

JYOTI SAVLA

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EDUCATION

The Pennsylvania State University

NIMH Post-doctoral Fellowship

Mentors: David M. Almeida & Steven H. Zarit

University Park, PA
2005 - 2007

The University of Georgia

Ph.D. in Child and Family Development

Chair: Adam Davey

Athens, GA
2004

University of Bombay

M.S. in Human Development

Chair: Nirmala Almeida

Bombay, India
1998

University of Bombay

B.Sc. in Human Development

Bombay, India
1996

Nirmala Niketan Polytechnic School, India

Diploma, Integrated Computer Science

Bombay, India
1995

ACADEMIC POSITIONS HELD

Virginia Tech Carilion School of Medicine (Roanoke, VA)

Professor, Department of Psychiatry and Behavioral Medicine
(Secondary Appointment)

Sept 2019 - present

Virginia Tech (Blacksburg, VA)

Director, Whole Health Consortium

Professor, Department of Human Development & Family Science

Fellow, Center for Transformative Research on Health Behaviors

Faculty of Health Sciences

Associate Professor, Department of Human Development

Faculty Affiliate, VT Center for Autism Research

*Faculty Mentor, Interdisciplinary Graduate Education Program in
Translational Obesity Research*

Faculty Affiliate, The Fralin Translational Obesity Research Center

Assistant Professor, Department of Human Development

Research Methodologist, Center for Gerontology

Aug 2024 - present

Aug 2018 - present

Jun 2017 - present

Jan 2014 - present

Aug 2013 - 2018

Dec 2012 - present

Aug 2012 - present

Aug 2012 - 2017

Aug 2007 - 2013

Aug 2007 - present

University of Miami, Leonard M. Miller School of Medicine (Miami, FL)

Associated Faculty, Dept. of Psychiatry and Behavioral Science

Jan 2015 - Aug 2015

The University of Georgia (Athens, GA)

Research Associate, Gerontology Center

Jan 2005 – Aug 2005

RESEARCH GRANTS & SUPPORT

Extramural Funding

A weight stigma-informed model to improve energy intake assessment (2022-2025)

Agency: National Institute of Nursing Research (\$440,000)

Role: Co-Investigator

Principal Investigator: Valisa Hedrick, PhD

Non-nutritive sweetener saccharin Ace-K (2022-2025)

Agency: National Institute of Health (\$440,000)

Role: Co-Investigator

Principal Investigator: Valisa Hedrick, PhD

Non-nutritive sweetener consumption and glucose homeostasis in middle-aged and older adults with prediabetes (2022-2025)

Agency: National Institute on Aging (\$440,000)

Role: Co-Investigator

Principal Investigator: Valisa Hedrick, PhD

Ultra-processed food consumption, gut microbiota, and glucose homeostasis in mid-life adults (2022-2025)

Agency: National Institute on Aging (\$455,376)

Role: Co-Investigator

Principal Investigator: Brenda Davy, PhD

Vascular consequences of ultra-processed foods in middle-aged adults (2022-2025)

Agency: National Institute on Aging (\$455,408)

Role: Co-Investigator

Principal Investigator: Kevin Davy, PhD

The BH-Works Suicide Prevention Program for Sexual and Gender Minority Youth (2022-2025)

Agency: National Institute on Health (\$742,854)

Role: Co-Investigator

Principal Investigator: Jody Russon, PhD

Persons with Dementia and their Extended Family Caregivers: Service Use, Barriers, and Needs (CareEX; 2020-2025)

Agency: National Institute on Aging (\$2,144,188)

Role: Multiple Principal Investigator (with Karen A. Roberto, PhD)

Other Investigators: Aubrey Knight, MD

The Role of Spousal Biobehavioral Co-Regulation in Everyday Collaborative Memory: Identifying Targets for Intervention (2020-2025)

Agency: National Institute on Aging (\$2,539,618)

Role: Co-Investigator

Multiple Principal Investigators: Jennifer A. Margrett & Celinda R. Melancon

Stress Management, Education, Efficacy Building in Dyads Coping with Dementia-Related Symptoms (SEEDS; 2020 - 2025)

Agency: Department of Defense (\$500,000)

Principal Investigator: Mamta Sapra, MD (Salem Veterans Affairs Medical Center)

Principal Investigator: J. Tina Savla, PhD (at Virginia Tech)

Church, Extension and Academic Partners Empowering Healthy Families (2018-2023)

Agency: USDA-National Institute of Food and Agriculture (\$2,250,310)

Principal Investigator: Kathy Hosig, PhD

Co-Director for Research: Tina Savla, PhD

Co-Director for Extension: Sarah Misyak, PhD

Banksafe Training Evaluation (2017-2018 - Data collection/analysis extended to 2019)

Agency: American Association of Retired Persons (AARP; \$78,153)

Investigators: Pamela B. Teaster, PhD & Tina Savla, PhD

Reduction of Risk Factors for Anterior Cruciate Ligament (ACL) Re-Injuries using a Novel Biofeedback Approach (2017-2020)

Agency: National Institute of Arthritis & Musculoskeletal & Skin Diseases (\$528,292)

Principal Investigator: Robin M. Queen, PhD

Role: Co-Investigator

Other Investigators: Thomas Ollendick, PhD

PAACC: Practice of Acceptance, Awareness, and Compassion in Caregiving (2017-2020)

Agency: Department of Defense (\$434,000)

Principal Investigator: Mamta Sapra, MD (Salem Veterans Affairs Medical Center)

Principal Investigator: M. Lindsey Jacobs Dodson, PhD (Veterans Affairs Boston Healthcare)

Principal Investigator: J. Tina Savla, PhD (at Virginia Tech)

Other Investigators: Katherine Luci, PhD; Lauren Hagemann, PhD

FACES-AD: Families in Appalachia Caring for Elders with Alzheimer's Disease (2017-2020)

Agency: National Institute on Aging (\$418,001)

Role: Multiple Principal Investigator (with Karen A. Roberto, PhD)

Other Investigators: Rosemary Blieszner, PhD; Nancy Brossoie, PhD; Aubrey Knight, MD

The New York Guardianship Study (2016-2018)

Agency: The Vera Institute (\$30,970)

Principal Investigator: Pamela B. Teaster, PhD

Role: Co-investigator

AppCARES: Families in Rural Appalachia Caring for Older Relatives with Dementia (2016-2017)

Agency: Alzheimer's and Related Diseases Research Award Fund (\$45,000)

Role: Principal Investigator

Other Investigators: Karen A. Roberto, PhD; Rosemary Blieszner, PhD

d13C Added Sugar Intake Biomarker (2014-2017)

Agency: National Institute of Child Health and Human Development (\$448,802)

Principal Investigator: Brenda M. Davy, PhD

Role: Co-investigator

Other Investigators: Madlyn I. Frisard, PhD; A. Hope Jahren, PhD; Valisa E. Hedrick, PhD

Assessing the Impact of Involuntary Relocation on Nursing Facility Residents (2014-2016)

Agency: VA Department of Medical Assistance Services (\$267,101)

Principal Investigator: Karen A. Roberto, PhD

Role: Co-investigator

Other Investigators: Pamela B. Teaster, PhD; Nancy Brossoie PhD

Importance of the Values History for Public Guardianship (2015-2016)

Agency: Borchard Foundation Center on Law and Aging (\$20,000)

Principal Investigator: Pamela B. Teaster, PhD

Role: Co-investigator

Maintaining Resistance Training in Older Prediabetic Adults: Theoretical Approach (2009-2014)

Agency: National Institute of Diabetes and Digestive and Kidney Diseases, NIH (\$3,308,137)

Multiple Principal Investigators: Richard Winett, PhD & Brenda M. Davy, PhD

Role: Co-investigator

Other Investigators: Soheir Boshra, MD; David M. Williams, PhD; Sheila Winett, MS

Caring for a Spouse with Mild Cognitive Impairment: Daily Challenges, Marital Relations, and Physiological Indicators (2008-2009)

Agency: Alzheimer's And Related Diseases Research Award (\$40,000)

Principal Investigator: Karen A. Roberto, PhD

Role: Co-investigator

Other Investigators: Rosemary Blieszner, PhD

Competitive Internal Funding

Whole Health Research at Virginia Tech (2024-2025): Planning Grant

Agency: Virginia Tech's Office of the Vice President for Research and Innovation (\$50,000)

Role: Lead

Changes in Long-term Care Services and Supports for Persons with Dementia during a Pandemic (2020-2021)

Agency: Virginia Tech's Office of the Vice President for Research and Innovation (\$44,500)

Role: Principal Investigator

Pre-meal Water and Weight Loss: Cognitive, Behavioral, and Physiological Aspects (2018-2019)

Agency: Virginia Tech's Institute of Society, Culture and Environment (\$27,498)
Principal Investigator: Brenda Davy, PhD
Role: Co-Investigator

Long-term Neurobehavioral and Psychosocial Adaptations Following the Virginia Tech Shootings: A Ten-year Follow-up (2017-2018)

Agency: Virginia Tech's Adaptive Brain & Behavior Destination Area (\$10,000)
Principal Investigator: Russell Jones, PhD & Bruce Scarpa-Friedman, PhD
Role: Co-Investigator

Long-term Neurobehavioral and Psychosocial Impacts of a Mass Shooting (2018-2019)

Agency: Dean's Discovery Fund, College of Science (\$20,000)
Principal Investigator: Russell Jones, PhD & Bruce Scarpa-Friedman, PhD
Role: Co-Investigator

A New Biomarker Tool for Breast Cancer Detection in Populations at Risk (2015)

Agency: Virginia Tech's Institute of Society, Culture and Environment (\$20,000)
Principal Investigator: Carla V. Finkelstein, PhD
Role: Co-investigator

Relational Changes in Couples Living with Mild Cognitive Impairment (2013-2014)

Agency: Virginia Tech's CLAHS Grant Writing Incentive Grant (\$10,000)
Role: Principal Investigator

Grant Writing Incentive: Travel Award for Sweden (2011)

Agency: Virginia Tech's CLAHS Grant Writing Incentive Grant (\$2,000)
Role: Principal Investigator

Mindfulness Meditation on Stress and Inflammation with Rheumatoid Arthritis (2008-2009)

Agency: Jerome Niles Faculty Research Grant (\$11,931)
Role: Principal Investigator

Consulting

FIT Kits: Enhancing positive interactions among family and people with dementia (2010-2011)

Agency: National Institute on Aging (\$159,474)
Multiple Principal Investigators: Elia Femia, PhD & Karen Love, MS
Role: Consultant

Daily Stress, Health and Well-Being of Family Caregivers (2009-2014)

Agency: National Institute of Aging (\$2,966,367)
Principal Investigator: Steven H. Zarit, PhD
Role: Consultant

AWARDS, RECOGNITIONS, AND COMPETITIVE TRAININGS

Team Leadership Training Program, UTMB Pepper Center & NIA

2018

Presidential Citation , American Psychological Association, Division 10	2018
Fellow , Gerontological Society of America	2013
Excellence in Research and Creative Scholarship , CLAHS, Virginia Tech	2013
Virginia Tech Scholar of the Week , Virginia Tech	2011
Cells-to-Society (C2S) Summer Biomarker Institute , Northwestern University & NIH	2006
Gerontology Seed Grant Award , University of Georgia	2005
Elizabeth Sheerer Award , University of Georgia	2003
Braganza Thesis Award , University of Bombay	1998
Gauri Char Scholarship , University of Bombay	1997
Braganza Scholarship , University of Bombay	1996

RESEARCH INTERESTS

Substantive

Stress, Health and Well-Being in Mid and Late Life
Family Relationships, Support Networks, and Caregiving
Chronic Disease Management (e.g. Diabetes, Mild Cognitive Impairment)

Methodological

Longitudinal Designs and Daily Diary Methods
Structural Equation Models
Missing Data Analysis and Statistical Power

PUBLICATIONS Note: Asterisks indicate student coauthors

Refereed Papers

- Kapania, M.,* **Savla**, J., & Skaggs, G. (2025). Deep Approaches to Learning, Student Satisfaction, and Employability in STEM. *Education Sciences*, 15(9), 1126. <https://doi.org/10.3390/educsci15091126>
- Nah, S., **Savla**, J., & Roberto, K. A. (2025). Cultural motivations, instrumental support, and depressive mood among dementia family caregivers in rural Appalachia. *Aging & Mental Health*, 1–9. <https://doi.org/10.1080/13607863.2025.2535440>
- Savla** J., Roberto, K.A., & Fontaine, L.A.* (2025). Gender differences in spousal caregiver strain and paid service use among dementia caregivers in rural Appalachia. *Frontiers in Public Health*, 13, p. 1620744. doi:10.3389/fpubh.2025.162074
- Savla**, J., & Wang, Z. (2025). Older adults' care networks and the pathways to unmet needs. *Innovation in Aging*, 9, 7. <https://doi.org/10.1093/geroni/igaf063>
- Roberto, K. A., & **Savla**, J. (2025). Niece and nephew dementia caregivers: Family relationships and care dynamics. *The Gerontologist*, 65, 8. <https://doi.org/10.1093/geront/gnaf154>
- Davy, B., Davy, K. P., **Savla**, J. T., Katz, B., Howard, K., Howes, E., Marinik, E., Laskaridou, E., Parker, M., & Knight, A. (2025). Water intake, hydration, and weight management: The glass is half-full! *Physiology & Behavior*.
- Sapra, M., Hageman, L., Luci, K., & **Savla**, J. (2025). A mindfulness-based multicomponent caregiver intervention (PAACC): Objectives, study design and cohort description. *Alzheimer's & Dementia: Translational Research & Clinical Interventions*, 11, e70064. doi:10.1002/trc2.70064
- Roberto, K. A., **Savla**, J., Teaster, P. B., & McCann, B. R. (2025). Family Ties and Opioid Lies: Pathways to Elder Abuse in Rural Appalachia, *Innovation in Aging*, 9, 6, igaf029. doi:10.1093/geroni/igaf029

- McCann, B. R., Roberto, K. A., **Savla**, J., & Blieszner, R. (2024, in press). Social worlds of Appalachian women caregivers of older relatives living with dementia. *Frontiers in Global Women's Health - Aging in Women*.
- Nah, S., **Savla**, J., & Roberto, K. A. (2024). Dementia care in rural Appalachia: Multilevel analysis of individual and county-level factors. *The Gerontologist*, 64, 7. <https://doi.org/10.1093/geront/gnae037>
- Capra, B.,* Hudson, S.,* McKenna, H.,* Johnson, A. L.,* Gilmore, C.,* Marinik, E., Hedrick, V., **Savla**, J., Lawrence, D., Davy, K., & Davy, B. (2024). Ultra-processed food intake, gut microbiome, and glucose homeostasis in mid-life adults: Background, design, and methods of a controlled feeding trial. *Contemporary Clinical Trials*, 137, 107427. <https://doi.org/10.1016/j.cct.2024.107427>
- Patel, K.,* Dolbin-MacNab, M., & **Savla**, J. (2024). Adolescent grandchildren as caregivers of their custodial grandmothers: Implications for grandchild well-being. *Journal of Child and Family Studies*.
- Roberto, K. A., McCann, B. R., **Savla**, J., & Blieszner, R. (2024). Family caregivers' management of behavioral expressions of dementia. *The Gerontologist*, 64, 6. doi: 10.1093/geront/gnae020
- Bruce, M.,* **Savla**, J., & Bell, M. A. (2023). From terrible twos to sassy sixes: The development of vocabulary and executive functioning across early childhood. *Developmental Science*, e13396
- McCann, B. R., Roberto, K. A., Blieszner, R., **Savla**, J., & Atkinson, E. (2023). Vigilance, risk, and service use among caregivers of people living with dementia. *Dementia*, 22, 4, 727-742
- Savla**, J., Roberto, K. A., McCann, B. R., Blieszner, R. (2023). COVID-19 Vaccination Experiences of Family Caregivers of Persons Living with Dementia in Rural Appalachia. *Journal of Applied Gerontology*, 42, 5, 821-831.
- Teaster, P. B., Roberto, K. A., **Savla**, J., Du, C.,* Du, Z.,* Atkinson, E.,* Shealy, E., Beach, S., Charness, N., & Lichtenberg, P. (2023). Financial fraud of older adults during the early months of the COVID-19 pandemic. *The Gerontologist*, 63, 6, 984-992. doi: 10.1093/geront/gnac188.
- Vipperman, A.,* **Savla**, J., Roberto, K. A., & Burns, D. (2023). Barriers to service use among dementia family caregivers in rural Appalachia: Implications for reducing caregiver overload. *Prevention Science*, 24, 5, 950-960. <https://doi.org/10.1007/s11121-022-01479-w>
- Atkinson, E.,* **Savla**, J., Roberto, K. A., Blieszner, R., McCann, B. R., & Knight, A. L. (2022). Dual caregivers of persons living with dementia: The added stress of COVID-19 pandemic. *Gerontology & Geriatric Medicine*, 8, 1-6. <https://doi.org/10.1177/23337214221081364>
- Peebles, A. T.,* Miller, T. K., **Savla**, J., Ollendick, T., & Messier, S. P., & Queen, R. M. (2022). Reduction in risk factors for ACL re-injuries using an innovative biofeedback approach: A phase I randomized clinical trial. *Physical Therapy in Sport*, 57, 78-88.
- Roberto, K. A., & **Savla**, J. (2022). Extended family caregivers for persons living with dementia. *Journal of Family Nursing*. doi: 10.1177/10748407221115455
- Roberto, K. A., **Savla**, J., McCann, B. R., Blieszner, R., & Knight, A. L. (2022). Dementia family caregiving in rural Appalachia: A sociocultural model of care decisions and service use. *The Journals of Gerontology: Series B*, 77, 6, 1094-1104. <https://doi.org/10.1093/geronb/gbab236>
- Savla**, J., Roberto, K. A., Blieszner, R., & Knight, A. L. (2022). Family caregivers in rural Appalachia caring for older relatives with dementia: Predictors of service use. *Innovation in Aging*, 6, 1. <https://doi.org/10.1093/geroni/igab055>
- Savla**, J., Roberto, K. A., McCann, B. R., & Blieszner, R. (2022). COVID-19 Vaccination Experiences of Family Caregivers of Persons Living with Dementia in Rural Appalachia. *Journal of Applied Gerontology*, 42(5), 821-831. <https://doi.org/10.1177/07334648221147916>
- Liu, Y., Hughes, M. C., Roberto, K. A., & **Savla**, J. (2022). Physical and mental health of family caregivers of older parents and grandchildren in China. *Aging and Health Research*, 2, 1, 100052. <https://doi.org/10.1016/j.ahr.2021.100052>

- Borowski, S.,* **Savla**, J., Zvonkovic, A., (2021). Impact of flexible work arrangements, self-efficacy, and barriers on daily physical activity among university staff. *Journal of Physical Activity*, 18, 594-602.
<https://doi.org/10.1123/jpah.2020-0099>
- Broomell, A.,* **Savla**, J., Calkins, S. D., & Bell, M. A. (2021). Infant EEG coherence and early childhood inhibitory control: Foundations for social cognition in late childhood. *Developmental Psychology*, 57, 1439-1451.
- Peebles, A. T.,* **Savla**, J., Ollendick, T. H., & Queen, R. M. (2021). Landing asymmetry is associated with psychological factors after ACL reconstruction. *Medicine and Science in Sport and Exercise*, 53, 1446-1451. 10.1249/mss.0000000000002603
- Queen, R. M., Peebles, A. T.,* Miller, T. K., **Savla**, J., Ollendick, T., Messier, S. P., & Williams, D. B. (2021). Reduction in risk factors for ACL re-injuries using an innovative biofeedback approach: Rationale and design. *Contemporary Clinical Trial Communications*, 22, 100769.
<https://doi.org/10.1016/j.conctc.2021.100769>
- Savla**, J., Roberto, K. A., Blieszner, R., McCann, B. R., Hoyt, E.,* & Knight, A. L. (2021). Dementia Caregiving During the “Stay-at-Home” Phase of COVID-19 Pandemic. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 76, e241-e245. <https://doi.org/10.1093/geronb/gbaa129>
- Butner-Kozimor, L. M.,* & **Savla**, J. (2020). Couples facing skin cancer in old age: A dyadic investigation of partner support and quality of life. *The International Journal of Aging and Human Development*.
<https://doi.org/10.1177/0091415020940193>
- Savla**, J., Wang, Z., Zhu, J., Brossoie, N., Roberto, K. A., & Blieszner, R. (2020). Mastery and longevity in spousal caregivers of persons with dementia. *Journals of Gerontology, Series B: Psychological and Social Sciences*, 75, 1558-1562. doi:10.1093/geronb/gbz028
- Broomell, A. P. R.,* **Savla**, J., & Bell, M. A. (2019). Infant EEG coherence and toddler inhibition are associated with social responsiveness at age four. *Infancy*, 24, 43-56. doi:10.1111/inf.12273
- Liu, Y., Rong, F., Roberto, K. A., & **Savla**, J. (2019). Depressive symptoms among adult children caregivers in China: Moderating effects of working status and gender. *Aging & Mental Health*, 23, 1391-1399.
doi:10.1080/13607863.2018.1488943
- Mitzner, T., **Savla**, J., Boot, W., Sharit, J., Charness, N., Czaja, S., & Rogers, W. (2019). Technology adoption by older adults: Findings from the PRISM trial. *The Gerontologist*, 59, 34-44. doi:10.1093/geront/gny113
- Roberto, K. A., McCann, B. R., Blieszner, R., & **Savla**, J. (2019). A long and winding road: Dementia caregiving with grit and grace. *Innovation in Aging*, 3, igz021. <https://doi.org/10.1093/geroni/igz021>
- Savla**, J., Bivens, L. R.,* Roberto, K. A., & Blieszner, R. (2019). Where you age matters: Individual- and county-level predictors of formal and informal care in rural Appalachia. *Journal of Aging and Health*, 31, 837-860. doi:10.1177/0898264318761907
- Zhang, J.,* **Savla**, J., & Cheng, H-L. (2019). Cumulative risk and immigrant youth’s health and educational achievement in young adulthood: Mediating effects of inter- and intra-familial social capital. *Youth & Society*, 51, 793-813. doi:10.1177/0044118X17717501
- Faas, C., Benson, M. J., Kaestle, C. E., & **Savla**, J. (2018). Socioeconomic success and mental health profiles of young adults who drop out of college. *Journal of Youth Studies*, 21, 669-686.
doi:10.1080/13676261.2017.1406598
- Liu, S. V., Moore, L. B., Halliday, T. M., Jahren, A. H., **Savla**, J., Hedrick, V. E., Marinik, E. L., & Davy, B. M. (2018). Short-term changes in added sugar consumption by adolescents reflected in the carbon isotope ratio of fingerstick blood. *Nutrition and Health*, 24, 251-259. doi:10.1177/0260106018799522
- MacDougall, C. R.,* Hill, C. E.,* Jahren, A. H., **Savla**, J., Riebl, S. K.,* Hedrick, V. E.,...Davy, B. M. (2018). The d13C value of fingerstick blood is a valid, reliable, and sensitive biomarker of sugar-sweetened beverage intake in children and adolescents. *The Journal of Nutrition*, 148, 147-152.

- Savla, J.** (2018). Salivary Cortisol: Is it still the canary in the coal mine? *Journals of Gerontology, Series B: Psychological and Social Sciences*, 73, 435-436. doi:10.1093/geronb/gbx175
- Savla, J. S., Zarit, S. H., & Almeida, D. M.** (2018). Routine support to parents and stressors in everyday domains: Associations with negative affect and cortisol. *Journals of Gerontology, Series B: Psychological and Social Sciences*, 73, 437-446. doi:10.1093/geronb/gbx033
- Davy, B. M., Winett, R. A., **Savla, J.**, Marinik, E. L., Baugh, M. E.,* Flack, K. D.,* Halliday, T. M.,* Kelleher, S. A.,* Winett, S. G., Williams, D. M., & Boshra, S. (2017). Resist diabetes: A randomized clinical trial for resistance training maintenance in adults with prediabetes. *PloS one*, 12, e0172610. doi:10.1371/journal.pone.0172610.
- Halliday, T. M.,* **Savla, J.**, Marinik, E., Hedrick, V. E., Winett, R. A., & Davy, B. M. (2017). Resistance training is associated with Spontaneous Changes in Aerobic Physical Activity but not Overall Diet Quality in Adults with Prediabetes. *Physiology & Behavior*, 177, 49-56. doi:10.1016/j.physbeh.2017.04.013
- Hill, C. E.,* MacDougall, C. R.,* Riebl, S. K.,* **Savla, J.**, Hedrick, V., & Davy, B. M. (2017). Evaluation of the relative validity and test-retest reliability of the BEVQ-15 in children and adolescents. *Journal of the Academy of Nutrition and Dietetics*. Advance online publication. doi:10.1016/j.jand.2017.05.011
- Eikenberg, J. D.,* **Savla, J.**, Marinik, E. L., Pownall, J., Baugh, M. E.,* Flack, K. D.,* Boshra, S., Winett, R. A., & Davy, B. M. (2016). Prediabetes phenotype influences improvements in glycemia with resistance training. *PloS one*, 11, e0148009. doi:10.1371/journal.pone.0148009
- Flack, K. D.,* Davy, B. M., DeBerardinis, M., Boutagy, N. E.,* McMillan, R. P., Hulver, M. W., Frisard, M. I., Anderson, A. S., **Savla, J.**, & Davy, K. P. (2016). Resistance exercise training and skeletal muscle oxidative capacity in older adults. *Physiological Reports*, 4, e12849. doi:10.14814/phy2.12849
- Gambrel, L. E.,* Faas, C.,* Kaestle, C. E., & **Savla, J.** (2016). Interpersonal neurobiology and couple relationship quality: A longitudinal model. *Contemporary Family Therapy*, 38, 272-283. doi:10.1007/s10591-016-9381-y
- Jarrott, S., & **Savla, J.** (2016). Intergenerational contact and mediators impact ambivalence towards future selves. *International Journal of Behavioral Development*, 40, 282-288. doi:10.1177/0165025415581913
- Lane, C. D.,* Meszaros, P. S., & **Savla, J.** (2016). Measuring Walsh's family resilience framework: Reliability and validity of the family resilience assessment among women with a history of breast cancer. *Journal of Marriage and Family Review*. Advance online publication. doi:10.1080/01494929.2016.1263588
- Riebl, S.,* MacDougal, C.,* Hill, C.,* Estabrooks, P. A., Dunsmore, J. C., **Savla, J.**, Frisard, M. I., Dietrich, A. M., & Davy, B. M. (2016). Beverage choices of adolescents and their parents using the theory of planned behavior: A mixed methods analysis. *Journal of the Academy of Nutrition and Dietetics*, 116, 2212-2672. doi:10.1016/j.jand.2015.10.019
- Savla, J. S., Wang, Z.,* Roberto, K. A., & Blieszner, R.** (2016). Deficit awareness in persons with mild cognitive impairment and family care partners. *Families, Systems, & Health*, 34, 429-434. doi:10.1037/fsh0000230
- Schulz, R., **Savla, J.**, Czaja, S., & Monin, J. (2016). The role of compassion, suffering and intrusive thoughts in dementia caregiver depression. *Aging and Mental Health*. Advance online publication. doi:10.1080/13607863.2016.1191057
- Arditti, J., & **Savla, J.** (2015). Child trauma symptoms in single caregiver homes: Effects of parental incarceration. *Journal of Child and Family Studies*, 24, 551-561. doi:10.1007/s10826-013-9867-2
- Bell, C. L., LaCroix, A. Z., Desai, M., Hedlin, H., Rapp, S. R., Cene, C., **Savla, J.**, Shippee, T., Wassertheil-Smoller, S., Stefanick, M. L., & Masaki, K. (2015). Factors associated with nursing home admission after stroke in older women. *Journal of Stroke and Cerebrovascular Diseases*, 24, 2329-2337. doi:http://dx.doi.org/10.1016/j.jstrokecerebrovasdis.2015.06.013

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Book Chapter

Karimi, H., Piercy, F., & Savla, J. (2019). A chronological map of common factors across three stages of therapy. In *Family therapy - New intervention programs and researchers*. London, UK: IntechOpen. doi:10.5772/intechopen.85357

Invited Book Chapters

Savla, J., & Lowenstein, D. (2025, in press). Key Analytic Considerations in Clinical Trial Design and Intervention Evaluation. In L. Gitlin & S. Czaja (Eds.), *Handbook of Intervention Science: From Design to Implementation*. Elsevier.

Zarit, S. H., & Savla, J. (2016). Caregivers and stress. In G. Fink (Ed.), *Handbook of Stress: concepts, cognition, emotion, and behavior* (Vol. 1, pp. 339-344). Burlington, MA: Academic Press.

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Other Papers and Reports

Savla, J., Roberto, K. A., & Blieszner, R. (2021). Well-being of spouses of persons with mild cognitive impairment. In F. Maggino (Ed.), *Encyclopedia of quality of life and well-being research*. New Delhi, India: Springer. doi:10.1007/978-3-319-69909-7_3863-2

Teaster, P.B., Roberto, K.A., Hoyt, E. *, Savla, J., Fua, I., & Kebede, B. (2020). Adult Protective Services Study on the Impact of COVID-19: Findings from State Administrator Survey and Interviews with Local APS Staff. Submitted to the *Administration for Community Living*, U.S. Department of Health and Human Services.

Savla, J., & Carson Byrd, W.* (2016). Structural equation modeling. In S. K. Whitbourne (Ed.), *Encyclopedia of adult development and aging* (Vol. 3, pp. 1363-1367). Hoboken, NJ: Wiley-Blackwill. doi:10.1002/9781118521373.wbeaa140

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Savla, J., Roberto, K. A., & Blieszner, R. M. (2014). Well-being of spouses of persons with mild cognitive impairment. In A. C. Michalos (Ed.), *Encyclopedia of quality of life and well-being research* (pp. 7098-7103). Dordrecht, Netherlands: Springer.

- Cornett, R. A.,* Akers, J. D.,* **Savla**, J. S., Zoellner, J., & Davy, B. M. (2011). Daily self-monitoring during the winter holiday period: A strategy for holiday weight maintenance in reduced-obese older adults? *SCAN's Pulse*, 30, 4.
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PRESENTATIONS AT PROFESSIONAL MEETINGS

2024

- Fontaine, L., **Savla**, J., & Roberto, K. A. (2024, November). *The paradox of paid care: Benefits and challenges for spousal caregivers' emotional well-being*. Poster presented at the Annual Meeting of the Gerontological Society of America.
- Nah, S., **Savla**, J. & Roberto, K. A. (2024, August). *Rethinking cultural support: Cultural beliefs influence the impact of informal support*. Poster presented at the Annual Convention of the American Psychological Association.
- Nah, S. & **Savla**, J. (2024, November). *Family matters: Effects of unfairness and disagreement on dementia caregivers' gains and burden*. Poster presented at the Annual Meeting of the Gerontological Society of America.
- Roberto, K. A. & **Savla**, J. (2024, November). *Niece and nephew dementia caregivers: Family relationships and care dynamics*. Symposium paper presented at the Annual Meeting of the Gerontological Society of America.
- Savla**, J., Sapra, M., Luci, K., & Hagemann, L. (2024, November). *From REACH to Mindfulness: Shifting paradigms in support of caregivers of veterans living with dementia*. Symposium paper presented at the Annual Meeting of the Gerontological Society of America.
- Savla**, J. & Hagemann, L. (2024, November). *Future of caregiving: Innovating solutions and challenges with novel non pharmacological interventions*. Symposium organized at the Annual Meeting of the Gerontological Society of America
- Savla**, J. & Roberto, K. A. (2024, November). *Extending the family tree: New faces of dementia caregivers*. Symposium organized at the Annual Meeting of the Gerontological Society of America.
- Savla**, J. & Roberto, K. A. (2024, November). *Sibling-to-Sibling dementia care: Understanding motivations, challenges and Experiences*. Symposium paper presented at the Annual Meeting of the Gerontological Society of America.

2023

- Bruce, M.,* **Savla**, J., & Bell, M. A. (2023, March). *From terrible twos to sassy sixes: The development of early childhood vocabulary and executive functioning*. Poster presented at the Biennial Meeting of the Society for Research in Child Development.
- Lee, J. E., Meinertz, N., **Savla**, J. (2023, November). Examining opportunities to align with the unifying goal of helping caregivers: A strength-based model. Discussant at the symposium organized at the Annual Meeting of the Gerontological Society of America.
- Nah, S.*, **Savla**, J., & Roberto, K. A. (2023, November). Individual and county-level factors of service use by dementia family caregivers in rural Appalachia. Symposium paper presented at the Annual Meeting of the Gerontological Society of America.

- Reese-Melancon, C., Turner, R., Wyatt, R., Harrington, E., **Savla, J.**, Rendell, P., & Margrett, J. (2023, November). What's on the calendar this week? Everyday collaborative strategy use among middle-aged and older couples. Poster presented at the Annual Meeting of the Gerontological Society of America.
- Roberto, K. A., & **Savla, J.**, (2023, November). Older adults' use of home and community-based services: Individual attributes and location disparities. Symposium organized at the Annual Meeting of the Gerontological Society of America.
- Savla, J.** & Roberto, K. A. (2023, November). Who's up next? Extended family caregivers of persons living with dementia: Current and future care. Symposium paper presented at the Annual Meeting of the Gerontological Society of America.

2022

- Mccann, B. R., **Savla, J.**, Roberto, K. A., & Blieszner, R. (2022, November). *Covid-19 vaccination among community-dwelling persons living with dementia and their caregivers*. Poster presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Roberto, K. A., & **Savla, J.** (2022, November). *Caregiving networks of diverse families: Context and cultural influences on dementia care*. Symposium organized at the Annual Scientific Meeting of the Gerontological Society of America.
- Savla, J.**, Roberto, K. A., & Blieszner, R. (2022, November). *Care networks of rural Appalachian family caregivers and persons living with dementia*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Thrane, L., Russell, D., Turner, R., Rendell, P., **Savla, J.**, Reese-Melancon, C., & Margrett, J. (2022, November). *Depressive symptoms and subjective memory among middle-aged and older Midwestern couples*. Poster presented at the Annual Scientific Meeting of the Gerontological Society of America.

2021

- Blieszner, R., **Savla, J.**, Roberto, K. A., McCann, B., & Hoyt, E. (2021, November). *Caring beyond the challenges: Grit in dementia family caregivers*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- McCann, B., Roberto, K. A., **Savla, J.**, Blieszner, R., Hoyt, E. (2021, November). Resilience among dementia family caregivers in a changing social world. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Roberto, K. A., Teaster, P. B., **Savla, J.**, Fua, I., Urban, K., & Hoyt, E. (2021, November). Adult protective services study on the impact of COVID-19. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Savla, J.**, Roberto, K. A., & Margrett, J. (2021, November). *Aspects of grit among dementia family caregivers*. Symposium organized at the Annual Scientific Meeting of the Gerontological Society of America.
- Savla, J.**, Sapra, M., Hagemann, L. P., Luci, K. (2021, November). Home and community based service use among veterans with dementia living in rural Virginia. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Teaster, P. B., Roberto, K. A., **Savla, J.**, Du, C. B., Hoyt, E., Beach, S., Charness, N. H., Lichtenberg, P. A., (2021, November). Financial exploitation of older adults during the early months of the COVID-19 pandemic. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.

2020

- Blieszner, R., **Savla**, J., Roberto, K. A., McCann, B. R., Knight, A. L., & Hoyt, E. (2020, November). Do competing demands elevate caregiver challenges? Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Butner-Kozimor, L.M., & **Savla**, J. (2020, November). *Good, bad, and ugly: Partner support and quality of life among couples facing skin cancer*. Poster presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Hoyt, E., **Savla**, J., Roberto, K. A., Knight, A. L., Blieszner, R., & McCann, B. R. (2020, November). *Dual caregivers of relatives with dementia in rural Virginia: The added stress of COVID-19*. Poster presented at the Annual Scientific Meeting of the Gerontological Society of America.
- McCann, B. R., Roberto, K. A., Blieszner, R., **Savla**, J., Hoyt, E., & Knight, A. L. (2020, November). Exploring the relationship between day-to-day care and caregiver vigilance. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Roberto, K. A., McCann, **Savla**, J., Hoyt, E., Blieszner, R., & Knight, A. L. (2020, November). *It has not been a good day: Managing difficult behaviors of relatives with dementia*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.
- Roberto, K. A., **Savla**, J., & Zarit, S. H. (2020, November). *When the day goes awry: Families caring for persons with dementia*. Symposium organized at the Annual Scientific Meeting of the Gerontological Society of America.
- Savla**, J., Roberto, K. A., & Sapra, M. (2020, November). *New frontiers in caregiving research: Biopsychosocial perspectives and interventions*. Invited Paper presented at the BSS Presidential Symposium of the Annual Scientific Meeting of the Gerontological Society of America.
- Savla**, J., Roberto, K. A., Knight, A. L., Blieszner, R., McCann, B. M., Hoyt, E. (2020, November). *All is good, but not really: Daily reports of satisfaction with home and community-based services*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America.

2019

- Airaghi, K. J.,* Davy, B. M., Marinik, E. L., Davy, K. P., **Savla**, J., & Katz, B. (2019, May). *Weight loss combined with increased water consumption improves cognitive performance in overweight older adults*. Poster presented at the 2019 Annual Meeting of the American College of Sport Medicine, Orlando, FL.
- Airaghi, K. J.,* Davy, B. M., Marinik, E. L., Davy, K. P., **Savla**, J. & Katz, B. (2019, February). *Hydration status is associated with cognitive performance in overweight older adults*. Poster presented at the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC.
- Hagemann, L., Luci, K., Sapra, M., **Savla**, J., Jacobs, L., & Yates, T. (2019, November). *PAACC: A mindfulness-based multicomponent program for family caregivers of persons with dementia*. Poster presented at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Hoyt, E. K.,* Roberto, K. A., & **Savla**, J. (2019, November). *Combating loneliness: Service use among rural family caregivers of persons with dementia*. Poster presented at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Kneifel, M., Li, A., **Savla**, T., Moyer, K. & Finkielstein, C. V. (2019, August). *miRNAs as potential biomarkers for the identification of night-shift workers at risk of developing breast cancer*. Abstract submitted to the XVI European Biological Rhythms Society Congress, Lyons, France.
- Muruthi, J., & **Savla**, J. (2019, November). *Social engagement and depressive symptoms in older African Americans: A 6-year cross-lagged panel analysis*. Poster presented at the Annual Meeting of the Gerontological Society of America, Austin, TX.

- Ogletree, A. M., Blieszner, R., Pruchno, R., **Savla**, J. & Sands, L. P. (2019, November). *Does onset of chronic conditions moderate the impact of relational life events on depressed mood*. Poster presented at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Queen, R. M., Peebles, A.,* **Savla**, J., & Ollendick, T. (2019). *Association between kinematic and kinetic asymmetry and psychological readiness for sport in ACL patients*. Poster presented at the Annual Meeting of the American Society of Biomechanics/International Society of Biomechanics. Calgary, Canada.
- Roberto, K. A. & **Savla**, J. (2019, November). *Expanding relational boundaries of dementia care*. In J. Savla (Chair) & K. A. Roberto (Co-Chair), *Caregiving Cultures: Race, Region, and Relations*. Symposium conducted at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Sands, L. P., **Savla**, J., Erraguntla, M. & Lawley, M. (2019, November). *Change in unmet needs for daily mobility and self-care activities and future health outcomes*. Paper presented at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Savla**, J., Roberto, K. A., & Blieszner, R. (2019). *Caregiving Cultures: Race, Region, and Relations*. Symposium organized at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Savla**, J., Roberto, K. A., Blieszner, R. (2019), November). *Caregiving and service use: Cultural influences, regional barriers, and family relations*. In J. Savla (Chair) & K. A. Roberto (Co-Chair), *Caregiving Cultures: Race, Region, and Relations*. Symposium conducted at the Annual Meeting of the Gerontological Society of America, Austin, TX.
- Savla**, J., Roberto, K. A., Sands, L. P. (2019, November). *A national profile of frail older adults with insufficient care and mismatched support*. In K. Cichy (Chair), *Health Implications of Social Roles and Role Transitions in Midlife*. Symposium conducted at the Annual Scientific Meeting of Gerontological Society of America, Austin, TX.
- Teaster, P. B., Roberto, K. A., & **Savla**, J. (2019, November). *Elder abuse amid the opioid epidemic: APS Cases in rural America*. Paper presented at the Annual Meeting of the Gerontological Society of America, Austin, TX.

2018

- Borowski, S.,* Lancki, K.,* **Savla**, J., Roberto, K. A., Harris, A.,* Vipperman, A.,* Blieszner, R., & Knight, A. (2018, November). *Daily use of services and the association between stress and negative affect among family caregivers*. Poster presented at the Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Harris, A.,* **Savla**, J., Telonis, P.,* Borowski, S.,* Vipperman, A.,* Roberto, K. A., & Knight, A. (2018, November). *A GIS approach to identifying service access disparities in rural Appalachia*. In Diaz, E. (Chair) Muruthi, J. (Co-Chair), *Contextual Influences on Health and Well-Being*. Symposium conducted at the Annual Scientific Meeting of Gerontological Society of America, Boston, MA.
- Hoyt, E.,* Borowski, S.,* Roberto, K. A., Blieszner, R., **Savla**, J., Harris, A.,* Vipperman, A.,* & Knight, A. L.(2018, November). *Dementia Caregiving in Rural Appalachia: Culture Matters*. In Wiese, L. (Chair) Weaver, R. (Co-Chair), *Exploring Barriers to Service Use Among Older Rural Residents*. Symposium conducted at the Annual Scientific Meeting of Gerontological Society of America, Boston, MA.
- Karimi, H., & **Savla**, J. (2018, November). *Development of marriage and family therapy common factors questionnaire*. Forum organized at the AAMFT Annual Conference, Louisville, KY.
- Lancki, K.,* Roberto, K. A., **Savla**, J., Borowski, S.,* Harris, A.,* Vipperman, A.,* Blieszner, R., & Hoyt, E.* (2018, November). *For the love of land and people: Cultural reasons for providing care to family members with dementia*. Poster to be presented at the Annual Scientific Meeting of Gerontological Society of America, Boston, MA.

- Savla, J.** (2018, August). *From cradle to grave: Are early life traumas reversible in later life?* Symposium organized at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Savla, J.** (2018, August). *Innovative arts- and media-based approaches in promoting health and well-being for older adults.* Symposium co-chaired at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Savla, J.** (2018, August). *New frontiers in biopsychosocial research and interventions for stress and coping.* Symposium organized at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Vipperman, A.,* **Savla, J.**, Roberto, K. A., Harris, A.,* Hoyt, E.,* Blieszner, R., Knight, A., & Borowski, S.* (2018, November). *Service use and barriers to service access among family caregivers in rural Appalachia.* In Wiese, L. (Chair), Weaver, R. (Co-Chair), Exploring barriers to service use among older rural residents. Symposium conducted at the Annual Scientific Meeting of Gerontological Society of America, Boston, MA.

2017

- Blieszner, R., **Savla, J.**, & Roberto, K. A. (2017, July). Tracing the trajectory of MCI care: Long-term well-being of care partners. In J. Savla (Chair) K. A. Roberto (Co-Chair), *Caring with grit and grace: Long-term family caregivers of persons with dementia.* Symposium conducted at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Liu, Y.,* Fu, R., Roberto, K. A., & **Savla, J.** (2017, July). *Employment status of adult children in China: Effects on caregiving time and depressive symptoms.* Poster session presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Liu, Y.,* Roberto, K. A., & **Savla, J.** (2017, July). *Social determinants of health, health disparities, and caregiving for aging parents in China.* Poster session presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Roberto, K. A., Blieszner, R., Weaver, R.,* **Savla, J.**, Brossoie, N., & Potter, E.* (2017, July). A long and winding road: 10 years of caring for a relative with memory impairment. In J. Savla (Chair) K. A. Roberto (Co-Chair), *Caring with grit and grace: Long-term family caregivers of persons with dementia.* Symposium conducted at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Sapra, M., **Savla, J.**, & Luci, K. (2017, July). *Couples coping and quality of life in patients with mild-to-moderate dementia and caregivers.* Poster session presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Savla, J.**, Wang, Z.,* Brossoie, N., Roberto, K. A., & Blieszner, R. (2017, July). Early predictors of mortality among family caregivers of persons with dementia. In J. Savla (Chair) K. A. Roberto (Co-Chair), *Caring with grit and grace: Long-term family caregivers of persons with dementia.* Symposium conducted at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Savla J.**, Roberto, K. A., & Horowitz, A. (2017, July). *Caring with grit and grace: Long-term family caregivers of persons with dementia.* Symposium organized at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.

2016

- Baugh, M. E.,* Winett, R. A., **Savla, J.**, Marinik, E. L., Flack, K.,* Halliday, T. M.,* Kelleher, S. A.,*...Davy, B. M. (2016, November). *Resist diabetes: A randomized clinical trial for resistance training maintenance.* Poster session presented at the Annual Meeting of the Obesity Society, New Orleans, LA.
- Halliday, T. M.,* **Savla, J.**, Marinik, E. M., Baugh, M. E.,* Winett, S., Winett, R. A., & Davy, B. M. (2016, June). *Influence of resistance training initiation and maintenance on spontaneous dietary intake changes among*

prediabetes adults. Poster session presented at the 63rd Annual Meeting of the American College of Sports Medicine, Boston, MA.

- Kim, S.,* Blieszner, R. M., Roberto, K. A., & **Savla**, J. S. (2016, November). *Dyadic discrepancy in awareness of mild cognitive impairment abilities and caregiver's burden*. Paper presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Roberto, K. A., **Savla**, J. S., & Silverstein, M. (2016, November). *The 'Other' Caregivers: Extended- and non-kin taking responsibility for the care of older persons*. Symposium organized for the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Roberto, K. A., Weaver, R.,* Brossoie, N., Teaster, P., **Savla**, J. S., & Wang, Z.* (2016, November). *Family perceptions of involuntary closure of health care facilities: Processes and outcomes*. Paper presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Rogers, W. A., Mitzner, T. L., **Savla**, J. S., Czaja, S., Charness, N., Boot, W., & Sharit, J. (2016, November). *Predictors of long-term PRISM use*. Paper presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Rogers, W. A., Mitzner, T. L., **Savla**, J. S., Czaja, S., Charness, N., Boot, W., & Sharit, J. (2016, September). *Technology acceptance over time for PRISM users*. Paper presented at the 10th World Conference of Gerotechnology, France, Nice.
- Savla**, J., Davey, A., & Sands, L. P. (2016, November). Typologies of formal and informal support networks for older adults: A new look using NHATS data. In J. J. Suitor (Chair), *Adult children and older parents*. Symposium conducted at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Savla**, J. S., Roberto, K. A., & Kim, S.* (2016, November). Collateral kin and non-kin caring for older adults. In K. A. Roberto & J. Savla (Chairs), *The 'other' caregivers: extended- and non-kin taking responsibility for the care of old persons*. Symposium conducted at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Savla**, J. S., Roberto, K. A., & Silverstein, M. (2016, November). *The 'other' caregivers: extended- and non-kin taking responsibility for the care of the old persons*. Symposium organized at the 69th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

2015

- Davy, B. M., Jähren, H., MacDougall, C.,* Hill, C.,* Hedrick, V., **Savla**, J.,...Frisard, M. (2015, September). *Evaluation of d13C in fingerstick blood as a biomarker of sugar-sweetened beverage intake in children and adolescents: Preliminary findings*. Paper presented at the 9th International Conference on Diet and Physical Activity Assessment Methods (ICDAM9), Brisbane, Australia.
- Flack, K. D.,* Davy, K. P., Hulver, M. W., Frisard, M. I., Anderson, A., Boutagy, N.,...Davy, B. M. (2015, April). *Resistance training and mitochondrial metabolism*. Poster session presented at the Annual Meeting of Experimental Biology, Boston, MA.
- Potter, E.,* **Savla**, J., & Kaestle, C. E. (2015, May). *Queering fatherhood in America: Methodological challenges and exploration with the National Survey of Family Growth*. Poster session presented at the 3rd Annual LGBT Research Symposium, Champaign, IL.
- Savla**, J., Kim, S.,* Liu, Y.,* Butner, L. M.,* Roberto, K. A., Brossoie, N., & Blieszner, R. (2015, November). When more is not always better: management strategies for MCI can reduce rewards of caregiving. In J. Savla & K. A. Roberto (Chairs), *Intervention strategies for families caring for persons with dementia: What works? What is needed?* Symposium conducted at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

- Savla, J., Roberto, K. A., & Blieszner, R.** (2015, November). It takes a village: Role of family in promoting successful aging. In D. Jimenez (Chair), *Optimizing cognitive and emotional functioning in at-risk older populations*. Symposium conducted at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Savla, J., Roberto, K. A., & Haley, W. E.** (2015, November). *Interventions strategies for families caring for persons with dementia: What works? What is needed?* Symposium organized at 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Schulz, R., **Savla, T.**, Czaja, S., & Monin, J. (2015, November). *The role of compassion, suffering, and intrusive thoughts in dementia caregiver depression*. Paper presented at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Winett, R.A., Davy, B. M., Marinik, E., **Savla, J.**, Winett, S.G., Kelleher, S.A.,* Halliday, T.M.,* & Williams, D.M. (2015, October). *Resist-Diabetes: Translating a theory-based approach for maintaining resistance training in older adults with prediabetes into practice*. Invited Presentation. Paper presented at The Canadian Society for Exercise Physiology, Hamilton, ON.
- Winett, R. A., Davy, B. M., **Savla, J.**, Marinik, E., Kelleher, S., Williams, D., & Winett, S. (2015, April). *Maintaining resistance training in prediabetic older adults: Results of the Resist Diabetes Trial*. Paper presented at the Annual Meeting of the Society for Behavioral Medicine, San Antonio, TX.
- Winett, R. A., Davy, B. M., **Savla, J.**, Marinik, E., Kelleher, S., Winett, S., Halliday, T. M., & Williams, D. (2015, April). *Precision medicine versus broad public health: Outcomes and translation directions of the Resist Diabetes trial*. Paper presented at the Annual Meeting of the Society for Behavioral Medicine, San Antonio, TX.

2014

- Butner, L.M.,* **Savla, J.**, Roberto, K. A., & Blieszner, R. (2014, November) *Spiraling effects of mild cognitive impairment on spousal interactions*. Poster session presented at the 67th Annual Scientific Meeting of the Gerontological Society of America, Washington D.C.
- Jarrott, S., & **Savla, J.** (2014, November). *Intergenerational exchange and mediators impact ambivalence about future older selves*. Poster session presented at the 67th Annual Scientific Meeting of the Gerontological Society of America, Washington D.C.
- Halliday, T. M.,* Davy, B. M., Savla, J., Marinik, E., Winett, S. G., & Winett, R. A. (2014, November). *Does a resistance training intervention increase non-resistance training physical activity in prediabetic adults?* Poster session presented at the Annual Meeting of The Obesity Society, Boston, MA.
- Halliday, T. M.,* Marinik, E. L.,* Baugh, M. E.,* Flack, K. D.,* **Savla, J.**, Winett, R. A., & Davy, B. M. (2014, June). *Influence of protein intake and resistance training on glucose tolerance in prediabetic adults*. Poster session presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL.
- Hill, C.,* MacDougall, C.,* Riebl, S.,* **Savla, J.**, Hedrick, V., & Davy, B. M. (2014, July). *Validity and reliability of a beverage intake questionnaire (BEVQ) for adolescents: A pilot study*. Poster session presented at the Summer Virginia Tech Undergraduate Research Conference, Blacksburg, VA.
- Kellams, A., **Savla, J.**, Akers, L., Eberly, T., Boutsalis, G., & Sriraman, N. (2014, June). *The impact of a performance improvement project on an important clinical outcome: exclusive breastfeeding*. AWHONN 2014 Annual Convention. Orlando, FL.
- Kellams, A., **Savla, J.**, Akers, L., Eberly, T., Boutsalis, G., & Sriraman, N. (2014, June). *The effects of a web-based performance improvement initiative on breastfeeding initiation, duration, and exclusivity*. Forum on Organizational Quality Improvement: Fostering Best Practices and Research in Portfolio Programs and MOC. American Board of Medical Specialties, Chicago, IL.

- Kelleher, S.,* Winett, R. A., Marinik, E. L., **Savla**, J. T., & Davy, B. M. (2014, April). *Extended care with faded contacts for resistance training in prediabetic older adults*. Poster session presented at the Annual Meeting of Society for Behavioral Medicine, Philadelphia, PA.
- MacDougall, C.,* Hill, C.,* Riebl, S.,* Jahren, H., Bostic, J.,* Hedrick, V.,...Davy, B. M. (2014, November). *Preliminary validity and reliability of d13C in finger stick blood as a biomarker of sugar-sweetened beverage intake in adolescents*. Poster session presented at the Annual Meeting of the The Obesity Society, Boston, MA.
- Williams, D. M., **Savla**, J., Kelleher, S.,* Marinik, E. L., Winett, R. A., & Davy, B. M. (2014, May). *Changes in motivation predict resistance training behavior among older pre-diabetic adults*. Poster session presented at the 26th Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Winett, R. A., Davy, B. M., **Savla**, J. T., Marinik, E. L., & Winett, S. G. (2014, April). *Response variation and tailored, adaptive interventions are critical for personalized medicine: The Resist Diabetes study*. Poster session presented at the Annual Meeting of Society for Behavioral Medicine, Philadelphia, PA.
- Winett, R. A., Marinik, E. L. **Savla**, J. T., Baugh, M. E.,* Kelleher, S.,* Flack, K.,* Davy, B. M., & Winett, S. G. (2014, April). *Effective strategies for long-term maintenance of resistance training to improve health*. Poster session presented at the Annual Meeting of Society for Behavioral Medicine, Philadelphia, PA.

2013

- Butner, L. M.,* **Savla**, J., Blieszner, R., & Roberto, K. A. (2013, November). *Religious service attendance increases daily positive affect for care partners of persons with MCI*. Poster session presented at the Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Clark, A.,* Dennis, E.,* Davy, K. P., **Savla**, J., & Davy, B. M. (2013, June). *Is increased water consumption among older adults associated with improvements in glycemia?* Paper presented at the Virginia Tech Translational Obesity Research Conference, Blacksburg, VA.
- Eikenberg, J. D.,* **Savla**, J., Marinik, E. L., Pownall, J., Baugh, M. E.,* Flack, K. D.,* Winett, R. A. & Davy, B. M. (2013, November). *Prediabetes phenotype influences improvements in glycemia with resistance training*. Paper presented at the Annual Meeting of The Obesity Society.
- Flack, K. D.,* Marinik, E., Baugh, M. E.,* Gochenour, D., Pownall, J., Kelleher, S.,* Hedrick, V.,...Davy, B. M. (2013, November). *Self-reported maintenance of a resistance training program is associated with sustained physiologic improvements in pre-diabetic overweight adults*. Poster session presented at the Annual Meeting of The Obesity Society.
- Halliday, T. M.,* Clark, A. G.,* Marinik, E. L.,* Baugh, M. E.,* Flack, K. D.,* **Savla**, J.,...Davy, B. M. (2013, May). *Spontaneous dietary intake modification in response to resistance training: Findings from the Resist Diabetes Study*. Thematic Poster session presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Marinik, E.,* Pownall, J., Baugh, M. E.,* Flack, K. D.,* Boutagy, N.,* **Savla**, J.,...Davy, B. M. (2013, May). *Does gender influence improvements in glucose metabolism with resistance training among prediabetic adults?* Thematic Poster session presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Kelleher, S.,* Winett, R. A., Davy, B. M., Marinik, E., **Savla**, J., Winett, S. G.,...Pownall, J. (2013, June). *Extended care with faded contacts for resistance-training in pre-diabetic older adults*. Poster session presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Kershaw, K., Brenes, G., Charles, L. E., Coday, M., Daviglius, M. L., Denburg, N. L., ... Van Horn, L. (2013, March). *Associations of major life events and social strain with incident coronary heart disease: Results from the*

Women's Health Initiative (WHI). Poster session presented at the scientific session of the American Heart Association: Cardiovascular Disease, Epidemiology and Prevention, New Orleans, LA.

- Savla, J., & Roberto, K. A.** (2013, November). *Examination of family care networks dealing with chronic illness*. Symposium organized at Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Savla, J., Roberto, K. A., Blieszner, R., Brossoie, N., & Lorenzi, J.*** (2013, November). Temporal process of care network activation: Implications for care partners of persons with MCI. In J. **Savla** & K. A. Roberto (Chairs), *Examination of family care networks dealing with chronic illness*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Savla, J., Swenson, A.,* & Almeida, D. M.** (2013, November). Routine assistance, affect and HPA-activity in two bursts of National Study of Daily Experiences. In I. Schoellgen & D. Gerstorf (Chairs), *Well-being and health in adulthood and old Age: Current research approaches*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Watson, A. J. & Savla, T.** (2013, April). *Interrelations of social, academic, and self-control variables at two points in early childhood*. Poster session presented at the Biennial Conference of the Society for Research in Child Development, Seattle, WA.
- Williams, D. M., Savla, J., Davy, B. M., & Winett, R. A.** (2013, March). *Development and validity of questionnaires for beliefs about resistance training among older adults*. Poster session presented at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Winett, R. A., Davy, B. M., Marinik, E., Baugh, M. E.,* Flack, K.,* Gochenour, D.,...Pownall, J.** (2013, March). *The initial effects of intrinsic resistance training on strength development in older adults with prediabetes*. Paper presented at the 34th Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine.

2012

- Bivens, R.,* & Savla, J.** (2012, February). *Online adult development and aging course on students' attitudes towards own and others' aging*. Poster session presented at the Annual Conference of the Association for Gerontology in Higher Education, Washington, DC.
- Duncan Lane, C. L.,* Meszaros, P. S., & Savla, J.** (2012, November). *Development of the family resilience assessment*. Paper presented at the Annual Conference of the National Council on Family Relations, Phoenix, AZ
- Jarrott, S., Levy, B., & Savla, J.** (2012, November). *Future older selves: Testing a mediational model of the effects of outgroup contact on attitudes towards aging*. Poster session presented at the Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Savla, J., Roberto, K. A., Blieszner, R., & Gwazdauskas, F.** (2012, November). Health behaviors moderate the stressors of daily caring for spouses with mild cognitive impairment. In K. Cichy & R. Stawski (Chair), *The complex nature of social relationships: Implications for stress, health and well-being*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Winett, R. A., Davy, B. M., Marinik, E., Savla, J., Kelleher, S.,* Winett, S. G., & Blake, C.** (2012, April). *The costs of promotion for recruiting, qualifying and enrolling a clinical trial*. Presented at the Society for Behavioral Medicine Annual Meeting, New Orleans, LA.
- Winett, R. A., Marinik, E., Flack, K.,* Baugh, M. E.,* Boutagy, N.,* Pownall, J., ...Blake, C.** (2012, October). *A trans-disciplinary based approach for maintaining resistance training with older adults with prediabetes*. Paper presented at 2012 National Strategic Summit: Roadmap for Physical Activity, Lifestyle, and Comparative Effectiveness Research, Pheonix, AZ.

Zhang, J.,* Meszaros, P. S., & **Savla**, J. (2012, November). *Community disadvantages and trajectories of adolescent internalizing and externalizing behaviors*. Paper presented at the Annual Conference of the National Council on Family Relations, Phoenix, AZ.

2011

Akers, J. D.,* Cornett, R. A.,* **Savla**, J., & Davy, B. M. (2011, October). *Daily self-monitoring of body weight, step count, fruit/vegetable intake, and water consumption: A feasible and effective long-term weight loss maintenance approach*. Poster session presented at the 2011 Obesity Society Meeting, Orlando, FL.

Roberto, K. A., Blieszner, R., Brossoie, N., & **Savla**, J. (2011, November). *Older women care partners: Race and socioeconomic influences on caring for a relative with MCI*. In R. Rooks & S. Arber (Chairs), *Vulnerable older women*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Savla, J., Roberto, K. A., Karimi, H.,* & Gambrel, L. E.* (2011, November). *Adverse experiences in childhood affect family closeness in mid and late life*. Poster session presented at the Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Savla, J., Roberto, K. A., & Blieszner, R. (2011, June). *Daily stressors and marital interactions affect diurnal cortisol and alpha-amylase rhythm in spouses of persons with mild cognitive impairment*. Poster session presented at the Annual Meeting of the Psychoneuroimmunology Research Society, Chicago, IL.

2010

Blieszner, R., Roberto, K. A., & **Savla**, J. (2010, November). *Mild cognitive impairment as a source of ambivalence in family relationships*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Hedrick, V. E.,* Comber, D. L.,* Flack, K. D., Estabrooks, P. A.,* **Savla**, J., & Davy, B. M. (2010, November). *Development of a brief questionnaire to assess habitual beverage intake: Sugar-sweetened beverages and total beverage energy intake*. Poster session presented at the Annual Meeting of the American Dietetic Association, Boston, MA.

Roberto, K. A., Blieszner, R., & **Savla**, J. (2010, November). *Three voices are better than one: Family members' assessment of cognitive deficits in late life*. In J. **Savla** (Chair), *Expanding paradigms of care and support: Challenges faced and lessons learned*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Savla, J., & Almeida, D. M. (2010, November). *Daily routine assistance and long-distance support: Short term and long-term impact on caregiver's health*. In J. **Savla** (Chair), *Expanding paradigms of care and support: Challenges faced and lessons learned*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

2009

Dolbin-MacNab, M. L., & **Savla**, J. (2009, November). *A dyadic analysis of behavior problems among adolescents raised by grandparents*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Savla, J., Roberto, K. A., & Blieszner, R. (2009, November). *Daily stressors and implications of Mild Cognitive Impairment for care partners*. In J. **Savla** (Chair), *Diary approaches for studying the effects of daily stressors on the health of caregivers*. Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Zarit, S. H., Femia, E., Kim, K., & **Savla**, J. (2009, November). *Daily stress and well-being of family caregivers*. In J. **Savla** (Chair), *Diary approaches for studying the effects of daily stressors on the health of caregivers*.

Symposium conducted at the Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

2008

Ermann, L. S.,* Roberto, K. A., & **Savla**, J. (2008, November). *Life with chronic pain: Older women's experiences and care strategies*. Poster session presented at the Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Savla, J., & Almeida, D. (2008, November). *Daily stress, affect and fluctuations in pain symptoms and cortisol rhythm*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

2007

Fauth, E., **Savla**, J., Femia, E. & Zarit, S. (2007, November). *The importance of appraisal of behavioral and psychological symptoms of dementia in stress outcomes for caregivers*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Kim, K., **Savla**, J., Shreshta, S., Zarit, S., & Femia, E. (2007, November). *Kin relationship between caregivers and people with dementia: Stress and response to treatment*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Savla, J., Zarit, S., & Almeida, D. (2007, November). *Dysregulation of daily cortisol rhythm in caregivers*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

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

Shreshta, S., **Savla**, J., Zarit, S. H., & Femia, E. (2007, November). *Impact of adult day services on dementia related behavioral problems over time*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Zarit, S., Femia, E., **Savla**, J., & Fauth, E. (2007, November). *Application of within-person designs to interventions with dementia patients and their families*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

2006

Cichy, K., **Savla**, J., & Almeida, D. M. (2006, November). *Coping with daily stressors among widowed women*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.

Davey, A., **Savla**, J., Sundström, G., Zarit, S., & Malmberg, B. (2006, November). *How equitable is Sweden's changing care mix? Linking individual and regional characteristics over time*. Poster session presented at the Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.

Savla, J., Almeida, D., Banks, S., Molenaar, P., & Rovine, M. (2006, November). *Differential patterns of diurnal rhythm of cortisol by age, gender and stressor characteristics*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.

Savla, J., Davey, A., Sundström, G., Zarit, S., & Malmberg, B. (2006, November). *Home and community based services in Sweden: Responsiveness to changing demographics and needs*. Poster session presented at the Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.

2005

- Davey, A., **Savla**, J., Sundström, G., Malmberg, B., & Zarit, S. (2005, November). *Regional variability in informal care in Sweden*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Woodard, J., Miller, L., Davey, A., **Savla**, J., Janke, M., Martin, P., Siegler, I., & Poon, L. (2005, November). *Convergence of functional capacity measures among the Oldest Old*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Luo, Z., Davey, A., & **Savla**, J. (2005, May). *Missing data reduces statistical power in structural equation models: Using full information maximum likelihood*. Paper presented at the Annual Scientific Meeting of the American Psychological Society, Los Angeles, CA.
- Savla**, J., & Davey, A. (2005, May). *Widowhood: Variability and predictors of resilience in bereaving older adults*. Poster session presented at the Annual Southeastern Regional Student Mentoring Conference in Gerontology and Geriatrics, Tybee Island, GA.
- Savla**, J., & Davey, A. (2005, August). *Interaction effects of type (MCAR and MAR) and amount of missing data on statistical power of a growth curve model*. Poster session presented at the Annual Scientific Meeting of the American Psychological Association, Division 5: Evaluation, Measurement and Statistics. Washington, DC.
- Savla**, J., & Davey, A. (2005, November). *Examining statistical power in the presence of missing data in aging research*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

2004

- Savla**, J., & Davey, A. (2004, January). *From a distance: Experiences of long-distance caregivers*. Paper presented at the Annual Scientific Meeting of the 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*. Paper presented at the Southeastern Regional Student Conference in Gerontology and Geriatrics, Tybee Island, GA.

2001

- Belliston, L. M., Davey, A., Cook, T. K., & **Savla**, J. (2001, November). *Walking the walk: Congruence between intergenerational beliefs and behaviors*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.
- Cook, T. K., Davey, A., Belliston, L. M., & **Savla**, J. (2001, November). *How caring for a spouse changes the marriage for husbands and wives*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.
- Savla**, J. (2001, April). *Consciousness-raising program for parents in India*. Paper presented at the Annual Symposium on Child and Family Development (Quint State Meetings), Greensboro, NC.
- Savla**, J., Davey, A., & Eggebeen, D. J. (2001, November). *Parental marital transitions and support between generations: Looking within the family longitudinally*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.

TEACHING AND MENTORING

Courses Taught and Assisted

2013 - Present *Current Topics in Advanced Research Methods* (HD 6524), Virginia Tech

2009 - 2012	<i>Special Study: Lab for Advanced Research Methods (HD 5984), Virginia Tech</i>
2008 - Present	<i>Advanced Research Methods (HD 6514), Virginia Tech</i>
2005	<i>Research Methods in Developmental Processes (HDFS 536), Penn State (with K. Warner Schaie)</i>
2003	<i>Developmental and Family Research Methods (CHFD 8800), University of Georgia (with Adam Davey)</i>
2002	<i>Mid-Life and Elder Years (CHFD 3710), University of Georgia</i>

Grand Round Lectures

2018	<i>Interventions for Caregivers, Veterans Affairs, Salem, VA.</i>
2015	<i>Stress & Caregivers: Effects on Health, Dept. of Psychiatry and Behavioral Medicine, Virginia Tech Carilion School of Medicine</i>
2014	<i>Current & Emerging Strategies for Examining Daily Hassles and Effects on Health, Dept. of Psychiatry and Behavioral Sciences, University of Miami Leonard M. Miller School of Medicine, Miami, FL</i>

Guest Lectures (selected)

2014 - 2020	<i>Special Topics: Fundamentals of Development, Aging and Repair (for the Virginia Tech Translational Biology, Medicine and Health (TBMH) PhD program)</i>
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Invited Talks and Workshops

2021	<i>Aspects of grit among dementia family caregivers.</i> Invited presentation at the Gerontological Society of America's Interest Group Meeting (Family Caregiving)
2020	<i>New frontiers in caregiving research: Biopsychosocial perspectives and interventions.</i> Invited paper presented at the BSS Presidential Symposium at the Virtual Annual Scientific Meeting of the Gerontological Society of America.
2019	<i>Who Cares when You are Old and Sick? Dynamics of family caregivers and paid helpers of persons with dementia,</i> 30th Annual Research Symposium of the Virginia-Maryland Regional College of Veterinary Medicine, Blacksburg, VA
2016	<i>Biopsychosocial Approaches of Measuring Stress,</i> Methods Workshop: Brigham Young University's Family Studies Center, Provo, UT
2011	<i>Greatest Hits Collection: Structural Equation Modeling,</i> Virginia Tech's Laboratory for Interdisciplinary Statistical Analysis (LISA)
2009	<i>Effects of Missing Data on Statistical Power: A Primer,</i> Virginia Tech's Department of Statistics' Colloquium Series
2008	<i>Dysregulation of Daily Cortisol Rhythm in Caregivers,</i> Virginia Tech's Center for Gerontology Fall Forum/Developmental Science Colloquium

Other Instruction Experience

1997 – 1998	<i>Staff Supervisor, Chum Community Center, Bombay, India</i>
1995 – 1997	<i>Kindergarten & Elementary School Teacher, Apostolic Carmel Convent, Bombay, India</i>

Mentorship of Graduate Students

Committee Chair

Doctoral

Jing Zhang, HD (2012; co-chair Peggy Meszaros)

2018-: Assistant Professor, Kent State University

2018 : Senior Research Associate, Ohio State University

2014-2017 : Post-doctoral Fellow, Ohio State University

2012-2013: Post-doctoral Fellow, Virginia Commonwealth University

2012: Vetra R. Mancini & Jay A. Mancini Research Prize

2011: Human Development Departmental Research Grant

2011: Alexander Meszaros AAFCS Scholarship

2010: Alexander Meszaros AAFCS Scholarship

Hassan Karimi, HD/MFT (2015; co-chair Fred Piercy)

2018- : Instructor, John Hopkins School of Education, Maryland

2015-2018 : Assistant Professor, Iona College, New York

Rebecca Bivens, HD (2016)

2016- : West Virginia Aging and Disability Resource Center, Appalachian Area Agency on Aging

2015-2016: Supervised Psychologist, Laurel Ridge Psychological Associates.

2013: Executive Director of the Lifeline Adult Day Care Center

2013: Harold Schlenker Scholarship

2012: AARP Virginia Tech Memorial Fund Scholarship

2011: Peggy Lavery Research Award

L. Michelle Butner, HD (2018)

2020- :Research Associate on SAMHSA-funded Evaluation Project, Penn State, York, PA

2014: Alexander L. Meszaros Travel Award

2013: Futures Board Award

Renu Aldrich, HD (2018; co-chair Fred Piercy)

2019: Adjunct Professor, Northcentral University

2018: Adjunct Professor, Virginia Tech Marriage and Family Therapy Master's Program

2014: Substance Abuse & Mental Health Services Administration Doctoral Minority Fellow

Shelby Borowski, HD (2019; co-chair Anisa Zvonkovic)

Research Scientist, Veterans Affairs Boston Healthcare System

Madhu Kapania, EDRE (2023, co-chair Gary Skaggs)

Masters

Brenda Stanfill, HD (2023 - present)

Supervised Research/Practicum Preceptor

Hannah Howell, Public Health Program, Department of Population Health Sciences (2025)

Gracie Akers, Public Health Program, Department of Population Health Sciences (2025)

Joshua Eikenberg, VT Carilion School of Medicine (co-chair Brenda M. Davy; 2015)

2015: Letter of Distinction for Research Productivity

2014: Letter of Distinction for Outstanding Research Project
Anna Harris, Public Health Program, Department of Population Health Sciences (2017-2018)

Undergraduate Research Mentoring

Catelyn Hill, Translational Obesity Research Scholar Program (co-mentor Brenda M. Davy; 2014)
Nitin Chetla, Patricia C. Perna Scholarship (2019)

Doctoral Committee Member

Krista Hein, Human Development (ongoing)
Derek Burns, Psychology (ongoing)
Khushbu Patel (ongoing)
Brandon Minton, Psychology (2023)
Madeleine Bruce, Psychology (2022)
Zachary Mastrich, Psychology (2021)
Nick Flannery, Psychology (2020)
Alleyne Broomell, Psychology (2019)
Yujun Liu, Human Development (2017)
Sujee Kim, Human Development (2017)
Raven Weaver, Human Development (2017)
Tanya Halliday, Human Nutrition, Foods, and Exercise (2016)
Andrea Swenson, Human Development (2016)
Andrew Smith, Psychology (2016)
Shaun Riebl, Human Nutrition, Foods, and Exercise (2015)
Kelly Munly, Human Development (2015)
Monica Motley, Biomedical & Veterinary Sciences (2015)
Kevin Shropshire, Education Research and Evaluation (2014)
Thorhildur Halldorsdottir, Psychology (2014)
Yumi Lim, Hotel and Tourism Management (2013)
Monica Kimbrel, Human Development (2013)
Manjushree Palit, Human Development-Marriage and Family Therapy (2013)
Caitlin Fass, Human Development (2013)
Ruoxi Chen, Human Development-Marriage and Family Therapy (2013)
Laura Eubanks Gambrel, Human Development-Marriage and Family Therapy (2012)
Crystal Duncan Lane, Human Development (2011)
Valisa Respress Hedrick, Human Nutrition, Foods, and Exercise (2011)
Jeremy Akers, Human Nutrition, Foods, and Exercise (2010)
Matthew Komelski, Human Development (2010)
Bryce Jorgensen, Human Development (2010)
Elizabeth Johnson, Psychology (2010)

Master's Committee Member

Meredith Antasio, Human Development (2021)
Sarah Liu, Human Nutrition, Foods, and Exercise (2017)
Jonathan Gladish, Biomedical Engineering and Mechanics (2017)
Catelyn Hill, Human Nutrition, Foods, and Exercise (2016)

Raven Weaver, Human Development (2014)
Miriam Pillonen, Human Development (2013)
Adrienne Clark, Human Nutrition, Foods, and Exercise (2013)
Mary Elizabeth Baugh, Human Nutrition, Foods, and Exercise (2013)
Rachel Ann Cornett, Human Nutrition, Foods, and Exercise (2011)

Mentorship of Postdoctoral Scholars

Suyoung Nah (2023 - Present)
Alex Telionis (2019 - 2021)
Current Position: Public Health Modeling Coordinator, Virginia Department of Health
James Muruthi (2017 - 2019)
Current Position: Assistant Professor, Drexel University

PROFESSIONAL SOCIETIES AND INVOLVEMENT

National Institute of Health

Data Safety and Monitoring Board Member for P01 AG073090 (2023 - 2024; Advisory Board 2024-2029):
Center for Research and Education on Aging and Technology Enhancement
Data Safety and Monitoring Board Member for R01 AG054009 (2016 - 2021): *A non-pharmacological intervention for patients with Alzheimer's disease and family caregivers*
Reviewer for Special Emphasis Panel, Alzheimer's Disease and Related Dementia (2021)
Invited Reviewer for Social Psychology, Personality and Interpersonal Processes Study Section (2020-current)
Invited Reviewer for Psycho/Neuropathology Lifespan Development, Special Emphasis Panel for RPHB (2017- 2019)
Early Career Reviewer for Risk Prevention and Health Behavior across the Lifespan (RPHB), Special Emphasis Panel (2014 - 2016)

Society for Psychophysiological Research

Member (2014 - 2020)

Southern Gerontological Society

Member (2000; 2021 - present)

Gerontological Society of America

Fellow (2013 - present)
Behavioral and Social Sciences Student Award Committee (2013)
Abstract Reviewer (2003 - present)
Member (2001 - present)

American Psychological Association (APA)

Program Chair for Division 20, Annual Convention (2017 - 2019)
Chair, Education Committee of APA Division 20 (Adult Development & Aging; 2011 - 2014)
Member, Executive Committee of APA Division 20 (Adult Development & Aging; 2011-2014)
Affiliate (2004 - present)

Journal of Marriage and Family Therapy

Editorial Board Member (2013 - 2017)
Statistical Consultant (2011 -2017)

Journals of Gerontology: Psychological Sciences & Social Sciences

Editorial Board Member (2014 - 2024)

Innovations in Aging

Associate Editor (Methodology; 2017 - 2023)

Journal of Adult Development

Editorial Board Member (2018 - present)

Virginia Polytechnic Institute and State University

University Committees

Chair, Leadership Council of the Whole Health Consortium (2023 - 2024)
Chair, Whole Person Health Initiative Workgroup (2022- 2023)
Member, Review Committee for the Fralin Biomedical Research Institute (2022-2023)
Dean Search Committee, College of Liberal Arts and Human Sciences (2018-2019)
HRPP Director Search Committee, Office of the Vice President for Research and Innovation (2019)
Chair, Review Committee for the Interdisciplinary Center for Applied Mathematics, OVPRI (2017)
Steering Committee, VT Carilion Health Sciences and Technology campus (2017 - present)
Stakeholder Committee, Destination Area: Data, Decision & Analytics (2016 - present)
Steering Committee, Destination Area: Data, Decision and Analytics (2016)
Design Team, Destination Area: Adaptive Brain and Behavior
Graduate Program Committee of Translational Biology, Medicine and Health, VTCsOM (2013)
Senator, Faculty Senate (2013 - 2017)
Steering Committee, Center for Autism Research (2012-2014)

College Committees

Elected Member, College Promotion and Tenure Committee (August 2021 - present)
Member, Research Task Force Committee (2021)
Chair, Review Committee for the Administrative Review of the Director of Center for Gerontology (2019)
Steering Committee, Developmental Science Initiative (2011 - 2014)
Student Awards Committee, Center for Gerontology, (2008-2010, 2011-2012)
Reviewer, Jerome Niles Fellowships & Small Grants (2009)
Planning Committee, CLAHS Pre-tenured Faculty Mentoring Meeting (2007-2009)

Departmental Committees

Faculty Search Committee for Associate/Professor in Adult Development and Aging Track (2024 - present)
Faculty Search Committee for Director, Marriage and Family Therapy Program (2022 - 2023)
Co-Chair, Review Committee for the Administrative Review of the Department Head of Human Development and Family Science (2021)
Faculty Search Committee, Adult Development and Aging (2019 - 2020)
Faculty Search Committee, Neuroscience in Human Development & Fralin Biomedical Research Institute (2019)
Chair, Promotion & Tenure Committee (August 2019 - 2021)
Elected Member, Promotion and Tenure Committee (August 2018 - 2020; August 2020 -)

Faculty Search Committee, Marriage and Family Therapy (2017 - 2018)
Faculty Search Committee, Adult Development and Aging (2016 - 2017)
Graduate Education, 5-year Strategic Planning Committee (2013)
Advisory Committee to the Department Head (2011 - 2014)
Department Head Search Committee (2010-2011)
Coordinator, Adult Development and Aging Area (2009 - 2014)
Student Awards Committee (2008-2009)
Graduate Policy Committee (2007-2008; 2009-2014)

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

Faculty Search Committee for Gerontology Open Rank Position (2004)

Treasurer, Graduate Student Organization (2001-2002)

Ad hoc Reviewer

Aging and Mental Health (2006 - present)
Annals of Behavioral Medicine (2016)
Family Relations (2008 - present)
Journal of Applied Gerontology (2017)
Journal of Family Issues (2013 - present)
Journal of Marital and Family Therapy (2008 - present)
Journals of Gerontology: Psychological Sciences (2008 - present)
Journals of Gerontology: Social Sciences (2008 - 2014)
Obesity (2012 - present)
Personality and Individual Differences (2007 - present)
Psychology and Aging (2008 - present)
The Gerontologist (2012-present)
Therapeutic Recreation Journal (2006 - 2020)

PUBLIC SERVICE

Commonwealth Council on Aging, Virginia (Appointed by Senate Committee on Rules; 4-year term)

Council Member (2020 - 2024)

Best Practices Awards Committee Member (2020 - 2024)

The Lindsay Institute for Innovations in Caregiving

Advisory Council Member (2016 - present)

Virginia Tech Caregiver Hackathon Team Organizer (2017 - 2019)

Commonwealth of Virginia

Alzheimer's & Related Diseases Research Award Fund, Award Review Committee (2017, 2018, 2021)

Updated: 1/27/2025