

## **CURRICULUM VITAE**

**David M. Almeida**

September 2013

### **EDUCATION**

- 1993          Ph.D.          Life-span Developmental Psychology  
University of Victoria  
Department of Psychology
- 1987          B.A.          California State University, Northridge  
Department of Psychology

### **EMPLOYMENT**

- 2007-                      Professor  
Department of Human Development and Family Studies  
The Pennsylvania State University
- 2004-2007                      Associate Professor  
Department of Human Development and Family Studies  
The Pennsylvania State University
- 2002-2003                      Visiting Scholar  
Bedford Group for Life Course and Statistical Studies  
University of London, United Kingdom
- 2002-2003                      Visiting Scholar  
Institute on Aging  
University of Wisconsin, Madison
- 2000-2003                      Associate Professor  
Division of Family Studies and Human Development  
University of Arizona
- 1996-2000                      Assistant Professor  
Division of Family Studies and Human Development  
University of Arizona
- 1995-1996                      Postdoctoral Research Fellow  
John D. & Catherine T. MacArthur Foundation  
Research Network on Successful Midlife Development  
Institute for Social Research  
University of Michigan
- 1993 - 1995                      Postdoctoral Research Fellow  
NIMH Multisite Family Research Consortium  
Institute for Social Research  
University of Michigan

**ACADEMIC HONORS AND AWARDS**

1987	Summa Cum Laude, California State University, Northridge
1987-1993	University of Victoria Fellowship
1993	Governor General's Dissertation Award Finalist, University of Victoria
1993-1996	National Institute of Mental Health Postdoctoral Fellowship
1994-2000	MacArthur Foundation Research Network Affiliate
1996	Outstanding Alumni Award, California State University, Northridge
1999	Teaching Award of Merit, University of Arizona
2010	Evan G. and Helen G. Pattishall Outstanding Research Achievement Award, Pennsylvania State University

**GRANTS AND CONTRACTS*****Federal Agencies: Pending, Current and Completed***

*Research Training in Stress, Health and Aging* (Pending). National Institute on Aging, National Institutes of Health, 2013-2017, \$1,971,769 (Principal Investigator)

*Integrative Pathways to Health and Illness: Testing Older Cohort Hypotheses* (Pending). National Institute on Aging, National Institutes of Health, 2012-2015, \$2,700,053 (Role: Investigator, PI: Carol Ryff).

*Age, Emotional Well-Being, and Physical Health* (Pending). National Institute on Aging, National Institutes of Health, 2012-2015, \$1,277,406 (Role: Investigator, PI: Susan Charles).

*Integrated Pathways to Health and Illness: The MIDUS Refresher Cohort Project 2: Daily Stress and Well-Being*. National Institute on Aging, National Institutes of Health, 2011-2016, \$978,349 (Principal Investigator).

*Stress, Unconstructive Repetitive Thought and Cognitive Aging*. National Institute on Aging, 2011-2016, \$1,500,000 (Role: Investigator, PI: Martin Slwiniski)

*A Daily Diary Evaluation of the Health Benefits of a Workplace Intervention*. National Institute of Child Health and Human Development, 2008-2013, \$4,999,870 (Principal Investigator).

*Daily Experience in Adolescence and Biomarkers of Early Risk for Adult Health*. National Institute of Child Health and Human Development, 2011-2016, \$3,141,979 (Role: Investigator, PI: Andrew Fuligni).

*Transition to Parenthood: Change in Couple Daily Stress Processes & Mental Health*. National Institute of Child Health and Human Development, \$365,000, 2006-2011 (Role: Investigator; PI: Mark Feinberg).

*Daily Stress, Health, and Wellbeing of Family Caregivers*. National Institute on Aging, National Institutes of Health, 2010-2015, \$1,500,000 (Role: Investigator, PI: Steven Zarit).

*Changes in Daily Stress During Adulthood* (competitive renewal). National Institute on Aging, National Institutes of Health, 2003-2008, \$1,030,000 (Principal Investigator).

*Work Stress Health and Parenting among Hotel Employees* National Institute of Child Health and Human Development, 2005-2008, \$1,470,000 (Role: Co-Principal Investigator; PI: Ann Crouter).

*Personality, Daily Stress & Health in Adulthood*. National Institute on Aging with dual sponsorship by the National Institute of Mental Health, National Institutes of Health, 2005-2010, \$1,910,197 (Role: Investigator; PI: Daniel Mroczek).

*Daily Depressive Affect & Disease Management in Diabetes*. National Institute on Diabetes and Digestive and Kidney Diseases, National Institutes of Health, 2003-2007, \$450,000 (Role: Investigator; PI: Lawrence Fisher).

*Daily Stressors and Well-Being during Adulthood*, National Institute on Aging, National Institutes of Health, 2001-2005, \$275,000 (Principal Investigator).

*Entwicklung zentral-exekutiver Prozesse bei der Bewältigung von alltagsrelevanten Aufgaben im höheren Erwachsenenalter* [Development of Central-Executive Processes in Dealing with Everyday Tasks in Old Age]. Deutsche Forschungsgemeinschaft (German Research Council), approximately \$25,000, 2001-2003 (Role: Investigator; PI Mike Martin, University of Heidelberg).

*Personality and Well-being Trajectories in Adulthood*. National Institute on Aging, National Institutes of Health, 1999-2004, \$1,251,571 (Role: Investigator; PI: Daniel Mroczek).

*Daily Stress, Health and Well-Being during Adulthood*. National Institute on Aging, National Institutes of Health, 2000-2004, \$1,027,043 (Principal Investigator).

*Personality and Daily Experiences during Adulthood*. National Institute on Aging, National Institutes of Health, 1999-2000, \$75,000 (Principal Investigator).

*Emotion & Personality: A National Study of Daily Events*. National Institute of Mental Health, National Institutes of Health, 1995-1997, \$115,000 (Principal Investigator).

### **Private Foundations**

*The Effects of a Workplace Intervention on the Family Settings and Health of Employees' Children*. William T. Grant Foundation 2009–2013, \$499,079 (Role: Co-Principal Investigator, Co-Principal Investigator: Susan McHale).

*Dehydroepiandrosterone-Sulfate and Gender: A Hormonal Buffer to the Health Consequences of Daily Social Stress among Couples?* Johnson & Johnson Consumer and Personal Projects Worldwide and The Pennsylvania State University Research Innovation Grant, 2006-2007, \$50,000 (Role: Investigator; PI: Laura Klein).

*Hotel Work and Well-Being: The Penn State Hotel Managers Initiative*. Alfred P. Sloan Foundation, 2005-2008, \$629,661 (Role: Investigator; PI: Ann Crouter).

*A National Study of Daily Experiences and Adult Development*. John D. and Catherine T. MacArthur Foundation Research Network on Midlife Development, 1995-1997, \$150,000 (Principal Investigator).

*National Study of Giving*. Kellogg Foundation, 1996-1997, \$30,000 (Principal Investigator).

*Examining the Daily Interweave of Fathers' Work and Home Experiences*. Alfred P. Sloan Foundation, 1999-2000, \$30,000 (Principal Investigator).

## **PUBLICATIONS**

Barrineau, M.J., Zarit, S.H., King, H.A., Costanzo, E., & Almeida, D. (2014, in press). Daily Well Being of Cancer Survivors: The Role of Somatic Amplification. *Psycho-Oncology*.

Birditt, K. S., Nevitt, M., & Almeida, D. M. (in press) Daily interpersonal coping strategies: Implications for self-reported well-being and cortisol. *Personal Relations*.

Mogle, J., Almeida, D.M., & Stawski, R.S. (in press). Psychometric properties of micro-longitudinal assessments: Between- and within-person reliability, factor structure and discriminate validity of cognitive interference. In M. Diehl, K. Hooker, & M. Sliwinski (Eds.) *Handbook of intraindividual variability*.

Qian, X. L., Yarnal, C., & Almeida, D. (in press). Using the Dynamic Model of Affect (DMA) to examine leisure time as a stress coping resource: Taking into account stress severity and gender difference. *Journal of Leisure Research*, 46 (4).

Qian, X. L., Yarnal, C., & Almeida, D. (2014). Is leisure time availability associated with more or less severe daily stressors? An examination using eight-day diary data. *Leisure Sciences*, 36 (1), 1-17. doi: 10.1080/01490400.2014.860782

Qian, X. L., Yarnal, C., & Almeida, D. (2014). Does leisure time availability moderate or mediate the effect of daily stress on positive affect? An examination using eight-day diary data. *Journal of Leisure Research*, 46 (1), 106-124.

Bray, J. W., Kelly, E., Hammer, L., Almeida, D. M., Dearing, J. W., King, R. B., & Buxton, O. (2013). An integrative, multi-level, and multi-disciplinary research approach to challenges of work, family, and health. *RTI Press*, 1-34.

Cleveland, H. H. & Almeida, D. M. (2013) A behavioral genetic investigation of weekend drinking among an adult sample. *Substance Use and Misuse*, 48, 359-370. doi: 10.3109/10826084.2013.763280

Dmitrieva, N. O., Almeida D. M., Dmitrieva, J. Loken, E. (2013). A day-centered approach to modeling cortisol: Diurnal cortisol profiles and their associations among U.S. adults. *Psychoneuroendocrinology*, 38, 2354-2365. doi: 10.1016/j.psyneuen.2013.05.003

Hahn, E. A., Cichy, K. E., Small, B. J., & Almeida, D. M. (2014). Daily emotional and physical reactivity to stressors among widowed and married older adults. *Journals of Gerontology*, 69, 19-28. doi: 10.1093/geronb/gbt035

Karlamangla, A., Friedman, E., Stawski, R. S. & Seeman & Almeida, D. M. (2013). Daytime trajectories of cortisol: Demographic and socioeconomic differences. Findings from The National Study of Daily Experiences. *Psychoneuroendocrinology*, 38, 2585-2597. doi: 10.1016/j.psyneuen.2013.06.010

Liu, S., Rovine, M. J., Klein, L. C., & Almeida, D. M. (2013). Synchrony of diurnal cortisol pattern in couples. *Journal of Family Psychology*, 27, 579-588. doi: 10.1037/a0033735

- Mroczek, D.K., Stawski, R.S., Turiano, N.A., Chan, W., Almeida, D.M., Neupert, S.D., & Spiro, A., III. (2013). Emotional reactivity and mortality: longitudinal findings from the va normative aging study. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, doi:10.1093/geronb/gbt107
- Munoz, E., Sliwinski, M. J., Smyth, J. M., Almeida, D. M., & King, H. A. (2013). Intrusive thoughts mediate the association between neuroticism and cognitive function. *Personality and Individual Differences*, 55, 898–903. doi:10.1016/j.paid.2013.07.019
- Zarit, S. H., Whetzel, C. A., Kim, K., Femia, E. E., Almeida, D. M., Rovine, M. J., & Klein, L. C. (2013). Daily stressors and adult day service use by family caregivers: Effects on depressive symptoms, positive mood and DHEA-S. *American Journal of Geriatric Psychiatry*. Advance online publication. doi: 10.1016/j.jagp.2014.01.013
- Ong, A. D., Exner-Cortens, D., Riffin, C., Steptoe, A., Zautra, A., & Almedia, D. (2013). Linking stable and dynamic features of positive affect to sleep. *Annals of Behavioral Medicine*, 46, 52-61. doi: 10.1007/s12160-013-9484-8
- Stawski, R., S., Cichy, K. E., Piazza, J. R., & Almeida, D. M. (2013). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences. *Psychoneuroendocrinology*, 38, 2654-2665. doi: 10.1016/j.psyneuen.2013.06.023
- Robinette, J. W., Charles, S. T., Mogle, J. A., & Almeida, D. M. (2013). Neighborhood cohesion and daily well-being: Results from a diary study. *Social Science and Medicine*, 96, 174-182. doi: 10.1016/j.socscimed.2013.07.027
- Zarit, S. H. Kim, K., Femia, E. E., Almeida, D. M., & Klein, L. C.(2013). The effects of adult day services on family caregivers' daily stress, affect and health: Outcomes from the DaSH study. *Journals of Gerontology*. Advance online publication. doi: 10.1093/geront/gnt045
- Almeida, D. M., Davis, K. D., Crouter, A. C., & O'Neill, J.W. (2013). Translational research on work and family: Daily stress processes in hotel employees and their families. In E. Wethington (Ed.), *Improving the state of Americans: Translational research in the social and behavioral sciences*. Washington, DC: American Psychological Association.
- Charles, S. T., Piazza, J. R., Slwinski, M., Mogle, J., & Almeida, D. M. (2013). The wear-and-tear of daily stressors on mental health. *Psychological Science*, 24, 733-741. doi: 10.1177/0956797612462222
- Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2013). A double-edged sword: Race, daily family support exchanges, and daily well-being. *Journal of Family Issues*, Advance online publication. doi: 10.1177/0192513X13479595
- McHale, S. M., Blocklin, M. K., Walter, K. N., Davis, K. D., Almeida, D. M., & Klein, L. C. (2013). The role of daily activities in youths' stress physiology. *Journal of Adolescent Health*, 51, 623-628. doi: 10.1016/j.jadohealth.2012.03.016
- Piazza, J. R., Charles, S. T., Stawski, R. S., & Almeida, D. M. (2013). Age and the association between negative affective states and diurnal cortisol. *Psychology and Aging*, 28, 47-56. doi: 10.1037/a0029983
- Piazza, J. R., Charles, S. T., Slwinski, M., Mogle, J., & Almeida, D. M. (2013). Affective reactivity to daily stressors and long-term risk of reporting a chronic physical health condition. *Annals of Behavioral Medicine*, 45, 110-120. doi: 10.1007/s12160-012-9423-0
- Qian, X.L., Yarnal, C., & Almeida, D. (2013). Does leisure time as a coping resource increase affective complexity? Applying the Dynamic Model of Affect (DMA). *Journal of Leisure Research*, 45, 393-414.

- Wong, J. D. & Almeida, D. M. (2013). The effects of employment status and daily stressors on time spent on daily household chores in middle-aged and older adults. *The Gerontologist*, *53*, 81-91. doi: 10.1093/geront/gns047
- Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2012). Racial differences in exposure and reactivity to daily family stressors. *Journal of Marriage and Family*, *74*, 572-586. doi: 10.1111/j.1741-3737.2012.00971.x
- Friedman E. M., Karlamangla A. S., Almeida, D. M., & Seeman T. E. (2012). Social strain and cortisol regulation in midlife in the US. *Social Science and Medicine*, *74*, 607-615. doi: 10.1016/j.socscimed.2011.11.003
- Wong, J.D., Seltzer, M.M., Greenberg, J.S., Hong, J., Almeida, D.M., & Coe, C.L. (2012). Stressful life events and daily stressors affect awakening cortisol level in midlife mothers of individuals with Autism Spectrum Disorders. *Aging and Mental Health*, *16*, 939-949. doi: 10.1080/13607863.2012.688191
- Costanza, E. S., Stawski, R. S., Ryff, C. D. Coe, C. L., & Almeida, D. M. (2012). Cancer survivors' responses to daily stressors: Implications for quality of life. *Health Psychology*, *31*, 360-370. doi: 10.1037/a0027018
- Hartley, S., Seltzer, M. M., Hong, J., Greenberg, J. S., Smith, L., Almeida, D. M., Coe, C., & Abbeduto, L. (2012). Cortisol response to behavior problems in FMR1 premutation mothers of adolescents and adults with fragile X syndrome: A diathesis-stress model. *International Journal of Behavioral Development*, *36*, 53-61. doi: 10.1177/0165025411406857
- Almeida, D. M., & Davis, K. D. Workplace flexibility and daily stress processes in hotel employees and their children (2011). *Annals of the American Academy of Political and Social Sciences*, *638*, 123-140. doi: 10.1177/0002716211415608
- Almeida, D. M., Piazza, J. R. Stawski, R. S., & Klein, L. C. (2011) . The speedometer of life: Stress, health and aging. In K.W. Schaie & R. Levey (Eds.), *The Handbook of the Psychology of Aging*. New York: Elsevier.
- Almeida, D. M., Stawski, R. S., & Cichy, K. E. (2011). Combining checklist and interview approaches for assessing daily stressors: The Daily Inventory of Stressful Events. In R. J. Contrada & A. Baum (Eds.), *The Handbook of Stress Science: Biology, Psychology, and Health*. New York: Springer.
- Barnett, R. C., Brennan, R. T., Gareis, K. C., K., Ertel, K. A., Berkman, L. F., & Almeida, D. M. (2012). Conservation of resources theory in the context of multiple roles: An analysis of within- and cross-role mediational pathways. *Community Work and Family*, *15*, 131-148. doi: 10.1080/13668803.2010.539066
- Barker, E. T., Greenberg, J. S. Seltzer, M. M., & Almeida, D. M. (2011). Daily stress and cortisol patterns in parents of adult children with a serious mental illness. *Health Psychology*, *31*, 130-134. doi: 10.1037/a0025325
- Birdett, K. S., Cichy, K. E., & Almeida, D. M. (2011). Age differences in exposure and reactivity to interpersonal tensions among black and white individuals across adulthood. *Race and Social Problems*, *3*, 225-239. doi: 10.1007/s12552-011-9058-y
- Hahn, E.A., Cichy, K.E., Almeida, D.M., & Haley, W.E. (2011). Time use and well-being in older widows: Adaptation and resilience. *Journal of Women & Aging*, *23*, 149-159. doi: 10.1080/08952841.2011.561139
- Mallers, M. H., Charles, S. T., Neupert, S. D., & Almeida, D. M. (2011). Perceptions of childhood relationships with mother and father: Daily emotional and stressor experiences in adulthood. *Developmental Psychology*, *46*, 1651-1661. doi: 10.1037/a0021020
- Ong, A. D. Fuller-Rowell, T. E., Bonanno G. A., & Almeida, D. M. (2011). Spousal loss predicts alterations in diurnal cortisol activity through prospective changes in positive emotion. *Health Psychology*, *30*, 220-227. doi:

10.1037/a0022262

Seltzer M. M., Barker, E. T., Greenberg, J. S., Hong, J., Coe, C., & Almeida, D. M. (2011). Differential sensitivity to life stress in *fMRI* premenstrual carrier mothers of children with Fragile X Syndrome. *Health Psychology, 31*, 612-622. doi: 10.1037/a0026528

Stawski, R. S., Almeida, D. M., Lachman, M. E., Tun, P., Rosnick, C., & Seeman, T. (2011). Associations between cognitive functioning and naturally occurring daily cortisol during middle adulthood: Timing is everything. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences, 66*, 71-81. doi: 10.1093/geronb/gbq094

Zarit, S. H. Kim, K., Femia, E.E., Almeida, D. M., Savla, J., & Molenaar, P. M. C. (2011). Effects of adult day care on daily stress of caregivers: A within-person approach. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences, 66*, 538-546. doi: 10.1093/geronb/gbr030

Stawski, R. S., Almeida, D. M., Lachman, M. E., Tun, P., & Rosnick, C. B. (2010). Fluid cognitive ability is associated with greater exposure and smaller reactions to daily stressors: Findings from the National Study of Daily Experiences. *Psychology and Aging, 25*, 330-342. doi: 10.1037/a0018246

Piazza, J. R., Almeida, D. M., Dimitreva, N., & Klein, L. C. (2010). Frontiers in the use of biomarkers in research on stress and aging. *Journal of Gerontology: Psychological Sciences, 65B*, 513-525. doi: 10.1093/geronb/gbq049

Charles, S. T., Luong, G., Almeida, D. M., Ryff, C. R., Strum, M., & Love, G. (2010). Fewer ups and downs: Daily stressors mediate age differences in negative affect. *Journals of Gerontology: Psychological Sciences, 65B*, 279-286. doi: 10.1093/geronb/gbq002

Almeida, D. M., McGonagle, K., & King, H. (2009). Assessing daily stress processes in social surveys by combining stressor exposure and salivary cortisol. *Biodemography and Social Biology, 55*, 220-238. doi: 10.1080/19485560903382338

Almeida, D. M., Piazza, J. R., & Stawski, R. S. (2009). Inter-individual differences and intra-individual variability in the cortisol awakening response: An examination of age and gender. *Psychology and Aging, 24*, 819-827. doi: 10.1037/a0017910

Almeida, D. M., & Wong, J. D. (2009). Life transitions and daily stress processes. In G. H., Elder, Jr. & J. Z. Giele (Eds.), *The craft of life course research* (pp. 141-162). New York: Guilford.

Asbury, K., Almeida, D. M., Hibel, J., Harlaar, N., & Plomin, R. (2009). Clones in the classroom: A daily diary study of the nonshared environmental relationship between monozygotic twin differences in school experience and achievement. *Twin Research and Human Genetics, 11*, 586-595. doi: 10.1375/twin.11.6.586

Charles, S. T., Piazza, J. R., Luong, G., & Almeida, D. M. (2009). Now you see it, now you don't: Age differences in affective reactivity to social tensions. *Psychology and Aging, 24*, 645-653. doi: 10.1037/a0016673

Seltzer, M. M., Greenberg, J. S., Hong, J., Smith, L. E., Almeida, D. M., Coe, C., & Stawski, R. S. (2009). Maternal cortisol levels and child behavior problems in families of adolescents and adults with ASD. *Journal of Autism and Developmental Disabilities, 40*, 457-469. doi: 10.1007/s10803-009-0887-0

Skaff, M. M., Mullan, J. T., Almeida, D. M., Hoffman, L., Masharani, U., Mohr, D., & Fisher, L. (2009). Daily negative mood affects fasting glucose in type 2 diabetes. *Health Psychology, 28*, 265-272. doi: 10.1037/a0014429

- Sliwinski, M. J., Almeida, D. M., Smyth, J., & Stawski, R. S. (2009). Intraindividual change and variability in daily stress processes: Findings from two measurement-burst diary studies. *Psychology and Aging, 24*, 828-840. doi: 10.1037/a0017925
- Smith, L. E., Hong, J., Seltzer, M. M., Greenberg, J. S., Almeida, D. M., & Bishop, S. L. (2009). Daily experiences among mothers of adolescents and adults with Autism Spectrum Disorder. *Journal of Autism and Developmental Disabilities, 40*, 167-178. doi: 10.1007/s10803-009-0844-y
- O'Neill, J. W., Harrison, M. M., Cleveland, J. N., Almeida, D. M., Stawski, R. S., & Crouter, A. C. (2009). Work-family climate, organizational commitment, and turnover: Multilevel contagion effects of leaders. *Journal of Vocational Behavior, 74*, 18-29. doi: 10.1016/j.jvb.2008.10.004
- Seltzer, M. M., Abbeduto, L., Greenberg, J. S., Hong, J., Almeida, D. M., & Witt, W. (2009). Biomarkers in the study of families of individuals with developmental disabilities. *International Review of Research on Mental Retardation, 37*, 213-249. doi: 10.1016/S0074-7750(09)37007-X
- Seltzer, M. M., Almeida, D. M., Greenberg, J. S., Savla, J., Stawski, R. S., Hong, J., & Lounds, J. J. (2009). Psychosocial and biological markers of daily lives of midlife parents of children with disabilities. *Journal of Health and Social Behavior, 50*, 1-15. doi: 10.1177/002214650905000101
- Wethington, E. & Almeida, D. M. (2009). Daily telephone diary assessments: Lessons learned from the National Study of Daily Experiences. In R. F. Belli, F. P. Stafford, & D. F. Alwin (Eds.), *Calendar and time diary methods in life course research* (pp. 87-107). Mahwah, NJ: Lawrence Erlbaum Associates.
- Almeida, D. M., Charles, S. T., & Neupert, S. D. (2008). Assessing health behaviors across individuals, situations, and time. In K. W. Schaie & R. P. Abeles (Eds.), *Social structures and aging individuals: Continuing challenges* (pp. 97-111). New York: Springer.
- Aronson, K., Almeida, D. M., Stawski, R. S., & Klein, L. C. (2008). Smoking is associated with worse mood on stressful days: Results from a national diary study. *Annals of Behavioral Medicine, 36*, 259-269. doi: 10.1007/s12160-008-9068-1
- Davis, K. D., Goodman, W. B., Pirretti, A. E., & Almeida, D. M. (2008). Nonstandard work schedules, perceived family well-being, and daily stressors. *Journal of Marriage and the Family, 70*, 991-1003. doi: 10.1111/j.1741-3737.2008.00541.x
- Edwards, R. R., Almeida, D. M., Klick, B., Haythorthwaite, J., & Smith, T. M. (2008). Duration of sleep contributes to next-day pain report in the general population. *Pain, 137*, 202-207. doi: 10.1016/j.pain.2008.01.025
- Grzywacz, J. G., Butler, A. B., & Almeida, D. M. (2008). Work, family and health: Work-family balance as a protective factor against stresses of daily life. In A. Marcus-Newhall, D. F. Halpern, & S. J. Tan (Eds.), *Changing realities of work and family* (pp. 194-216). Oxford: Blackwell Publishing.
- Grzywacz, J. G., & Almeida, D. M. (2008). Stress and binge drinking: A daily process examination of stressor pile-up and socioeconomic status in affect regulation. *International Journal of Stress Management, 15*, 364-380. doi: 10.1037/a0013368
- Neupert, S. D., Stawski, R. S., & Almeida, D. M. (2008). Considerations for sampling time in aging research. In S. M. Hofer, & D. F. Alwin (Eds.), *The handbook of cognitive aging: Interdisciplinary perspectives* (pp. 492-505). Thousand Oaks: Sage Publications.



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Stawski, R. S., Sliwinski, M. J., Almeida, D. M., & Smyth, J. M. (2008). Reported exposure and emotional reactivity to daily stressors: The roles of adult-age and global perceived stress. *Psychology and Aging*, *23*, 52-61. doi: 10.1037/0882-7974.23.1.52

Charles, S. T., & Almeida, D. M. (2007). Genetic and environmental effects on daily life stressors: More evidence for greater variation in later life. *Psychology and Aging*, *22*, 331-340. doi: 10.1037/0882-7974.22.2.331

Neupert, S. D., Almeida, D. M., & Charles, S. T. (2007). Age differences in reactivity to daily stressors: The role of personal control. *Journals of Gerontology: Psychological Sciences*, *62*, 216-225. doi: 10.1093/geronb/62.4.P216

Piazza, J. R., Charles, S. T., & Almeida, D. M. (2007). Living with chronic health conditions: Age differences in affective well-being. *Journals of Gerontology: Psychological Sciences*, *62*, 313-321. doi: 10.1093/geronb/62.6.P313

Almeida, D. M., Mroczek, D. K., & Neiss, M. (2006). Can self-regulation explain age differences in daily, weekly, and monthly reports of psychological distress. In L. Carstensen & K. W. Schaie (Eds.), *Social structure, aging and self-regulation in the elderly* (pp. 95-122). New York: Springer.

Almeida, D. M., Serido, J., & McDonald, D. (2006). Daily life stressors of early and late baby boomers. In S. K. Whitbourne & S. L. Willis (Eds.), *The baby boomers at midlife: Contemporary perspectives on middle age* (pp. 165-183). Mahwah, NJ: Lawrence Erlbaum Associates.

Charles, S. T., & Almeida, D. M. (2006). Daily reports of symptoms and negative affect: Not all symptoms are the same. *Psychology and Health*, *21*, 1-17. doi: 10.1080/14768320500129239

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### **Commentary and Reviews**

Almeida, D., Lachman, M. E., Marks, N. F., Mroczek, D., & Ryff, C. D. (2009). Orville Gilbert Brim: Icon of Generativity. *Research in Human Development, 6*, 252-266. doi: 10.1080/15427600903281269

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### **SCHOLARLY PRESENTATIONS (Since 2002)**

#### **Invited Addresses:**

Almeida, D. M. (2002, February). *Not happy? Just wait. Inter- and intra-individual variation in negative affect across adulthood*. Colloquium presented at the Department of Psychology, **University of California, Los Angeles, CA.**

Almeida, D. M. (2002, March). *Environmental and genetics influences on intraindividual variation in psychological distress*. Paper presented at the German Centre for Research on Ageing (DZFA), **University of Heidelberg, Germany.**

Almeida, D. M. (2002, June). *Daily mental health in the United States*. Colloquium presented at the Department of Psychology, **Sun Yet Sen University, Guangzhou, China.**

Almeida, D. M., (2002, October) *Using daily diaries to assess temporal friction between work and family*. Presented at the Conference on Work-Family Challenges for Low Income Parents and their Children, **Pennsylvania State University**.

Almeida, D. M. (2003, January). *Personality and daily stressors during adulthood*. Colloquium presented at the Institute on Aging, **University of Wisconsin**.

Almeida, D.M. (2003, February). *Assessing recall of emotion via daily diaries*. Paper presented at **Vrije Universiteit, Amsterdam, The Netherlands**.

Almeida, D. M. (2003, April). *Daily stressors and adult development*. Colloquium presented for the Centre for Longitudinal Studies, Institute on Education, **University of London, United Kingdom**.

Almeida, D. M. (2003, May). *Contextual frictions between work and family*. Paper presented at the Institute on Developmental Science, **University of Uppsala, Sweden**.

Almeida, D. M. (2003, September). *Time, tensions, and togetherness: Assessing daily rhythms of work and Family Stressors*. Paper presented for the Center on Work and Family, **Pennsylvania State University**.

Almeida, D. M. (2004, February). *Not happy? Just wait! Daily predictors of affect across middle adulthood*. Paper presented at Gerontology Center Colloquium, **Pennsylvania State University**.

Almeida, D. M. (2004, September). *Does daily life wear you out? Using daily diaries to study stress and health*. Paper presented at the Biobehavioral Health Colloquium Series, **Pennsylvania State University**.

Almeida, D. M., & Neupert, S. (2004, June). *Do stress processes account for health disparities?* Paper presented at Health Inequalities across the Life Course Conference, **Pennsylvania State University**.

Almeida, D. M., & Mroczek, D. K (2004, September). *Age differences in daily, weekly, and monthly reports of psychological distress*. Paper presented at conference on Social Structure, Aging and Self-Regulation, **Pennsylvania State University**.

Almeida, D. M. (2005, January). *Time use in the National Study of Daily Experiences*. Paper presented at the meeting for New Directions for the Panel Study of Income Dynamics Institute for Social Research, **University of Michigan**.

Almeida, D. M., Kline, L., & Crouter, A. C. (2005, April). *Assessing diurnal cortisol in a daily diary study*. Workshop presented at National Institute on Child Health and Human Development Network on Work and Family Well-Being, **National Institutes of Health, Bethesda, MD**.

Almeida, D. M. & Wethington, E. (2006, June). *Daily telephone diary assessments: Lessons learned from the National Study of Daily Experiences*. Paper presented at the meeting of Life Calendar Assessment, Institute for Social Research, **University of Michigan**.

Almeida, D. M. (2006, June). *Innovative methods for the assessment of salivary cortisol in large surveys*. National Institute on Aging Workshop in Biomarkers, **Chicago, IL**.

Almeida, D. M. (2007, July). *Daily stress and well-being: New findings from the National Study of Daily Experiences*. **Max Planck Institute, Berlin, Germany**.

Almeida, D. M. (2007, May). *Does daily living wear you out? Developmental considerations of daily stress and health*. **University of Orebro, Sweden**.

Almeida, D. M. (September, 2008). *Age and stress? Better than you think!* Paper presented at the Wisconsin Symposium on Aging, **University of Wisconsin.**

Almeida, D. M. (December, 2008). *Stressor exposure and salivary cortisol as a marker of affective functioning.* Presented at the Panel Study o Income Dyamics workshop on biodemography. **University of Michigan, MI.**

Almeida, D. M. & Stawski, R. S. (March, 2008). *Modeling diurnal cortisol in field studies.* Paper presented at the National Institute on Aging biomarkers workshop, **Chicago, IL.**

Almeida, D. M. (July, 2008). *Using intraindividual variation in affective distress to examine genetic  $\times$  environmental interactions in daily life.* Paper presented at the meeting of the International Network of Intraindividual Variability Research Collaborations (IntraVarNet); Dollin, Germany

Almeida, D. M. (April, 2009). *Does daily living wear you out?* Invited symposium for the Department of Psychology, **Kent State University, Ohio.**

Almeida, D. M. (December, 2009). *What do we know about health disparities and stress.* Paper presented at the meeting of integrating complex systems and stress research, School of Public Health, **University of Michigan, MI.**

Almeida, D. M., Davis, K. D., & Crouter, A. C. (2009, October). *Translational research on work and family: Daily stress processes in hotel employees and their families.* Invited presentation to the 2<sup>nd</sup> Biennial Urie Bronfenbrenner Conference, Improving the state of Americans: Translational Research in the Social and Behavioral Sciences. **Cornell University, Ithaca, NY.**

Almeida, D. M. (2010, February). *Does daily life wear you out? Using daily diaries to study stress and health.* Paper presented at the Psychology Colloquium Series, **University of British Columbia. Canada**

Almeida, D. M. (2010, March). *Daily telephone diary assessments: Lessons learned from the National Study of Daily Experiences.* Presented at the Psychology Colloquium Series, **University of Victoria, B.C., Canada.**

Almeida, D.M. (2010, June). *Assessing recall of emotion via daily diaries.* Presented at the meetings on assessment of emotions at the Center for Research on Emotions and Well-being, **Princeton University, NJ.**

Almeida, D. M. (2010, January). *Integrating disciplines in the MIDUS studies.* Presented at the Conference on Opportunities at the Crossroads of Scientific Discovery: Design and Analysis of Longitudinal Data for Interdisciplinary Research Across Life Span, British Columbia Network for Aging Research. **Vancouver, B.C., Canada.**

Almeida, D. M. (2010, May). *Innovative methods for the assessment of salivary cortisol in large surveys.* Presenting at the National Research Council Meeting on Stress and Health, **National Academies of Sciences, Washington, D.C.**

Almeida, D.M. (2010, August). *Combining self-reports and biomarkers of daily experiences in large field studies: The CRASH course.* Presented at the meeting of the Network on Exposures to Psychosocial Stress and to Addictive Substances, **Washington, D.C.**

Almeida, D. M., & Davis, K. D. (2010, November). *Workplace flexibility, work-family spillover, and health.* Presented at the Alfred P. Sloan Foundation and Workplace Flexibility 2010 meeting, **Washington, DC.**

Almeida, D.M. (2011, February). *The speedometer of life: Daily stress, health, and well-being.* Pattishall Award Lecture, College of Health and Human Development, **Pennsylvania State University.**

Almeida, D.M. (2011, March). Constant vibrations in the web of the unremarkable: Daily stress, health and well-being. Keynote presentation for the 20<sup>th</sup> Anniversary of the Department of Biobehavioral Health, **Pennsylvania State University**.

Almeida, D.M. (2011, October). Spit happens! Combining psychosocial and biological markers of daily stress. Workshop for the Population Research Institute. **Pennsylvania State University**.

Almeida, D.M. (2011, September). Bridging daily stress to individual, family and workplace well-being. Keynote presentation for the Swiss Congress on Psychology. **Freiburg, Switzerland**.

**National and International Conferences (Refereed oral papers, posters, and symposia, since 2002):**

Almeida, D. M., & Horn, M. C. (2002, August). *Is daily life more stressful during middle adulthood?* Paper presented at the 110<sup>th</sup> Annual Scientific Convention of the American Psychological Association, Chicago, IL.

Grzywacz, J. G., & Almeida, D. M. (2002, August). *Stress and socioeconomic differentials in physical and mental health: A daily diary approach*. Paper presented at the meetings of the American Sociological Association, Chicago, IL.

Cate, R., & Almeida, D. M. (2002, July). *Marital arguments and management of Type II diabetes: Findings from a daily diary study*. Paper presented at the meetings of the International Society for the Study of Interpersonal Relationships, Halifax, Canada.

Neupert, S. D., Spiro, A., Almeida, D. M., & Mroczek, D. K. (2003, November). *The effects of the Columbia shuttle disaster on the daily lives of older adults: Findings from the Normative Aging Study*. Poster presented at the 56<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Wilhelm, M., Almeida, D. M., Cate, R., Howerter, A., Serido, J., Neupert, S. D., Ogolsky, B., Simon, C., Kasle, S., & Rice, D. (2003, November). *A daily diary approach to understanding health and well-being*. Paper presented at the meeting of the National Council on Family Relations, Vancouver, B.C.

Almeida, D. M., & Serido, J. (2004, July). *Viewing turning points during middle adulthood through the lens of daily stressors*. Paper presented at 2004 International Society for the Study of Behavioral Development, Ghent, Belgium.

Almeida, D. M., Mroczek, D. K., & Neupert, S. D. (2004, November). *Personality predictors of between- and within-person variation in daily well-being*. Paper presented at the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Banks, S. R., Almeida, D. M., Wong, J. D., & Weininger, A. (2004, November). *For better, for worse, or both? Examining the links between daily stressors and positive events*. Paper presented for the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Charles, S. T., Fung, H. H., & Almeida, D. M. (2004, November). *Negative affect and the stressors responsible: Individual differences and age*. Paper presented for the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Neupert, S. D., & Almeida, D. M. (2004, August). *Sociodemographic and psychosocial variation in daily stressor exposure and reactivity*. Poster presented at the 112<sup>th</sup> Annual Scientific Convention of the American Psychological Association, Honolulu, HI.

Neupert, S. D., Almeida, D. M., Mroczek, D. K., & Spiro, A. (2004, April). *Cognitive reactivity to daily stressors: Findings from the Normative Aging Study*. Poster presented at the Cognitive Aging Conference, Atlanta, GA.

Neupert, S.D., Almeida, D. M., Mroczek, D.K., & Spiro, A. III. (2004, November). *Age differences in memory failures after exposure to stressors in varying domains: Findings from the VA Normative Aging Study*. Paper presented at the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Serido, J. & Almeida, D. M. (2004, February). *Interpersonal tensions: Untangling the relationship of appraisal and stressor on distress*. Paper presented at the 2004 Eastern Sociological Society, New York City, NY.

Serido, J. & Almeida, D. M. (2004, November). *Age differences in within-person variations in appraisal of daily stressors*. Paper presented at the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Serido, J., Howerter, A., Neupert, S. D., & Almeida, D. M. (2004, July). *Are there really age differences in exposure and reactivity to daily stressors?* Poster presented at the 2004 International Society for the Study of Behavioral Development, Ghent, Belgium.

Almeida, D. M., & Yorgason, J. B. (2005, November). *Concurrent and longitudinal predictors of emotional transmission*. Paper presented at the 58<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Almeida, D. M., & Charles, S. (2005, November). *Genetic x environmental interactions in daily life: Applying the model of dynamic equilibrium to explain variation in affective distress*. Paper presented at the 58<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Banks, S. R., Almeida, D. M., Davis, P., & Savla, J. (2005, November). *Assessing diurnal cortisol in a daily diary study*. Paper presented at the 58<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Charles, S. T., & Almeida, D. M. (2005, June). *Genetic and environmental influences on the occurrence and perceived severity of daily stressors*. Paper presented at the Behavior Genetics Association, Hollywood, CA.

Davis, K. D., Pirretti, A. E., Almeida, D. M., & Goodman, B. (2005, November). *Shift work: Relations with work-family spillover and marital quality*. Poster presented at the National Council on Family Relations, Phoenix, AZ.

La Guardia, J., Almelda, D. M., & Ryff, C. (2005, November). *Intraindividual variability in emotion regulation across relationships and days: Why relationship context and authenticity matter*. Paper presented at the meeting of the Gerontological Society of America, Orlando, FL.

Piazza, J., R., Charles, S., & Almeida, D. M. (2005, November). *Emotional well-being and reactivity to stress: The benefits of age in the context of chronic illness*. Paper presented at the 58<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Wong, J. D., & Almeida, D. M. (2005, November). *Is daily life stressful after retirement?* Poster presented at the 58<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Yorgason, J.B., Almeida, D., Neupert, S., & Spiro, A. (2005, November). *Daily health symptoms and spousal well-being: Examining emotional transmission in older couples*. Paper presented at the National Council of Family Relations, Phoenix, AZ.



- Almeida, D. M., Stawski, R. S., Hoffman, L., & Banks, S. R. (2006, November). *Longitudinal change in daily stress processes: New results from the National Study of Daily Experiences*. Paper presented at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Banks, S. R., Dmitrieva, N., & Almeida, D. M. (2006, November). *What dreams may come: The effects of sleep on daily well-being*. Poster presented at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Cichy, K. E., Savla, J., & Almeida, D. M. (2006, November). *Coping with daily stressors among widowed women*. Paper presented at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Savla, J., Almeida, D. M., Banks, R. S., Molenaar, P., & Rovine, M. (2006, November). *Differential patterns of diurnal rhythm of cortisol by age, gender and stressor characteristics*. Paper presented at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Stawski, R. S., Sliwinski, M. J., Smyth, J. M., & Almeida, D. M. (2006). *Measuring intraindividual co-variability between stress and affect: Stress reactivity varies within as well as between individuals*. Paper presented at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Wong, J. D., & Almeida, D. M. (2006, August). *Does retirement status affect how older adults spend their time?* Poster presented at the 114<sup>th</sup> Annual Scientific Meeting of the American Psychological Association, New Orleans, LA.
- Almeida, D. M., Savla, J., Stawski, R. S., & Banks, S. R. (2007, August). *Into the field and under the skin: Measurement quality of salivary cortisol in the National Study of Daily Experiences*. Paper presented at the International Society of Psychoneuroendocrinology, Madison WI.
- Almeida, D. M., Stawski, R. S., & Banks, S. R. (2007). *The effect of changes in daily stressors on diurnal rhythms of salivary cortisol*. Paper presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Almeida, D. M., Stawski, R. S., Cichy, K. E., & Banks, S. (2007, November). *Longitudinal change (and stability) in daily stress processes*. In C. D. Ryff (Chair), *Psychosocial influences on aging: Longitudinal findings from the MIDUS*. Symposium presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Almeida, D. M., Stawski, R. S., Mroczek, D. K., & Spiro, A. (2007, November). *Daily stress processes and mortality in older men: Findings from the Normative Aging Study*. Paper presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Banks, S. R., & Almeida, D. M. (2007, November). *In the driver's seat? Daily stressors and perceptions of control*. Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2007, November). *Getting under the skin: Examining associations between daily stressful experiences and the diurnal rhythm of cortisol*. In K. E. Cichy and D. M. Almeida (Chairs), *Advantages of daily diary approaches for examining variability in stressful experiences in adulthood*. Symposium presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Davis, K. D., Almeida, D. M., & Stawski, R. S. (2007, November). *Between- and within-person analysis of work schedules and stress*. Poster presented at the National Council on Family Relations, Pittsburgh, PA.

Dmitrieva, N., Baytalskaya, N., & Almeida, D. M. (2007, November). *Longitudinal changes in work-family conflict predict changes in health*. Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

King, H. A., & Almeida, D. M. (2007, October). *Age and sex differences in daily reports of physical health symptoms across adulthood and the role of somatic amplification*. Poster presented at the 5<sup>th</sup> Biennial Scientific Meeting of the Society for the Study of Human Development, University Park, PA.

King, H. A., Stawski, R. S., & Almeida, D. M. (2007, November). *It's sensational! The role of neuroticism, somatic amplification, and age on daily physical symptoms*. Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

O'Neill, J.W., Harrison, M.M., Cleveland, J.N., Almeida, D.M., Stawski, R.S., Snead, A., & Crouter, A. (2007, August). *Work-family climate, organizational commitment, and turnover: The multilevel contagion effects of leaders*. Paper presented at the Annual Meeting of the Academy of Management, Philadelphia, PA.

Savla, J., Zaritz, S. H., & Almeida, D. M. (2007, November). *Dysregulation of daily cortisol rhythm in caregivers*. Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Seltzer, M. M., Almeida, D. M., Greenberg, J. S., Savla, J., Stawski, R. S., Hong, J., & Lounds, J. J. (2007, November). Daily stress and dysregulation of salivary cortisol in parents of children with disabilities: A report from the MIDUS study. In K. E. Cichy and D. M. Almeida (Chairs), *Advantages of daily diary approaches for examining variability in stressful experiences in adulthood*. Symposium presented at the meeting of the Gerontological Society of America, San Francisco, CA.

Stawski, R.S., & Almeida, D.M. (2008, April). *Modeling the diurnal rhythm of salivary cortisol: Findings from the National Study of Daily Experiences*. Paper presented at the Annual Chicago Core on Biomarkers in Population-Based Aging Research (CCBAR) workshop, Chicago, IL.

Stawski, R. S., Almeida, D. M., Rosnick, C. B., & Lachman, M. E. (2007, November). Cognitive function as a resilience/vulnerability factor in daily stress process. In R. S. Stawski & C. B. Rosnick (Chairs). *The relationship among stress, health, and cognitive performance across the adult lifespan*. Symposium presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Stawski, R. S., Cichy, K. E., & Almeida, D. M. (2007, October). *Associations among daily stressful experiences, stressor characteristics, and the diurnal rhythm of cortisol: Evidence from the National Study of Daily Experiences*. Poster presented at the 5<sup>th</sup> Biennial Scientific Meeting of the Society for the Study of Human Development, University Park, PA.

Sturm, M., Charles, S. T., & Almeida, D. M. (2007, November). *The importance of social relationships for well-being across different age groups*. Paper presented at the meeting of the Gerontological Society of America, San Francisco, CA.

Wong, J. D., Almeida, D. M., & Stawski, R. S. (2007, October). *Employment and diurnal cortisol rhythm in a sample of middle-aged adults*. Poster presented at the 5<sup>th</sup> Biennial Scientific Meeting of the Society for the Study of Human Development, University Park, PA.

Wong, J. D., Almeida, D. M., & Stawski, R. S. (2007, November). *Diurnal cortisol rhythm in a sample of middle-aged non-retirees and retirees*. Paper presented at the meeting of the Gerontological Society of America, San Francisco, CA.

Yorgason, J., Almeida, D. M., Neupert, S., Spiro, R., Hoffman, L., & Miller, R. B. (2007, November). *A dyadic examination of the moderating effect of personality on the link between daily health symptoms and spousal mood*. Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Bennett, J. M., Davis, K. D., Almeida, D. M., & Klein, L. C. (2008, October). *Interpersonal stressors and longer work days increase tobacco use among hotel workers*. Poster presented at the Pennsylvania State University's Social Science Research Institute's Stress and Health Research Day, University Park, PA.

Charles, S. T., Piazza, J. R., & Almeida, D. M. (2008, November). *Examining affective reactivity among people with a spinal cord injury*. Paper presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Cichy, K. E., Stawski, R. S., Almeida, D. M., & Seeman, T. (2008, November). Is there a physiological "cost to caring"? Associations between exchanges of support and indicators of allostatic load. In K. E. Cichy and R. S. Stawski (Chairs), *Two sides of the same coin: How social relationships both benefit and compromise health*. Symposium presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Dmitrieva, N. O., & Almeida, D. M. (2008, November). *Daily sleep patterns and physical health*. Poster presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Hahn, E., Cichy, K. E., & Almeida, D. M. (2008, November). *Daily time use in widowhood and well-being*. Poster presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

King, H. A., & Almeida, D. M. (2008, February). *Neuroticism predicts level of and daily fluctuations in physical health symptoms in the National Study of Daily Experiences*. Poster presented at the Scientific Meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

King, H. A., Stawski, R. S., & Almeida, D. M. (2008, November). The effects of neuroticism and daily stressors on daily physical health symptoms. In H. A. King and D. K. Mroczek (Chairs), *Personality, health, and aging*. Symposium presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Klein, L.C., Whetzel, C.A., Almeida, D.M., Bennett, J.M., Stawski, R.S., Banks, S.R., & Crouter, A.C. (2008). *Salivary DHEA-S levels across the day: Evidence for a daily rhythm in a healthy adult population*. Poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.

Savla, T. & Almeida, D. M. (2008, November). *Daily stress, affect and fluctuations in pain symptoms and cortisol rhythm*. Paper presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Sliwinski, M. J., Almeida, D. M., Smyth, J. M., & Stawski, R. S. (July, 2008). *Intraindividual change and variability in daily stress processes: Findings from two diary burst studies*. Paper presented at the meeting of the International Network of Intraindividual Variability Research Collaborations (IntraVarNet), Dollin, Germany.

Stawski, R.S., Almeida, D.M., Seeman, T., Lachman, M.E., Tun, P., & Rosnick, C.B. (2008, April). *Associations between naturally occurring daily cortisol and cognitive function*. Paper presented at the 12<sup>th</sup> Biennial Cognitive Aging Conference, Atlanta, GA.

Stawski, R. S., Almeida, D. M., Seeman, T., Lachman, M. E., Tun, P. A., & Rosnick, C. B. (2008, November). Associations among working memory, episodic memory, and naturally occurring diurnal cortisol rhythms. In R. S.

Stawski & K. E. Cichy (Chairs), *Stress, health, well-being and cognition across the adult lifespan: Psychological and biological perspectives*. Symposium presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Stawski, R. S., Cichy, K. E., & Almeida, D. M. (2008, November). Subjective appraisals of daily stressful experiences: Findings from the National Study of Daily Experiences. In R. S. Stawski (Chair), *Stress processes in adulthood and old age: Considerations among healthy adults, injury sufferers, and caregivers*. Symposium presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Ward, M. E., & Almeida, D. M. (2008, November). *Emotional eating: How using food to cope is associated with self-reported and weight related health outcomes*. Poster presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Wong, J. D., & Almeida, D. M. (2008, November). *Assessing the associations among stress, work social support, and diurnal cortisol rhythm in a sample of workers*. Paper presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Wong, J. D., & Almeida, D. M. (2008, August). Timing of retirement transition and daily stressors. In K. Boerner (Chair), *Heartaches and headaches in midlife: The impacts of untimely stressors*. Symposium paper presented at the 116<sup>th</sup> Annual Scientific Meeting of the American Psychological Association, Boston, MA.

Almeida, D. M., Piazza, J. R., & Stawski, R. S. (2009, November) *Intra-individual variability in the cortisol awakening response: An examination of age and gender*. Symposium paper presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontology Society of America, Atlanta, GA.

Almeida, D. M., Seltzer, M. M., Hong, J., Greenberg, J., Smith, L., & Stawski, R. S. (2009, November). *Daily experiences and diurnal cortisol in midlife mothers of individuals with autism and controls*. Paper presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Bennett, J. M., Stawski, R. S., Whetzel, C. A., Almeida, D. M., & Klein, L. C. (2009, March). *Daily rhythms of melatonin are altered by amount of sleep*. Poster presented at the Annual Meeting of the American Psychosomatic Society, Chicago, IL.

Bennett, J. M., Stawski, R. S., Whetzel, C. A., Almeida, D. M., & Klein, L. C. (2009, March). Synchrony between daily salivary melatonin and cortisol levels: Impact of sleep and stressors. Paper presented at the Annual Meeting of the American Psychosomatic Society, Chicago, IL.

Bennett, J. M., Whetzel, C. A., Almeida, D. M., & Klein, L. C. (2009, April). *Tobacco use is associated with an elevated cortisol awakening response: evidence from a daily diary study with hotel workers*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.

Cichy, K. E., Stawski, R. S., Mroczek, D. K., Spiro III, A. & Almeida, D. M. (2009, November). Husbands as naturally occurring stressors: Daily stressors and well-being in older couples. In K. E. Cichy & R. S. Stawski (Chairs), *Associations between daily and chronic stressors, family relationships, and well-being*. Symposium presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Klein, L. C., Bennett, J. M., Davis, K. D., Almeida, D. M., Crouter, A. C., & McHale, S. (2009, April). *Workplace stress increases tobacco use among workers and their partners: evidence from the Penn State Hotel Work and Well-being Study*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Dublin, Ireland.

Klein, L. C., Bennett, J. M., Stawski, R. S., Whetzel, C. A., Davis, K. D., Almeida, D. M., McHale, S. M., & Crouter, A. C. (2009, April). *Synchrony between daily salivary melatonin and cortisol Levels: Impact of sleep and*

*work stressors in parents and children*. Paper presented at the National Heart Lung and Blood Institute Sleepiness and Health-Related Quality of Life Conference, Bethesda, MD.

Klein, L. C., Stawski, R. S., & Almeida, D. M. (2009, March). Sex differences in diurnal cortisol patterns, cortisol awakening response and total cortisol output: Results from the National Study of Daily Experiences (NSDE). Poster presented at the Annual Meeting of the American Psychosomatic Society, Chicago, IL.

Mroczek, D., Stawski, R. S., Almeida, D. M., Spiro, A., & Turiano, N. (2009, November). *Affect variability predicts mortality*. Paper presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Sliwinski, M. J., Almeida, D. M., Stawski, R. S., & Smyth, J. M. (2009, November). *Age changes in daily stress processes: Coordinated analyses of two measurement burst studies*. Paper presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Sliwinski, M. J., Smyth, J. M., Stawski, R. S., Almeida, D. M., Lachman, M. E., & Tun, P. (2009, March). *Cognitive function and the morning cortisol response to awakening*. Poster presented at the Annual Meeting of the American Psychosomatic Society, Chicago, IL.

Stawski, R. S., Almeida, D. M., Seeman, T., Lachman, M. E., Tun, P., & Rosnick, C. B. (2009, July). *Age differences in associations among executive function, episodic memory, and diurnal cortisol rhythms*. Paper presented at the 19th IAGG World Congress of Gerontology and Geriatrics, Paris, France.

Stawski, R. S., Almeida, D. M., Seeman, T., Lachman, M. E., Tun, P., & Rosnick, C. B. (2009, October). *Associations between cognitive function and daily cortisol levels across the adult lifespan*. Paper presented at the Conference on Cognition, Health, and Aging, University Park, PA.

Stawski, R. S., Cichy, K. E., & Almeida, D. M. (2009, November). *Linking daily stressors to negative affect: The importance of subjective appraisals and event type*. Paper presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, A.

Walter, K. N., Bennett, J. M., Whetzel, C. A., Davis, K. D., Almeida, D. M., & Klein, L. C. (2009, March). *Job status, burnout, and waking cortisol levels: Evidence from the Penn State Hotel Work and Well-Being Study*. Poster presented at the annual meeting of the American Psychosomatic Society, Chicago, IL. *Psychosomatic Medicine*, 71, A-42.

Whetzel, C. A., Davis, K. D., Bennett, J. M., Almeida, D. M., McHale, S. M., Crouter, A. C., & Klein, L. C. (2009, March). *Higher dehydroepiandrosterone-sulfate (DHEA-S) levels are associated with lower levels of daily stress: Evidence from the Penn State Hotel Work and Well-Being Study*. Poster presented at the meeting of the American Psychosomatic Society, Chicago, IL. *Psychosomatic Medicine*, 71, A-80.

Wong, J. D., & Almeida, D. M. (2009, November). *U.S. workers, work support, and daily experiences*. Poster presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Wardjiman, E. C., Birditt, K. S., & Almeida, D. M. (2010, August). *Daily interpersonal tensions and salivary cortisol: The role of personality traits*. Poster session presented at the 22<sup>nd</sup> Annual Convention of the Association for Psychological Science, Boston, MA.

Dmitrieva, N. O., Stawski, R. S., & Almeida, D. M. (2010, March). *Everything in moderation: Too much or too little sleep is associated with higher evening cortisol levels*. Poster presented at the 68<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Portland, OR.

- Dmitrieva, N. O., Charles, S. T., & Almeida, D. M. (2010, November). *Age and physiological vulnerability to increasing negative family-work spillover*. Paper presented at the 63<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA
- King, H. A., Stawski, R. S., & Almeida, D. M. (2010, March). *Daily physical health symptoms and cortisol in the National Study of Daily Experiences*. Poster presented at the 68<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Portland, OR.
- King, H. A., Almeida, D. M., Mroczek, D. K., Gerstorf, D., Turiano, N. A., & Stawski, R. S. (2010, November). Neuroticism, age, and daily cortisol at waking. In H. A. King (Chair), *Personality and health research in adulthood and old age*. Symposium presented at the 63<sup>rd</sup> annual meeting of the Gerontological Society of America, New Orleans, LA.
- Piazza, J. R., Stawski, R. S., Charles, S. T., & Almeida, D. M. (2010, March). *Aging amplifies the effect of negative affect on bedtime cortisol*. Paper presented at the 68<sup>th</sup> Annual Meeting of the American Psychosomatic Society, Portland, OR.
- Cichy, K.E., Stawski, R. S., & Almeida, D. M. (2010, November). Racial similarities and differences in exposure & reactivity to family stressors. In K. E. Cichy & R. S. Stawski (Chairs), *Daily life can wear you out: Individual and relational perspectives on daily stress, health, & well-being*. Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA.
- Stawski, R. S., Cichy, K. E., & Almeida, D. M. (2010, November). Don't worry, be happy (Or at least less stressed): Findings from the National Study of Daily Experiences. In K. E. Cichy & R. S. Stawski (Chairs), *Daily life can wear you out: Individual and relational perspectives on daily stress, health, & well-being*. Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA.
- Birditt, K. S., Cichy, K., Wardjiman, E., & Almeida, D. (2010, November). *Thorn in my side: Age and race differences in daily interpersonal tensions*. Symposium paper presented at the annual meeting of the Gerontological Society of America, New Orleans, LA.
- Birditt, K. S., Wardjiman, E. & Almeida, D. (2010, August). *Bite your tongue or fight it out: Implications of conflict avoidance for daily well-being and cortisol*. Symposium paper presented at the annual meeting of the American Psychological Association, San Diego, CA.
- Wong, J. D., & Almeida, D. M. (2010). *The effects of retirement transition on daily well-being*. Paper presented at the 63<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Almeida, D. M. (2013 May). The effects of a workplace intervention on affective stressor reactivity. Paper presented at the Work-Family Health Network Meeting, Washington, DC.
- Almeida, D. M. (2013 September). The effects of a workplace intervention on diurnal cortisol. Paper presented at the Work-Family Health Network Meeting, Portland, OR.
- Almeida, D. M. (2013 May) Daily rumination and health outcomes: Considerations of stressor residue. Paper presented at the Semi-Annual Midlife Development in the United States (MIDUS) Meeting, Madison, WI.
- Almeida, D. M. (2013 October). Growth mixture modeling applications to biological data in the MIDUS. Paper presented at the Semi-Annual Midlife Development in the United States (MIDUS) Meeting, Madison, WI.

Almeida, D. M. (2013 September). Daily stress processes and health. Keynote paper presented at the Harvard Catalyst meeting: Stress & Health Disparities: Bridging Laboratory, Clinical & Population Cambridge, MA.

Almeida, D. M., \*Lee, S., \*Lawson, K., & **Davis, K. D.** (2013, May). Does supervisor support buffer the effects of daily work-family conflict on negative affect and salivary cortisol. In L. Hammer & K. Brockwood, *Results from the Work, Family & Health Study*. Symposium at the annual Work, Stress, & Health meeting, Los Angeles, CA.

Almeida, D. M. & Piazza (2013). Daily stress processes and accelerated aging. Paper presented at the 20th World Congress of IAGG (International Association of Gerontology and Geriatrics). Seoul, Korea.

Almeida, D. M., Stawski, R., S., Cichy, K. E., Piazza, J. R. (2013, October). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences. Paper presented at the Society for Longitudinal and Lifecourse Research. Amsterdam, The Netherlands.

Lippold, M., **Davis, K. D.**, \*Lawson, K., McHale, S. M., & Almeida, D. M. (2013, April). Parents' daily work experiences and adolescents' health. In *Impact of parents' daily experiences on children's well-being, behaviors & parent-child relationships*. Symposium submitted to the biennial meeting of the Society for Research on Child Development, Seattle, Washington

Mogle, J., Gere, J., Almeida, D.M., Martire, L.M. (2013). Joint goal setting by spouses: Effects of daily stress and physical health. Paper presented at the 66th Annual Meeting of the Gerontological Society of America, New Orleans, LA.

Koffer, R.\*, Lee, S.\*, Mogle, J., & Almeida, D. (2013). Assessing the effect of daily stressor reactivity on financial well-being. Paper presented at the Semi-Annual Midlife Development in the United States (MIDUS) Meeting, Madison, WI.

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.

Gere, J., Almeida, D. M., & Martire, L. M. (May, 2013). *Considering romantic partners in setting goals: Effects on daily stress and divorce*. Poster presented at the 25<sup>th</sup> Annual Convention of the Association for Psychological Science, Washington, DC.

Hahn, E.A., Seeman, T.E., Almeida, D.M., & Lachman, M.E. Cognitive decline moderates the relationship between objective and subjective indicators of stress and everyday memory failures. Paper presented as part of a symposium, "The Interplay Between Psychosocial Resources and Cognitive, Mental, and Physical Health in Adulthood and Old Age" (F. Infurna & S. Agrigoroaei, Co-Chairs) at the 66<sup>th</sup> Annual Meeting of the Gerontological Society of America, New Orleans, LA, November 2013.

**Lee, S.**, Almeida, D. M., & Mogle, J. A. (2013). Positive affect and changes in daily physical Activities across adulthood. *Poster presented at the 66th Annual Scientific Meeting of The Gerontological Society of America (GSA)*. New Orleans, Louisiana, USA.

**Lee, S.**, Koffer, R., Mogle, J. A., & Almeida, D. M. (2013). Assessing the effect of daily stressor reactivity on financial well-being. *Paper presented at the 20th World Congress of IAGG* (International Association of Gerontology and Geriatrics). Seoul, Korea.

**Stawski, R.S.**, Cichy, K.E., Mogle, J.A. & Almeida, D.M. (2013). Associations among emotional reactivity to daily stressors and the diurnal rhythm of cortisol. Paper presented at the 66<sup>th</sup> Annual Meeting of the Gerontological Society of America, New Orleans, La.

Cichy, K.E., **Stawski, R.S.** & Almeida, D.M. (2013). Do poor health behaviors moderate the negative effects of daily family support demands among African American and European American adults? Paper presented at the 66<sup>th</sup> Annual Meeting of the Gerontological Society of America, New Orleans, La.

Robinette, J.W., Charles, S., Piazza, J., Greunewald, T., & Almeida, D.M. (2013, November). Neighborhood socioeconomic status and physiological risk: An examination of allostatic load. Paper presented at the annual conference of the Gerontological Society of America, New Orleans, LA.

### **EXTRAMURAL CITIZENSHIP:**

#### Editorial Board

*Journal of Health and Social Behavior* (2002-2010)  
*Psychology and Aging* (2004- present)

#### Journal Reviewer

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*Behavior Genetics*  
*Biological Psychiatry*  
*Child Development*  
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*Journal of Early Adolescence*  
*Journal of Marriage and the Family*  
*Journal of Gerontology: Psychological Sciences*  
*Journal of Organizational Behavior*  
*Journal of Personality and Social Psychology*  
*Journal of Personality*  
*Journal of Social and Personal Relationships*  
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*Psychoneuroimmunology*  
*Psychosomatic Medicine*  
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#### Guest Editor

*Journal of Marriage and the Family*  
Special section on Emotional Transmission in the Family (1999)

#### Committee Member

National Advisory Board for the Family Research Consortium (1997-2003)

#### Grant Review Committees

National Institutes of Health: Social Psychology and Interpersonal Processes Study Section



National Institutes of Health: Request for Applications on Biological Markers of Health and Well-Being

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