

Emma K. Adam
Edwina S. Tarry Professor
School of Education and Social Policy
Program in Human Development and Social Policy
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Professional Positions:

Past-President, International Society of Psychoneuroendocrinology, 9/1/2026-9/1/2029.

President, International Society of Psychoneuroendocrinology, 9/1/2023-9/1/2026.

President-Elect, International Society of Psychoneuroendocrinology, 9/1/2020-9/1/2023.

Associate Vice-President for Research, Office for Research, Northwestern University, 11/1/2021-12/31/2023.

Edwina S. Tarry Professor of Human Development and Social Policy, School of Education and Social Policy, Northwestern University, 9/01/19-present.

Professor of Psychology (by courtesy), Weinberg College of Arts and Sciences, Northwestern University, 09/01/12-present.

Professor of Psychiatry and Behavioral Sciences (by courtesy), Feinberg School of Medicine, Northwestern University, 09/01/16 – present.

Professor of Medical Social Sciences (by courtesy), Feinberg School of Medicine, Northwestern University, 09/01/23 – present.

Professor of Human Development and Social Policy, School of Education and Social Policy, Northwestern University, 09/01/12 – 09/01/19.

Faculty Fellow, Institute for Policy Research (IPR), Northwestern University, 09/04-present.

Member, Center for Behavior and Health, Institute for Public Health and Medicine, Feinberg School of Medicine, Northwestern University, 06/13-present.

Program Chair, Graduate Program on Human Development and Social Policy, School of Education and Social Policy, Northwestern University, 07/01/13 – 09/01/16, 09/01/2019-09/01/2020.

Research Affiliate, Population Research Center, The University of Chicago, 03/15-present.

Research Affiliate, Education Lab, The University of Chicago, 9/01/16-present.

Executive Board Member, Cells to Society: Center on Social Disparities and Health at the Institute for Policy Research, 9/04-present.

Associate Professor of Human Development and Social Policy, School of Education and Social Policy, and Associate Professor of Psychology, Northwestern University, 09/07 – 9/1/2012.

Assistant Professor of Human Development and Social Policy, School of Education and Social Policy, Northwestern University, 09/00 – 09/07.

Assistant Professor of Psychology, Northwestern University, 01 /02 – 09/07.

Faculty Associate, Institute for Policy Research (IPR), Northwestern University, 9/00-9/04.

Post-doctoral Fellow, Sloan Center on Parents, Children and Work, University of Chicago, 9/98 – 9/00.

Education:

Ph.D. Child Psychology, Nov. 1998. Institute of Child Development, University of Minnesota.

M.A. Public Policy, June 1998. Irving B. Harris Graduate School of Public Policy Studies, University of Chicago.

M.A. Applied Developmental Psychology, Nov. 1992. University of Toronto.

B.Sc. Psychology, June 1990. University of Toronto.

Awards/Honors:

2023	President, International Society of Psychoneuroendocrinology
2020	President-Elect, International Society of Psychoneuroendocrinology
2019	Appointed as Fellow, Association for Psychological Science
2019	Appointed as Edwina S. Tarry Professor, School of Education and Social Policy
2013	Curt Richter Award, International Society of Psychoneuroendocrinology
2013	Outstanding Professor Award, School of Education and Social Policy, Northwestern University
2008	Northwestern University Associated Student Government Faculty Honor Roll
2005	Fellowship, Center for Advanced Study in the Behavioral Sciences, Stanford (declined)
2004-2009	William T. Grant Scholars Award
2003-2004	National Academy of Education/Spencer Foundation Post-doctoral Fellowship
1998-2000	Social Sciences and Humanities Research Council of Canada Post-doctoral Fellowship Alfred P. Sloan Foundation Post-doctoral Fellowship
1997	Irving B. Harris Fellowship in Child Policy, University of Chicago Ruth Eckert Scholarship, University of Minnesota
1996-1997	Putting Children First Fellowship in Child and Family Policy Doctoral Fellowship, University of Minnesota Dissertation Special Funds Grant, University of Minnesota Student Community Service Award, University of Minnesota Education Alumni Society Scholarship, University of Minnesota
1992-1996	SSHRC Doctoral Fellowship
1991-1992	Ontario Graduate Scholarship
1990	S. H. Janes Silver Medal in Psychology Ethel Treble and F. Louis Barber Traveling Scholarship
1989	Joseph Wesley MacCallum Scholarship

Research Interests:

- Factors predicting emotion and physiological stress in young children, adolescents and adults in the context of their everyday lives including home, work and school contexts; especially the role of interpersonal relationships as elicitors and buffers of stress.
- Short-term effects of physiological stress for everyday functioning; cumulative effects of physiological stress on the development of emotional and physical health disorders and academic attainment.
- Social influences on sleep timing and quality in naturalistic settings using diary-based measures and actigraphy. Implications of short-term (day-to-day) changes in sleep for emotion and cognition and of individual differences in sleep timing and quality for health and academic outcomes.
- Racial/ethnic and socioeconomic disparities in stress, sleep, health and academic attainment; the impact of perceived discrimination on biological stress and developmental outcomes.
- Interventions to reduce stress, regulate stress biology, improve sleep and promote emotional and physical health and academic attainment in students facing discrimination or economic disadvantage.

Leadership and Communication/Media Training:

Big 10 Academic Alliance Academic Leadership Training Program (2021-2022 Academic Year)

<https://btaa.org/leadership/academic-leadership-program/introduction>

Leading Diversity, Equity and Inclusion (Winter 2022)

<https://csdd.northwestern.edu/leadership-training/>

Public Voices Fellow, The Op Ed Project, 2014-2015

<https://www.theopedproject.org/fellowships>

Membership and Leadership in Professional Organizations:

International Society of Psychoneuroendocrinology

Member, 1998- , President-Elect, 2020-2023, President 2023-2026, Past President, 2026-2029.

Society for Research in Child Development

Member, 1994-present

Interdisciplinary Committee of SRCD, May 6, 2011 to March 15, 2013

Chair, Interdisciplinary Committee of SRCD, May 6, 2013 to March 15, 2015

American Psychological Association, 1995-

Society for Research on Adolescence, 2000-

Association for Public Policy Analysis and Management

Member and Northwestern SESP and IPR Institutional Representative 2018-2021

Editorial Board Memberships:

Child Development, 2007-present

Journal of Adolescent Health, 2005-present

Journal of Research on Adolescence, 2015-present

Adaptive Human Behavior and Physiology, 2016-present

Child Development Perspectives, 2011-2015

Stress, 2017-present

Psychoneuroendocrinology, 2020-present

Biological Psychology, 2021-present

AERA Open, 2014-2022

Websites Summarizing Research/Publications/Impact:

<http://www.sesp.northwestern.edu/profile/?p=25>

<http://www.ipr.northwestern.edu/faculty-experts/fellows/adam.html>

<http://adamlab.sesp.northwestern.edu/index.html>

http://www.scholars.northwestern.edu/expert.asp?n=Emma+K+Adam&u_id=10&oe_id=1&o_id=

<http://scholar.google.com/citations?user=ESj6MIEAAAJ&hl=en&oi=ao>

Grants – Current:

Principal Investigator (with Adriana Umaña-Taylor, Co-PI). “Does a Universal Ethnic-Racial Identity Intervention Promote Psychosocial and Academic Outcomes and Reduce Racial-Ethnic Disparities?” Russell Sage Foundation, R-2510-50747, 9/01/2025-9/1/2027, \$200,000.

Principal Investigator (with Judy Garber, Denise Chavira, Michelle Craske, and Richard Zinbarg, Co-PIs). “Targeting negative affect through mindfulness training in youth at risk for internalizing problems”. R33 MH119270, 9/01/2023-8/31/2027, \$3,594,165.

Grants – Under Review

Adam, E.K. (P.I.), Collier Villaume, S., Bonilla, T. & Heissel, J. (Co-PIs). Immigration and Customs Enforcement Activity, Community Responses and K-12 Student Attendance, Behavior and Academic Performance: Stress Disparities and Stress Buffering (Large Grant submitted to the Spencer Foundation, Application #10077646).

Grants – Completed:

Adam, E.K. (Co-PI, Edith Chen, P.I.) of Northwestern University subcontract to Grant, K. (P.I.), DePaul University.” Evaluation of an Intervention to Improve Academic Outcomes for Low-Income Urban Youth through Instruction in Effective Coping Supported by Mentoring Relationships” (Social and Behavioral Context for Academic Learning – Goal III).

Institution: Institute of Educational Sciences (IES) R#305A210263, 7/1/2021-7/1/2026, \$3,799,961.

Principal Investigator (with Judy Garber, Denise Chavira, Michelle Craske, and Richard Zinbarg, Co-PIs). “Targeting negative affect through mindfulness training in youth at risk for internalizing problems”. NIMH 1 R61 MH119270-01A1, 2/01/2019-1/31/2024, \$5,705,500.

Principal Investigator (with Adriana Umaña-Taylor, Co-PI and Mesmin Destin, Co-I). “Race-based Biological Stress, Ethnic-Racial Identity, and Educational Outcomes: New Approaches to Studying Academic Achievement Gaps”. Spencer Foundation, Lyle Spencer Research Award #201800033, 9/1/2017-8/31/2023, \$1,000,000.

Principal Investigator (with Jon Guryan, Co-PI). “Quiet Time, Quiet Biology: Does a School-Based Meditation Intervention Impact Stress Biomarkers?” Russell Sage Foundation, #96-18-06, 4/1/2018-3/31/2020, \$135,830.

Consultant/Co-Investigator. Dunkel Schetter (PI) NIH/NICHD “Preconception and Prenatal Stress: Pathways to Child Biology and Behavior”, 1R01HD072021-01, 8/15/13-7/14/18, \$3,073,411.

Principal Investigator (with Jennifer Doleac and Jonathan Meer, Co-PIs). “High Stakes Testing, Stress and Performance: Biological Pathways”. Spencer Foundation, #201500117, 1/1/2015-12/31/2016, \$50,000.

Co-Investigator (with David Figlio, P.I., Jonathon Guryan, Christopher Kuzawa, Thomas McDade, Diane Schanzenbach, Quincy Stewart, Co-Is). “Collaborative Research: Leveraging Matched Administrative Datasets to Improve Educational Practice and Long Run Life Outcomes: Toward Building a National Interdisciplinary Network”. NSF, 9/15/2012 – 8/31/2016, \$521,401.

Co-Sponsor (Katherine Ehrlich, P.I., Gregory Miller, Sponsor). “Adolescent Social Relationships and Immune, Endocrine, and Metabolic Processes”. NICHD, F32 HD76563, 9/1/2013-9/1/2015, \$94,228.

Co-Investigator (David Victorson, P.I.). “Integrating Stress Biomarkers into an Ongoing Randomized Clinical Trial of Mindfulness Meditation in Young Adults with Cancer Using Novel Collection Approaches”. Cancer Team Support Award, Lurie Cancer Center, 12/1/13-11/30/15, \$49,913.

Principal Investigator (with Kathryn Grant, DePaul University, PI, and Edith Chen, Northwestern University, co-PI). “Development and Validation of a Comprehensive Stress Battery for Adolescents”.

R21 AA021073, 9/15/2011-8/31/2013, \$433,397.

Principal Investigator. “Social Influences on Early Adult Stress Biomarkers”. NICHD R01 HD053731-01A1. T. McDade & E. Adam (P.I.’s), G. Duncan, T. Cook, L. Chase-Lansdale & D. Massey (Co-Investigators). \$1,878,981, 4/1/07-1/30/13.

Principal Investigator (with Margaret Kemeny, Wendy Mendes, Jacque Eccles, PIs). “Race Based Social Stress and Health Trajectories from Adolescence to Adulthood”. RC2 AG036780-01, 10/1/2009 – 9/30/2012, \$900,235.

Co-Investigator. “Common and Specific Risk Factors for Emotional Disorders”. NIMH R01 MH65652. R. Zinbarg (P.I.), S. Mineka & M. Craske (Co-PI’s), C. Hammen & E. Adam (Co-Investigators), \$1,856,180, 12/1/07-11/30/12.

P.I. of Northwestern Subcontract and Co-Investigator. “Community Action for Child Health Equity - Cook County IL”. M. Shalowitz (P.I.), E. Adam, G. Duncan, C. Kuzawa, T. McDade, B. Spencer (Co-Investigators). NICHD U01 HD054019, \$357,675 (NU subcontract) 7/1/07-6/30/2012.

Co-Investigator. “Neighborhood Poverty, Health and Economic Security Over the Adult Lifespan”. J. Ludwig (PI). 12/1/07-11/30/12.

Principal Investigator. "Everyday Experiences, Physiological Stress and the Emergence of Affective Disorder over the Transition to Early Adulthood: A Longitudinal Study", \$320,000. William T. Grant Foundation, 07/04-07/10.

Principal Investigator. "Contextual Influences on Adolescent Cortisol Activity". NIMH RO3 MH63269, \$134,000, 01/01/01-12/30/03.

Principal Investigator. “Adolescent Cortisol Activity in Home, School, and Peer Contexts: Cross-Sectional and Longitudinal Relations with Stress, Health, and Performance”, \$50,000. Spencer Foundation, 09/03-07/04.

Principal Investigator. "Qualitative Coding of Diary Reports Over the Transition to Adulthood", \$22,518. William T. Grant Foundation, 12/01/04-05/31/06.

P.I. of Northwestern Subcontract and Co-Investigator. “Community Action for Child Health Equity”. M. Shalowitz (P.I.), E. Adam, G. Duncan & C. Kuzawa (Co-Investigators). NICHD U01 HD044226-01, \$33,107 (for subcontract), 7/15/03-12/31/05.

P.I. of Northwestern Subcontract and Co-Investigator. “Community Action for Child Health Equity (Bridge Funding)”. M. Shalowitz (P.I.), E. Adam, G. Duncan & C. Kuzawa (Co-Investigators). NICHD U01 EH02-235-51/A03, \$44,274 (for subcontract), 7/1/06-12/31/07.

Co-Investigator. “Common and Specific Risk Factors for Emotional Disorders”. NIMH R01 MH65652. R. Zinbarg (P.I.), S. Mineka & M. Craske (Co-PI’s), C. Hammen & E. Adam (Co-Investigators), \$1,828,100, 6/18/02-3/31/07.

Co-Investigator. “The Costs of Covering: Psychological & Physiological Implications of Managing a Stigmatized Identity”. NSF 6808726 (Richeson, Jennifer, PI), \$274,325 7/01/09 - 6/30/11.

Co-Investigator. “Cells to Society: The Center on Social Disparities and Health” 1 R21 HD053946-01 (P. L. Chase-Lansdale, PI), \$1,132,125, 7/1/06-6/30/12.

Grants – Submitted, Not Funded:

Adam, E. K. & Adriana Umaña Taylor (Principal Investigators). Ameliorating the Health Impacts of Racism through an Adolescent Ethnic-Racial Identity Intervention. Letter of intent to the Robert Wood Johnson Foundation (Submitted August 2024).

Adam, E. K. & Adriana Umaña Taylor (Principal Investigators). Ameliorating the Health Impacts of Racism through an Adolescent Ethnic-Racial Identity Intervention. Letter of intent to the Arnold Ventures Foundation (Submitted September 2024).

Adam, E. K. & Adriana Umaña Taylor (Principal Investigators). Adolescent Stress in Times of Pandemic and Protest. Letter of intent to the Spencer Foundation.

Adam, E. K. & Hannes Schwandt (Principal Investigators). COVID-19, Economic Decline, and Adolescent Stress and Wellbeing: An Econometric Analysis of Linked National Datasets. Letter of intent to the Russel Sage Foundation.

Principal Investigator (with Adriana Umaña Taylor & Onnie Rogers, Co-PIs). “Qualitative Evaluation of a School-Based Ethnic Identity Promotion Intervention”. Brady Education Research Foundation, 5/1/2020-4/30/2023. \$610,942

Adam, E.K. (Co-PI, with Guryan, J. and Ouss, A., PI’s) “Meditation for Disadvantaged Students: Impact on Cognition, Behavior and Stress” (Social and Behavioral Context for Academic Learning – Goal III), IES, 7/1/2018 to 6/30/2022, 2,088,331 total (Y1 870,444 total, 764,598 direct).

Co-Investigator (Laurie Wakschlag, P.I.). “Prenatal Stress: Neurobiology, Inequality & Early Substance Abuse Susceptibility”. NIDA P01 DA035166-01, \$16,337,568.

Co-Investigator (Ann Borders, P.I.). “Prenatal Stress, HPA Axis Alterations & Maternal/Fetal Inflammatory Response”. NIDA R01, part of P01 DA035166-01.

Co-PI (Edith Chen, P.I.) “Chicago Public School – University Partnership to Foster Social Skills, Attitudes and Behaviors that Contribute to Academic Success”. Department of Education, subcontract to DePaul University.

Hallberg, K. (PI), Guryan, J. (co-PI), **Adam, E.** Ouss, A. and Tackett, J. (co-Investigators). NIH R01 “Meditation for Disadvantaged Students: Impact on Mental Health, Cognition and Stress” Institution: NIH Institute & National Center for Complementary and Integrative Health, \$2,102,711 total (Y1 \$819,952 total \$300,265 direct).

Hallberg, K. (P.I.), Guryan, J. and **Adam, E.** (co-PIs). “Meditation for Disadvantaged Students: Impact on Mental Health, Cognition and Stress” Institution: NIJ-2017-11147; \$963,787 total (Y1 \$323,006 total \$202,882 direct)

Peer-reviewed Publications: (*Italicized are graduate students or post-doctoral advisees*)

144. Galinha, I. C., Pinal, D., Zhang, Y., & Adam, E. (revise-resubmit, Psychoneuroendocrinology). MindRegulation: RCT of the Impact of Relaxation and Guided Imagery Interventions with Socioemotional Learning on Diurnal Cortisol Rhythms, Anxiety, and Cognitive Function in School-Aged Children
143. Callegari, J., Bonilla, T., Lichand, G., & Adam, E. K. (revise-resubmit, AERA open). The presence of ethnic-racial identity school projects and youth development in Brazil.
142. Leneman, K. B., Lawrence, R. A., Collier Villaume, S., McCambly, H. N., Russak-Pribble, A., Umaña-Taylor, A. J., & Adam, E. K. (revise-resubmit, Journal of Research on Adolescence). School as a moderator of racially diverse youth's critical racial awareness outcomes following a high school ethnic-racial identity intervention.
141. Roche, K. M., Ehrlich, K. B., Partovi, R., White, R. B. M., & Adam, E. K. (in press). Contextual stress exposure and longitudinal change in mental health and sleep among US Latino/a adolescents. *Journal of Adolescent Health*.
140. Yang, B., Collier Villaume, S., Ellison, R. L., Russak-Pribble, A., Umaña-Taylor, A. J., & Adam, E. K. (in press). Ethnoracial discrimination and subsequent cognitive functioning among adolescents: A two-month follow-up study. *Journal of Adolescence*.
139. Villaume, S. C., Sladek, M. R., Montgomery-Jones, S. M., Nwafor, E. E., Umaña-Taylor, A. J., & Adam, E. K. (2026). Out-of-school replication of the Identity Project: Randomized trial implementation and impacts on adolescent ethnic-racial identity development. *Journal of Applied Developmental Psychology*, 106, 101977.
138. Chen, S., Yang, B., Zhou, Z., Vargas, T., Wang, Y., Santaularia Gomez, N. J., Adam, E. K., Haase, C. M., & Qu, Y. (2026). Hippocampal volume moderates the link between racial-ethnic discrimination and early adolescent depression. *Clinical Psychological Science*. <https://doi.org/10.1177/21677026251409754>
137. Garber, J., Chavira, D.A., Adam, E.K., Craske, M., McMahon, T., Williams, A., Abitante, G., Lanser, I., Pashtunyar, D.S., Chen, S., & Zinbarg, R. (2025). A randomized controlled trial of an online mindfulness program for adolescents at risk for internalizing problems. *Journal of Consulting and Clinical Psychology*.
136. Koning, S. M., Adam, E. K., Kapoor, A., & McDade, T. W. (2025). Echoes of conflict and displacement in maternal health: Life-course violence, timing, and maternal stress after childbirth at the northern Thailand-Myanmar border. *Psychoneuroendocrinology*, 171, 107189.
135. Koning, S. M., Kessler, C. L., Canli, T., Duman, E. A., Adam, E. K., Zinbarg, R., Craske, M. G., Stephens, J. E., and Vrshek-Schallhorn, S. (2024). Early-life adversity severity, timing, and context type are associated with *SLC6A4* methylation in emerging adults: Results from a prospective cohort study. *Psychoneuroendocrinology*, 170, 107181.
134. Del Toro, J., Bernard, D., Lee, R. M. & Adam, E. K. (2024). Framing resilience linked to parental ethnic-racial socialization as hidden: A hidden resilience conceptual framework. *Social and Personality Compass* 18(7), e12984.

133. Cai, T., Yang, B., Zhou, Z., Ka, I. I., Adam, E. K., Haase, C. M. and Qu, Yang. (2024). Longitudinal Associations Between Neighborhood Safety and Adolescent Adjustment: The Moderating Role of Affective Neural Sensitivity. *Developmental Cognitive Neuroscience*, 67, 101380.
132. Collier Villaume, S., Stephens, J. E., Craske, M. G., Zinbarg, R. E., & Adam, E. K. (2024). Sleep and daily affect and risk for major depression: Day-to-day and prospective associations in late adolescence and early adulthood. *Journal of Adolescent Health* 74(2), 388-391.
131. Adam, Emma K. Natural Disasters as Natural Experiments: Lessons for Human Stress Science (2023), *Proceedings of the National Academy of Sciences of the United States of America.*, vol. 120, no. 44. <https://doi.org/10.1073/pnas.2316231120>.
130. Collier Villaume, S., Chen, S., & Adam, E. K. (2023). Age Disparities in Prevalence of Anxiety and Depression Among US Adults During the COVID-19 Pandemic. *JAMA Network Open*, 6(11), e2345073-e2345073. <https://doi.org/10.1001/jamanetworkopen.2023.45073>.
129. Feldman, E., Slavish, D., Grant, K., Carter, J., Adam, E. (In press). Short sleep duration predicts externalizing behaviors in racially/ethnically minoritized youth. *Journal of Adolescent Health*.
128. McMahon, T. P., Collier-Villaume, S. C., Adam, E. K. (2023). Daily Experiences and Adolescent Affective Wellbeing During the COVID-19 Pandemic: The CHESS Model. *Current Opinion in Psychology*, 101654.
127. Adam, E. K., Collier Villaume, S., Thomas, S., Doane, L. D., & Grant, K. E. (2023). Stress and hypothalamic–pituitary–adrenal axis activity in adolescence and early adulthood. In L. J. Crockett, G. Carlo, & J. E. Schulenberg (Eds.), *APA handbook of adolescent and young adult development* (pp. 55–72). American Psychological Association. <https://doi.org/10.1037/0000298-004>
126. Stalder, T., Lupien, S. J., Kudielka, B. M., Adam, E. K., Pruessner, J. C., Wüst, S., Dockray, S., Smyth, N., Evans, P., Kirschbaum, C., Miller, R., Wetherell, M. A., Finke, J. B., Klucken, T., & Clow, A. (2022, 2022/12/01/). Evaluation and update of the expert consensus guidelines for the assessment of the cortisol awakening response (CAR). *Psychoneuroendocrinology*, 146, 105946. <https://doi.org/https://doi.org/10.1016/j.psyneuen.2022.105946>
125. Entringer, S., Scholaske, L., Kurt, M., Duman, E. A., Adam, E. K., Razum, O., & Jacob Spallek. (2022, 2022/08/27/). Diurnal cortisol variation during pregnancy in Turkish origin and non-migrant women in a German birth cohort study. *Journal of Psychosomatic Research*, 111020. <https://doi.org/https://doi.org/10.1016/j.jpsychores.2022.111020>
124. Guardino, C. M., Rahal, D., Rinne, G. R., Mahrer, N. E., Davis, E. P., Adam, E. K., Shalowitz, M. U., Ramey, S. L., & Schetter, C. D. (2022). Maternal stress and mental health before pregnancy and offspring diurnal cortisol in early childhood. *Developmental Psychobiology*, 64(7), e22314. <https://doi.org/https://doi.org/10.1002/dev.22314>

123. Grant, K. E., Carter, J., Adam, E., & Jackson, Y. (2022). Assessment of life events in youth. In E. Youngstrom, M. Prinstein, E. Mash, & R. Barkley (Eds.) *Assessment of Disorders in Childhood and Adolescence, Fifth Edition*. New York, NY: Guilford Publications.
122. Keenan-Devlin, L. S., Smart, B. P., Grobman, W., Adam, E. K., Freedman, A., Buss, C., Entringer, S., Miller, G. E., & Borders, A. E. (2022). The intersection of race and socioeconomic status is associated with inflammation patterns during pregnancy and adverse pregnancy outcomes. *American Journal of Reproductive Immunology*, 87(3), e13489.
121. Barry, T. J., Sewart, A. R., Adam, E. K., Zinbarg, R. E., Mineka, S., & Craske, M. G. (2021). The longitudinal association between individual differences in recall of positive specific autobiographical memories and daily cortisol. *Biological Psychology*, 162, 108086.
120. Gyllenhammer, L. E., Entringer, S., Buss, C., Simhan, H. N., Grobman, W. A., Adam, E. K., Keenan-Devlin, L., Borders, A. E., & Wadhwa, P. D. (2021). Prospective association of maternal immune pro-inflammatory responsivity and regulation in pregnancy with length of gestation. *American Journal of Reproductive Immunology*, 85(5), e13366.
119. Keenan-Devlin, L. S., Caplan, M., Freedman, A., Kuchta, K., Grobman, W., Buss, C., Adam, E. K., Entringer, S., Miller, G. E., & Borders, A. E. B. (2021, 2021/12/01). Using principal component analysis to examine associations of early pregnancy inflammatory biomarker profiles and adverse birth outcomes [<https://doi.org/10.1111/aji.13497>]. *American Journal of Reproductive Immunology*, 86(6), e13497. <https://doi.org/https://doi.org/10.1111/aji.13497>
118. Kim, A. W., Adam, E. K., Bechayda, S. A., & Kuzawa, C. W. (2021). Early life stress and HPA axis function independently predict adult depressive symptoms in metropolitan Cebu, Philippines. *American Journal of Physical Anthropology*, 175(1), 308-308.
117. Kessler, C., Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R., Craske, M., & Adam, E. (2021). Experiences of adversity in childhood and adolescence and cortisol in late adolescence. *Development and Psychopathology*, 1-16. doi:10.1017/S0954579421001152
116. Collier Villaume, S., Stephens, J.E., Nwafor, E.E., Umaña-Taylor, A., & Adam, E.K. (2021). High parental education protects against changes in adolescent stress and mood early in the COVID-19 pandemic. *Journal of Adolescent Health*, 1-8. <https://doi.org/10.1016/j.jadohealth.2021.06.012>
115. Barry, T. J., Sewart, A. R., Adam, E. K., Zinbarg, R. E., Mineka, S., & Craske, M. G. (2021). The longitudinal association between individual differences in recall of positive specific autobiographical memories and daily cortisol. *Biological Psychology*, 108086.
114. Heissel, J. A., Adam, E. K., Doleac, J. L., Figlio, D. N., & Meer, J. (2021). Testing, stress, and performance: How students respond physiologically to high-stakes testing. *Education Finance and Policy*, 16(2), 183-208.
113. Leszko, M., Keenan-Devlin, L., Adam, E. K., Buss, C., Grobman, W., Simhan, H., Wadhwa, P., Mroczek, D. K., & Borders, A. (2020). Are personality traits associated with smoking and

alcohol use prior to and during pregnancy? *PloS one*, 15(5), e0232668.
<https://doi.org/10.1371/journal.pone.0232668>

112. Stephens, J.E., Kessler, C.L., Buss, C., Miller, G.E., Grobman, W.A., Border, A.E., Keenan-Devlin, L., Adam, E.K. (2020). Early and current life adversity: Past and present influences on maternal diurnal cortisol rhythms during pregnancy. *Developmental Psychobiology*, 63 (2), 305-319.
111. Adam, E. K., Hittner, E. F., Thomas, S. E., Collier Villaume, S., & Nwafor, E. E. (2020). Racial discrimination and ethnic racial identity in adolescence as modulators of HPA axis activity. *Development and Psychopathology*. 32(5). 1669-1684.
110. Leszko, M., Keenan-Devlin, L., Adam, E. A., Buss, C., Grobman, W., Simhan, H., Wadhwa, P., Mroczek, D. K., Borders, A. (2020). Are personality traits associated with smoking and alcohol use prior to and during pregnancy? *Plos One*. 15(5): e0232668.
109. Hittner, E. F., & Adam, E. K. (2020). Emotional pathways to the biological embodiment of racial discrimination experiences. *Psychosomatic Medicine*, 82(4), 420-431.
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7. Adam, E. K., Gunnar, M. R. & Tanaka, A. (2004). Adult Attachment, parent emotion, and observed parenting behavior: Mediator and moderator models. *Child Development, 75*, 110-122.
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1. Kremer, K. E., Adam, E. K., & Jimerson, S. R. (1995), Research and reform for U.S. mathematics education: What counts? A commentary on Stevenson, Stigler and Fernandez, and Resnick. In C. A. Nelson (Ed.) *Minnesota Symposium on Child Psychology, Vol. 28*. New York: Lawrence Erlbaum Associates.

Policy Evaluations, Op Eds, and Additional Publications:

9. Society for Research on Adolescence Website Feature Article, October 2015
<http://www.s-r-a.org/announcements/online-newsletter/2015-10-08-adolescent-discrimination-has-lasting-effects-adult-stress>
8. Op Ed. Adam, Emma K. (June 10, 2015). Five Amazing Ways Your Stress Hormones Help You Every Day. Huffington Post Healthy Living. http://www.huffingtonpost.com/emma-adam/stress-hormone-health_b_7506776.html
7. Op Ed. Adam, Emma K. (January 28, 2015). Why Black Americans Can't Sleep at Night: Racism. Quartz.com Ideas. <http://qz.com/334366/why-black-americans-cant-sleep-at-night-racism/>
6. Op Ed. Adam, Emma K. (November 14, 2014). *How to Reduce Teen Stress in High Anxiety Times and Always*. Huffington Post Healthy Living.
http://www.huffingtonpost.com/emma-adam/how-to-help-teens-reduce-_b_6134006.html
5. Sanbonmatsu, L., Ludwig, J., Katz, L.F., Gennetian, L.A., Duncan, G.J., Kessler, R.C., Adam E., McDade, T. W. & Lindau, S.T. (2011). *Moving to Opportunity for Fair Housing Demonstration Program--Final Impacts Evaluation*. US Department of Housing & Urban Development, PD&R.
4. Susman-Stillman, A. R., Brown, J. L., Adam, E. K., Blair, C., Gaines, R., Gordon, R., White, A.M., Wynn, S. R. (1996). Building research and policy connections: Training and career options for developmental scientists. *SRCD Social Policy Report, Vol. X, Number 4*, 1-20.
3. Adam, E. K. & Chaiken, M. (1996, August). An Implementation Analysis of New York City WAY Employment Procedures. Internal report prepared for New York City Human Resources Administration, Office of Data Analysis and Research.
2. Adam, E. K. (1999, September). Career path: Combining developmental psychology and public policy. *Newsletter of the Developmental Psychology Section of the Canadian Psychological Association*, 19, 5-6.
1. Adam, E. K. (1999). [Review of the book *Investing in our children: What we know and don't know about the costs and benefits of early childhood interventions*]. *Children and Youth Services Review*, 21, 339-342.

Policy Briefs

Institute for Policy Research Policy Research Brief, February 2018, "The Impact of Violent Crime on Stress and Sleep".

<https://www.ipr.northwestern.edu/publications/policy-briefs/sleep-crime-policy-brief.pdf>

Working Papers:

Heissel, J., Adam, E. K., Doleac, J. L., Figlio, D. N., Meer, J. Testing, stress and performance: How students respond physiologically to high-stakes testing. Working Paper 25305, National Bureau of Economic Research.

Preregistrations:

Sladek, M. R., Umaña-Taylor, A. J., Collier Villaume, S., & Adam, E. K. (2022, March). "Examining Ethnic-Racial Identity Intervention as a Buffer of Ethnic-Racial-Based Stress on Sleep." *Biology, Identity, and Opportunity (BIO) Study*. <https://doi.org/10.17605/OSF.IO/7KQRS>

Selected Media Coverage:

Psychoneuroendocrinology paper on Developmental Histories of Discrimination and Cortisol:

Mother Jones, 9/14/2015

<http://www.motherjones.com/environment/2015/09/experiencing-racial-discrimination-causes-poor-health>

Boston Globe, 9/18/2015

https://www.bostonglobe.com/lifestyle/health-wellness/2015/09/18/facing-prejudice-may-harm-health/sZ4zaME9sC4KuD5Tu4WBJJ/story.html?pl=Article_Recommended_ArticleText

Seattle Medium, 9/21/2015

<http://seattlemedium.com/study-racism-has-long-term-health-impacts-on-blacks/>

Louisiana Weekly, 9/29/2015

<http://www.louisianaweekly.com/racism-has-long-term-health-impacts-on-blacks-study-concludes/>

La Presse, 10/8/2015

<http://www.lapresse.ca/debats/editoriaux/marc-thibodeau/201510/07/01-4907652-deleter-discrimination.php>

Innovation Hub, WGBH (Boston Public Radio), 1/14/2016

<https://soundcloud.com/innovationhub/the-link-between-hormones-and-discrimination>

<http://blogs.wgbh.org/innovation-hub/2016/1/14/how-discrimination-affects-your-hormone-levels/>

Pacific Standard Magazine, 3/29/2016

<http://www.psmag.com/health-and-behavior/racism-is-real-and-it-is-making-black-americans-less-healthy>

The New Yorker, 7/16/2016

<http://www.newyorker.com/news/news-desk/racism-stress-and-black-death>

The Nation, 10/4/2016

<https://www.thenation.com/article/racism-got-you-stressed-that-may-be-holding-kids-back-at-school-too/>

The Atlantic, 10/11/2016

<http://www.theatlantic.com/education/archive/2016/10/how-the-stress-of-racism-affects-learning/503567/>

Educate Podcast (American Public Media), 10/20/2016

<http://www.apmreports.org/story/2016/10/20/racism-stress>

Morning Shift (WBEZ Chicago Public Radio), 11/15/2018

https://urldefense.proofpoint.com/v2/url?u=https-3A_www.wbez.org_shows_morning-2Dshift_how-2Dracial-2Ddiscrimination-2Dcan-2Daffect-2Da-2Dpersons-2Dhealth_95d84454-2D6480-2D4fcb-2D9ea7-2D6d6c789310ea&d=DwIGaQ&c=yHIS04HhBraes5BQ9ueu5zKhE7rtNXt_d012z2PA6ws&r=Jwb8FH

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Child Development Violence and Vigilance paper story and coverage 2017-2018:

<http://www.sesep.northwestern.edu/news-center/news/2017/07/study-explains-link-between-academic-performance-and-violence.html>

Widely reported, including the following online, print and television spots:

[A Violent Environment Can Wreck Kids' Grades](#), HealthDay, 8/15/17 (Republished by Philadelphia Inquirer, Health, Rapid City Journal, Wisconsin State Journal, AriDailydaily Star and more)
[When Violent Crime Strikes Nearby, Teen Sleep Patterns Change](#), Sleep Review, 7/31/17
[High-crime communities associated with poor academic performance in children](#), The Guardian, 7/31/17
[Study Links Changes in Kids' Sleep, Cortisol to Community Violence](#), Chicago Tonight, 7/28/17
[Violent Crime Hits Kids' Sleep, Stress Levels](#), MedPage Today, 7/25/17
[Violence in your neighborhood may affect your child's academic performance](#), Business Standard, 7/25/17

<http://www.wfmz.com/features/positive-parenting/positive-parenting-neighborhood-crime-and-kids/681445231?linkId=46732020>

<http://www.krgv.com/story/37202935/study-impacts-of-neighborhood-crime-on-children>

Feature article in Undark Magazine, August 2018

<https://undark.org/article/childhood-violence-brain-development/>

Chicago Public Radio WBEZ 91.5 Morning Shift (live broadcast), November 2018.

<https://www.wbez.org/shows/morning-shift/how-racial-discrimination-can-affect-a-persons-health/95d84454-6480-4fcb-9ea7-6d6c789310ea>

Psychoneuroendocrinology Meta-analysis on Cortisol and Health story and coverage August 2017:

<http://www.sesep.northwestern.edu/news-center/news/2017/07/alterd-cortisol-levels-tied-to-poor-health.html>

Widely reported, including [U.S. News & World Report](#), 8/11; [Health](#), 8/11; [Philadelphia Inquirer](#), 8/11; [Montana Standard](#), 8/11; [Rapid City Journal](#), 8/11 among many others.

Media Coverage of Stress and Testing Study

<https://chalkbeat.org/posts/us/2018/12/13/stress-testing-research/>

Select Media Coverage of Stress in America Study (2020)

New York Times. <https://www.nytimes.com/2020/11/03/parenting/kids-anxiety-stress-coping-pandemic.html>.

U.S. News and World Report. <https://www.usnews.com/education/best-colleges/articles/stress-in-college-students-what-to-know>.

Speaking of Psychology Podcast (https://www.apa.org/research/action/speaking-of-psychology/gen-z-stress?utm_source=facebook&utm_medium=social&utm_campaign=apa-podcast-stress&utm_content=ep119-genz-stress).

Learning Futures Podcast (<https://learning-futures.simplecast.com/episodes/dr-emma-k-adam-understanding-adolescent-stress-biology-BzhHCQa0>).

Media Coverage of the Biology, Identity and Opportunity Study

Nova Now Podcast. Back to school during a pandemic: experts weigh in. Released 9/2/2021.
<https://www.pbs.org/wgbh/nova/podcast/>

Invited Presentations at Professional Conferences and Invited Colloquia:

Adam, E., Ige, O., & Smith, M. R. (2026, March 2). *Evidence into impact: Research at the policy table, health policy* [Panel presentation]. T. McDade (Moderator), Fay Lomax Cook Colloquium Series, Institute for Policy Research, Northwestern University, Evanston, IL.

Galinha, I., Silva, H., Lima, C., Pinal, D., Tiler, S., Arriaga, P., Adam, E., Zhang, Y., Silva, P. (13th February, 2026). RCT of the Effects of Relaxation and Guided Imagery Combined with SEL on Psychological, Heart Rate and Cortisol indicators of Well-Being in Elementary School Children - Preliminary Results. In the 3rd Edition Seminar Emotion Health and Well-being, Portuguese Catholic University. Lisbon, Portugal.

Adam, E. K. (2026, January 30). *Socioemotional well-being in a digital world: Surfing experiential waves in the 2020s and beyond* [Conference presentation]. SESP Well-Being & Center for Responsible Tech, Policy, and Public Dialogue Conference, Hilton Orrington, Evanston, IL.

Adam, E. K. (2025, September 5). *Naturalistic and epidemiological approaches to modeling cortisol dynamics: Links to regulatory probes?* [Conference presentation]. ISPNE Annual Meeting, New Orleans, LA, USA.

Adam, E. K., Doane, L., Till Hoyt, L., & Zeiders, K. H. (2025, September 5). *Understanding cortisol in the wild: Measuring and modeling the impacts of social contexts on human diurnal cortisol rhythms and reactivity in naturalistic settings* [Conference presentation]. Presidential Panel Discussion, ISPNE Annual Meeting, New Orleans, LA, USA.

Adam, E. K., Umaña-Taylor, A. and Collier-Villaume, S. (2025, November 12th). Promoting Ethnic-Racial Identity Exploration in School-Based Settings: Stress or Challenge? Paper in symposium Stressed or Not? That is the Question, A Tribute to Megan Gunnar. Presented at the 56th Annual Conference of the International Society for Developmental Psychobiology, San Diego, CA.

Adam, E., Collier Villaume, S., Umaña-Taylor, A., Sladek, M., Destin, M., Rogers, O., Nwafor, E., Stephens, J., Russak-Pribble, A., Leneman, K., Lawrence, R., Chen, S., Yang, B., Devakonda, V., Shalansky, J., Myers, R., De Oliveira Callegari, J., Zhang, Y., & COAST LAB undergraduate RA team. (2024, October 14). *Promoting ethnic-racial identity exploration in school-based settings: Opportunities, challenges and initial results from a randomized controlled trial* [Presentation].

Fay Lomax Cook Colloquium Series, Institute for Policy Research, Northwestern University, Evanston, IL.

- Sladek, M. R., Umaña-Taylor, A. J., Collier Villaume, S., & Adam, E. K. (2024, April 19). *Ethnic-racial identity intervention as a buffer of the impacts of ethnic-racial discrimination on adolescents' sleep* [Conference presentation]. Society for Research on Adolescence (SRA) Annual Meeting.
- Adam, E. K., Umaña-Taylor, A., Destin, M., Rogers, O., Nwafor, E., Collier Villaume, S., Stephens, J., Russak-Pribble, A., et al. (2024, July 15). *BIO study update, preliminary results, and future directions* [Internal presentation]. Evanston Township High School (ETHS), Evanston, IL.
- Adam, E., & Collier-Villaume, S. (2024, February 28). *Adolescent stress disparities: Introduction and implications for a school-based intervention* [Colloquium presentation]. Center for Educational Efficacy, Excellence, and Equity (E4), Northwestern University, Evanston, IL.
- Adam, E. K. (2023, October 17th). *From little hormones to big data: Understanding trends in stress, anxiety and depression in adolescents and young adults*, Presentation to the Canadian Institute for Advanced Research (CIFAR), Vancouver, Canada.
- Adam, E., Guryan, J., & Sabol, T. (2023, February 6). *How has COVID-19 impacted children and adolescents and how are they recovering?* [Panel presentation]. D. W. Schanzenbach (Moderator), Fay Lomax Cook Colloquium Series, Institute for Policy Research, Northwestern University, Evanston, IL.
- Adam, E. K. (2022, November 2nd). Adolescent/Youth Stress: Sources, Biological and Health Impacts, and Interventions. Presentation to the Vanderbilt Brain Institute, Seminars in Neuroscience: Brain, Mind and Society. Nashville, TN.
- Adam, E.K. (2022, March 15). Understanding our students, Part I: Trends in youth mental health in the 21st century. Invited presentation at the Presidents' Convening on College Student Mental Health and Wellbeing, Washington, DC.
- Adam, E. K. (2022, November 2nd). Adolescent/Youth Stress: Sources, Biological and Health Impacts, and Interventions. Presentation to the Vanderbilt Brain Institute, Seminars in Neuroscience: Brain, Mind and Society. Nashville, TN.
- Adam, E.K. (2022, March 15). Understanding our students, Part I: Trends in youth mental health in the 21st century. Invited presentation at the Presidents' Convening on College Student Mental Health and Wellbeing, Washington, DC.
- Adam, E. K. (2020, February 10). Adolescent Stress: Sources and Solutions. Invited presentation for the Rape Treatment Center Annual Roads to Respect Conference, Los Angeles, CA.
- Adam, E. K. & Nwafor, E. (2020, February 11). Biology, Identity and Opportunity Study: Reducing Stress and Promoting Success through Promoting Identity Exploration. Presentation to the District 219 School Board, Skokie, IL.
- Adam, E. K. & Nwafor, E. (2020, January 28). Biology, Identity and Opportunity Study: Reducing Stress and Promoting Success through Promoting Identity Exploration. Presentation to the District 219 School Cabinet, Skokie, IL.
- Adam, E. K. (2019, December 4). Edwina S. Tarry Professorship: A Brief Journey. Presentation in acceptance of the Edwina S. Tarry Professorship, School of Education and Social Policy, Northwestern University, Evanston, IL.

- Adam, E. K. (2019, October 25). Tackling Race-Based Stress Disparities: The Role of Social Contexts and Adolescent Interventions. Invited presentation at the Minnesota Symposium on Child Psychology, University of Minnesota, Minneapolis, MN.
- Adam, E. K. (2019, October 15 and 16). Participant, in AI & Society Workshop “Generation AI: Wearables, Mental Health, and Child Development”, Canadian Institutes for Advanced Research, Toronto, Canada.
- Adam, E. K. & Collier Villaume, S. (2019, October 7). Adolescent Stress: Causes, Consequences and Interventions. Presentation for the Fay Lomax Cook Colloquium Series, Institute for Policy Research, Northwestern University, Evanston, IL.
- Adam, E. K. (2019, June 6). Breakthroughs in Policy Measurement. Speaker in panel discussion as part of IPR@50: The Next 50 Years of Policy Research. Northwestern University, Evanston, IL.
- Adam, E. K. (2019, May 9). Sleep Equity: Good Sleep as a Resource (and a Right?). Presentation to SESP Graduate Students, Evanston, IL.
- Adam, E. K. (2019, May 20). Why Care About Nature vs. Nurture? Commentary on Writer’s Theatre production of “A Number”, Writer’s Theatre, Glencoe, IL.
- Adam, E. K. (2019, April 24). HPA Axis Activity as Potential Mediator for the Impact of ELA on Adult Health: Problems and Opportunities. Presentation to the Early Life Adversity Reversibility Conference, Yale University, New Haven, CT.
- Adam, E. K. (2019, September 20). Adolescent Stress: Sources and Solutions. Presentation to the Southern California Northwestern University Alumnae Association, Los Angeles, CA.
- Adam, E. K. (2019, September 21). Adolescent Stress: Sources and Solutions. Presentation to the Southern California Northwestern University Alumnae Association, Santa Barbara, CA.
- Adam, E. K. (2018, December). Sulzberger Distinguished Lecture Series, Public Lecture. *How Discrimination Seeps In: Implications for Health and Academic Disparities*. Duke Center for Child and Family Policy, Duke University.
- Adam, E. K. (2018, December). Sulzberger Distinguished Lecture Series, Colloquium. Studying Adolescent Stress Biology in Everyday Social Context: How Biology Informs Policy. Duke Center for Child and Family Policy, Duke University.
- Adam, E. K. (2017, September). Understanding Adolescent Stress Biology in Naturalistic Settings: The Role of Race-Based Stressors and Strengths. Invited colloquium presentation to the Jacobs Center for Productive Youth Development, University of Zurich, Zurich, Switzerland.
- Adam, E. K., Levy, D., Heissel, H., Richeson, J., Ross, E., Tavernier, R., Hittner, E., Thomas, S. & Nwafor, E. (2017, October). Race-Based Stress and Academic Disparities: New Models, Mechanisms and Interventions. Invited talk at “Social Relationships Across the Lifespan” Conference, sponsored by the Global Initiative at Northwestern University’s School of Education and Social Policy and co-sponsored by the Institute for Policy Research, Northwestern University, Evanston, IL.
- Adam, E. K. (2017, February). Everyday influences on adolescent stress biology in naturalistic settings: Implications for health and attainment. Invited Keynote Address at the U C Consortium on the Developmental Science of Adolescence meeting: *Adolescence as a Second Period of Transition*, University of California at Davis, Davis, CA.

- Adam, E. K. (2017, April). Everyday influences on HPA-axis activity in naturalistic settings: Implications for mental and physical health. Invited presentation to the Center for Neurobehavioral Development Colloquium Series, University of Minnesota, Minneapolis, MN.
- Adam, E. K. (2017, April). Race-Based Stress and Academic Disparities: How Discrimination Gets Under the Skin and Into the Mind. Invited presentation to the Institute for Child Development Colloquium Series, University of Minnesota, Minneapolis, MN.
- Adam, E. K. (2016, May). Race-related stress and academic disparities: New models and mechanisms. Invited talk at Stanford Center for Education Policy Analysis (CEPA) and Stanford Predoctoral Training Program in Quantitative Education Policy Analysis Conference *Education and Inequality in 21st Century America*, Stanford, CA.
- Adam, E. K. (2016, May). Socioeconomic and race-based disparities in stress and stress biology: A pathway to health inequalities? Invited talk at the Buffet Center and Institute for Policy Research, Northwestern University *Global Inequality Workshop*, Evanston, IL.
- Adam, E. K. and Ehrlich, K. B. (2015, February). Adolescent Stress and Positive Well-Being: Implications for Adult Health. Invited talk at the Population Research Center/Center on Aging Demography Workshop, University of Chicago, Chicago, IL.
- Adam, E. K. (2015, January). More Than a Feeling: Sources and Biological and Health Implications of Teen Stress. Invited talk at Northside College Prep High School, Chicago IL.
- Adam, E. K. (2014, October). More Than a Feeling: Biological and Health Implications of Child and Adolescent Stress. Keynote address at Illinois Mentoring Partnership Conference *Mentoring Youth in Illinois: Research Meets Practice*, University of Illinois at Chicago, Chicago, IL.
- Adam, E. K. (2013, September). HPA axis associations with past, present and future mood and anxiety disorders in youth. University of Michigan, Psychiatry Grand Rounds.
- Adam, E. K. (2013, January 23). HPA axis associations with past, present and future mood and anxiety disorders in youth. Invited presentation, Northwestern University Department of Psychiatry and Behavioral Sciences Virginia Tarlow, M.D. Grand Rounds, Chicago, IL.
- Adam, E. K. (2011, November). *Stress and child and adolescent development*. Presentation in session entitled: "Four Decades of Child Development Science" (Lynn Liben, Chair) at the Center for Naval Analyses' *Workshop on the Scientific Study of Military Children*, Washington, D.C.
- Adam, E. K. (2011, October). HPA axis associations with past, present and future mood and anxiety disorders in youth: What's stress got to do with it? Presentation to the University of Illinois at Chicago Clinical Psychology Program Colloquium Series, Chicago, IL.
- Adam, E. K. (2011, April). Social, Emotional, Behavioral and Genetic Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Presentation for the Center for Human Potential and Public Policy Speaker Series, Harris School of Public Policy, University of Chicago.
- Adam, E. K. (2011, March). Social and Emotional Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Colloquium presentation as part of Topics in Developmental Psychology Speaker Series, Department of Psychology, University of Chicago.
- Adam, E. K. (2011, January). Social and Emotional Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Colloquium presentation as part of Social Neuroendocrinology Speaker Series, Department of Psychology, University of Michigan.

- Adam, E.K. (2010, September). Social and Emotional Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Colloquium presentation to the Child Development and Family Studies Department, Purdue University.
- Adam, E. K. (2010, May). Diurnal cortisol rhythms: Social determinants and role as a risk, state or scar marker for Major Depressive Disorder in Youth. Invited presentation to the Institute of Medicine/National Research Council Board on Children, Youth and Families. Presented in *Biological Markers for Healthy Development: A Seminar on Recent Findings from Mental Health and Obesity Studies*, Washington, D.C.
- Adam, E. K. (2009, November). Social and Emotional Influences on Stress Hormone Activity in the Everyday Lives of Children and Adolescents. Colloquium presentation to the University of Oregon, Departments of Psychology and Anthropology, Eugene, OR.
- Adam, E. K. (2009, October). Social and Emotional Influences on Stress Hormone Activity in the Everyday Lives of Children and Adolescents. Presentation to the Mind and Biology Seminar Series, University of California at San Francisco, San Francisco, CA.
- Adam, E. K. (2008, November). Social and Emotional Influences on Stress Hormone Activity in the Everyday Lives of Children and Adolescents: Implications for Emotional and Physical Health. Colloquium presentation to the University of Toronto Psychology Department, Toronto, CA.
- Adam, E. K. (2009, September). Developmental perspectives on the life course and health. Invited presentation at *Complex Systems and Life Course Approaches to Population Health, and Health Disparities -A First Conversation* (George Kaplan, Organizer), Bethesda, Maryland.
- Adam, E. K. (2009, October 29-31). Measuring and modeling salivary cortisol as a biological marker of stress and health. Invited presentation at the 2nd *Stanford Workshop in Biodemography*, (Shripad Tuljapurkar, James Holland Jones, and Uli Steiner, Organizers), Stanford University, Palo Alto, CA.
- Adam, E. K. (2009, April). Parent stress and cortisol in naturalistic settings. Paper presented in *Preconference on Culture, Brain and Development*, Society for Research on Child Development, Denver, CO.
- Adam, E. K. (2007, June). Day-to-Day Dynamics of Experience-Cortisol Associations in a Population-Based Sample of Older Adults. Invited paper at the *Chicago Workshop on Biomarker Collection in Population-Based Health and Aging Research*, Sponsored by the Chicago Core on Biomarkers in Population-based Aging Research at the University of Chicago, Chicago, IL.
- Adam, E. K. (2007, December). Discussant for *Biology, Stress and the Intergenerational Transmission of Economic Status* by Anna Aizer, Laura Stroud and Stephen Buka. Chicago Workshop on Black-White Inequalities, University of Chicago, Chicago, Illinois.
- Adam, E. K. (2007, October). Use of Multilevel Growth Curve Modeling to Examine Social Influences on Stress Hormone Levels in Naturalistic Settings. Presentation at the Chicago Chapter of the American Statistical Association Luncheon Series.
- Adam, E. K. (2007, June). Everyday Experiences, Physiological Stress and the Emergence of Emotional Disorders over the Transition to Early Adulthood. Presentation to the Annual Retreat of the William T. Grant Foundation Scholars Program, Salt Lake City, Utah.
- Adam, E. K., Hawkey, L. C. & Cacioppo, J. T. (2006, March). Day-to-day dynamics of naturalistic mood-cortisol associations in a population-based sample of older adults. Invited presentation in

the “Data Blitz” symposium of the 64th Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO.

- Adam, Emma (2005, October). Multiple influences on HPA axis functioning in the everyday lives of adolescents: Implications for emotional and physical health. Presentation in the *Health Psychology Colloquium Series*, Dept. of Psychology, University of British Columbia.
- Adam, Emma (2005, December). Everyday influences on stress hormone levels in adults, adolescents, and young children: Implications for health promotion. Presentation to the *Chicago Center of Excellence in Health Promotion Economics Colloquium Series*, University of Illinois at Chicago, Chicago, IL.
- Adam, E. K. (2005, June). Proper use vs. misuse of biomarker data in social science research: The case of cortisol. Invited paper at the *Chicago Workshop on Biomarker Collection in Population-Based Health and Aging Research*, Sponsored by the Chicago Core on Biomarkers in Population-based Aging Research at the University of Chicago, Chicago, IL.
- Adam, E. K. (2004, November). Regulation of stress-hormone activity by family and community contexts: Potential implications for health. Invited paper presentation in *Frontiers of Family Research*, a special session of the National Council on Family Relations, Orlando, FL.
- Adam, E. K. (2004, September). Adolescent experiences and stress hormone levels in home and school contexts. Paper presentation at the *National Academy of Education Fall Forum*, Stanford, CA.
- Adam, E. K. (2004, October). Social regulation of hypothalamic-pituitary-adrenal activity in human infants, children and adolescents. Invited paper presentation at the *Stress and Asthma*, conference organized by The American Thoracic Society, Arlington, VA.
- Adam, E. K. (2004, July). “Social Regulation of Hypothalamic-Pituitary-Adrenal Activity in Human Infants, Children and Adolescents” and “Design and Analytic Methods for Understanding Cortisol Activity in Human Populations”. Presentations to the *Instituto Superior de Psicologia Aplicada*, Lisbon, Portugal.
- Adam, E. K. (2004, July). Social regulation of hypothalamic-pituitary-adrenal (HPA) activity in human infants, young children and adolescents. In F. Cirulli and S. Levine (Chairs) *Early experience: When does it become disruptive for brain development and behavior?* Invited paper symposium conducted at the 4th Forum of European Neuroscience, Lisbon, Portugal.
- Adam, E. K. (2001, October). Diurnal cortisol activity and cortisol reactivity in the everyday lives of parents and children. Invited poster presentation at “*Well-Being and Dysfunction Across the Generations: Change and Continuity*”, Jacobs Foundation Conference, Marbach Castle, Germany.
- Susman-Stillman, A. R., Brown, J. L., Adam, E. K., Blair, C. B., Gaines, R. G., Gordon, R. & White, A. M. (1995, March). *What is the future role of developmental psychology in shaping social policy? Comments from developmentalists-in-training*. Invited discussion hour at the Biennial Meeting of the Society for Research in Child Development, Indianapolis, Indiana.

Paper Presentations at Professional Conferences:

- Adam, E. K., Collier Villaume, S., Umaña-Taylor, A., Zhang Y. (2026, September). A Randomized Controlled Trial Promoting Ethnic-Racial Identity Development in Adolescence: Effects on Neuroendocrine and Psychosocial Outcomes. Paper presented at the 56th Annual Conference of the International Society of Psychoneuroendocrinology, Erlangen, Germany.

- Callegari, J., Bonilla, T., Lichand, G., & Adam, K. (2026, April). *The presence of ethnic-racial identity school projects and youth development in Brazil* [Paper presentation]. Society for Research on Adolescence (SRA) Biannual Meeting, Toronto, Canada.
- Callegari, J., Bonilla, T., Lichand, G., & Adam, K. (2026, April). *The presence of ethnic-racial identity school projects and youth development in Brazil* [Paper presentation]. American Educational Research Association (AERA) Annual Meeting, Washington, DC, USA.
- Callegari, J. (2026, April). *The making of antiracist school projects: The interplay of teachers' lived experiences and education policy* [Paper presentation]. American Educational Research Association (AERA) Annual Meeting, Washington, DC, USA. [Presenter acknowledged advisor in presentation slides.]
- Callegari, J. (2026, March). *Ethnic-racial identity school projects through a United States-Brazil comparative perspective* [Paper presentation]. Comparative and International Education Society (CIES) Annual Meeting, Washington, DC, USA. [Presenter acknowledged advisor in presentation slides.]
- Collier Villaume, S., Stephens, J. E., Chen, S., & Adam, E. K. (2022, September). Hyper- and hypocortisolism: Latent profiles of diurnal cortisol underlying depressive symptoms in adolescents. Paper presented at the 52nd Annual Conference of the International Society of Psychoneuroendocrinology, Chicago, IL.
- Adam, E. K., Nwafor, E., Collier-Villaume, S., Stephens, J., Hittner, E., Thomas, S., Ellison, R., Ehrhardt A., Russak-Pribble, A., Chen, S., Yang, B. (2022, May 2). Race-Based Stressors and Strengths: Implications for Stress Biology. In E. Seaton, Chair. Racial Discrimination and Youths' Physiological and Biological Processes Location. Symposium presented at Construction of the "Other": Development, Consequences and Applied Implications of Prejudice and Discrimination, Rio Grande, Puerto Rico.
- Collier Villaume, S., Stephens, J. E., Nwafor, E. E., & Adam, E. K. (2021, April). Socioeconomic disparities in the impact of COVID-19 on adolescent stress and mood. Paper presented at the Society for Research in Child Development, virtual conference.
- Adam, E. K., Hittner, E., Thomas, S., Nwafor, E., Stephens, J. & Collier, S. (2019, August 30). Supporting ethnic-racial identity: Implications for diurnal cortisol activity. Presentation to the 49th annual meeting of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Kessler, C.L., Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R. E., Craske, M., & Adam, E. K. (2019, August). Presentation to the 49th annual meeting of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Stern, J. A., Ehrlich, K. B., Jones, J. D., Kemeny, M., Eccles, J., & Cassidy, J. (2019, March). Close relationships in adolescence and adulthood as predictors of inflammatory markers in midlife. In J. A. Stern (Chair), *Close relationships and physical health: A lifespan developmental perspective*. Symposium to be presented at the Society for Research in Child Development Biennial Meeting, Baltimore, MD.

- Hittner, E. F. & Adam, E.K. (2018, September). How our past colors our present: Histories of discrimination predict changes in current negative social evaluative emotion and diurnal cortisol. In Emma K. Adam and Leah D. Doane, Chairs. Ecologically valid stressors and neuroendocrine activity in the everyday lives of diverse adolescents. Symposium presented at the 48th Annual Conference of the International Society for Psychoneuroendocrinology, Irvine, California.
- Adam, E. K., Heissel, J. A., Hittner, E. F., Doleac, J. L., Meer, J., Figlio, D. (September, 2017). *Adolescent cortisol responses to high-stakes testing in school-based settings*. Paper presented in Sonia Lupien & Emma Kristine Adam, Co-Chairs, Environmental and genetic factors influencing stress responses in adolescents and emerging adults, Symposium conducted at the International Society for Psychoneuroendocrinology conference, Zurich, Switzerland.
- Adam, E. K. (2017, April), Lapin, B., Grobman W, Buss, C., Culhane, J., Entringer, S., Miller, G., Simhan, H., Williamson, D., Wadhwa, P., Kim, Kwang-Youn, Keenan-Devlin, L., Borders, A. *Cumulative disadvantage predicts second trimester maternal salivary cortisol slopes*. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Austin, TX, USA.
- Kessler, C. L., Vrshek-Shallhorn, S., & Adam E. K. (2017, April). Associations of early life adversity and diurnal cortisol rhythm in adolescence. Panel presentation, Society for Research in Child Development Biennial Meeting, Austin, TX, USA.
- Adam, E. K. (2016, Sept). *Approaches to the statistical modeling of the CAR if accurately measured*. In A. Clow, Chair, Assessment of the Cortisol Awakening Response. Symposium conducted at the Annual Meeting of the International Society of Psychoneuroendocrinology, Miami, FL.
- Adam, E. K. (2016, May). Discussant. In Reout Arbel and Kelly F. Miller (Chairs), *Stress and HPA activity in Adolescents and Emerging Adults*. J. M. Knack, R. Arbel, Kelly F. Miller, & Elana B. Gordis, Presenters. Symposium conducted at the Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Adam, E. K. (2016, May). Chair, *Predictors of Sleep in Adolescence: The Role of Biological and Ecological Factors*. L. T. Hoyt, R. Tavernier, and J. Heissel, Presenters. Symposium presented at the Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Adam, E. K. (2016, May). Discussant. In Royette Tavernier (Chair), *Sleep and Emotional Adjustment in Adolescence and Emerging Adulthood: Opportunities for Sleep Interventions*. S. Van Lenten, T. Semplonius, D. McMakin and R. Tavernier, Presenters. Symposium conducted at the Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobmanl. (2016, March). Exposure to Stressful Events Is Associated with Maternal Cortisol and Placental Corticotrophin-Releasing Hormone. Society for Reproductive Investigation, Montreal, Canada.
- Adam, E. K. (2015, March). Discussant. In Portia Miller, Chair, *Environmental Stress, Economic Disadvantage, and their links to Child and Family Functioning*. Presentation at the Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.

- Hoyt, L.T., Zeiders, K., Ehrlich, K.B., & Adam, E.K. (May, 2015). Transactions among emotion and cortisol activity in naturalistic settings. Paper presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Curtis, D. S., Fuller-Rowell, T. E., Malanchuk, O., Eccles, J. S., Peck, S. & Adam, E. (2015). Is good sleep a privilege? Educational differences in the effects of daily stress on sleep. Presentation given at American Psychosomatic Conference in Savannah, GA, March 19th.
- Adam, E. K. (2014, August). Role of HPA Axis Measures in Prevention/Intervention Studies: A Theoretical Overview with Examples from the Study of Adolescent Depression. In Pluquellec, P. (Chair), *Using hypothalamic-pituitary-adrenal axis measures in the field of prevention/intervention*. Symposium conducted at Sex and Gender Across the Lifespan, the 44th Annual Meeting of the International Society of Psychoneuroendocrinology, Montreal, Canada.
- Hoyt, L.T., Adam, E.K. (2014, March). Affect, arousal, and cortisol in adolescence. In Hoyt, L.T. (chair), *Embodied experiences: Psychosocial influences on cortisol activity and reactivity during youth*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Ehrlich, K., Hoy, L.T., Sumner, J., McDade, T., Adam, E.K. (2014, March). Adolescents' relationships with parents and friends predict young adult metabolic risk. In Adam, E.K. (chair), *Embedding development of obesity, metabolic risk, and health in individual and social contexts*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Adam, E.K, Kemeny, M., Peck, S., Malanchuk, O., Fuller-Rowell, T., Brodish, A., Ross, E., Levy, D., Heissel, J., Eccles, J. (2014, March). Adolescent and cumulative histories of perceived racial/ethnic discrimination and diurnal cortisol rhythms in early adulthood. In Adam, E.K. (chair), *Perceived discrimination and cortisol: Moderating effects of race and parenting*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Adam, E.K., Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R., Craske, M. (2014, March). The cortisol awakening response in adolescence is a prospective predictor of first onsets of social phobia over the subsequent six years. In Maslowsky, J. (chair), *Longitudinal perspectives on effects of adolescent HPA axis function on mental health and substance use*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Adam, E. K. (2013, April). Spitting in the wind and splitting hairs: The ups and downs of biomarkers in saliva and hair. Mark Laudenslager, Moderator; Emma Adam, Douglas Granger and Mark Laudenslager, Panelists. Roundtable discussion presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Adam, E. K., Vrshek-Schallhorn, S., Doane, L. D., & Zeiders, K. (2013, April). Prospective prediction of major depressive disorder from hours of sleep in adolescence. In A. Fuligni, Chair, *New insights into teen sleep*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Dunkel Schetter, C., Shalowitz, M. U., Adam, E. K., Guardino, C. and the Community Child Health Network (2013, April). Do preconception diurnal cortisol patterns predict subsequent pregnancy outcomes? In Davis, E. (Chair), *Do developmental vulnerabilities begin before conception?* Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Ehrlich, K. B., Kemeny, M., Jones, J. D., Brett, B. E., Dinh, J., Hopper, E., Peck, S. C., Malanchuk, O., Brodish, A., Adam, E. K., Eccles, J. S., & Cassidy, J. (2013, April). When parents and adolescents agree about not disagreeing: Concordance in reports of low conflict predicts later

immune functioning. In J. Cassidy (Chair), *Psychosocial predictors of immune functioning: A developmental perspective*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.

- Hoyt, L.T., Chase-Lansdale, P.L., McDade, T.W., Adam, E.K. (2013, April). Developmental predictors of adult inflammation: The effects of pubertal timing and positive well-being. In J. Cassidy (Chair) *Psychosocial predictors of immune functioning: A developmental perspective*. Paper presented at the biennial meeting of the Society for Research on Child Development, Seattle, WA.
- Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R. E., Craske, M. G., Hammen, C., Redei, E., Wolitzky-Taylor, K., Adam, E. K. (2012, October). Refining the “candidate environment” in gene-environment interactions on major depression: The influence of interpersonal events. In *Biopsychosocial Approaches to the Study of Diatheses and Diatheses-Stress Relationships for the Emotional Disorders: Prospective Results from the Youth Emotion Project*. Symposium conducted at the 26th Annual Meeting of the Society for Research in Psychopathology, Ann Arbor, MI.
- Simon, C. D., Adam, E., Wagenaar, K., Clark-Kauffman, E., Shalowitz, M. & CCHN of NICHD. (2012, October). Salivary biomarkers in new mothers and fathers. In *Improving pregnancy outcomes: Findings from the Community Child Health Network Preconceptional Health Study*. Symposium presented at the annual meeting of the American Public Health Association, San Francisco, CA.
- Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R.E., Craske, M.G., Wolitzky-Taylor, K., Hammen, C., Redei, E.E., & Adam, E.K. (2012, May). Refining the candidate environment: Interpersonal versus non-interpersonal major stressful life events in a gene-environment interaction on depression onset. In: Burmeister, M., and Higley, J.D., *Novel approaches to the study of gene-environment relationships*. Symposium presented at the annual meeting of the Society of Biological Psychiatry, Philadelphia, Pennsylvania.
- Adam, E. K., Doane, L. D., Vrshek-Schallhorn, S., Zinbarg, R. E., Craske, M. G. & Mineka, S. (2012). The cortisol awakening response as a prospective predictor of major depressive disorders and anxiety disorders. In Clow, A., and Adam, E. (Chairs) *The Cortisol Awakening Response: Origins and Significance*. Symposium conducted at the 70th Annual Meeting of the American Psychosomatic Society, March, 2012.
- Simon, C.D., Zeiders, K.D., Doane Sampey, L., & Adam, E.K. (October 2011). Modeling day-to-day changes in diurnal cortisol rhythms using 3-level lagged multilevel models reveals reciprocal relations among sleep, cortisol, affect and wellbeing. Paper presented in the session, Statistical approaches to characterize stress using salivary cortisol, at the annual American Public Health Association Meeting, Washington, D.C., October 29th - November 2, 2011.
- Vrshek-Schallhorn, S., Doane, L., Mineka, S., Zinbarg, R.E., Craske, M.G., & Adam, E.K. (2011, August). Prospective relationship of the cortisol awakening response to major depressive episodes over a four year follow-up. Presented at the 2011 annual meeting of the International Society for Psychoneuroendocrinology, Berlin, Germany.
- Adam, E. K. (June, 2011). Discussant for “Family instability and longitudinal impact on vulnerable youth: A collaborative effort to inform prevention” (P. Fowler, Chair). Symposium presented at the 13th Biennial Conference of the Society for Community Research and Action, Chicago, IL.

- Zeiders, K. H., Doane, L.D. & Adam, E. K. (March, 2011). Reciprocal relations between objectively measured sleep patterns and diurnal cortisol rhythms in late adolescents. In Gillen-O'Neel, C. & Fuligni, A. J. (Chairs). *When and why sleep is important during adolescence: Daily and longitudinal associations between sleep and adolescent adjustment*. Symposium conducted at the biennial meeting of the Society for Research on Child Development, Montreal, PQ.
- Doane, L. D. & Adam, E. K. (March, 2010). Associations among loneliness and cortisol in a community sample of late adolescents. In Fuligni, A. J. & Adam, E. K. (Chairs), *The influences of family and peer relations on biomarkers of adolescent stress and health*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, Philadelphia, Pennsylvania.
- Adam, E. K. (April, 2009). Ups and downs: Linking cortisol diurnal rhythms and reactivity to adolescent emotional experiences in naturalistic settings. In T. Dennis (Chair), *Physiological Measures of Emotion from a Developmental Perspective: State of the Science*. Roundtable Discussion (Adam, E. K., Buss, K. A., Dennis, T., Hastings, P. D. & Pollack, S. D.) conducted at the Biennial Meeting of the Society for Research on Child Development, Denver, CO.
- Adam, E. K. & Granger, D. A. (April, 2009). Covariation between salivary alpha-amylase and adolescent affect in naturalistic settings. In C. K. Fortunato (Chair), *Positive affect, arousal, and social emotional competence: Relations to salivary alpha amylase in early childhood and adolescence*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Denver, CO.
- DeSantis, A. S., Adam, E. K., Kuzawa, C. W. (March, 2009). Associations between Early SES and Diurnal Cortisol Rhythms in Young Adulthood: Results from the Cebu Study (Philippines). In G. Miller (Chair), *Early SES and Health*. Symposium conducted at the 67th Annual Scientific Meeting of the American Psychosomatic Society, Chicago, IL.
- Doane, L. D., Adam, E. K., DeSantis, A. S. (2008, July). Loneliness and cortisol: Momentary, day-to-day, and trait associations. In Adam, E. K. (Chair). *Social stressors and HPA reactivity*. Symposium conducted at the 39th Annual Conference of the International Society of Psychoneuroendocrinology, Dresden, Germany.
- Trawalter, S., Adam, E. K., Chase-Lansdale, P. L., & Richeson, J. A. (2008, July). White Americans' physiological responses to interracial contact. In Adam, E. K. (Chair). *Social stressors and HPA reactivity*. Symposium conducted at the 39th Annual Conference of the International Society of Psychoneuroendocrinology, Dresden, Germany.
- DeSantis, A. S., Adam, E. K., Hawkey, L. C., Kudielka, B. M. & Cacioppo, J. T. (2008, July). Racial/ethnic differences in cortisol diurnal rhythms among older US adults: The roles of psychosocial stress and socioeconomic factors. In J. Fischer (Chair), *Diurnal cortisol profiles in health and disease*. Symposium conducted at the 39th Annual Conference of the International Society of Psychoneuroendocrinology, Dresden, Germany.
- Hart, C., Adam, E., Snell, E. (2008, April). Parental work and children's sleep patterns. In Dwyer, R. (Chair) *Children's outcomes and parental nonstandard work schedules*. Symposium conducted at the Annual Meeting of the Population Association of America, New Orleans, Louisiana.
- Adam, E. K., Hawkey, L. C., Kudielka, B. M. & Cacioppo, J. T. (2007, August). Day-to-day changes in diurnal cortisol patterns in everyday environments: Signal or noise? Presented at the 19th Annual Meeting of the International Society of Psychoneuroendocrinology, Madison, WI.

- Adam, E. K., Doane, L. D., Mendelsohn, K. A., Griffith, J. W., Mineka, S., Zinbarg, R., & Craske, M. (2007, March). Diurnal cortisol patterns, stressful life events, momentary negative emotion and the development of emotional disorders in late adolescence. In J. Silk (Chair), *Daily Emotions and Activities: An Ecological Momentary Assessment Approach to Understanding Child Depressive Symptoms*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.
- Adam, E. K., Snell, E. K., & Pendry, P. (2007, March). Factors associated with hours of sleep, bedtimes and waketimes in a nationally representative sample of children and adolescents. In M. M. El-Sheikh (Chair), *Carpe Noctem: Family Functioning and the Sleep of Infants, Children, and Adolescents*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.
- Adam, E. K., Doane, L., Mineka, S., Zinbarg, R. E. & Craske, M. G. (2006, October). Cross-sectional and prospective longitudinal associations between diurnal cortisol rhythms, exposure to stressful life events and adolescent mood and anxiety disorders. Paper presentation in *Common and specific risk factors for the emotional disorders: Time 1 results from a prospective study*. Symposium conducted at the Society for Research on Psychopathology, San Diego, CA.
- Adam, E. K., Doane, L., Mendelsohn, K., Griffith, J., Mineka, S., Zinbarg, R. E. & Craske, M. G. (2006, June). Diurnal cortisol patterns, exposure to stressful life events, and the development of mood and anxiety disorders in late adolescence. Paper presentation in symposium, *The HPA axis before and during puberty*, at the 37th Annual Conference of the International Society of Psychoneuroendocrinology, Leiden, The Netherlands.
- Doane, L. D. & Adam, E. K. (2006, March). Associations among negative emotion, life stress, and cortisol in adolescents at risk for depressive and anxious disorders. In E. K. Adam and L. D. Doane, (Co-Chairs), *Current Trends in Biopsychosocial Research on the Development of Adolescent Psychopathology*. Symposium conducted at the Biennial Meeting of the Society for Research on Adolescence, San Francisco, CA.
- Adam, E. K., Hawkey, L. & Cacioppo, J. (2006, March). Day-to-day dynamics of naturalistic mood-cortisol associations in a population-based sample of older adults. Paper presentation in symposium, *Hormonal and hematologic responding: Dynamics and predictors*, at 64th Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO.
- Adam, E. K. (2005, April). Sorting out the “Normative” from the “Non”: Momentary Emotion, Chronic Emotional Strain, Emotional Disorders, and Cortisol. In P. Hastings and E. K. Adam, (Co-Chairs), *Integrating Developmental Psychopathology and Affective Psychophysiology: New Views, New Approaches*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Atlanta, Georgia.
- Pendry, P. & Adam, E. K. (2005, April). Associations between marital discord, parenting, and children’s stress physiology: The role of child age and parent gender. In P. Pendry (Chair), *Marital Discord and Child Development: Developmental and Transactional Perspectives on the Role of Basic Regulatory Processes*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Atlanta, Georgia.
- Doane, L. D. & Adam, E. K. (2004, July). Relationship functioning and depressive symptoms over the transition to adulthood. Paper presentation at the 2004 Add Health Users Conference, National Institutes of Health (NIH), Bethesda, Maryland.

- Adam, E. K. & Pendry, P. (2003, March). Salivary cortisol and family functioning: Effects of emotion, conflict and parenting. Paper presented at XXXIII Congress of the International Society of Psychoneuroendocrinology, Pisa, Italy.
- Adam, E. K. (2002, April). Momentary emotion and cortisol activity in adolescents' everyday lives. In E. K. Adam (Chair), *Adolescent hormone-behavior relations: Moderating effects of age, sex, social context and psychopathology*. Symposium conducted at the Biennial Meeting of the Society for Research on Adolescence, New Orleans, Louisiana.
- Adam, E. K. (2002, March). *Measuring stress in families: Combining biological and phenomenological approaches*. Paper presented at the International Conference on Time Pressure, Work-Family Interface, and Parent-Child relationships. Waterloo, Ontario.
- Adam, E. K. (2001, April). Parental employment conditions, parent emotion and parenting, and behavioral, emotional and cognitive outcomes in young children. In A. Kalil (Chair), *The long arm of the job: Influences of parental work conditions on family life*. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Minneapolis, MN.
- Adam, E. K. (2001, April). Adult attachment, cortisol reactivity and diurnal cortisol activity in mothers of toddlers. In G. Roisman (Chair), *Psychophysiological perspectives on the Adult Attachment Interview*. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Minneapolis, MN.
- Adam, E. K. (2001, April). Moderator of roundtable workshop "Shepherding the link between research and policy", hosted by the Student and Young Professional Policy Network, Biennial meeting of the Society for Research in Child Development, Minneapolis, MN.
- Adam, E.K. (2000, March 3-4). Work, family and physiological stress in mothers: Implications for health. In *The Effects of Work-Family Arrangements on Health and Well-Being*, Roundtable Session at Work and Family: Expanding the Horizons conference, San Francisco, CA.
- Adam, E. K. (1999, August). The effects of relationship style, hours of paid work, and division of child-rearing labor on emotional and physiological stress in working mothers. In E. L. Kelly (Presider), *Families, Employment and Stress*, Refereed Roundtable of the Section on the Sociology of the Family conducted at the 94th Annual Meeting of the American Sociological Association, Chicago, IL.
- Adam, E. K., Tanaka, A., & Alwin, J. (1999, April). Emotional working models? The relations between adult attachment, parent emotion, and parenting behavior. In E. Thompson-Gershoff and E. K. Adam (Co-chairs), *Emotion and parenting: Interdependencies among parent and child emotion and behavior*, Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Albuquerque, New Mexico.
- Adam, E. K., Blair, C. B., Boyce, C., Gadsden, V. L., Gaines Lanzi, R., Gordon, R., Hyson, M., Phillips, D., Susman-Stillman, A. R. (1999, April). *Growing into research and policy practice: Comments from professionals and professionals-in-training*. A. M. White & J. L. Brown (Co-chairs), Invited discussion hour at the Biennial Meeting of the Society for Research in Child Development, Albuquerque, New Mexico.
- Adam, E. K., Tanaka, A., Brodersen, L., & Gunnar, M. R. (1998, April). Adult attachment and maternal perceptions of toddler temperament and emotion. In J. A. Ungerer (Chair), *Emotional development: Perspectives on the role of maternal perceptions of emotions and internal working models of attachment*. Symposium conducted at the 11th Biennial International Conference on Infant Studies, Atlanta, Georgia.

- Durbrow, E. H., Gunnar, M., Chen, C., Bozoky, I., Adam, E. & Jimerson, S. (1996, August). Salivary cortisol variation in rural Caribbean children: Correlates with child personality, behavior, peer status, and early childhood adversity. In E. Durbrow & C. Panter-Brick (Chairs), *Child stress in natural settings: Psychobiological studies of children in diverse cultures*. Symposium conducted at the XIVth Biennial meeting of ISSBD, Quebec City, Canada.
- Egeland, B. & Adam, E. K. (1996, June). Continuity of development in a high-risk sample. In A. Honig (Chair), *Longitudinal research with high-risk families*. Paper symposium conducted at Head Start's 3rd National Research Conference, Washington, D.C.
- Susman, A. R. & Adam, E. K. (1995, March). Poverty and educational outcomes: Context, diversity and change. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Indianapolis, Indiana.
- Egeland, B., Adam, E., Ogawa, J. & Korfmacher, J. (1995, March). Adult attachment: Implications for the therapeutic process in a home visitation intervention. In M. Dozier (Chair), *Attachment and communication within relationships*. Paper symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Indianapolis, Indiana, 1995.
- Grusec, J. E., Adam, E., & Mammone, N. (1993, March). The relationship between parents' mental representation of relationships, belief systems, and behavior. In J. Smetana (Chair), *Social-cognitive models of parenting: Reconceptualizations and new directions*. Paper symposium conducted at the 60th Anniversary Meeting of the Society for Research in Child Development, New Orleans, Louisiana.
- Adam, E., & Grusec, J. E. (1992, May). The interrelations of adult attachment status, parental cognitions about child misbehaviour, and parenting behaviour. In J. E. Grusec (Chair), *Assessing parenting capacity*. Paper symposium conducted at the Seventh Biennial University of Waterloo Conference on Child Development, Waterloo, Ontario.

Recent Poster Presentations at Professional Conferences (Full list available upon request).

- Zhang, Y., & Adam, E. (2026, September). Sleep, morning cortisol, and next-day anticipatory appraisal: A daily diary mediation study. Poster presented at the 56th Annual Conference of the International Society of Psychoneuroendocrinology, Erlangen, Germany.
- Zhang, Y., Galinha, I. C., Pinal, D., & Adam, E. (2026, September). Randomized controlled trial on the impact of a relaxation and guided imagery intervention on diurnal cortisol rhythms in elementary school children. Poster presented at the 56th Annual Conference of the International Society of Psychoneuroendocrinology, Erlangen, Germany.

Ad-Hoc Review Contributions (see p. 2 for Editorial Board Memberships):

American Journal of Human Biology
Attachment and Human Development
Behaviour Research and Therapy
Biodemography
Biological Psychology
Behavioral Neuroscience
Developmental Psychology
Developmental Psychobiology
Development and Psychopathology
Developmental Science
Educational Evaluation and Policy Analysis
Early Education and Development

Emotion
Field Methods
Health Psychology
Health Psychology Review
International Journal of Behavioral Development
JAMA-Pediatrics
Journal of Abnormal Psychology
Journal of Abnormal Child Psychology
Journal of Adolescence
Journal of Applied Developmental Science
Journal of Clinical Child and Adolescent Psychology
Journal of Health and Social Behavior
Journal of Marriage and the Family
Journal of Research on Adolescence
Journal of Social and Personal Relationships
Journal of Sleep Research
Life Sciences
Mind, Brain and Education
Monographs of the Society for Research on Child Development
Nature: Scientific Reports
Neuroscience and Biobehavioral Reviews
Parenting: Science and Practice
Pediatrics
Personality and Social Psychology Bulletin
Proceedings of the National Academy of Sciences
Psychological Bulletin
Psychological Medicine
Psychological Science
Psychology and Health
Psychoneuroendocrinology
Sleep Health
Social Science and Medicine

Other Scientific Reviews:

Headstart National Research Conference
Society for Research on Child Development Biennial Conference
Society for Research on Adolescence Biennial Conference
W. T. Grant Foundation Scholars Program; W. T. Grant Foundation Small Grants Program
NIH Special Emphasis Panel/Scientific Review Group 2011/05 ZRG1 BBBP-L
NIH Review Panel, Mechanisms of Emotion, Stress and Health (MESH) (Guest Reviewer)
Healthy Brains for Healthy Lives Program, McGill University, External Reviewer

Additional Training:

- ◆ Trained and certified in Adult Attachment Interview coding.
- ◆ Trained in Infant Attachment/Strange Situation coding.
- ◆ Completed Methods and Applications of Molecular Biomarker Research, MRC SGDP Centre Summer School, Institute of Psychiatry, King's College, London, UK, July 13th to 17th, 2009.

- ◆ Introduction to Latent Class Analysis with Mplus, Department of Psychology, Arizona State University, April 22 – 23, 2011.
- ◆ Public Voices Fellow, The Op Ed Project, 2014-2015.
- ◆ Multilevel Structural Equation Modeling, Statistical Horizons, Kristopher Preacher, June 2021.
- ◆ Big 10 Academic Alliance Leadership Training Program (2021-2022 Academic Year).
- ◆ Leading Diversity, Equity and Inclusion (Winter 2022).

Teaching Experience:

Co-Director, Summer Institute on Biomarkers in the Social Sciences, Summer 2019, 2022. Funded by the Russell Sage Foundation.

Co-Director, Summer Biomarker Institute, Cells to Society Center, Institute for Policy Research, Summer 2006 – 2011.

Instructor, School of Education and Social Policy, Northwestern University, *Fall 2000-Present*:

- SESP 210 “Introduction to Research Methods and Statistics” (Undergraduate)
- SESP 201 “Human Development: Childhood and Adolescence” (Undergraduate)
- SESP 391 “Advanced Research Methods” (Undergraduate)
- HDSP 415 “Nature/Nurture Revisited: Effects of Experience on Biology” (Graduate)
- HDSP 415 “Society, Stress and Development: Implications for Intervention (Graduate)
- HDSP 403 “Adolescence” (Graduate)
- HDSP 451 “Observational Methods for the Study of Human Development” (Graduate)
- HDSP 451 “Child and Adolescent Sleep: Causes and Consequences” (Graduate)
- HDSP 451 “Stress, Sleep and Academic Functioning” (Graduate)
- HDSP 401 “Proseminar in Human Development and Social Policy” (Graduate)
- HDSP 451 “Ethnic and Racial Identity Development” (Graduate)
- HDC 351 “Adolescent Stress: Sources and Solutions” (Undergraduate).

Program Director, Undergraduate Honors Program, School of Education and Social Policy, Northwestern University, *Fall 2001-Fall 2003*.

Instructor, Institute of Child Development, University of Minnesota:

- “Children and Youth in Society”, *Spring and Fall, 1996*
- “Introduction to Child Psychology”, *Spring, 1995*.

Graduate and Undergraduate Advising/Mentoring:

Doctoral Advisor for:

Patricia Pendry, HDSP (Chair; PhD completed in 2007)

- tenured Associate Professor in Human Development; Washington State University

Emily Snell, HDSP (co-advised with Greg Duncan; PhD completed in 2007)

- data analyst, Manpower Research Development Corporation

Leah Doane, HDSP (Chair; PhD completed in 2008)

- tenured Full Professor in Psychology, Arizona State University

Amy DeSantis, HDSP (Chair; PhD completed in 2009)

- researcher at RAND corporation, Santa Monica

Vicki Chung, HDSP (Chair; PhD completed in 2010)

- data analyst; Long Wing Education Consulting

Clarissa Simon, HDSP (Chair, PhD completed in 2012)

- contract research, Northshore University Health System

Lindsay Till, HDSP (Chair, completed June 2013)

- Health and Society Scholar, Robert Wood Johnson Foundation (UCSF/Berkeley, 2013-2015)
- Tenured Associate Professor in Psychology, Fordham University.

Jennifer Heissel (Co-Advisor, with David Figlio; completed June 2017)

- Tenured Associate Professor in the Graduate School of Business and Public Policy, Naval Postgraduate School (8/8/17-8/31/23).
- Senior Economist, RAND Corporation(9/1/23-present).

Meghan Quinn (Psychology; Committee Member, graduated June 2017)

- Now post-doctoral fellow at Vanderbilt University

Emily Hittner (Co-Advisor with Claudia Haase)

- Society, Biology and Health Cluster Fellow
- Multidisciplinary Program in Educational Sciences Fellow
- Now Director of Research, Hinge Corporation.

Andrew Kim (Committee Member, Chris Kuzawa, Chair)

- Assistant Professor of Anthropology, UC Berkeley

Sara Thomas (Committee Member, Simone Ispa-Landa, Chair)

- Now Post-doctoral Fellow, Linda Teplin, Northwestern University

Courtenay Kessler (Co-advisor with Terri Sabol, completed Spring 2021)

- Society, Biology and Health Cluster Fellow
- Now working for a private research firm.

Jacquelyn Stephens (Co-Advisor with Claudia Haase, completed Spring 2021)

- Now post-doctoral fellow at Northwestern University.

Sarah Collier Villaume (Completed Spring 2022).

- Society, Biology and Health Cluster Fellow
- Multidisciplinary Program in Educational Sciences Fellow
- Now post-doctoral fellow at Northwestern University's E4 Center

Julia De Oliveira Callegari (Started PhD in September, 2023)

Yanjia Zhang (Started PhD in September, 2024)

Additional Dissertation Committees:

Rebecca Lawrence (in progress)

Beiming Yang (completed Spring 2024)

Chris Leatherwood, Learning Sciences (completed Spring, 2022)

Julia Eksner, Learning Sciences (complete)

Elizabeth Votruba-Drzal, HDSP (complete)

Christine Li-Grinning, HDSP (complete)

Bessie Wilkerson, HDSP (complete)

Post-Doctoral and/or Career Award Advising:

Post-Doctoral Mentor

Sophie Trawalter (2007-2009, co-advised with Lindsay Chase-Lansdale), now tenure-line faculty in Public Policy and Psychology, University of Virginia.

Kimberly Dienes (2008-2009, co-advised with Susan Mineka), now tenure line faculty in Psychology, Roosevelt University

Sumedha Gupta (2009-2010 co-advised with Thomas McDade), now tenure-line faculty in Economics, University of Purdue.

Laura Chyu (2009-2012, co-advised with Thomas McDade), now Lecturer, Public Health, Santa Clara University.

Suzanne Vrshek-Schallhorn (2009-2013, co-mentored with Rick Zinbarg and Susan Mineka), now tenure line faculty at University of North Carolina, Greensboro

Katherine Zeiders (2011-2012), now tenure-line faculty in Human Development and Family Science at the University of Missouri.

Katherine Ehrlich (NRSA post-doctoral awardee, 2013-2015). Role: Co-Mentor (with Greg Miller), now tenure line faculty in Psychology and the Center for Family Research at University of Georgia.

Camelia Hostinar, U of MN Child Psychology (NRSA post-doctoral awardee, 2014-2016). Role: Consultant, now tenure-line faculty in Psychology at University of California at Davis.

Royette Tavernier (2014-2016), now tenure-line faculty in Psychology at Wesleyan University.

Kirsten Gilbert (2014-2015), now post-doctoral scholar at Washington University in St. Louis.

Rachael Ellison (2017-2019), now assistant professor of Psychology at Illinois Institute of Technology.

Stephanie Koning (2020-2022), post-doctoral fellow (co-mentor with Thom McDade), Department of Anthropology and Institute for Policy Research, Northwestern University, now Assistant Professor at University of Nevada.

Andrew Kim (2021-2022), post-doctoral fellow at Harvard University, 2021-2022; now Assistant Professor of Anthropology at UC Berkeley starting Sept 2022.

Shanting Chen (2021-2022), post-doctoral fellow in the COAST lab and the Center on Brain, Biology, Culture and Learning, now Assistant Professor at the University of Florida.

Keira Leneman (2022-present), Assistant Professor of Instruction and post-doctoral fellow in the COAST lab and the Center on Brain, Biology, Culture and Learning.

Tierney McMahon (2022-present), NIH K23 Dev Sci Postdoctoral Fellow.

Career Award Consultant or Mentor

Whitney Witt University of Wisconsin (complete)

Craig Garfield, MD, Northshore University Health System (complete)

Margaret Hanson Bublitz, Brown University (complete)

Stephanie Cook, NYU (submitted), Adult Attachment Insecurity, Minority Stress, and Substance Use among Young Sexual Minority Males.

Shanting Chen (submitted). Adapting Machine Learning Approaches to Identify Robust Measure and Key Social Determinants of Changes in Allostatic Load across the Adult Lifespan

Undergraduate Honors Thesis Advising

Courtney Kim, 2025-2026. How Depressive Symptoms Shape Ethnic–Racial Identity Exploration and Resolution: Evidence From a School-Based Intervention (Role: Advisor).

Cecilia Clarke, 2018-2019. Regulating Perfectionism: A Study of the Relationship Between Perfectionism and Emotion Regulation in High School Freshman (Role: Advisor, with Jacquelyn Stephens, PhD student, coadvising).

Abby Durgan, 2016-2017. Violence, Conflict, and Families: Do Parental Experiences of Violence Bleed into Home Life? (Role: Advisor, with Jennifer Heissel, PhD student, coadvising).

Natalie Dulin, 2015-2016. Sex Differences in Autism Spectrum Disorder: A Family Study of Variables Contributing to Pragmatic Language Impairments. (Role: Reader).

Aria Fiat, 2012-2013 – SESP Honors Thesis, Mind your mood: The role of self-focused, temporal, and task unrelated thinking in onset adolescent depression. (Role: Advisor).

Bora Yuh, 2012-2013 – Sociology and Urban Studies Thesis, title TBA. (Role: Advisor)

Allison Frost 2011-2012. Gender differences in the daily affective and interpersonal experiences of depressed adolescents (Role: Advisor)

Sharon Lo 2011-2012. Effects of Life Stress on Academic Functioning in Adolescents with Comorbid Anxiety and Depression: A Longitudinal Investigation (Role: Advisor)

Elizabeth Nick 2011-2012. Adolescent Coping: Reported Styles, Differences by Age and Role in the Association Between Family Functioning and Psychopathology (Role: Reader)

Laura Mesa-Martinez 2009-2010. Latinas: Adapting Through the Simultaneous Stress of Acculturation and Adolescence (Role: Reader)

Brian Drelicharz Fall 2007. The Impact of a School-Based Depression Education Program on Adult's Perceptions of Depression (Role: Advisor)

Jennifer Cueto 2006-2007. Associations between Loneliness and Psychopathology over the Transition to Adulthood (Role: Advisor)

Jennifer Sperka 2005-2006. Associations between Athletic Involvement and Mood in Adolescents (Role: Advisor)

Jessica Den Houter 2004-2005. Attitudinal and Emotional Factors Influencing the Decision to Enroll in College (Role: Advisor)

Julie Maslowsky 2003-2004. Talent and Community Inclusion as Predictors of Foster Children's Clinical Status (Role: Reader)

Allison Cunningham 2003-2004. Maternal Substance Abuse: Relation of Distal and Proximal Environmental Factors to Child Behavior Problems (Role: Reader)

Kerri Thomsen 2002-2003. Preventing Empty Classrooms: Factors that Influence Special Education Teacher Attrition (Role: Reader)

Andrew Russell 2002-2003. Constructing Divergence: A Study of Creativity in Children's Imaginative Play (Role: Advisor)

Lauren Eslicker 2001-2002. Differences in Severity across Child and Adolescent Mental Health Services: A Comparative Study (Role: Reader)

Research Apprenticeships:

-I typically supervise two Research Apprentices and/or Work-Study students each quarter. Each undergraduate works 5-10 hours per week on my ongoing research projects.

Consultancy Roles:

Current: Caminos study (Kathleen Roche, PI).

Past:

Data Safety Monitoring Board, Add Health Wave VI.

Community Child Health Network (CCHN) – Child Study; NIH R01, Christine Dunkel-Setter, P.I.

Cortisol, Socioeconomic Status, and Genetic Influences on Cognitive Development; NIH R01, Elliot Ducker-Drob, P.I., Emma Adam, Consultant
National Longitudinal Study on Adolescent Health (Add Health)
Panel Study of Income Dynamics Child Development Supplement (PSID CDS)
The Maryland Adolescent Development in Context Study (MADICS)
Moving to Opportunities Study (MTO)
Rhode Island Child Add-on to the Hard to Employ Evaluation (Pamela Morris, P.I.)
Oregon Youth Study (Deborah Capaldi, P.I.)
William T. Grant Scholars Award Application - Sara Goldrick-Rab, University of Wisconsin
A Social Contextual Analysis of CBT Treatment Response for Youth Anxiety: Parenting, Peer Relations, and Emotion Regulation (Jennifer Silk, P.I.)

University and Community Service:

Northwestern University Service:

- Northwestern University Research Space Advisory Committee, 9/1/19-2021
- Steering Committee, Organization of Women Faculty, 9/1/2018-2021
- Undergraduate Research Grants Review Committee, 2017-2019
- Northwestern University Presidential Fellowship Selection Committee, 2012-2013
- Northwestern University Internal Grants Review committee – ad hoc member, 08-09.
- Presentation to NU alumni Leadership Symposium, September 2009 on "Individuals and Families Coping with Stress".
- Patent Policy Review Committee, Nov 07-Dec 08
- One Northwestern Committee, Centers and Institutes Working Group, Fall 07-June 08
- Faculty Search Committee Member, Clinical Psychology Search, 2007-2008
- Clarence Ver Steeg Graduate Faculty Award Committee, 2007
- NIH Roadmap Committee, 07/04-07/07
- E-IRB Advisory Workgroup, Summer and Fall 2005

School of Education and Social Policy, Northwestern University:

- Human Development and Social Policy Admissions Committee, SESP, 2025-2026.
- Human Development and Social Policy Policy Committee, SESP, 2023-2024.
- Chair, Dean Search Committee, SESP, 04/22-12/22.
- HDSP Colloquium Committee, 6/1/18-6/1/20.
- Executive Committee, SESP, 9/1/17-Present.
- Chair, Adolescence and Emerging Adulthood Faculty Search Committee, 8/17-Present. *Hire: Yang Qu*
- Chair, Early Development in Social and Policy Context Faculty Search Committee, 06/13-6/14. *Hire: Terri Sabol*
- Chair, Adulthood in Context Faculty Search Committee, 09/11-9/12. *Hire: Claudia Haase.*
- Dean Search Committee, SESP, 06/16–12/16
- Human Development and Social Policy Graduate Program Chair, 6/1/13-9/1/16.
- Executive Committee, SESP, 09/10–09/16 (Chair, 2012-2013).
- Chair of HDSP Graduate Student Admissions Process, Winter 2009, 2011.
- Member, Undergraduate Programs Committee, 09/00- 09/03; 09/10-present.
- Member, Technology Committee, 09/07-09/09.
- Chair, Graduate Research Methods Committee, 04/02 –09/03.

- Member, Graduate Research Methods Committee, 09/04-09/09.
- Director, Undergraduate Honors Program, 09/01-09/03.
- Member, Families and Communities Position Search Committee, 09/01-04/02.

Institute for Policy Research, Northwestern University:

- Small Grants Committee, Institute for Policy Research, Fall 2017.
- Executive Committee, Institute for Policy Research, Fall 08 – 2013; 2020-present.
- Small Grants Committee, Institute for Policy Research, Fall 2010.
- Executive Board, Cells to Society Center, Institute for Policy Research, June 06-present.
- Director, Institute for Policy Research Undergraduate Summer Research Program, 9/07-9/09.

State/National Service:

- Mayor's Taskforce for Learning Recovery in Response to the COVID-19 Pandemic, February-March 2021.
- *Nonprofit Board Membership*
Illinois Board, Playworks <http://www.playworks.org/communities/illinois> Jan 2015 – June 2018.
Emeritus Member of Playworks Illinois Board, June 2018-present.
- Consulted with the US Department of Education Office of Civil Rights regarding the implications of my theory and research for legal remedies in racial/ethnic harassment lawsuits. *December 21, 2016.*
- Member, Rule 204 Advisory Committee for the Department of Human Services, State of Minnesota. Helped revise Rule 204 "Foster Care for Children" (Minnesota Rules, parts 9560.0500 to 9560.0640), *Nov. 1993 - Jan. 1996.*
- *Guardian ad Litem* for Ramsey County, State of Minnesota, *June 1993 - Sept. 1997.* Served as a court-appointed special advocate for abused or neglected children.
- Advocacy Workgroup Member, Children, Youth, and Family Consortium, University of Minnesota. *Feb. 1993 - March. 1995.*

International Service

- Organized two international scientific conferences:
- International Society of Psychoneuroendocrinology Annual Conference 2020, *Psychoneuroendocrinology in the time of COVID-19* (virtual conference, Aug 27-29, 2020).
- International Society of Psychoneuroendocrinology 2022, *Psychoneuroendocrinology Across the Lifespan* (in person conference, Blackstone Hotel, Chicago, IL, September 7-9, 2022).
- President, International Society of Psychoneuroendocrinology (9/23-9/26).