and Health*.
<https://doi.org/10.1002/smi.3275>

Rinne, G.R. *, Carroll, J.E., **Guardino, C.M.**, Shalowitz, M.U., Ramey, S.L., & Dunkel Schetter, C. (2024). Parental preconception posttraumatic stress symptoms and maternal prenatal inflammation prospectively predict shorter telomere length in children. *Psychosomatic Medicine*. <https://doi.org/10.1097/psy.0000000000001241>

Guardino, C.M., Whittaker, F.**, Williams, E.**, & Franchini, M.** (2023). Resilience resources, coping, and health outcomes in college students during the Covid-19 pandemic. *Journal of American College Health*.
<https://dx.doi.org/10.1080/07448481.2023.2269446>

Hooker, E. D., Corona, K., **Guardino, C. M.**, Dunkel Schetter, C., & Campos, B. (2023). What predicts interdependence with family? The relative contributions of ethnicity/race and social class. *Cultural Diversity and Ethnic Minority Psychology*. Advance online publication. <https://doi.org/10.1037/cdp0000593>

Rinne, G. R. *, Hartstein, J.**, **Guardino, C. M.**, & Dunkel Schetter, C. (2023). Stress before conception and during pregnancy and maternal cortisol during pregnancy: A scoping review. *Psychoneuroendocrinology*, 106115.
<https://doi.org/10.1016/j.psyneuen.2023.106115>

Rinne, G. R. *, Mahrer, N. E., **Guardino, C. M.**, Shalowitz, M. U., Ramey, S. L., & Dunkel Schetter, C. (2023). Childhood family stress modifies the association between perinatal stressful life events and depressive symptoms. *Journal of Family Psychology*, 37(4), 432–442. <https://doi.org/10.1037/fam0001076>

Swales, D. A., Davis, E. P., Mahrer, N. E., **Guardino, C. M.**, Shalowitz, M. U., Ramey, S. L., & Dunkel Schetter, C. (2023). Preconception maternal posttraumatic stress and child negative affectivity: Prospectively evaluating the intergenerational impact of trauma. *Development and Psychopathology*, 35(2), 619-629.
<https://doi.org/10.1017/S0954579421001760>

- Guardino, C.M.**, Rahal, D.*, Rinne, G.R.*, Mahrer, N.E., Davis, E.P., Adam, E.K., Shalowitz, M.U., Ramey, S.L., Dunkel Schetter, C. (2022). Maternal stress and mental health before pregnancy and offspring diurnal cortisol in early childhood. *Developmental Psychobiology*, 64 (7), e22314. <https://doi.org/10.1002/dev.22314>
- Guardino, C.M.** & Dunkel Schetter, C. (2022). Subjective social status and allostatic load in mothers one year after birth. *Health Psychology*, 41(3), 235–241. <https://doi.org/10.1037/hea0001148>
- Rinne, G.R.*, Davis, E.P., Mahrer, N.E., **Guardino, C.M.**, Charalel, J.M., Shalowitz, M.U., Ramey, S.L., Dunkel Schetter, C. (2022). Maternal depressive symptom trajectories from preconception through postpartum: Associations with offspring developmental outcomes in early childhood. *Journal of Affective Disorders*, 309, 105-114. <https://doi.org/10.1016/j.jad.2022.04.116>
- Wilson, D. K., Bamishigbin, O. N., **Guardino, C.M.**, & Dunkel Schetter, C. (2021). Resilience resources in low-income Black, Latino, and White fathers. *Social Science & Medicine*, 114139. <https://doi.org/10.1016%2Fj.socscimed.2021.114139>
- Mahrer, N.E., **Guardino, C.M.**, Hobel, C., & Dunkel Schetter, C. (2021). Maternal stress before conception is associated with shorter gestation. *Annals of Behavioral Medicine*, 55(3), 242-252. <https://doi.org/10.1093/abm/kaaa047>
- Alen, N.V., Hostinar, C.E., Mahrer, N.E., **Guardino, C.M.**, Shalowitz, M.U., Ramey, S.L., Martin, S.R., & Dunkel Schetter, C. (2020). Prenatal maternal stress and child hair cortisol four years later: evidence from a low-income sample. *Psychoneuroendocrinology*, 104707. <https://doi.org/10.1016/j.psyneuen.2020.104707>
- Morgan, J.E.*, Lee, S.S., Mahrer, N.E., **Guardino, C.M.**, Davis, E.P., Ramey, S.L., Shalowitz, M.U., & Dunkel Schetter, C. (2020). Maternal metabolic and pro-inflammatory factors prospectively predict child executive functioning: specific and time-sensitive effects across pregnancy. *Developmental Psychobiology*, 62(8), 1111-1123. <https://doi.org/10.1002/dev.21982>
- Ponting, C.*, Chavira, D.A., Ramos, I., Christensen, W.*, **Guardino, C.M.**, & Dunkel Schetter, C. (2020). Postpartum depressive symptoms in low-income Latinas: Cultural and contextual contributors. *Cultural Diversity and Ethnic Minority Psychology*, 26 (4), 544-546. <https://doi.org/10.1037/cdp0000325>
- Ross, K. M., Kane, H. S., **Guardino, C.M.**, & Dunkel Schetter, C. (2020). Parental attachment anxiety: Associations with allostatic load in mothers of 1-year-olds. *Journal of Social and Personal Relationships*, 37(3), 717-737. <https://doi.org/10.1177/026540751987671>
- Mahrer, N. E., Ramos, I. F., **Guardino, C.M.**, Davis, E. P., Ramey, S. L., Shalowitz, M., & Dunkel Schetter, C. (2020). Pregnancy anxiety in expectant mothers predicts offspring negative affect: The moderating role of acculturation. *Early Human Development*, 141, 104932. <https://doi.org/10.1016/j.earlhumdev.2019.104932>
- Schmeer, K., **Guardino, C.M.**, Irwin, J.L., Ramey, S.L., Shalowitz, M.U., & Dunkel Schetter, C., (2020). Maternal postpartum stress and toddler developmental delays: results from a

- multisite study of racially diverse families. *Developmental Psychobiology*, 62 (1), 62-76. <https://doi.org/10.1002/dev.21871>
- Incollingo Rodriguez, A. C., Tomiyama, A. J., **Guardino, C. M.**, & Dunkel Schetter, C. (2019). Association of weight discrimination during pregnancy and postpartum with maternal postpartum health. *Health Psychology*, 38(3), 226. <https://doi.org/10.1037/hea0000711>
- Ramos, I. F., **Guardino, C. M.**, Mansolf, M., Glynn, L. M., Sandman, C. A., Hobel, C. J., & Dunkel Schetter, C. (2019). Pregnancy anxiety predicts shorter gestation in Latina and non-Latina white women: The role of placental corticotrophin-releasing hormone. *Psychoneuroendocrinology*, 99, 166-173. <https://doi.org/10.1016/j.psyneuen.2018.09.008>
- Guardino, C.M.**, Hobel, C. J., Shalowitz, M. U., Ramey, S. L., & Dunkel Schetter, C. (2018). Psychosocial and demographic predictors of postpartum physical activity. *Journal of Behavioral Medicine*, 41(5), 668-679. <https://doi.org/10.1007/s10865-018-9931-x>
- Ross, K. M., **Guardino, C.M.**, Hobel, C. J., & Dunkel Schetter, C. (2018). Partner relationship satisfaction, partner conflict, and maternal cardio-metabolic health in the year following the birth of a child. *Journal of Behavioral Medicine*, 41(5), 722-732. <https://doi-org.dickinson.idm.oclc.org/10.1007/s10865-018-9947-2>
- Ross, K. M., **Guardino, C.M.**, Dunkel Schetter, C., & Hobel, C. J. (2018). Interactions between race/ethnicity, poverty status, and pregnancy cardio-metabolic diseases in prediction of postpartum cardio-metabolic health. *Ethnicity & Health*, 1-16. <https://doi.org/10.1080/13557858.2018.1493433>
- Guardino, C.M.**, Dunkel Schetter, C., Hobel, C., Lanzi, R., Schafer, P., Thorpe, J., Shalowitz, M.U., & the Community Child Health Network (2017). Chronic stress and C-reactive protein in mothers during the first postpartum year. *Psychosomatic Medicine*, 79(4), 450-460. <https://doi.org/10.1097%2FPSY.0000000000000424>
- Bamishigbin, O.N., Dunkel Schetter, C., Stanton, A.L., **Guardino, C.M.**, Schafer, P., Shalowitz, M., Gaines Lanzi, R., Thorp, J., & Raju, T., & the Community Child Health Network (2017). Stress, resilience, and depressive symptoms in a community sample of African American fathers. *Cultural Diversity and Ethnic Minority Psychology*, 23(1), 70-80. <https://doi.org/10.1037/cdp0000088>
- O'Campo, P., Dunkel Schetter, C., **Guardino, C.M.**, Hobel, C., Shalowitz, M.U., Ramey, S., Vance, M., Raju, T., & the Community Child Health Network (2016). Explaining racial and ethnic disparities in allostatic load during the postpartum period. *Social Science & Medicine-Population Health*, 2, 850-858. <https://doi.org/10.1016/j.ssmph.2016.10.014>
- Guardino, C.M.**, Dunkel Schetter, C., Saxbe, D.E., Adam, E.K., Ramey, S.L., Shalowitz, M.U., & the Community Child Health Network (2016). Diurnal salivary cortisol patterns before pregnancy predict infant birth weight. *Health Psychology*, 35(6), 625-33. <https://psycnet.apa.org/doi/10.1037/hea0000313>
- Heldreth, C., **Guardino, C.M.**, Shapiro, J., Shafer, P., Shalowitz, M., Lanzi, R., Sahadeo, L., Dunkel Schetter, C., & the Community Child Health Network (2016). Childhood racism experiences and depressive symptoms in a community sample of African American

- mothers. *Journal of Clinical and Social Psychology*, 35(10), 840-864. <https://doi.org/10.1521/jscp.2016.35.10.840>
- Saxbe, D.E., Dunkel Schetter, C., **Guardino, C.M.**, Hobel, C., Shalowitz, M.U., Ramey, S.L., Thorpe, J., & the Community Child Health Network (2016). Sleep quality predicts persistence of parental postpartum depressive symptoms and transmission of depressive symptoms from mothers to fathers. *Annals of Behavioral Medicine*, 50(6), 862-875. <https://doi.org/10.1007/s12160-016-9815-7>
- Dunkel Schetter, C., Saxbe, D.E., Cheadle, A. C. D, & **Guardino, C.M.**, & Community Child Health Network (2016). Postpartum depressive symptoms following consecutive pregnancies: Stability, change, and mechanisms. *Clinical Psychological Science*, 4(5), 909-918. <https://doi-org.dickinson.idm.oclc.org/10.1177/2167702616644894>
- Dunkel Schetter, C., Niles, A., **Guardino, C.M.**, Khaled, M., & Kramer, M. (2016). Demographic, medical, and psychosocial predictors of pregnancy anxiety. *Paediatric and Perinatal Epidemiology*, 30(5), 421-429. <https://doi.org/10.1111/ppe.12300>
- Campos, B., Rojas Perez, O.F., & **Guardino, C.M.** (2016). Familism: A cultural value with implications for romantic relationship quality in U.S. Latinos. *Journal of Social and Personal Relationships*, 33(1), 81-100. <https://doi-org.dickinson.idm.oclc.org/10.1177/0265407514562564>
- Saxbe, D.E., Adam, E.K., Dunkel Schetter, C., **Guardino, C.M.**, Simon, C., McKinney, C.O., & Shalowitz, M.U. (2015). Cortisol covariation within parents of young children: Moderation by relationship aggression. *Psychoneuroendocrinology*, 62, 121-128. <https://doi.org/10.1016/j.psyneuen.2015.08.006>
- Yim, I.S., Tanner Stapleton, L.R., **Guardino, C.M.**, Hahn-Holbrook, J. & Dunkel Schetter, C. (2015). Biological and psychosocial predictors of postpartum depression: Systematic review and call for integration. *Annual Review of Clinical Psychology*, 11, 99-137. <https://doi.org/10.1146/annurev-clinpsy-101414-020426>
- Tanner Stapleton, L.R., Dunkel Schetter, C., Dooley, L.N., **Guardino, C.M.**, Huynh, J., Paek, C., Clark-Kauffman, E., Schafer, P., Woolard, R., Gaines Lanzi, R., & the Community Child Health Network (2016). The CCHN life stress interview: A brief chronic stress measure for community health research. *Anxiety, Stress and Coping*, 29(4), 352-366. <https://doi.org/10.1080/10615806.2015.1058368>
- Incollingo Rodriguez, A. C., Finch, L. E., Buss, J., **Guardino, C. M.**, & Tomiyama, A. J. (2015). An experimental field study of weight salience and food choice. *Appetite*, 89, 215-218. <https://doi.org/10.1016/j.appet.2015.02.016>
- Guardino, C.M.** & Dunkel Schetter, C. (2014). Coping during pregnancy: A systematic review and recommendations. *Health Psychology Review*, 8(1), 70-94. <https://doi.org/10.1080/17437199.2012.752659>
- Guardino, C.M.**, Dunkel Schetter, C., Lu, M., Bower, J., & Smalley, S. (2014). Randomised controlled pilot trial of mindfulness training for stress reduction during pregnancy. *Psychology & Health*, 29(3), 334-349. <https://doi.org/10.1080/08870446.2013.852670>

Guardino, C.M. & Dunkel Schetter, C. (2014). Understanding pregnancy anxiety: Concepts, correlates, and consequences. *Zero to Three*, 34(4), 12-21.

CONFERENCE TALKS

Guardino, C.M. & Dunkel Schetter, C. (2023, June). Subjective social status and allostatic load in mothers one year after birth. Paper presented at Society for Pediatric and Perinatal Epidemiologic Research (*SPER*), Portland, OR, June 2023.

Guardino, C.M., Rahal, D.*, Rinne, G.R.*, Mahrer, N.E., Davis, E.P., Adam, E.K., Shalowitz, M.U., Ramey, S.L., Dunkel Schetter, C. (2023, March). Maternal stress and mental health before pregnancy and offspring diurnal cortisol in early childhood. Paper presented at Society for Research in Child Development (SRCD), Salt Lake City, UT, March 2023.

Guardino, C.M. (2020, March). Stress and resilience processes in maternal child health: Insights from the Community Child Health Network Study. (2020, March). Paper accepted for presentation at the Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled due to Covid-19.

Hobel, C.J., **Guardino, C.M.**, Mansolf, M.*, Liang, R., Mirocha, J., & Dunkel Schetter, C. Analysis of fetal birth weight percentiles at birth improves our understanding of how the maternal postpartum phenotype is linked to poor pregnancy outcome. (2020, March). Talk accepted for presentation at Society for Reproductive Investigation. Conference canceled due to Covid-19.

Guardino, C.M., Mahrer, N.E., Davis, E.P., Ramey, S.L., Shalowitz, M., Adam, E.K., & Dunkel Schetter, C. (2019, March). Diurnal salivary cortisol patterns in preschool-aged children: associations with maternal pre-pregnancy, prenatal, and postpartum stress. Paper presented at the Annual Meeting of the American Psychosomatic Society, Vancouver, BC, Canada.

Morgan, J.E.*, Lee, S.S., **Guardino, C.M.**, Ramey, S.L., Shalowitz, M., Adam, E.K., & Dunkel Schetter, C. (2019, March). Higher maternal HbA1C after the birth of one child prospectively predicts executive functioning deficits in subsequent offspring. Paper presented at the Annual Meeting of the American Psychosomatic Society, Vancouver, BC, Canada.

Incollingo Rodriguez, A. C., Dunkel Schetter, C., **Guardino, C. M.**, Tomiyama, A. J. (2018, March). Longitudinal consequences of experiencing weight stigma during pregnancy for psychological and physical health. Paper presented at the 76th Annual Scientific Meeting of American Psychosomatic Society, Louisville, Kentucky.

Ross, K.M., Dunkel Schetter, C., **Guardino, C.M.**, Hobel, C.J. (2017). Partner conflict and satisfaction are associated with high stable cardio-metabolic risk at 6 and 12 months postpartum. Paper presented at the 75th American Psychosomatic Society meeting, Seville, Spain, March 16.

Price, J., Dunkel Schetter, C., **Guardino, C.M.**, Shalowitz, M., Ramey, S.L., Carroll, J.E. (2017, March). Positive and negative features of social relationships in mothers related to telomere length 3 years later. Paper presented at American Psychosomatic Society

Annual Meeting, Sevilla, Spain.

Hooker, E., Corona, K., Villalobos, A., **Guardino, C.M.** Campos, B., Dunkel Schetter, C., & the Community Child Health Network (2016, May). Socioeconomic status and familial values in the Community Child Health Network (CCHN) study. Paper presented at Association for Psychological Science 28th Annual Convention. Chicago, IL.

Guardino, C.M., Dunkel Schetter, C., Hobel, C., Lanzi, R., Schafer, P., Thorpe, J., Shalowitz, M.U., & the Community Child Health Network (2015, March). Predictors of C-reactive protein in mothers during the first postpartum year. Paper presented at American Psychosomatic Society Annual Meeting, Savannah, GA.

Dunkel Schetter, C., **Guardino, C.M.**, Schaefer, P., Lanzi, R., Clarke-Kauffman, E., Hillemeier, M., & Raju, T. (2013, August) Resilience and stress in parents: Insights from community-partnered research. Paper presented at the American Psychological Association, Honolulu, Hawaii.

Dunkel Schetter, C., Shalowitz, M.U., Adam, E.K., **Guardino, C.M.**, CCHN (2013, April). Do preconception diurnal cortisol patterns predict subsequent pregnancy outcomes? Paper presented at the Society for Research in Child Development (SRCD), Seattle, Washington.

Dunkel Schetter, C. & **Robbins, C.M.** (2011, April). Correlates and predictors of pregnancy-related anxiety. Paper presented at the Western Psychological Association, Los Angeles, California.

Robbins, C.M. (2010, Feb) Trial of a mindfulness-based stress reduction intervention during pregnancy (preliminary findings). Paper presented at the UCLA Center for the Study of Women Thinking Gender Conference, Los Angeles, California.

Dunkel Schetter, C. & **Robbins, C.M.** (2009, Sept) Challenges in prenatal intervention research to improve birth outcomes. Paper presented at the European Health Psychology Society, Pisa, Italy.

CONFERENCE POSTERS

Guardino, C.M., Rinne, G.R. *, & Dunkel Schetter, C. (2023, August). Coping styles and depressive symptoms: A latent profile analysis in mothers of young children. Poster presented at the American Psychological Association convention, Washington, DC.

Whittaker, F.**, Williams, E.**, Dionisos, V.**, Shah, P.**, & **Guardino, C.M.** (2021, March). Coping, Perceived Stress, and Mental Health Outcomes during the COVID-19 Pandemic. Poster presented at the Annual Meeting of the Eastern Psychological Association (virtual due to Covid-19).

Guardino, C.M. & Dunkel Schetter, C. on behalf of the Community Child Health Network (2018, May). Subjective SES predicts allostatic load in mothers during the first postpartum year. Poster presented at the 30th Annual Convention of the Association for Psychological Science, San Francisco, CA.

Mahrer, N.E., Ramos, I.F., **Guardino, C.M.**, Davis, E., Ramey, S., Shalowitz, M., & Dunkel

- Schetter, C. (2018, May). Ethnic and cultural differences in the relation between pregnancy anxiety and child temperament. Poster presented at the 30th Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Rashad, M.**, Ross, K.M., **Guardino, C.M.**, Hobel, C. J., & Dunkel Schetter, C. (2017). Higher socioeconomic status may not reduce disparities in cardio-metabolic risk in African American men and women. Poster presented at UCLA Undergraduate Research Week, Los Angeles, CA, May 23.
- Ross, K.M., **Guardino, C.M.**, Dunkel Schetter, C., Hobel, C.J. (2017). Higher household income may not reduce disparities in postpartum cardio-metabolic risk in African American child-bearing women. Poster presented at the 15th annual Center for Neurobiology of Stress and Resilience (CNSR) Symposium, Los Angeles, CA.
- Ramos, I. F., **Guardino, C. M.**, Dunkel Schetter, C. (March, 2017). Preconception predictors of pregnancy anxiety. Poster presented at the 75th Annual Scientific Meeting of the American Psychosomatic Society, Sevilla, Spain.
- Ross, K.M., **Guardino, C.M.**, Dunkel Schetter, C., Hobel, C., Community Child Health Network (CCHN). (2017, January). *Race, prenatal metabolic disease, and post-pregnancy cardiometabolic risk*. Poster presented at the 37th annual Society for Maternal-Fetal Health meeting, Las Vegas, NV.
- Dunkel Schetter, C., Kane, H., & **Guardino, C.M.** (2014, September). Understanding pregnancy anxiety: Concepts, correlates, consequences, and mechanisms. Poster presented at the International Marcé Society Biennial Scientific Conference, Wales, UK.
- Villalobos, A.**, **Guardino, C.M.**, Dunkel Schetter, C., & the Community Child Health Network (2014, June). The effects of familism on psychological distress in U.S. Latina women. Poster presented at UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.
- Heldreth, C., **Guardino, C.M.**, Shapiro, J., Shafer, P., Shalowitz, M., Lanzi, R., Sahadeo, L., Dunkel Schetter, C., & CCHN (2014, February). When what you see is literally what you get: The influence of observing discrimination in childhood on depression in African-American adult women. Poster presented at the Society for Personality and Social Psychology, Austin, TX.
- Bamishigbin, O., Dunkel Schetter, C., **Guardino, C.M.**, Schaefer, P., Hobel, C., Shalowitz, M., Ramey, S., Thorpe, J., Raju, T. (2013, September). Perceived stress, coping style, and depression in a multi-ethnic sample of fathers. Poster presented at the Paternal Involvement in Pregnancy Outcomes from Preconception to First Year of Life Meeting hosted by Office of Health Equity; Office of the Director, NICHD; Administration for Children and Families; Maternal and Child Health Bureau of Health Resources and Services Administration; NIH Office of Behavioral and Social Sciences Research, Potomac, MD.
- Robbins, C.M.**, Dunkel Schetter, C., Lu, M., & Bower, J. (2010, August). Trial of a mindfulness-based stress reduction intervention during pregnancy. Poster presented at the American Psychological Association convention, San Diego, California.

COLLOQUIUM / INVITED TALKS

Dickinson College Neuroscience Club Brain Awareness Week. Presentation: "Meditation for stress reduction." March 2023
UCLA Health Psychology Brown Bag. Presentation: "Health psychology careers at liberal arts colleges." September 2020.
Dickinson College Psychology Club. Presentation: "Maternal Stress and child outcomes: how does stress in mothers affect child health and development?" April 2019.
UCLA Health Psychology Brown Bag. Presentation: "Stress, resilience, and allostatic processes: Implications for maternal-child health." December 2014.
March of Dimes. Presentation: "Stress in pregnancy: What it is, why it's important, and what to do about it." July 2010.

TEACHING EXPERIENCE

Instructor at Dickinson College

PSYC 120: Health Psychology (Fall 2017, Spring 2018, Fall 2018, Spring 2018, Fall 2020, Spring 2021, Fall 2023)
PSYC 210: Analysis of Psychological Data (Fall 2019; Spring 2020)
PSYC 320: Research Methods in Health Psychology (Fall 2018; Spring 2023)
PSYC 420: Seminar in Health Psychology (Spring 2018, Spring 2019, Fall 2019, Spring 2021)
FYS (First Year Seminar): It's not easy being green: The psychology of sustainable behavior (Fall 2020; Fall 2023)
HEST 201: Introduction to Health Studies (Spring 2023)

Instructor at University of California Los Angeles

PSYCH 10: Introduction to Psychology (Spring 2015, Summer 2013)
PSYCH 150: Health Psychology (Fall 2016)

Teaching Assistant/Associate at University of California Los Angeles

PSYCH 152 Mind-Body Interactions (Winter 2013)
PSYCH 100B Research Methods in Psychology (Fall 2012)
PSYCH M165 Psychology of Gender (Summer 2012)
PSYCH 135 Social Psychology (Spring 2012; Winter 2011)
PSYCH 151 Health Psychology Laboratory (Spring 2010)
PSYCH 100A Psychological Statistics (Summer 2009)

MENTORED PROJECTS

Undergraduate Research and Independent Study Projects

Fall 2023 Cara Price, *Confirmatory factor analysis of the Edinburgh Postnatal Depression Scale in a Diverse Sample of Mothers and Fathers*

Spring 2023 Cara Price, *Pregnancy-specific anxiety, prenatal depression, and prenatal anxiety as predictors of temperament in offspring*

Spring 2021 Amy Santo, *Optimism and Coping: Implications for Mental Health during the*

Postpartum Period

Victoria Dionisos, *Dispositional Optimism Predicts Anxiety and Depressive Symptoms in College Students During the COVID-19 Pandemic: A Longitudinal Study*

Ellie Williams, *Is social media worsening the psychological impact of the Covid-19 pandemic? The role of social media and exposure to news on mental health outcomes during a time of trauma*

Fall 2020 Ellie Williams *Stress, Resilience, and Coping*

Spring 2020 Julia Snyder *Religiosity and Spirituality as Protective Factors in the Context of Pregnancy*

Shelby Ting *Coping with Chronic Illness in Adolescence: The Role of Social Support*

Maura Koob *The Effectiveness of Music and Art Therapy Treatments for Patients with Schizophrenia*

Spring 2018 Marguerite Adams *Stress and Resilience Processes in Maternal-Child Health*

PROFESSIONAL DEVELOPMENT

Member, National Center for Faculty Development and Diversity (2017-Present)

Faculty Study Group: Difficult Choices (Summer 2023)

Valley & Ridge Faculty Workshop for Sustainability (Summer 2023)

StatsCamp Workshop on Latent Profile Analysis (Spring 2022)

RISE to Resilience Training (December 2021)

Faculty Learning Community in Writing: Teaching Writing in the First Year Seminar (2019-2020)

Faculty Study Group: Community-Engaged Learning and Research (Summer 2018)

R.A.I.S.E. (Red Devils Advocating for Inclusive Spaces for Everyone) Training (Spring 2018)

SERVICE

Institutional and Departmental at Dickinson College

Pre-Health Program Advisor (2020-Present)

Psychology Club/Psi Chi Advisor (2023-Present)

Member, President's Commission on Environmental Sustainability (2018-Present)

Member, Health Studies Advisory Board (2018-Present)

Member, All-College Committee on Enrollment and Student Life (2018-2021)

Chair, Psychology Department Participant Pool Committee (2018-2020)

Member, Psychology Department Civic Engagement Working Group (2017-2018)

Member, Psychology Department Participant Pool Committee (2017-2018)

Search Committee, Tenure-track Assistant Professor of Psychology (Fall 2018)

Assessor, Program Assessment of Writing in the Discipline Essays (June 2018)

Search Committee, Visiting Assistant Professor of Psychology (Spring 2018)

Discipline and Academia

Ad hoc Reviewer for:

Health Psychology

Social Science & Medicine

Psychoneuroendocrinology

Paediatric and Perinatal Epidemiology
PLOS ONE
JMIR mHealth and uHealth
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Journal of Psychosomatic Obstetrics & Gynecology
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