

# Stephen R. Aichele

## *Curriculum Vitae*

Colorado State University  
Human Development and Family Studies  
303 Behavioral Sciences Bldg.  
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### EDUCATION

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- 2013 Ph.D. Quantitative Psychology  
University of California at Davis  
Advisors: Emilio Ferrer, Ph.D., & Phillip R. Shaver, Ph.D.
- 2010 M.A. (Highest Honors) Quantitative Psychology  
University of California at Davis
- 1994 B.Sc. Biopsychology  
University of California at Santa Barbara

### ACADEMIC APPOINTMENTS

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| 2022–present | <b>Assistant Professor</b> | Colorado School of Public Health (Epidemiology)<br>Colorado State University        |
| 2019–present | <b>Assistant Professor</b> | Department of Human Development and Family Studies<br>Colorado State University     |
| 2016–2019    | Senior Research Scientist  | Faculty of Psychology and Educational Sciences<br>University of Geneva, Switzerland |
| 2014–2016    | Postdoctoral Fellow        | Faculty of Psychology and Educational Sciences<br>University of Geneva, Switzerland |
| 2006–2008    | Research Specialist        | Center for Mind and Brain<br>University of California at Davis                      |

### HONORS AND AWARDS

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- 2017 Vontobel Award for Research on Ageing; University of Zurich, Switzerland
- 2013 University of California Graduate Student Travel Award
- 2012 Society for Multivariate Experimental Psychology Annual Conference  
Award for graduate student presenters ~ Honorable Mention
- 2010 National Science Foundation of the United States  
Graduate research fellowship ~ Honorable Mention
- 2009 National Science Foundation of the United States  
Graduate research fellowship ~ Honorable Mention
- 2008 Yoga Research and Education Foundation  
Graduate research stipend
- 2008 Mind and Life Summer Research Institute ~ Fellow

**GRANT SUPPORT**

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- 2026-2028 Digitally enhanced cognitive-behavioral therapy for adolescents with depression and obesity. Shomaker, L. (PI). NIH/NHLBI R34, (\$652,009; Co-I, 8% FTE)
- 2024–2026 An intensive longitudinal investigation of executive functioning, stress, and physical activity in adolescent girls at risk for type 2 diabetes. Gutierrez-Colina, A. (PI). Colorado Anschutz Medical Center (UC AMC), Diabetes Research Core – Pilot and Feasibility Award (\$100,000; Co-I, 10% FTE)
- 2025 The roles of adolescent and parent depression in adolescent cardiometabolic risk. Joslin, S. (HDFS Graduate Student). College of Health and Human Sciences Dean’s Fellow Award. (\$20,000; Mentorship)
- 2024–2025 Military Cardiovascular Outcomes Research (MiCOR). Haigney, M. (PI) & Shomaker, L. (Site PI). Defense Health Agency, HU00012420018, (\$100,004; Co-I, 5% FTE)
- 2024-2025 Evaluating the feasibility and acceptability of a novel ecological momentary assessment protocol in adolescent females at risk for type 2 diabetes. Gutierrez-Colina, A. (PI). Colorado Clinical and Translational Sciences Institute, Co-Pilot. CO-M-24-113, (\$39,998; Mentorship)
- 2022–2025 Occupational therapy in an equine environment: Harnessing occupation for emotion regulation skills. Peters, C. (PI). NIH R21HD109957-01, (\$429,025; Co-I, 5% FTE)
- 2022–2025 Supporting improved clinical decision-making in severe traumatic brain injury through greater accuracy and precision of neurobehavioral common data elements. Weaver, J. (PI). Department of Defense W81XWH2210925, (\$299,639; Co-I, 5% FTE)
- 2023–2025 The role of executive functioning in the health of adolescents at-risk for type 2 diabetes. Gutierrez-Colina, A. (PI). NIH R01 Supplement R01DK132557-02S1, (\$276,239; Mentorship)
- 2023–2025 Training services and individual characteristics that predict successful employment outcomes for adults with intellectual disability. Pinks, M. (HDFS Graduate Student). Analyzing Relationships Between Disability, Rehabilitation, & Work (ARDRAW). (\$10,000; Mentorship)
- 2023–2024 The influence of air pollution exposure on cognitive decline, cognitive impairment, and dementia risk in middle-aged and older adults. Aichele, S. (PI). Columbine Health Systems Center for Healthy Aging, Colorado State University Interdisciplinary Research into Aging Challenges (IN REACH). (\$50,000; PI)
- 2023 The role of engagement in the efficacy of mindfulness training for adolescents. Moran, M. (HDFS Graduate Student). College of Health and Human Sciences Dean’s Fellow Award. (\$20,000; Mentorship)
- 2022–2023 Executive functioning and physical activity in adolescents at-risk for type 2 diabetes. Shomaker, L. (PI). NIH R01DK132557-S1, (\$432,057; Co-I, 20% FTE).
- 2022 Military cardiovascular outcomes research: Preventing obesity, eating disorders, and cardiovascular disease in adolescents. Haigney, M. & Tanofsky-Kraff, M. (PIs), & Shomaker, L. (Site PI). Department of Defense, HU000119200029, (\$388,144; Co-I, 10% FTE)

- 2022 Trajectories of subjective well-being over 20 years in older adults: The role of self-perceptions of aging. Tseng, H. (HDFS Graduate Student). College of Health and Human Sciences Dean's Fellow Award. (\$20,000; Mentorship)
- 2018–2019 Lifebrain: Healthy minds from 0-100 years: Optimizing the use of European brain imaging cohorts. Walhovd et al. (multiple PIs). European Commission, Horizon2020, 732592, (\$10,768,255; Sub-award: \$839,746; Co-I, 100% FTE)
- 2016–2018 Statistical models of vulnerability processes, a project of LIVES (Swiss National Centre for Competence in Research). Spini et al. (multiple PIs). Swiss National Science Foundation 51NF40-160590, (\$10,784,846, Sub-award \$222,838; Sub-award PI, 100% FTE)
- 2014–2016 How lifestyle interacts with health to affect mortality and rate of cognitive decline in old age. P. Ghisletta (PI, U. Geneva) & P. Rabbitt (Co-I, U. Oxford). Swiss National Science Foundation 100014\_146535, (\$231,026; Post-doctorate sub-award, 100% FTE)
- 2011–2012 Savannas Forever Tanzania: Behavioral Segmentation of Rural Youth for targeting HIV/AIDS communication program. Borgerhoff-Mulder (PI). United States President's Emergency Plan for AIDS Relief, (\$15,000; Graduate Research Assistantship, 50% FTE)
- 2007–2010, 2013 The Shamatha Project. Saron (PI) et al. (multiple Co-PIs). Primary (of multiple) funding sources: The John Templeton Foundation and The Fetzer Institute, (Multimillion dollar project; Grant Contributor & Graduate Research Assistantship, 3.5y at 50% FTE).

#### REFEREED JOURNAL ARTICLES

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\*student, post-doctoral, or junior faculty mentee, †senior/corresponding author

43. \*Tseng, H-Y., **Aichele, S.**, Schilling, O., Wahl, H-W., & Diehl, M. (2026). Are health and negative affect decoupled in late adulthood? The moderating role of self-perceptions of aging. *Journal of Aging and Health*. <https://doi.org/10.1177/08982643261426726>
42. \*Chino, Y., Olson, J. D., **Aichele, S.**, Bailey, S. M., Schaaf, G. W., Cline, J. M., & Johnson, T. E. (2025). The impact of dose, sex, and age at time of acute whole-body radiation exposure on long-term hematopoiesis in rhesus macaques (*macaca mulatta*). *Radiation Research*, 204(4), 408–420. <https://doi.org/10.1667/RADE-24-00241.1>
41. \*Gomes, E. L., Marker, R. J., Bell, C., **Aichele, S.**, & Leach, H. J. (2025). Acute effects of exercise to mitigate cancer-related fatigue: A state-of-the-art review. *European Journal of Cancer Care*. <https://doi.org/10.1155/ecc/5511950>
40. Gerstorf, D., **Aichele, S.**, Lindenberger, U., Rabbitt, P., & Ghisletta, P. (2025). Little to no evidence for historical improvements in verbal learning among older adults. *Psychology and Aging*. <https://doi.org/10.1037/pag0000904>
39. Ghisletta, P., **Aichele, S.**, Gerstorf, D., Carollo, A., & Lindenberger, U. (2025). Verbal fluency selectively predicts survival in old and very old age. *Psychological Science*, 36(2), 87–101. <https://doi.org/10.1177/09567976241311923>
38. \*Russell, F., **Aichele, S.**, Clark, E. L. M., Dungan, M., Harvey, A., Hoyer, L., Jiao, Y., Joslin, S., Lincoln, M., Dame, K. B., & Biringer, Z. (2025). Emotion availability (EA) brief: Single session feedback and coaching with mothers of children 0–17 years of age. *Journal of Child and Family Studies*. <https://doi.org/10.1007/s10826-024-02963-3>

37. **Aichele, S.** (2024). Predictors of anxiety in middle-aged and older European adults: A machine learning comparative study. *Social Sciences, 13*(11), 623. <https://doi.org/10.3390/socsci13110623>
36. **Aichele, S.**, Payton, A., Robinson, A. C., & Rabbitt, P. (2024). Occupation-related differences in cognitive aging: Comparative effects of job type, skill level, and education. *Intelligence, 107*, 101877. <https://doi.org/10.1016/j.intell.2024.101877>
35. **Aichele, S. R.** (2024). Cognitive reserve as residual variance in cognitive performance: Latent dimensionality, correlates, and dementia prediction. *Journal of the International Neuropsychological Society, 30*(8), 746–754. <https://doi.org/10.1017/S1355617724000353>
34. **Aichele, S.**, Sahdra, B. K., Bradshaw, E. L., Zanesco, A. P., King, B. G., Pokorny, J. J., Ferrer, E., Shaver, P. R., & Saron, C. D. (2024). Meditation training and enduring changes in psychological functioning: A 7-Year longitudinal study. *The Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2024.2378700>
33. Weaver, J. A., Cogan, A. M., Kozlowski, A. J., Grady-Dominguez, P., O'Brien, K. A., Bodien, Y. G., Graham, J., **Aichele, S.**, Ford, P., Kot, T., Bender Pape, T. L., Mallinson, T., & Giacino, T. (2024). Interpreting change in disorders of consciousness using the Coma Recovery Scale – Revised. *Journal of Neurotrauma, 105* (4), e126. <https://doi.org/10.1089/neu.2023.0567>
32. \*Moran, M., **Aichele, S.**, Shomaker, L. B., Lucas-Thompson, R. G., Heberlein, E., Pyle, E., Chandrasekhar, J. L., Bowen, A., & Kaar, J. L. (2024). Supporting youth mental health through a life coaching intervention with a mindfulness component: A pilot randomized controlled trial during COVID-19. *Child and Youth Care Forum, 53*, 645–666. <https://doi.org/10.1007/s10566-023-09764-7>
31. \*Gutierrez-Colina, A. M., **Aichele, S.**, Lavender, J. M., Sanchez, N., Thorstad, I., Gulley, L. D., Emerick, J. E., Schrag, R., Thomas, V., Spinner, H., Arnold, T., Heroy, A., Haigney, M. C., Tanofsky-Kraff, M., & Shomaker, L. B. (2024). Associations of social and cognitive-behavioral variables with disinhibited eating and anxiety: An ecological momentary assessment study. *International Journal of Eating Disorders, 1*–11. <https://doi.org/10.1002/eat.24177>
30. Grady-Dominguez, P., Cogan, A., Kozlowski, A., O'Brien, K., Giacino, J., Bodien, Y., Graham, J., **Aichele, S.**, Ford, P., Kot, T., Mallinson, T., & Weaver, J. (2024). Indices of responsiveness for the Coma Recovery Scale-Revised in a clinical trial of amantadine for patients with disorders of consciousness. *Archives of Physical Medicine and Rehabilitation, 105*(4), e126. <https://doi.org/10.1016/j.apmr.2024.02.356>
29. \*Dame, K. B., Harvey, M. J., **Aichele, S.**, Van Denburg, A. K., Hoyer, L., Joslin, S., McKenna, A., Lincoln, M., Closson, L., Flykt, M., Salo, S., Harvey, A., & Biringen, Z. (2024). Movement through motherhood: Promoting maternal wellbeing and perinatal emotional availability (EA) through dance. *Infant Mental Health Journal, 45* (1), 22–39. <https://doi.org/10.1002/imhj.22093>
28. Borella, E., Ghisletta, P., Carbone, E., & **Aichele, S.** (2023). The Current and Retrospective Cognitive Reserve (2CR) Survey and its relationship with cognitive and mood measures. *European Journal of Aging, 20*(1). <https://doi.org/10.1007/s10433-023-00766-x>
27. \*Lincoln, M., **Aichele, S.**, Clark, E. L. M., Dungan, M., Harvey, A., Hoyer, L., Jiao, Y., Joslin, S., Russell, F., & Biringen, Z. (2023). Emotion availability (EA) brief: Single session feedback and coaching for improving fathers' emotional availability for children across a wide developmental spectrum. *OBM Integrative and Complementary Medicine, 8* (3), 1–23. <https://doi.org/10.21926/obm.icm.2303032>

26. \*Dungan, M., \*Lincoln, M., **Aichele, S.**, Clark, E. L. M., Harvey, A., Hoyer, L., Jiao, Y., Joslin, S., Russell, F., & Biringen, Z. (2023). Mother-child and father-child emotional availability during the COVID-19 pandemic. *Children, 10* (6), 1–20. <https://doi.org/10.3390/children10061044>
25. Gutierrez-Colina, A., Bristol, M., Clark, E., Sanchez, N., Gulley, L., Ruzicka, E., Handing, E., Kinsella, E., Kutchman, E., Witten, M., Clementi, M., Thompson, T., Pyle, L., **Aichele, S.**, Goldschmidt, A., Belcher, B., Nadeau, K., Kelsey, M., & Shomaker, L. (2023). Cognitive-behavioral therapy and exercise training in adolescents at-risk for type-2 diabetes: Protocol for a randomized controlled trial. *Journal of Contemporary Clinical Trials, 128*:107150. <https://doi.org/10.1016/j.cct.2023.107150>
24. \*Handing, E., \*Jiao, Y., & †**Aichele, S.** (2023). Age-related trajectories of general fluid cognition and functional decline in the Health and Retirement Study: A bivariate latent growth analysis. *Journal of Intelligence, 11* (4), 1–14. <https://doi.org/10.3390/jintelligence11040065>
23. \*Handing, E., Strobl, C., \*Jiao, Y., Feliciano, L., & †**Aichele, S.** (2022). Predictors of depression among middle-aged and older men and women in Europe: A machine learning approach. *The Lancet Regional Health–Europe, 18*. <https://doi.org/10.1016/j.lanep.2022.100391>
22. **Aichele, S.**, Cekic, S., Rabbitt, P., & Ghisletta, P. (2021). Cognition-mortality associations are more pronounced when estimated jointly in longitudinal and time-to-event models. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.708361>
21. Dominguez, J., Jiloca, L., Fowler, K., Guzman, F. D., Awao, J. K., Natividad, B., Domingo, J., Dyne Dominguez, J. V., Readelar, M., Ligsay, A., Yu, J., **Aichele, S.**, & Phung, T. K. T. (2021). Dementia incidence, burden and cost of care: A Filipino community-based study. *Frontiers in Public Health, 12*. <https://doi.org/10.3389/fpubh.2021.628700>
20. Cekic, S., **Aichele, S.**, Brandmaier, A. M., Köhncke, Y., & Ghisletta, P. (2021). A tutorial for joint modeling of longitudinal and time-to-event data in R. *Quantitative and Computational Methods in Behavioral Sciences*. <https://doi.org/10.5964/qcmb.2979>
19. \*Aschwanden, D., **Aichele, S.**, Ghisletta, P., Terracciano, A., Kliegel, M., Sutin, A. R., Brown, J., & Allemand, M. (2020). Predicting cognitive impairment and dementia: A machine learning approach. *Journal of Alzheimer's Disease, 75* (3), 717–728. <https://doi.org/10.3233/JAD-190967>
18. **Aichele, S.**, & Ghisletta, P. (2019). Memory deficits precede increases in depressive symptoms in later adulthood. *Journals of Gerontology Series B: Psychological Sciences, 74* (6), 943–953. <https://doi.org/10.1093/geronb/gbx183>
17. **Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2019). Illness and intelligence are comparatively strong predictors of individual differences in depressive symptoms following middle age. *Aging and Mental Health, 23* (1), 122–131. <https://doi.org/10.1080/13607863.2017.1394440>
16. **Aichele, S.**, Ghisletta, P., Corley, J., Pattie, A., Taylor, A. M., Starr, J. M., & Deary, I. J. (2018). Fluid intelligence predicts change in depressive symptoms in later life: The Lothian Birth Cohort 1936. *Psychological Science, 29* (12), 1984–1995. <https://doi.org/10.1177/0956797618804501>
15. Ghisletta, P., Joly, E., **Aichele, S.**, Lindenberger, U., & Schmiedek, F. (2018). Age differences in day-to-day speed-accuracy tradeoffs: Results from the COGITO study. *Multivariate Behavioral Research, 53* (6), 842–852. <https://doi.org/10.1080/00273171.2018.1463194>
14. **Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2018). Cardiovascular symptoms and longitudinal declines in processing speed differentially predict cerebral white matter lesions in older adults. *Archives of Gerontology and Geriatrics, 78*, 139–149. <https://doi.org/10.1016/j.archger.2018.06.010>

13. Ghisletta, P., & **Aichele, S.** (2017). Quantitative methods in psychological aging research: A Mini-Review. *Gerontology*, *63*, 529–537. <https://doi.org/10.1159/000477582>
12. **Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2016). Think fast, feel fine, live long: A 29-year study of cognition, health, and survival in middle-aged and older adults. *Psychological Science*, *27* (4), 518–529. <https://doi.org/10.1177/0956797615626906>
11. Zanesco, A. P., King, B. G., MacLean, K. A., Jacobs, T. L., **Aichele, S. R.**, Wallace, A. B., Smallwood, J., Schooler, J. W., & Saron, C. D. (2016). Meditation training influences mind wandering and mindless reading. *Psychology of Consciousness: Theory, Research, and Practice*, *3* (1), 12–33. <https://doi.org/10.1037/cns0000082>
10. Rosenberg, E. R., Zanesco, A. P. King, B. G., **Aichele, S. R.**, Jacobs, T. L., Bridwell, D. A., MacLean, K. A., Shaver, P. R., Ferrer, E., Sahdra, B. K., Lavy, S., Wallace, B. A., & Saron, C. D. (2015). Intensive meditation training influences emotional responses to suffering. *Emotion*, *15* (6), 775–790. <https://doi.org/10.1037/emo0000080>
9. **Aichele, S.**, Rabbitt, P., & Ghisletta, P. (2015). Lifespan decrements in fluid intelligence and processing speed predict mortality risk. *Psychology and Aging*, *30* (3), 598–612. <https://doi.org/10.1037/pag0000035>
8. Sagar, M., Zanesco, A. P., King, B. K, Bridwell, D. A., MacLean, K. A., **Aichele, S. R.**, Jacobs, T. L., Saron, C. D., and Miikkulainen, R. (2015). Mean-field thalamocortical modeling of longitudinal EEG acquired during intensive meditation training. *Neuroimage*, *114*, 88–104. <https://doi.org/10.1016/j.neuroimage.2015.03.073>
7. **Aichele, S. R.**, Borgerhoff Mulder, M., James, S., & Grimm, K. (2014). Attitudinal and behavioral characteristics predict high risk sexual activity in rural Tanzanian youth. *PLoS ONE*, *9* (6), e99986. <https://doi.org/10.1371/journal.pone.0099987>
6. Jacobs, T. L., Shaver, P. R., Epel, E. S., Zanesco, A. P., **Aichele, S. R.**, Bridwell, D.A., Rosenberg, E.L., King, B.G., Maclean, K.A., Sahdra, B.K., Kemeny, M. E., Ferrer, E., Wallace, B. A., & Saron, C.D. (2013). Self-reported mindfulness and cortisol dynamics during a Shamatha meditation retreat. *Health Psychology*, *32*, 1104–1109. <https://doi.org/10.1037/a0031362>
5. Sagar, M., King, B. G., Zanesco, A. P., MacLean, K. A., **Aichele, S. R.**, Jacobs, T. L., Bridwell, D. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Tang, Akaysha, T. C., Mangun, G. R., Wallace, B. A., Miikkulainen, R., & Saron, C. D. (2012). Intensive training induces longitudinal changes in meditation state-related EEG oscillatory activity. *Frontiers in Human Neuroscience*, *6* (256). <https://doi.org/10.3389/fnhum.2012.00256>
4. Jacobs, T. L., Epel, E. S., Lin, J. Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., Zanesco, A. P., **Aichele, S. R.**, Sahdra, B. K., Maclean, K. A, King, B. G., Shaver, P. R., Rosenberg, E. L., Ferrer, E., Wallace, B. A. & Saron, C. D. (2011). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology*, *36*, 664–681. <https://doi.org/10.1016/j.psyneuen.2010.09.010>
3. Sahdra, B. K., MacLean, K. A., Ferrer, E., Shaver, P. R., Rosenberg, E. L., Jacobs, T. L., Zanesco, A. P., King, B. G., **Aichele, S. R.**, Bridwell, D. A., Mangun, G. R., Lavy, S., Wallace, B. A., & Saron, C. D. (2011). Enhanced response inhibition during intensive meditation training predicts improvements in self-reported adaptive socio-emotional functioning. *Emotion*, *11* (2), 299–312. <https://doi.org/10.1037/a0022764>

2. MacLean, K. A., Ferrer, E., **Aichele, S. R.**, Bridwell, D. A., Zanesco, A. P., Jacobs, T. L., King, B. G., Rosenberg, E. L., Sahdra, B. K., Shaver, P. R., Wallace, A. B., Mangun, G. R., & Saron, C. D. (2010). Intensive meditation training leads to improvements in perceptual discrimination and sustained attention. *Psychological Science*, *21* (6), 829–839. <https://doi.org/10.1177/0956797610371339>
1. MacLean, K.A., **Aichele, S. R.**, Bridwell, D. A., Mangun, G. R., Wojciulik, E., & Saron, C. D. (2009). Interactions between endogenous and exogenous attention during vigilance. *Attention, Perception, & Psychophysics*, *71*, 1042–1058. <https://doi.org/10.3758/APP.71.5.1042>

#### **PUBLISHED CONFERENCE PROCEEDINGS**

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2. \*Gomes, E. L., Marker, R. J., Bell, C., **Aichele, S.**, Eagan, J., & Leach, H. J. (2025). Compliance to multiple daily assessments of cancer related fatigue during an outpatient cancer rehabilitation program: 1663. *Medicine & Science in Sports & Exercise*, *57*(10S), 505–506. <https://doi.org/10.1249/01.mss.0001159072.44743.40>
1. Ghisletta, P., **Aichele, S.**, & Rabbitt, P. (August, 2014). Longitudinal data mining to predict survival in a large sample of adults. In Gilli, M., González-Rodríguez, G., & Nieto-Reyes, A. (Eds.), *Proceedings of COMPSTAT 2014: 21<sup>st</sup> International Conference on Computational Statistics* (pp. 167-175). <http://www.compstat2014.org/auxil/Proceedings-COMPSTAT2014.pdf>

#### **INVITED TALKS & SEMINARS**

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13. Aichele, S. (2026, March). *Temporal dynamics and predictor hierarchies of mental health outcomes in the Survey of Health, Ageing and Retirement in Europe (SHARE)*. Seminar in the SHARE International Seminar Series, SHARE Berlin Institute, Online.
12. Aichele, S. (2025, April). *Leveraging advanced methods in cognitive epidemiology*. Department of Psychology (Quantitative Methods Group), Arizona State University. Tempe, AZ.
11. Aichele, S. (2024, November). *INterdisciplinary REsearch into Aging CHallenges (IN REACH) Seed Grant Summary Talk*. Columbine Health Systems' Center for Healthy Aging, Colorado State University, Fort Collins, CO.
10. Aichele, S. (2024, March). *Selected Faculty Lightning Talk, College of Health and Human Sciences Annual Research Day*. Colorado State University, Fort Collins, CO.
9. Aichele, S. (2022, October). *Using machine learning to analyze data from the Survey for Health, Ageing and Retirement in Europe (SHARE)*. 7th SHARE User Conference (Max Planck Sponsor). Bled, Slovenia.
8. Aichele, S. (2022, February). *Cognition & depression in later life: Leveraging advanced statistical methods to understand temporal dynamics and risk/protective factors*. Columbine Health Systems Center for Healthy Aging, Colorado State University at Fort Collins.
7. Aichele, S. (2020, November). *Cognitive decline, longevity, and wellbeing in later life*. Department of Psychology (Guest Lecturer for Graduate Course in Adult Developmental Psychology), Colorado State University at Fort Collins.
6. Aichele, S. (2019, February). *The importance of cognitive decline for predicting longevity and well-being in later life*. Department of Gerontology, McCormack Graduate School of Policy and Global Studies, University of Massachusetts Boston.

5. Aichele, S. (2019, January). *The importance of cognitive decline for predicting longevity and well-being in later life*. Department of Human Development and Family Studies, Colorado State University at Fort Collins.
4. Aichele, S., & Ghisletta, P. (2018, November). *A data mining approach to longitudinal risk assessment in cognitive epidemiology*. Online broadcast instructional exchange, Departments of Psychology, Universities of Geneva and of Zurich, Switzerland.
3. Aichele, S. (2017, April). *A data mining approach to estimating relative influence in complex predictor-outcome associations*. Department of Psychology, University of Bern, Switzerland.
2. Aichele, S. (2017, March). *A data mining approach to longitudinal risk assessment in cognitive epidemiology*. *Rencontres Méthodes et Recherche (Methods and Research Meetings)*. Department of Psychology, University of Lausanne, Switzerland.
1. Aichele, S. (2015, June). *Longitudinal models of cognitive decline and mortality risk*. Department of Psychology, University of Oslo, Norway.

#### REFEREED CONFERENCE PRESENTATIONS (TALKS, PAPERS)

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37. Gutierrez-Colina, A., Aichele, S., Velasco, P., Lavender, J., Goldschmidt, A., Kelsey, M., & Shomaker, L. (2026, May). *Within-person fluctuations in stress and executive functioning predict physical activity in adolescents at risk for type 2 diabetes*. In R. Lucas-Thomson (Chair). *Promoting Youth Health via Digital Intervention: Four Studies at Different Stages of the Intervention Development Framework*. Association for Psychological Science Annual Convention, Barcelona, Spain.
36. Moran, M., Aichele, S., Rzonca, A., Lucas-Thompson, R. G., Shomaker, L. B. (Accepted). *Longitudinal and dynamic associations of engagement in mindfulness training with emotion regulation, mindfulness, and self-compassion in community adolescents*. International Society for Contemplative Research Annual Conference. Chapel Hill, NC.
35. Carbone, E., Aichele, S., Ghisletta, P., & Borella, E. (2025, May). *Gauging the link between personality traits and multifaceted, life-stage dependent proxies of cognitive reserve in adulthood and older age*. The European Cognitive Aging Society's Aging & Cognition Conference, Pavia, Italy.
34. Aichele, S. (2024, November). *Dimensionality, proxies, and predictors of cognitive reserve in the Manchester Longitudinal Study* (flash talk). Annual Scientific Meeting of the Gerontological Society of America, Seattle, WA.
33. Gutierrez-Colina, A. M., Aichele, S., Lavender, J., Sanchez, N., Thorstad, I., Gulley, L., Emerick, J., Schrag, R., Thomas, V., Spinner, H., Arnold, T., Heroy, A., Haigney, M., Tanofsky-Kraff, & Shomaker, L. (2024, June). *Associations of Social and Cognitive-Behavioral Variables with Disinhibited Eating and Anxiety: An Ecological Momentary Assessment Study*. In R. Miller (Chair). *Unraveling affective dynamics in youth: Illuminating paths for targeted interventions*. The Society of Ambulatory Assessment Annual Conference, Ann Arbor, MI.
32. Peters, C., Schmid, A., Gabriels, R., Hepburn, S., Aichele, S., Rankins, E., Reega, S. (2024, February). *Occupational therapy integrating horses to promote self-regulation in autistic youth: A randomized controlled trial*. Horses and Humans Research Foundation, San Diego, CA.
31. Aichele, S., Borella, E., Ghisletta, P., & Carbone, E. (2023, November). *The Current and Retrospective Cognitive Reserve (2CR) Survey and its relationship with cognitive and mood measures*. Annual Scientific Meeting of the Gerontological Society of America, Tampa, FL.

30. Dame, K. B., Harvey, M. J., Aichele, S., Van Denburg, A. K., Hoyer, L., Joslin, S., McKenna, A., Lincoln, M., Closson, L., Flykt, M., Salo, S., Harvey, A., & Biringen, Z. (2023, July). *Movement through motherhood: Promoting maternal wellbeing and perenatal emotional availability (EA) through dance*. World Association for Infant Mental Health (WAIMH), Dublin, Ireland.
29. Handing, E., Shomaker, L., & Aichele, S. (2023, June). *Metabolic factors are associated with concurrent functional limitation and cognitive decline among adults age 50 years and older*. American College of Sports Medicine Annual Meeting & World Congress, Denver, CO.
28. Moran, M., Aichele, S., Shomaker, L. B., Lucas-Thompson, R. G., Heberlein, E., Chandrasekhar, J. L., Bowen, A. E., & Kaar, J. L. (2023). *Supporting youth mental health through a health coaching intervention with a mindfulness component: A pilot randomized controlled trial during COVID-19*. Society for Research on Adolescence. San Diego, CA.
27. Aichele, S., Handing, E., Strobl, C., Jiao, J., & Feliciano, L. (2022, November). *Predictors of depression among middle-aged and older European men and women: A machine learning approach*. Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN.
26. Handing, E. & Aichele, S. (2022, November). *Concurrent changes in cognitive function and functional limitations: A bivariate latent trajectory analysis*. Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN.
25. Aichele, S., Cekic, S., Rabbitt, P., & Ghisletta, P. (2021, November). *Cognition-mortality associations are more pronounced when estimated jointly in longitudinal and time-to-event models*. Annual Scientific Meeting of the Gerontological Society of America, Phoenix, AZ.
24. Aichele, S., & Ghisletta, P. (2017, November). *Memory performance is a leading indicator for age-related changes in depressive symptoms*. Annual Meeting of the Society for Longitudinal & Lifecourse Studies, Stirling, United Kingdom.
23. Aichele, S., Rabbitt, P., & Ghisletta, P. (2017, September). *Processing speed decrements are differentially associated with white matter lesion burden across cerebral regions of older adults*. Annual Meeting of the Swiss Psychological Society, Lausanne, Switzerland.
22. Aichele, S., Rabbitt, P., & Ghisletta, P. (2016, November). *Cognitive performance predicts mortality risk & individual differences in depressive symptoms in middle-aged and older adults*. Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
21. Aichele, S., Rabbitt, P., & Ghisletta, P. (2016, June). *Think fast, feel fine, live long: A 29-year study of cognition, health, and survival in middle-aged and older adults*. International Conference on Sequence Analysis and Related Methods, Lausanne, Switzerland.
20. Aichele, S., Rabbitt, P., & Ghisletta, P. (2016, April). *Think fast, feel fine, live long: A 29-year study of cognition, health, and survival in middle-aged and older adults*. Cognitive Aging Conference, Atlanta, Georgia.
19. Rabbitt, P., Aichele, S., & Ghisletta, P. (2015, November). *Death, intelligence, fun, and contentment in old age*. St. Andrew's Day Invited Lecture, University of Edinburgh, United Kingdom.
18. King, B. G., Zanesco, A. P., Shaver, P. R., Jacobs, T. L., Aichele, S. R., Bridwell, D. A., MacLean, K. A., Wallace, B. A. & Saron, C. D. (2015, June). *Remote emotional memory for depictions of human suffering following an intensive meditation intervention*. Mindfulness and Compassion: The Art and Science of Contemplative Practice, a meeting of the Consciousness, Mindfulness & Compassion International Association. San Francisco, CA.

17. Aichele, S., Rabbitt, P., & Ghisletta, P. (2014, November). *Age-related declines in specific domains of cognitive performance predict time of death*. Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.
16. Ghisletta, P., Aichele, S., & Rabbitt, P. (2014, August). *Longitudinal data mining to predict survival in a large sample of adults*. International Conference on Computational Statistics, Geneva, Switzerland.
15. Aichele, S. R., Ferrer, E., MacLean, K. A., Shaver, P. R., Zanesco, A. P., Rosenberg, E. L., Sahdra, B. K., Jacobs, T. L., Bridwell, D. A., King, B. G., Wallace, B. A., Mangun, G. R., & Saron, C. D. (2013, July). *Intraindividual attentional coherence across scales of time and methods of measurement*. International Meeting of the Psychometric Society, Arnhem, Netherlands.
14. Rosenberg, E. L., Zanesco, A. P., King, B. G., Aichele, S. R., Jacobs, T. L., Bridwell, D. A., MacLean, K. A., Shaver, P. R., Ferrer, E., Sahdra, B. K., Wallace, B. A., and Saron, C. (2012, May). *Meditation and the plasticity of emotion: Facial expression and the unfolding of emotional responses to suffering*. American Psychological Society Annual Meeting. Chicago, IL.
13. Aichele, S. R., Ferrer, E., MacLean, K. A., Grimm, K., Zanesco, A. P., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Jacobs, T. L., Bridwell, D. A., King, B. G., Wallace, B. A., Mangun, G. R., & Saron, C. D. (2012, April). *Modeling longitudinal changes in attentiveness and relaxation as outcomes of meditation practice*. Spring Psychology Departmental Conference, University of California Davis, CA.
12. Jacobs T. L., Zanesco, A. P., Aichele, S. R., Bridwell, D. A., King, B. G., MacLean, K. A., Shaver, P. R., Epel, E. E., Kemeny, M. M., Sahdra, B. K., Rosenberg, E. L., Ferrer E., Wallace, B. A. and Saron, C. D. (2012, April). *Effects of a shamatha meditation retreat on working memory span, dehydroepiandrosterone-sulfate (DHEAS), and their association*. First International Symposium on Contemplative Studies. Denver, CO.
11. Bauer-Wu, S., Sahdra, B. K., Whitworth, R., MacLean, K. A., Aichele, S. R., Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., King, B. G., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Mangun, G. R., Wallace, B. A., & Saron, C. D. (2012, April). *The first-person experience of intensive meditation training and associations with third-person socio-emotional cognitive data*. First International Symposium on Contemplative Studies. Denver, CO.
10. Zanesco, A. P., King, B. K., MacLean, K. A., Jacobs, T. L. Aichele, S. R. and Saron, C. D. (2012, April). *Executive control and felt concentrative engagement after intensive vipassana meditation training*. First International Symposium on Contemplative Studies. Denver, CO.
9. Sagar, M., B. G., Sahdra, MacLean, K. A., Aichele, S.R, Jacobs, T.L., Zanesco, A. P., Bridwell, D. A., King, B. K., Rosenberg, E. L, Shaver, P. R., Ferrer, E.,Wallace, B. A., Manugn, G. R., Saron, C. D. & Miikkulainen, R. (2011, November). *A computational model to understand longitudinal changes in EEG associated with intensive meditation training*. Society for Neuroscience Annual Meeting. Program 930.16.
8. Jacobs, T. L., Epel, E. S., Zanesco, A. P., Aichele, S. R., Bridwell, D. A., King, B. G., MacLean, K. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Kemeny, M. M., Wallace, B. A., and Saron, C. D. (2011, May). *Mindfulness reduces cortisol reactivity to separation-related sadness and attenuates day-to-day variability of the cortisol awakening response*. Society of Biological Psychiatry Annual Meeting. San Francisco, CA.
7. Rosenberg, E., Zanesco, A. P., King, B. G., Aichele, S. R., Jacobs, T. L., Maclean, K. A., Bridwell, D. A., Sahdra, B. K., Ferrer, E., Shaver, P. R., Wallace, B. A., & Saron, C. D. (2011, January). *Intensive*

*meditation training influences emotional responses to scenes of human suffering.* Annual Meeting of the Society for Personality and Social Psychology. San Antonio, TX.

6. Saron, C. D., Sahdra, B. K., Maclean, K. A., Jacobs, T. L., Ferrer, E., Epel, E., Blackburn, L., Shaver, P. R., Lin, J., Aichele, S., Bridwell, D. A., Zanesco, A. P., & King, B. G. (2011, January). *Intensive meditation training enhances response inhibition, adaptive socio-emotional functioning, and markers of cellular aging.* Meeting of the Society for Personality and Social Psychology. San Antonio, TX.
5. Sagar, M., Aichele, S.R, Jacobs, T.L., Zanesco, A. P., Bridwell, D. A., MacLean, K. A., King, B. G., Sahdra, B. K., Rosenberg, E. L, Shaver, P. R., Ferrer, E.,Wallace, B. A., Manugn, G. R., Saron, C. D. & Miikkulainen, R. (2010, July). *A computational approach to understanding the longitudinal changes in cortical activity associated with intensive meditation training.* Computational Neuroscience Society Annual Meeting. San Antonio, TX.
4. Sagar, M., Aichele, S. R., Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., MacLean, K. A., King, B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Tang, A. C., Wallace, B. A., Mangun, G. R., Miikkulainen R., & Saron, C. D. (2010, January). *Training attention: longitudinal changes in cortical activity associated with intensive meditation.* SPIE Human Vision and Electronic Imaging Conference. San Jose, CA.
3. Rosenberg, E. L., Zanesco, A., King, B., Aichele, S., Jacobs, T. L., MacLean, K. A., Bridwell, D., Wallace, B. A., and Saron, C. D. (2009). *Intensive meditative training changes facial responses to scenes of human suffering.* American Psychological Society Annual Meeting.
2. Jacobs, T. L., Epel, E. S., Jue, L., Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., Zanesco, A. P., Aichele, S. R., King, B. G., Sahdra, B. K., Maclean, K. A., Lavy, S., Shaver, P. R. Ferrer, E., Rosenberg, E. L., Wallace, B. A., & Saron, C. D. (2009). *The relation between telomerase activity and intensive meditation training is mediated by changes in psychological well-being.* International Society for Psychoneuroendocrinology Meeting. San Francisco, CA.
1. MacLean, K. A., Saron, C. D., Aichele, S., Bridwell, D., Jacobs, T. L., Zanesco, A., & Mangun, R. (2008) *Improvements in perceptual threshold with intensive attention training through concentration meditation.* Society for Cognitive Neuroscience Annual Meeting. San Francisco, CA.

#### **REFEREED CONFERENCE POSTERS (selected)**

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29. Gomes, E., Marker, R., Bell, C., Aichele, S., Eagan, J., & Leach, H. J. (2025, September). *Acute effects of exercise intensity on fatigue during a cancer-rehabilitation program.* International Conference on Exercise Science, San Diego, CA.
28. Tseng, H., Diehl, M., Aichele, S., Wahl, H-W., & Schilling, O. (2025, November). *Decoupling health and negative affect in late adulthood: Self-perceptions of aging as a psychological buffer.* Meeting of the Gerontological Society of America, Boston, MA.
27. Alajmi, M., Aichele, S., Graham, J., & Persch, A. (2025, June). *Predicting employment success through vocational skills in individuals with developmental disabilities.* Occupational Therapy Summit of Scholars 2025, Seattle, WA.
26. Aichele, S., Payton, A., Robinson, A. C., & Rabbitt, P. (2025, August). *Occupational differences in cognitive aging: Comparative effects by job type, skill level, and education.* American Psychological Association Annual Convention. Denver, CO.
25. Aichele, S. (2025, August). *Predictors of anxiety in middle-aged and older European adults: A machine learning comparative study.* American Psychological Association Annual Convention. Denver, CO.

24. Edwards, C., Ranzenhofer, L., Lavender, J., Aichele, S., Thorstad, I., Sanchez, N., Gulley, L., Young, J. L., Wilfley, D. E., Schrage, R., Arnold, T., Sinkford, Z., Haigney, M., Tanofsky-Kraff, M., & Shomaker, L. (2025, August). *Addressing anxiety for healthier eating in teens: Feasibility, acceptability, and initial results*. American Psychological Association Annual Convention. Denver, CO.
23. Gomes, E. L., Marker, R. J., Bell, C., Aichele, S., Eagan, J., & Leach, H. J. (2025, May). *Compliance to daily assessments of cancer related fatigue during an outpatient cancer rehabilitation program*. American College of Sports Medicine Annual Meeting, Minneapolis, MN.
22. Aichele, S. (2024, November). *Dimensionality, proxies, and predictors of cognitive reserve in the Manchester Longitudinal Study*. Meeting of the Gerontological Society of America. Seattle, WA.
21. Broen, T., Aichele, S., & Feliciano, L. (2024, November). *Exploring barriers and facilitators to physical activity in European midlife and older adult samples*. Annual Scientific Meeting of the Gerontological Society of America. Seattle, WA.
20. Adams, M. S., Aichele, S., Lucas-Thompson, R. G. (2024, June). *Success and apparent barriers to mitigation of shame in college students enrolled in a mindfulness intervention*. Mind & Life Summer Research Institute. Garrison, NY, United States.
19. Chino, Y., Aichele, S., Olson, J. D., Schaaf, G. W., Cline, M., & Johnson, T. E. (2023, November). *Longitudinal analysis of leukocyte counts for long-term health after total body irradiation*. International Commission on Radiological Protection. Tokyo, Japan.
18. Grady, P., Cogan, A., Kozlowski, A., O'Brien, K., Giacino, J., Bodien, Y., Graham, J., Aichele, S., Mallinson, T., & Weaver, J. A. (2023, August). *Establishing coma recovery scale-revised indices of responsiveness*. CSU-CU Summit. Denver, CO.
17. Adams, M. S., Aichele S., Lucas-Thompson R. G., Coatsworth, J. D. (2023, April). *Positive parenting as a mediator of the association between mindful parenting and adolescent adjustment*. Society for Research on Adolescents Annual Meeting. San Diego, CA, United States.
16. Adams, M. S., Aichele S., Lucas-Thompson R. G., Coatsworth, J. D. (2023, February). *Mindful parenting and adolescent adjustment: Positive parenting as a mediator?* International Society for Contemplative Research Inaugural Annual Conference. University of California, San Diego, CA, United States.
15. Aschwanden, D., Ghisletta, P., Aichele, S., Kliegel, M., Lecerf, T., Brown, J., Sutin, A., Terracciano, A., & Allemand, M. (2019, April). *A data mining approach of risk factors in cognitive impairment*. 5<sup>th</sup> International Conference in Aging & Cognition, Zurich, Switzerland.
14. Aichele, S., Rabbitt, P., & Ghisletta, P. (2017, July). *White matter lesions are differentially linked to cardiovascular risk and processing speed declines*. 21<sup>st</sup> International Association of Gerontology and Geriatrics World Congress, San Francisco, CA.
13. Zanesco, A. P., King, B. G., MacLean, K. A., Aichele, S. R. & Saron, C. D. (2016, April). *Long-term maintenance of meditation-training related improvements in response inhibition and vigilant attention*. Annual Meeting of the Cognitive Neuroscience Society, New York, NY.
12. Powers, C. E., Zanesco, A. P., Wineberg, K. R., King, B. G., MacLean, K. A., Aichele, S. R., Saggat, M., Bridwell, D. A., Jacobs, T. L. Wallace, B. A., & Saron, C. D. (2015, October). *Longitudinal modulations of cortical responses during a visual continuous performance task: Effects of practice or intensive meditation training?* Society for Neuroscience Annual Meeting, Chicago, IL.

11. Skwara, A., King, B. G., Zanesco, A. P., Powers, C. E., Wineberg, K. R., Saggar, M., Aichele, S., Bridwell, D. A., Jacobs, T. L., MacLean, K. A., Sahdra, B. K., Ferrer, E., Wallace, B. A., & Saron, C. D. (2015, October). *Resting EEG theta/beta ratios increase reliably over the course of intensive three-month meditation retreats*. Society for Neuroscience Annual Meeting, Chicago, IL.
10. Conklin, Q. A., King, B. G., Zanesco, A. P., Jacobs, T. L., Pokorny, J. J., Aichele, S. R., Bridwell, D. A., Maclean, K. A., Bales, K. L., Shaver, P. R., Rosenberg, E. L., Wallace, B. A., Ferrer, E., Sahdra, B. K., and Saron, C. D. (2014, November). *The effects of intensive meditation training on oxytocin, vasopressin, and attachment style*. Meeting of the Society for Neuroscience. Washington, D.C.
9. Zanesco, A. P., King, B. G., MacLean, K. A., Jacobs, T. L., Aichele, S. R., Wallace, B. A., Smallwood, J., Schooler, J. W. & Saron, C. D. (2014, October). *The impact of meditation training on mind wandering while reading*. International Symposium of Contemplative Studies, Boston, MA.
8. Aichele, S. R., Borgerhoff Mulder, M., James, S., Hartwig, K., Silisyene, M. K. (2012, February). *Conventional demographic and previously uninvestigated psychographic characteristics predict high risk sexual activity in rural Tanzanian youth*. University of California Global Health Day, Berkeley, CA.
7. Saggar, M., Maclean, K. A., Aichele, S. R., Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., King B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Wallace, B. A., Mangun, G. R., Miikkulainen, R. & Saron, C. D. (2011, April). *Cortical activation changes associated with intensive meditation training are related to vigilance performance*. Society for Cognitive Neuroscience, San Francisco, CA.
6. King, B. G., Zanesco, A. P., Rosenberg, E. L., Bridwell, D. A., Jacobs, T. L., Aichele, S. R., MacLean, K. A., Shaver, P. R., Sahdra, B. K., Ferrer, E., Wallace, B. A., & Saron, C. D. (2011, April). *Differential responses to images of threat and human suffering after intensive meditation training*. Society for Cognitive Neuroscience annual meeting, San Francisco, CA.
5. Sahdra, B.K., MacLean, K. A., Ferrer, E., Shaver, P. R., Rosenberge, E. L., Jacobs, T. L., Zanesco, A. P., King, B. G., Aichele, S. R., Bridwell, D. A., Mangun, G. R., Lavy, S., Wallace, B. A., & Saron, C. D. (2010, August). *Response inhibition enhanced by meditation training predicts improved adaptive functioning*. Meeting of the American Psychological Association, San Diego, CA.
4. King, B. G., Zanesco A. P., Bridwell, D. A., Jacobs, T. L., Aichele, S. R., MacLean, K. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Wallace, B. A., and Saron, C. D. (2010, April). *Accentuate the positive: Longitudinal effects of intensive meditation training on modulation of the emotion potentiated startle reflex*. Annual Meeting of the Cognitive Neuroscience Society, Montreal, CA.
3. MacLean, K. A., Aichele, S. R., Bridwell, D. A., Zanesco, A. P., Jacobs, T. L., King, B. G., Saggar, M., Mazaheri, A., Ferrer, E., Rosenberg, E., Sahdra, B. K., Shaver, P. R., Wallace, B. A., Mangun, G. R., & Saron, C. D. (2009, October). *Effects of intensive meditation training on sustained attention: changes in visual event-related potentials, ongoing EEG and behavioral performance*. Annual Meeting of the Society for Neuroscience, Chicago, IL.
2. Saggar, M., Aichele, S. R., Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., Maclean, K. A., King, B. G., Sahdra, B. K., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Tang, A. C., Wallace, B. A., Mangun, G. R., Miikkulainen, R., & Saron, C. D. (2009, October). *Longitudinal changes in brain activity associated with intensive meditation training*. Annual Meeting of the Society for Neuroscience, Chicago, IL.
1. Maclean, K. A., Aichele, S. R., Bridwell, D. A., Jacobs, T. L., Zanesco, A. P., King, B. G., Ferrer, E., Mangun, G. R., & Saron, C. D. (2008, November). *Intensive attention training in concentration meditation leads to improvements in visual sustained attention and response inhibition*. Annual Meeting of the Society for Neuroscience, Washington, DC.

## TEACHING EXPERIENCE

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### Classroom Instruction

2020–current	Instructor	Department of Human Development and Family Studies, Colorado State University <i>Graduate Level</i> <i>HDFS 549: Research Methods I (2020)</i> <i>HDFS 650: Multivariate Research Methods I (2021–2025)</i> <i>HDFS 750: Multivariate Research Methods II (2024–2026)</i> <i>HDFS 755: Advanced Methods for Modeling Longitudinal Change</i> <i>Undergraduate Level</i> <i>HDFS 250: Research Methods in Human Development (2026)</i> <i>HDFS 412: Mental and Physical Health in Adulthood (2025)</i> <i>HDFS 497F: Honors Section for HDFS 101 (2023–2025)</i>
2011–2013	Laboratory Instructor	Department of Psychology, University of California at Davis <i>Graduate Level</i> <i>Advanced Statistical Inference</i> <i>Causal Modeling of Correlational Data</i> <i>Statistical Analysis of Psychological Data</i> <i>Undergraduate Level</i> <i>Research Methods in Psychology</i>

### Departmental-Contracted Individualized Statistical Consulting for Students

2021–2023	10% FTE	Department of Human Development and Family Studies Colorado State University
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### Workshops in Advanced Data Analysis

Oct., 2022	Lead Instructor	<i>Using machine learning to analyze data from the Survey for Health, Ageing and Retirement in Europe (SHARE). 7<sup>th</sup> SHARE User Conference (Max Planck Sponsor). Bled, Slovenia.</i>
Sept., 2017	Instructor	<i>Modern methods for the analysis of change.</i> Universities of Geneva & Lausanne, Switzerland
June, 2017	Instructor	<i>Modern methods for the analysis of change.</i> Universities of Geneva & Lausanne, Switzerland
April, 2017	Lead Instructor	<i>A data mining approach to estimating relative influence in complex predictor-outcome associations.</i> Institute for Psychology, University of Bern, Switzerland
Nov., 2016	Lead Instructor	<i>A data mining approach to longitudinal risk assessment.</i> Annual Meeting of the Gerontological Society of America. New Orleans, LA
May, 2012	Teaching Assistant	American Psychology Association Advanced Training Institute. <i>Structural equation modeling in longitudinal research.</i> University of California, Davis, CA
June, 2011	Teaching Assistant	American Psychology Association Advanced Training Institute. <i>Structural equation modeling in longitudinal research.</i> University of California, Davis, CA

**Other Formal Instructional Activity**

2016,2017	Panel Expert	LIVES: Swiss National Centre for Competence in Research. <i>Doctoriales</i> . Universities of Geneva & Lausanne, Switzerland
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**MENTORING ACTIVITIES**

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**Ongoing**

8 Ph.D. committees (1 as chair, 1 as co-chair)  
1 Undergraduate research assistant  
2 Fellowship advisees

**Completed**

1 Post-doctoral fellow  
4 Ph.D. awardees (committee member)  
5 M.A. theses  
2 Graduate research assistants  
3 Graduate research fellowships, advising  
1 Graduate independent study  
1 Post-baccalaureate research assistant  
3 B.A. honors theses (1 as advisor)  
13 Undergraduate research assistants

**PROFESSIONAL ACTIVITIES**

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**Editorial Boards**

2023-current	<i>Psychology and Aging (American Psychological Association)</i>
2019-current	<i>The Journals of Gerontology, Series B: Psychological Sciences</i>

**Grant Reviewing**

2025, January	<i>Colorado Clinical and Translational Sciences Institute – Pre-K Program</i>
2024, June	<i>National Institutes of Health: Adult Psychopathology and Disorders of Aging Study Section – Early Career Reviewer (temporary member)</i>
2024, December	<i>Swiss National Science Foundation (external reviewer)</i>

**Organizational Affiliations (Current)**

American Psychological Association (Division 20, Adult Development and Aging)  
The Gerontological Society of America

**Ad-Hoc Journal Reviewer**

*Advances in Life Course Research, Aging and Mental Health, AIDS and Behavior, Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring, Alzheimer's & Dementia: The Journal of the Alzheimer's Association, Alzheimer's Research & Therapy, American Journal of Epidemiology, American Journal of Preventive Medicine, BMC Medical Informatics, BMC Psychiatry, British Medical Journal, Developmental Methodology, European Psychiatry, Frontiers in Psychology, Health and Quality of Life Outcomes, Intelligence, Journal of Adult Development, Journal of Affective Disorders, Journal of Aging Research, Journal of Anxiety Disorders, Journal of Educational and Behavioral Statistics, Journals of Gerontology: Medical Sciences, Journals of Gerontology: Psychological Sciences, Memory & Cognition, Merrill-Palmer Quarterly, Mindfulness, Nature: Digital Medicine, Neuropsychology, PLOS One, Polish Psychological Bulletin, Psychological Medicine, Psychology and Aging, SAGE Open, Springer Nature Scientific Reports, Translational Psychiatry, World Health Organization's Western Pacific Surveillance and Response Journal.*

**UNIVERSITY & DEPARTMENTAL SERVICE**

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Colorado State University (CSU)

2025 Vice President of Research – Graduate Fellows Program Reviewer  
2024 Faculty Partner: Interviewer for job candidates for the Director of Teaching Excellence  
2024 Graduate Student Showcase Presentation Judge

CSU: College of Health and Human Sciences

2024-2025 Research Day Poster Judge  
2024 Undergraduate Commencement Student Marshall

CSU: Department of Human Development and Family StudiesOngoing

2024– Graduate Curriculum Development Committee  
2023– Undergraduate Research & Honors Coordinator  
2022– HDFS Doctoral Student Admissions Committee  
2021– Ad-hoc Statistical Consulting for Faculty

Specific

2025–2026 Department Head Search Committee  
2023–2024 Faculty Search Committee

**LANGUAGES**

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English (native, fluent)  
French (proficient: B2 spoken, B2 written)