

CURRICULUM VITAE

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EDUCATION

Ph.D. University of Wisconsin - Madison 9/88 - 6/93 Major: Behavioral Neuroscience
Minor: Psychoneuroimmunology

A.B. Columbia University 9/81 - 5/85 Major: Psychology

PROFESSIONAL EXPERIENCE

Purdue University 4/20 – present William and Sally Berner Hanley Professor of Gerontology
4/20 – present Professor of Human Development and Family Studies
12/14 – 4/20 William and Sally Berner Hanley Associate Professor of Gerontology

8/14 – 4/20 Associate Professor of Human Development and Family Studies

8/12 – 8/14 Assistant Professor of Human Development and Family Studies

University of Wisconsin-Madison 8/07 – 8/12 Associate Scientist
9/06 – 8/07 Assistant Scientist
Institute on Aging and Department of Population Health Sciences

9/04 – 8/06 Robert Wood Johnson Foundation Health & Society Scholar

Williams College 7/96 – 8/04 Assistant Professor of Psychology

New York State Department Of Health – Wadsworth Laboratories 8/99 – 8/00 Visiting Scientist in Neuroimmunology

University of California, San Diego 8/93 – 6/96 Postdoctoral Fellow in Neuroimmunology
Mentor: Michael Irwin, MD

University of Wisconsin, Madison 1/92 – 5/92 Reader and Lecturer in Animal Behavior
1/91 – 5/91 Reader and Lecturer in Physiological Psychology
1/90 – 8/90 Research Assistant in Psychoneuroimmunology
9/89 – 1/90 Teaching Assistant and Laboratory Instructor in Physiological Psychology

PUBLICATIONS

- Teas, E., Friedman, E., & Amireault, S. (2022). Purpose in life and personal growth: The unique and joint contribution of physical activity and basic psychological needs. *Applied Psychology: Health and Well-Being*, 1–24. <https://doi.org/10.1111/aphw.12347>
- Teas, E., Robertson, O., Marceau, K., & Friedman, E. (2021). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. *Psychosomatic Medicine*, 83(7), 724-732.
- Teas, E., & Friedman, E. (2021). Sleep and functional capacity in adults: Cross-sectional associations among self-report and objective assessments. *Sleep Health*, 7(2), 198-204.
- Mesas, A.E., Peppard, P.E., Hale, L., Friedman, E.M., Nieto, F.J., & Hagen, E.W. (2020). Individuals' perceptions of social support from family and friends is associated with lower risk of sleep complaints and short sleep duration. *Sleep Health*, 6: 110-116.
- Mishra, A.A., Friedman, E.M., Mihalec-Adkins, B.P., Evich, C.D., Christ, S.L. & Marceau, K.M. (2019). Childhood maltreatment exposure and physical functional limitations in late adulthood: examining subjective sleep quality in midlife as a mediator. *Psychology and Health*.
<https://www.tandfonline.com/doi/full/10.1080/08870446.2019.1657576>
- Rector, J.L., Marceau, K., & Friedman, E.M. (2019). Moderation of the association between chronic medical conditions and functional limitations over time by physical activity: Effects of age. *Journal of Gerontology, Medical Sciences*. <https://doi.org/10.1093/gerona/glz020>
- Rector, J.L., Tay, L., Weise, C.W., & Friedman, E.M. (2019). Relative sensitivity of cortisol indices to psychosocial and physical health factors. *PLoS One*. <https://doi.org/10.1371/journal.pone.0213513>
- Friedman, E.M., & Shorey, C. (2019). Inflammation in multimorbidity and disability: An integrative review. *Health Psychology*, 38: 791-801.
- Friedman, E.M., Ruini, C., Foy, C.R., Jaros, L., Love, G., Ryff, C.D. (2019). Lighten UP! A Community-Based Group Intervention to Promote Eudaimonic Well-Being in Older Adults: A Multi-Site Replication with 6 Month Follow-Up, *Clinical Gerontologist*, 42:387-397. DOI: [10.1080/07317115.2019.1574944](https://doi.org/10.1080/07317115.2019.1574944)
- Mishra, A. A., Friedman, E. M., Christ, S. L. and Denning, M. (2019), The Association of Psychological Well-Being with Disablement Processes in a National Sample. *Applied Psychology Health Well-Being*, doi:[10.1111/aphw.12152](https://doi.org/10.1111/aphw.12152)
- Rector, J.L., Christ, S.L., & Friedman, E.M. (2019). Well-being and long-term physical activity participation in midlife adults: A latent class analysis. *Annals of Behavioral Medicine*, 53, 53-64.
- Friedman, E.M., Mroczek, D.K., & Christ, S.L. (2018). Multimorbidity, inflammation, and disability: A longitudinal mediational analysis. *Therapeutic Advances in Chronic Disease*.
<https://doi.org/10.1177/2040622318806848>

- Wiese, C. W., Chen, Z. J., Tay, L., Friedman, E. M. and Rector, J. L. (2018), The role of affect on physical health over time: A cross-lagged panel analysis over 20 years. *Applied Psychology-Health and Well-Being*. doi:[10.1111/aphw.12149](https://doi.org/10.1111/aphw.12149).
- Friedman, E.M., Ruini, C., Foy, R., Jaros, L., Sampson, H., & Ryff, C.D. (2017). Lighten UP! A community-based group intervention to promote psychological well-being in older adults. *Aging and Mental Health*, 21: 199-205.
- Friedman, E.M. (2016). Self-reported sleep problems prospectively increase risk of disability: Findings from the Survey of Midlife Development In the United States (MIDUS). *Journal of the American Geriatrics Society*, 64: 2235-2241.
- Ryff, C.D., Radler, B., & Friedman, E.M. (2015). Persistent Psychological Well-Being Predicts Improved Self-Rated Health Over 9-10 Years: Longitudinal Evidence from MIDUS. *Health Psychology Open*. <https://doi.org/10.1177/2055102915601582>
- Friedman, E. M., Christ, S. L., & Mroczek, D. K. (2015). Inflammation Partially Mediates the Association of Multimorbidity and Functional Limitations in a National Sample of Middle-Aged and Older Adults: The MIDUS Study. *Journal of Aging and Health*, 27(5), 843–863.
- Zuelsdorff, M.S., Engelman, C.D., Friedman, E.M., Kosciak, R.L., Jonaitis, E.M., La Rue, A., & Sager, M.A. (2013). Stressful Events, Social Support, and Cognitive Function in Middle-aged Adults with a Family History of Alzheimer's Disease. *Journal of Aging and Health*, 25, 944-959.
- Lemola, S., Lederman, T., & Friedman, E.M. (2013). Variability of sleep duration is related to subjective sleep quality and subjective well-being. *PLoS One*, Advanced online publication. doi:10.1371/journal.pone.0071292.
- Friedman, E.M., & Ryff, C.D. (2012). Living well with medical co-morbidities: A biopsychosocial perspective. *Journals of Gerontology, Psychological Sciences*, 67, 535-544.
- Ryff, C.D., Friedman, E.M., Morozink, J.A., & Tsenkova, V. (2012). Psychological resilience in adulthood and later life. *Annual Review of Gerontology and Geriatrics*, 32, 73-92.
- Hale, L., Hill, T., Friedman, E.M., Nieto, J., Galvao, L., Engelman, C., Malecki, K., & Peppard, P. (2012). Perceived neighborhood disorder, sleep quality, and health status: evidence from the Survey of the Health of Wisconsin. *Social Science & Medicine*, 79, 16-22.
- Herd, P., Friedman, E.M., & Karraker, A. (2012). The social patterns of a biological risk factor for disease: race, gender, socioeconomic position, and C-reactive protein. *Journals of Gerontology, Social Sciences*, 67, 503-513.
- Ryff, C.D., Friedman, E.M., Fuller-Rowell, T.E., Dienberg Love, G., Morozink, J.A., Radler, B.T., & Tsenkova, V. (2012). Varieties of resilience in MIDUS. *Social and Personality Psychology Compass*, 6, 792-806.
- Lin, F., Friedman, E., Quinn, J., Chen, D-G., & Mapstone, M. (2012). Effect of leisure activities on inflammation and cognitive function in an aging sample. *Archives of Gerontology and Geriatrics*, 54, e398-404.

- Gleason, C.E., Dowling, N.M., Friedman, E.M., Wharton, W., & Asthana, S. (2011). Using predictors of hormone therapy use to model the healthy user bias: how does healthy user status influence cognitive effects of hormone therapy? *Menopause, 19*, 524-533.
- Greenfield, E.A., Lee, C., Friedman, E.M., & Springer, K.W. (2011). Childhood abuse as a risk factor for poor sleep quality in adulthood: evidence from a US national study. *Annals of Behavioral Medicine, 42*, 245-256.
- Friedman, E.M. (2011). Sleep quality, social engagement, and inflammation: an integrative analysis in a national sample. *Annals of the New York Academy of Sciences, 1231*, 23-34.
- Nieto, F.J., Peppard, P.E., Engelman, C.D., McElroy, J.A., Galvao, L.W., Friedman, E.M., Bersch, A.J., & Malecki, K.C. (2010). The Survey of the Health of Wisconsin (SHOW), a novel infrastructure for population health research: rationale and methods. *BMC Public Health, 10*, 785-797.
- Morozink, J.A., Ryff, C.D., Friedman, E.M., & Coe, C.L. (2010). Socioeconomic and psychosocial predictors of interleukin-6 in the MIDUS sample. *Health Psychology, 29*, 626-635.
- Friedman, E.M., & Herd, P. (2010). Income, education, and inflammation: differential associations in a national probability sample (the MIDUS study). *Psychosomatic Medicine, 72*, 290-300.
- Friedman, E.M., Williams, D.R., Singer, B.H., & Ryff, C.D. (2009). Chronic discrimination predicts higher circulating levels of E-selectin in a national sample: the MIDUS study. *Brain Behavior & Immunity, 23*, 684-692.
- Krueger, P.M., & Friedman, E.M. (2009). The correlates of sleep duration in the United States: a cross-sectional population based study. *American Journal of Epidemiology, 169*, 1052-1063.
- Friedman, E.M., Love, G.D., Davidson, R., Urry, H., Rosencranz, M., Singer, B.H., & Ryff, C.D. (2007). Socioeconomic status predicts subjective and objective sleep quality in aging women. *Psychosomatic Medicine, 69*, 682-691.
- Friedman, E.M., Hayney, M., Love, G.D., Singer, B.H., & Ryff, C.D. (2007). Plasma interleukin-6 and soluble IL-6 receptors are associated with psychological well-being in aging women. *Health Psychology, 26*, 305-313.
- Ryff, C.D., Love, G.D., Muller, D., Urry, H., Friedman, E.M., Davidson, R., & Singer, B. (2006). Psychological well-being and ill-being: do they have distinct or mirrored biological correlates? *Psychotherapy & Psychosomatics, 75*: 85-95.
- Friedman, E.M., Berman, M., & Overstreet, D.H. (2006). Swim test immobility in a genetic rat model of depression is modified by maternal environment: a cross-foster study. *Developmental Psychobiology, 48*, 169-177.
- Friedman, E.M., Hayney, M., Love, G.D., Davidson, R., Urry, H., Rosencranz, M., Singer, B.H., & Ryff, C.D. (2005). Social relationships, sleep quality, and interleukin-6 in aging women. *Proceedings of the National Academy of Sciences, 102*: 18757-18762.

- Singer, B.H., Friedman, E.M., Seeman, T.E., Fava, G.A., & Ryff, C.D. (2005). Protective environments and health status: cross-talk between human and animal studies. *Neurobiology of Aging*, 26: 113-118.
- Overstreet, D.H., Friedman, E.M., Mathee, A.A., & Yadid, G. (2005). The Flinders Sensitive Line rat: A selectively bred putative animal model of depression. *Neuroscience and Biobehavioral Reviews*, 29, 739-759.
- Overstreet, D.H., Daws, L.C., Yadid, G., Friedman, E., Mathe, A.A., & Janowsky, D.S. (2003). Comment on "preclinical models: status of basic research in depression." *Biological Psychiatry*, 53, 268-270.
- Friedman, E.M., & Lawrence, D.A. (2002). Environmental stress mediates changes in neuroimmunological interactions. *Toxicological Sciences*, 67, 4-10.
- Friedman, E.M., Becker, K.A., Overstreet, D.H., & Lawrence, D.A. (2002). Reduced primary antibody responses in a genetic animal model of depression. *Psychosomatic Medicine*, 64, 267-273.
- Friedman, E.M., & Irwin, M.R. (2001). Central CRH suppresses specific antibody responses: effects of β -adrenoceptor antagonism and adrenalectomy. *Brain, Behavior, and Immunity*, 15, 65-77.
- Friedman, E.M. & Irwin, M.R. (1997). Modulation of immune cell function by the autonomic nervous system. *Pharmacology and Therapeutics*, 74, 27-38.
- Friedman, E.M., Irwin, M.R., & Overstreet, D.H. (1996). Natural and cellular immune responses in Flinders Sensitive and Resistant line rats. *Neuropsychopharmacology*, 15, 314-322.
- Friedman, E.M., Reyes, T., & Coe, C.L. (1996). Context-dependent behavioral effects of interleukin-1 in the rhesus monkey (*Macaca mulatta*). *Psychoneuroendocrinology*, 21, 455-468.
- Friedman, E.M. & Irwin, M.R. (1996). A role for CRH and the sympathetic nervous system in stress-induced immunosuppression. *Annals of the New York Academy of Sciences*. 771, 396-418.
- Friedman, E.M., Irwin, M.R., & Nonogaki, K. (1995). Neuropeptide-Y inhibits in vivo specific antibody responses in rats. *Brain Behavior and Immunity*, 9, 182-189.
- Friedman, E.M., Boinski, S., & Coe, C.L. (1995). Interleukin-1 induces sleep-like behavior and alters call structure in juvenile rhesus monkeys. *American Journal of Primatology*, 35, 143-153.
- Friedman, E.M., Coe, C.L., & Ershler, W.B. (1994). Bi-directional effects of interleukin-1 on immune responses in juvenile rhesus monkeys (*Macaca mulatta*). *Brain Behavior and Immunity*, 8, 87-99.
- Friedman, E.M., Coe, C.L., & Ershler, W.B. (1991). Time-dependent effects of peer separation on lymphocyte proliferation responses in juvenile squirrel monkeys (*Saimiri sciureus*). *Developmental Psychobiology*, 24, 159-175.
- BOOK CHAPTERS**
- Friedman, E.M., Lebreton, B., Fuzzell, L., & Wehrspann, E. (2018). Biopsychosocial patterning of multimorbidity and its consequences. In: C.D. Ryff & R.F. Krueger (Eds.) *The Oxford Handbook of Integrative Health Science*, pp. 221-235. Oxford: Oxford University Press.

- Friedman, E.M., & Rector, J.L. (2018). Midlife. In: M.H. Bornstein, (Ed.) *The SAGE encyclopedia of lifespan human development*. Thousand Oaks: SAGE Publications.
- Rector, J.L., & Friedman, E.M. (2018). Hormones and well-being. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of well-being*. Salt Lake City, UT: DEF Publishers. DOI:nobascholar.com.
- Friedman, E.M. (2012). Well-being, aging, and immunity. In S.C. Segerstrom (Ed.) *The Oxford Handbook of Psychoneuroimmunology*, pp. 37-62. New York: Oxford University Press.
- Friedman, E.M. & Ryff, C.D. (2012). Theoretical approaches: a biopsychosocial approach to positive aging. In: S.K. Whitbourne & M. Sliwinski (Eds.), *Handbook of Adult Development and Aging*, pp. 3-24. Oxford, England: Blackwell Publishing.
- Gruenewald, T.L., Seeman, T.E., Karlamangla, A.S., Friedman, E.M., & Evans, W. (2012). Biological imprints of social status: Socioeconomic gradients in biological markers of disease risk. In B. Wolfe, B. Evans, & T. Seeman (Eds.) *Biological Consequences of Socioeconomic Inequalities*, pp. 63-102. New York: Russell Sage Foundation.
- Friedman, E.M. (2010). Stress and Immune Function. In: C.A. McQueen (Ed.), *Comprehensive Toxicology*, volume 5, pp. 531-547. Oxford: Elsevier.
- Irwin, M.R. & Friedman, E.M. (1999). Does psychological depression cause immune suppression in humans? In: M. Schedlowski & U. Tuwes (Eds.) *Psychoneuroimmunology: An Interdisciplinary Introduction*, pp. 327-340. New York: Plenum Press.
- Irwin, M.R. & Friedman, E.M. (1996). Developmental aspects of psychoneuroimmunology. In: M. Lewis (Ed.), *Child and Adolescent Psychiatry; A Comprehensive Textbook, 2nd Edition*, pp. 51-63. Baltimore, MD: Williams and Wilkins.

CONFERENCE PRESENTATIONS

- Teas, E., Marceau, K., Friedman, E. (2022, March). Life course social connectedness, marital transitions, and physical activity in later life. Ignite research talk (oral presentation) at the Annual American Academy of Health Behavior meeting in Key Largo, FL. – **High Honors Abstract Award**
- Teas, E., Robertson, O., Marceau, K., Friedman, E. (2021, November). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. Poster presented at the Purdue College of Health and Human Sciences Fall Research Day, West Lafayette, IN.
- Voss, L., **Teas, E.**, Friedman, E. (2021, November). Health Perceptions and Longevity in Adults with Chronic Illness. Research presentation at the Purdue University 2021 Fall Undergraduate Research Expo, Virtual.
- Teas, E., Robertson, O., Marceau, K., Friedman, E. (2021, November). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. Poster presented at the Annual Meeting of the Gerontological Society of America, Virtual.

- Teas, E., Friedman, E., Amireault, S. (2021, June). Aging and thriving: The differential roles of physical activity and basic psychological needs. Oral presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Virtual.
- Friedman, E.M., & Teas, E.A. Does poor sleep quality predict mobility limitations? Annual Meeting of the Gerontological Society of America, Austin, TX, November 4-8, 2020.
- Baker, H.E., Mitoraj, M.M., Franks, M.M., & Friedman, E.M. Positive relations as a protective factor for disability in a national sample of aging adults. Annual Meeting of the Gerontological Society of America, Austin, TX, November 13-17, 2019.
- Friedman, E.M. Sleep regularity: A novel measure from actigraphy data. MIDUS Investigator Meeting, Madison, WI, May 14-15, 2019.
- Friedman, E.M., Franks, M.M., Rector, J.L., & Thomas P. Multimorbidity, disability, and mortality: Moderation by positive relations with others. Annual Meeting of the Gerontological Society of America, Boston, MA, November 14-18, 2018.
- Franks, M.M., Thomas, P., Friedman, E.M. His and hers: health benefits of marriage in the context of multimorbidity. Annual Meeting of the Gerontological Society of America, Boston, MA, November 14-18, 2018.
- Friedman, E.M. Subjective sleep complaints are independent predictors of functional limitations in aging adults. . Annual Meeting of the American Psychosomatic Society, Louisville, KY, March 7-10, 2018.
- Rector, J.L., & Friedman, E.M. Longitudinal associations of chronic medical conditions and physical activity with disability over time: Results from MIDUS. Annual Meeting of the American Psychosomatic Society, Louisville, KY, March 7-10, 2018.
- Friedman, E.M., & Krueger, P.M. Sleep, education, and disability. Symposium presentation at the Annual Meeting of the Interdisciplinary Association for Population Health Science, Austin, TX, October 2-4, 2017.
- Friedman, E.M. The path from multimorbidity to disability: Examining psychosocial moderation and biological mediation. *Invited symposium presentation*. Annual Meeting of the Society for Behavioral Medicine, San Diego, CA, March 29-April 1, 2017.
- Rector, J.L., & Friedman, E.M. Effect of well-being on later actigraphic physical activity. Annual Meeting of the American Psychosomatic Society, Seville, Spain, March 15-18, 2017.
- Friedman, E.M., Franks, M.M., Thomas P., Gotschall, K., & Moench, K. Multiple chronic conditions and healthy aging, Part 1: Main effects on mortality and disability. Symposium presentation at the Annual Meeting of the Gerontological Society of America, New Orleans, LA, November 18-22, 2016.
- Franks, M.M., Friedman, E.M., Thomas P., Gotschall, K., & Moench, K. Multiple chronic conditions and healthy aging, Part 2: Moderating effects of psychosocial resources. Symposium presentation at the Annual Meeting of the Gerontological Society of America, New Orleans, LA, November 18-22, 2016.

- Rector, J.L., & Friedman, E.M. The association between changes in chronic conditions and objectively measured physical activity. Annual Meeting of the Gerontological Society of America, New Orleans, LA, November 18-22, 2016.
- Friedman, E.M. Lighten UP! A community-based program to promote well-being in older adults. European Positive Psychology Conference, Angers, France, June 28-July 1, 2016.
- Friedman, E.M. & Ruini, C. Psychological and social functioning among older adults in Italy and the United States: A cross-cultural comparison. European Positive Psychology Conference, Angers, France, June 28-July 1, 2016.
- Friedman, E.M. Inflammation partially mediates the longitudinal relationship between chronic conditions and disability. Annual meeting of the American Psychosomatic Society, Denver, CO, March 9-13, 2016.
- Rector, J. & Friedman, E.M. Effect of eudaimonic well-being on physical activity participation 10 years later. Annual meeting of the American Psychosomatic Society, Denver, CO, March 9-13, 2016.
- Friedman, E.M., Wehrspann, E., Plewniak, K., Knapik, S., Fuzzell, L., Marini, C., & Franks, M.M. Multiple chronic medical conditions are associated with autonomic dysregulation. Annual meeting of the Gerontological Society of America, Orlando, FL, November 17-22, 2015.
- Wehrspann, E., Fuzzell, L., & Friedman, E. Psychosocial predictors of longitudinal health in the MIDUS study. Annual meeting of the Gerontological Society of America, Orlando, FL, November 17-22, 2015.
- Fuzzell, L., Wehrspann, E., & Friedman, E. Longitudinal increase in chronic conditions predicts reduced cognitive function. Annual meeting of the Gerontological Society of America, Orlando, FL, November 17-22, 2015.
- Marini, C., Franks, M.M., Friedman, E., Nowakowski, A., Wehrspann, E. & Fuzzell, L. Multiple Chronic Conditions and Health: The Role of Spouse Emotional Support. Annual meeting of the Gerontological Society of America, Orlando, FL, November 17-22, 2015.
- Friedman, E.M. Sleep problems increase risk of disability in middle-aged and older adults: a longitudinal study of a population-based sample. *Citation Poster*. Annual meeting of the American Psychosomatic Society, Savannah, GA, March 18-21, 2015.
- Friedman, E.M., Marini, C., Milliner, C., Nowakowski, A., Wehrspann, E., & Franks, M.M. Chronic conditions are associated with lower circulating levels of DHEA-S: buffering by social support. Annual meeting of the Gerontological Society of America, Washington, DC, November 5-9, 2014.
- Friedman, E.M. Inflammation at mid-life: patterning by socioeconomic status and psychosocial resources. Invited Symposium. Annual meeting of the American Sociological Association, San Francisco, CA, August 16-19, 2014.
- Friedman, E.M., & Wehrspann, E. *Multimorbidity in middle and later life: a longitudinal analysis of risk and protective factors*. Annual meeting of the American Psychosomatic Society, San Francisco, CA, March 12-15, 2014.

- Ruini, C., Friedman, E., Ryff, C.D., Mahoney, J., & Jaros, L. (2013, June). Lighten Up! Promoting well-being in older adults. Paper presentation at the Third World Congress on Positive Psychology, Los Angeles, CA.
- Zuelsdorff, M., Engelman, C.D., Friedman, E., Kosciak, R., Jonaitis, E., LaRue, A., & Sager, M. (2013, November). Stressful experiences, social support, and gene-social environment interaction in cognitive function: findings from the Wisconsin Registry for Alzheimer's Prevention (WRAP). Poster presentation at the Annual Meeting of the Gerontological Society of America, New Orleans, LA.
- Friedman, E.M., Ryff, C.D., Ruini, C., Jaros, L. & Mahoney, J. (2012, November). Lighten UP! Promoting well-being in older adults. In J. Mahoney (organizer), Building Wisconsin's Community-Academic Infrastructure to Promote Aging Research and Dissemination. Symposium conducted at Annual Meeting of the Gerontological Society of America, San Diego, CA.
- Hagen, E.W., Friedman, E.M., Hale, L., Salzieder, N., & Peppard, P.E. (2012, June). Stressfulness of major life events and insomnia symptoms in women and men. Poster presentation at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.
- Friedman, E.M. (2012, April). Psychological Well-Being and the Biology of Adversity. Poster presentation at Annual Meeting of Robert Wood Johnson Health & Society Scholars Program. Princeton, NJ.
- Friedman, E.M. & Ryff, C.D. (2011, March). Perceived discrimination and sleep: results from the MIDUS study. In C. Ryff (organizer), Population level integration of psychosocial and biological processes: results from the MIDUS study. Symposium conducted at Annual Meeting of the American Psychosomatic Society, San Antonio, TX.
- Friedman, E.M. & Ryff, C.D. (2010, November). Retirement status, psychological well-being, and inflammation: an integrative approach to successful aging. Paper presentation at Annual Meeting of the Gerontological Society of America, New Orleans, LA.
- Friedman, E.M. & Ryff, C.D. (2010, June). Chronic disease co-morbidity and inflammation in aging adults: moderation by psychological well-being. Paper presentation at Annual Meeting of the Psychoneuroimmunology Research Society, Dublin, Ireland.
- Friedman, E.M. & Ryff, C.D. (2010, March). Sleep complaints longitudinally increase the odds of poor self-rated health: results from the MIDUS study. Poster presentation at the Annual Meeting of the American Psychosomatic Society. Portland, OR.
- Friedman, E.M. & Adler, N.E. (2009, September). Socioeconomic status and sleep. Paper presentation at Russell Sage Foundation Workshop on Socioeconomic Status and Health. San Francisco, CA.
- Friedman, E.M. & Ryff, C.D. (2009, June). Determinants of inflammation in a national sample: the MIDUS study. Poster presentation at the Annual Meeting of the Psychoneuroimmunology Research Society, Breckinridge, CO.
- Friedman, E.M., Sloan, R., McKinley, P., Singer, B.H., & Ryff, C.D. (2009, March). Heart rate and heart rate variability predict inflammation in a national sample: data from the MIDUS study. Paper presentation at Annual Meeting of the American Psychosomatic Society, Chicago, IL.

- Friedman, E.M., Singer, B.H., & Ryff, C.D. (2009, March). Sleep wake activity and inflammation in the MIDUS study: moderation by race. Paper presentation at the Annual Meeting of the American Psychosomatic Society, Chicago, IL.
- Friedman, E.M., Love, G.D., Singer, B.H., & Ryff, C.D. (2008, November). Social well-being predicts reduced inflammation in two independent samples of aging women. Annual Meeting of the Gerontological Society of America, National Harbor, MD.
- Friedman, E.M., Williams, D., Love, G.D., Singer, B.H., & Ryff, C.D. (2008, May). Perceived discrimination predicts elevated levels of fibrinogen in a national sample: data from the Survey of Midlife in the United States (MIDUS). Poster presentation at the Annual Meeting of the Psychoneuroimmunology Research Society, Madison, WI.
- Friedman, E.M., Love, G.D., Singer, B.H., & Ryff, C.D. (2008, May). Social Well-Being and Serum Adhesion Molecules: Data from the Survey of Midlife in the United States Study. Poster presentation at the Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Friedman, E.M., Herd, P., Singer, B.H., & Ryff, C.D. (2008, March). Low income predicts increased systemic inflammation in a national sample of middle aged adults (MIDUS). Paper presentation at the Annual Meeting of the American Psychosomatic Society, Baltimore, MD.
- Friedman, E.M., Love, G.D., Singer, B.H., Ryff, C.D. (2007, November). Psychological well-being and cellular adhesion molecules: data from the MIDUS study. Poster presentation at the Annual Meeting of the Gerontological Society of America, San Francisco, CA.
- Friedman, E.M., Love, G.D., Davidson, R.J., Urry, H., Rosecrantz, M.*, Singer, B.H., & Ryff, C.D. (2006, November). Socioeconomic status and sleep quality in aging women. Paper presentation at the Annual Meeting of the Gerontological Society of America, Dallas, TX.
- Friedman, E.M. (2006, August). Inflammation: a model of how social determinants of health get under the skin. Paper presentation at the Annual Meeting of the American Sociological Association, Montreal, Quebec.
- Friedman, E.M. (2006, May). Aging and inflammation: integrating psychosocial and biological processes. Paper presentation at the Robert Wood Johnson Health & Society Scholars Program Annual Meeting, Washington, DC.
- Friedman, E.M., Love, G.D., Davidson, R.J., Urry, H., Rosecrantz, M.*, Singer, B.H., & Ryff, C.D. (2006, March). Socioeconomic status predicts subjective and objective sleep quality in aging women. Paper presentation at the Annual Meeting of the American Psychosomatic Society, Denver, CO.
- Friedman, E.M., Love, G.D., Hayney, M., Singer, B., Ryff, C.D. (2005, November). Positive social relationships and inflammation in aging women. Paper presentation at the Annual Meeting of the Gerontological Society of America.
- Singer, B., Love, G., Urry, H., Friedman, E., & Ryff, C. (2005, November). Well-being, the HPA axis, and sleep. Paper presentation at the Annual Meeting of the Gerontological Society of America, Orlando, FL.

- Friedman, E.M., Love, G.D., Hayney, M., Davidson, R.J., Urry, H., Rosecrantz, M.*, Singer, B.H., & Ryff, C.D. (2005, June). Moderating influences of sleep quality and positive social relationships on plasma IL-6 levels in aging women. Paper presentation at the Annual Meeting of the Psychoneuroimmunology Research Society, Denver, CO.
- Friedman, E.M. (2005, May). Psychological well-being and markers of inflammation. Paper presentation at the Robert Wood Johnson Health & Society Scholars Program Annual Meeting, Santa Fe, NM.
- Friedman, E.M., Love, G.D., Hayney, M., & Ryff, C.D. (2005, March). Psychological well-being and inflammatory factors in a sample of aging women. Paper presentation at the Annual Meeting of the American Psychosomatic Society, Vancouver, BC.
- Friedman, E.M. & Berman, M.* (2003, November). Early rearing environment modulates adult depressive behavior in a genetic animal model of depression. Poster presentation at the Annual Meeting of the International Society for Developmental Psychobiology, New Orleans, LA.
- Friedman, E.M., Burr, M.H.*, Borski, S.B.*, Overstreet, D.H., & Swoap, S.J. (2002, November). Mild hypertension in a genetic animal model of depression. Poster presentation at the Annual Meeting of the Society for Neuroscience, Orlando, FL.
- Friedman, E.M., Overstreet, D.H., & Lawrence, D.A. (2001, November). Impaired host defense against bacterial infection in a genetic animal model of depression. Poster presentation at the Annual Meeting of the Society for Neuroscience, San Diego, CA.
- Friedman, E.M. (2001, July). An animal model for assessment of depression and immunity. Paper presentation at NeuroImmuno-Toxicology Conference, Albany, NY.
- Friedman, E.M. & Lawrence, D.A. (2001, July). Vulnerability to bacterial infection in a genetic animal model of depression. Hot Topic. Paper presentation at the Annual meeting of the American Psychological Society, Toronto, Canada.
- Friedman, E.M. & Lawrence, D.A. (2001, May). Reduced host resistance to *Listeria monocytogenes* infection in a genetic animal model of depression; possible involvement of IFN- γ . Poster presentation at Perspectives in Psychoneuroimmunology, Utrecht, The Netherlands.
- Friedman, E.M. & Becker, K.A.* (1999, May). Reduced primary antibody responses in a genetic animal model of depression. Paper presentation at Perspectives in Psychoneuroimmunology, Galveston, TX.
- Irwin, M.R. & Friedman, E.M. (1996, April). CRH suppresses specific antibody responses in rats: mediation by the sympathetic nervous system. Poster presentation at Perspectives in Psychoneuroimmunology, Santa Monica, CA.
- Friedman, E.M., Zoltoski, R.K., Overstreet, D.H., Gillin, J.C., & Irwin, M.R. (1996, April). Antigen-stimulated increases in slow-wave sleep in a genetic animal model of depression. Paper presentation at Perspectives in Psychoneuroimmunology, Santa Monica, CA.

- Friedman, E.M., Irwin, M.R., & Overstreet, D.H. (1995, November). Impaired natural killer cell responses in a genetic animal model of depression. Poster presentation at the Annual Meeting of the Society for Neuroscience, San Diego, CA.
- Friedman, E.M., Irwin, M.R., & Overstreet, D.H. (1995, March). Impaired natural killer cell responses in a genetic animal model of depression. Paper presentation at the Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.
- Friedman, E.M., Irwin, M.R., & Nonogaki, K. (1994, November). Modulation of in vivo antibody responses by neuropeptide-Y, Perspectives in Psychoneuroimmunology, Key Biscayne, FL.
- Friedman, E.M., Irwin, M.R., & Nonogaki, K. (1993, August). Modulation of in vivo antibody responses by neuropeptide-Y. Poster presentation at the Annual Meeting of the International Society of Psychoneuroendocrinology, Seattle, WA.
- Friedman, E.M. & Coe, C.L. (1993, March). Behavioral effects of interleukin-1 in rhesus monkeys (*Macaca mulatta*). Poster presentation at Perspectives in Psychoneuroimmunology, Boulder, CO.
- Friedman, E.M., Coe, C.L., & Reyes, T. (1992, June). Interleukin-1 induces sleep and reduces feeding behavior in juvenile rhesus monkeys. Paper presentation at the Annual Meeting of the American Society of Primatologists, Toronto, Canada.
- Friedman, E.M., Coe, C.L., & Ershler, W.B. (1991, October). The monokine and the macaque: interleukin-1 in rhesus monkeys. Poster presentation at Perspectives in Psychoneuroimmunology, Columbus, OH.
- Friedman, E.M., Coe, C.L., & Ershler, W.B. (1991, June). Interleukin-1 in rhesus monkeys: preliminary findings. Paper presentation at the Annual Meeting of the American Society of Primatologists, Veracruz, Mexico.

INVITED PRESENTATIONS

- Friedman, E.M. (2021, December). *A eudaimonic-well-being intervention to improve mental health in older adults*. Johns Hopkins School of Nursing.
- Friedman, E. M. (2018, December). *Well-being: What it is and why it matters for older adults*. North Central Region Aging Network (NCRAN) webinar.
- Friedman, E. M. (2018, October). *Well-being: A key component of healthy aging*. Industrial-Organizational Psychology colloquium, Department of Psychological Sciences, Purdue University.
- Friedman, E.M. (2017, March). *Aging, well-being, and health*. St. Vincent Medical Group Center for Healthy Aging 28th Annual Conference on Aging, Carmel, IN.
- Friedman, E.M. (2016, November). *Well-being: A key component of healthy aging*. President's Council Back to Class, Purdue University, West Lafayette, IN.

- Friedman, E.M. (2016, September). *Challenging the Bard: Well-being and health into Shakespeare's 7th age*. Keynote Address. University of Wisconsin Institute on Aging Annual Colloquium, Madison, WI.
- Friedman, E.M. (2016, June). *Psychological well-being: A key ingredient in healthy aging*. Wisconsin Healthy Aging Summit. Wisconsin Dells, WI.
- Friedman, E.M. (2016, May). *Singing and health: A view from the tenor section*. Conference on Arts, the Sciences, and Human Betterment. University of Wisconsin-Madison, Madison, WI.
- Friedman, E.M. (2014, March). *Inflammation at mid-life: patterning by socioeconomic status and psychosocial resources*. Semel Institute and Cousins Center for Psychoneuroimmunology, University of California, Los Angeles.
- Friedman, E.M. (2014, March). *Population multimorbidity: a biopsychosocial perspective*. Regenstrief Center for Healthcare Engineering. Purdue University.
- Friedman, E.M. (2014, February). *Inflammation: a model for how social factors 'get under the skin' to affect health*. Social Psychology Brownbag, Department of Psychological Sciences, Purdue University.
- Friedman, E.M. (2013, February). *Biopsychosocial perspectives on successful aging*. Center on Aging and the Life Course Colloquium, Purdue University.
- Friedman, E.M. (2013, January). *Accentuate the positive: psychological well-being and inflammation in aging adults*. Clinical Psychology Colloquium, Department of Psychological Sciences, Purdue University.
- Friedman, E.M. (2011, October). *Aging and Inflammation: Integrating Social, Psychological, and Developmental Processes*. Department of Human Development and Family Studies, Purdue University.
- Friedman, E.M., Ryff, C.D., Ruini, C., Jaros, L. & Mahoney, J. (2011, August). *Aging Successfully: Connections Between Psychological Well-Being and Positive Health Outcomes*. Wisconsin Prevention Summit: Promoting Healthy Aging. Wausau, WI. *Keynote Speaker*
- Friedman, E.M. (2010, December). *Sleep, inflammation, and social ties*. Association for Nervous and Mental Disease (ARNMD) 90th Annual Conference "Social Neuroscience: Gene X Environment X Brain X Body," Rockefeller University, New York, NY.
- Friedman, E.M. (2010, October). *How SES gets under the skin: inflammation*. Conference on Child Health and Well-Being. University of Wisconsin Institute for Research on Poverty, Madison, WI.
- Friedman, E.M. (2010, July). *Biomarkers and social science*. Workshop on biomarkers, genetics, and health. University of Wisconsin Center for Developmental Economics, Center for Demography of Health and Aging, and the Robert Wood Johnson Foundation, Madison, WI.
- Friedman, E.M. (2010, April). *Inflammation: a model for how social determinants of health 'get under the skin.'* Ohio State University Initiative on Population Research, Columbus, OH.
- Friedman, E.M., Singer, B.H. & Ryff, C.D. (2008, October). *Inflammation: a model for integrative health research*. 38th Annual Meeting of the Institute of Medicine, Washington, DC.

- Friedman, E.M., Williams, D.R., & Ryff, C.D. (2007, October). *Biological imprints of unfair treatment: links between experiences of discrimination and adhesion molecules*. Semi-annual meeting of MIDUS principal investigators. Madison, WI.
- Friedman, E.M. & Ryff, C.D. (2007, April). *Inflammatory Factors: Links to Sociodemographic, Psychosocial, and Health Variables*. Semi-annual meeting of MIDUS principal investigators. Madison, WI.
- Friedman, E.M. (2006, December). *Aging and inflammation: integrating psychosocial, biological, and developmental processes*. Department of Human Development and Family Studies, Pennsylvania State University, State College, PA.
- Friedman, E.M. & Ryff, C.D. (2005, October). *Psychological well-being and risk of disease in older women*. 17th Annual Colloquium on Aging, University of Wisconsin-Madison Institute on Aging, Madison, WI.
- Friedman, E.M. & Lawrence, D.H. (2000, March). *Induction of Brain MHC by psychological stress and LPS*. Neuroimmunology Training Program, Wadsworth Laboratories, Albany Medical College, and SUNY Albany. Albany, NY.
- Friedman, E.M. (2000, February). *Why we feel sick*. Sweetwood residential community. Williamstown, MA.
- Friedman, E.M. (1999, September). *Psychopathology and immunological reactivities*. Neuroimmunology Training Program faculty and students, Wadsworth Laboratories, Albany Medical College, and SUNY Albany. Albany, NY.
- Friedman, E.M. and Overstreet, D.H. (1999, March). *Immune Function in a genetic animal model of depression*. Psychology Department, University of California, Berkeley. Berkeley, CA.
- Friedman, E.M. (1997, March). *Humor and health*. Sweetwood residential community. Williamstown, MA.
- Friedman, E.M. (1996, March). *Bidirectional communication between the brain and the immune system: how they communicate and what happens when they do*. Psychology Department, Williams College. Williamstown, MA.
- Friedman, E.M., Gillin, J.C., & Irwin, M.R. (1994, October). *Sleep and immune function in a genetic animal model of depression*. Psychobiology Group, University of Wisconsin, Madison. Madison, WI.
- Friedman, E.M. & Coe, C.L. (1993, January). *Behavioral effects of interleukin-1 in nonhuman primates*. Psychiatry Department, University of California, San Diego. San Diego, CA.

GRANT SUPPORT

Active

National Institutes of Health (R01 AG068388-01), Ferraro (PI)

7/1/2020 – 6/30/2023

Disparities in the Life Course Origins of Cognitive Decline

The purpose of this project is to explicate disparities in the life course origins of cognitive decline after age

65 and the resources that mediate those relationships.

Role: Co-Investigator

Completed projects

Purdue Research Foundation Faculty Award, Friedman (PI)

07/01/20 – 08/31/21

Sleep and disability: examining associations and mechanisms

This project will examine longitudinal links among subjective/objective assessments of sleep and later (7-8 year follow-up) subjective/objective assessments of physical function as well as potential mediation of associations by physical activity and inflammation.

Role: Principal Investigator

Purdue EVPRP NIH Competing Renewal R01 Program, Friedman (PI)

03/01/20 – 09/30/21

Living well with multimorbidity: A biopsychosocial approach

The aim of this project is the development and testing of a novel measure to assess concordance or discordance between subjective and objective assessments of the same behavioral, psychological, or health phenomena. The project will generate preliminary data for an anticipated competing renewal proposal to NIH in 2021.

Role: Principal Investigator

National Institute on Aging (R01AG041759-01A1), Friedman (PI)

06/15/13 – 05/31/18

Living Well with Later Life Multimorbidity: A Biopsychosocial Approach

This project will examine the social patterning of transitions from multimorbidity to disability, cognitive impairment, and mortality as well as the moderating and mediating roles of psychosocial resources and systemic inflammation, respectively. The project will involve 3 waves of data from the nationally representative Survey of Mid-Life in the United States (MIDUS) spanning a 20-year period.

Role: Principal Investigator

Wisconsin Partnership Project, Jaros (PI)

06/01/14 – 05/31/16

Improving Well-Being Among Wisconsin Older Adults

This grant will support the expansion of the Lighten Up well-being program to three counties in Wisconsin and the extension of the program to disabled as well as older adults. Pre- and post-program assessments of mental and physical well-being will be collected and are expected to serve as the foundation for a proposal to NIH for support for a randomized clinical trial.

Role: Co-Investigator

NIH RO1 R01AG036838-01A1, Peppard (PI)

08/01/10-06/30/15

The REST study: A longitudinal, Bidirectional Examination of Retirement and Sleep

This project will examine: the role of sleep habits and disorders in influencing retirement from the workforce; changes in sleep habits and disorders following retirement; and, social factors influencing the relationships between retirement and sleep habits and disorders.

Role: Co-Investigator

Clifford B. Kinley Trust, Friedman (PI)

08/19/13 – 07/31/14

Social Patterning of Chronic Illness: Moderation by Psychosocial Resources

This 1-year project examined the distribution of chronic illness along sociodemographic and socioeconomic lines and moderation of those associations by psychosocial resources, including purpose in life and positive social relationships. Data were from the Survey of Mid-Life in the United States (MIDUS).

Role: Principal Investigator

Institute for Clinical and Translational Research (ICTR) Pilot Project Award, Friedman (PI)

University of Wisconsin-Madison

08/01/11 – 03/31/13

Promoting Well-Being in the Elderly: a Pilot Intervention with Community Partnership

This 12-month project developed and pilot tested a novel cognitive behavioral intervention to promote psychological well-being in men and women over age 65.

Role: Principal Investigator

NIH K01 1K01AG029381, Friedman (PI)

08/15/07-07/31/12

Mentored Research Scientist Development Award

Psychosocial Functioning and Inflammation: An Integrative Analysis

This project focuses on the role of positive psychological functioning as a predictor of health in middle aged and older adults as well as a moderator of adverse social exposures, such as low socioeconomic status and chronic discrimination. The project will also examine potential biological mediating pathways, such as the HPA axis and the sympathetic nervous system.

Role on project: Principal Investigator.

University of Wisconsin Comprehensive Cancer Center, Aging and Cancer Pilot Project grant

02/01/05 – 07/31/06

Aging and Cancer in the MIDUS National Health Study

This project focused on cancer incidence in identical and fraternal twins, and examined the correlates of both concordant (i.e. both twins had the same disease) and discordant (cancer in one twin) occurrences of cancer.

Role on project: Co-investigator.

Robert Wood Johnson Health & Society Scholars Program Research Grant

01/01/05 – 07/31/05

Psychological well-being and mononuclear cell function in MIDUS National Health Study

Funding supported the collection of new data in the ongoing MIDUS national study. More than 100 MIDUS participants at the UW-Madison site provided additional blood samples that were assayed for unstimulated and stimulated production of an array of cytokines related to inflammation and cell regulation.

Role on project: Principal Investigator.

NIAID 1R15-AI52336-01

06/01/02 – 08/31/04

Depression and Immunity: Behavioral and CNS Mechanisms

This project examined the regulation of antigen-specific immune processes by the central nervous system and descending HPA and sympathetic nervous system regulation in a genetic animal model of depression.

Role on project: Principal Investigator.

NIMH 5F32-MH10881-02

08/01/94 – 06/30/96

Depression: Sleep Disturbance and Interleukin-1

This project focused on normative sleep regulation by IL-1 and IL-1-induced changes in sleep in a genetic animal model of depression.

Role on project: Principal Investigator.

HONORS AND AWARDS

- Outstanding Professor Award 2017
Center for Aging and the Life Course, Purdue University
- Fellow, Gerontological Society of America 2014
- Seed for Success Award, Purdue University 2013
Given to faculty members who attract large sponsored research grants (\$1,000,000 or greater) to Purdue University
- NIH Developmental Biology of Aging Trainee 8/90 - 6/93
- Best Student Paper, Annual Meeting of the American Society of Primatologists, Veracruz, Mexico June 21-25, 1991
- Wisconsin Alumni Research Foundation Fellowship 8/88 - 8/89

PROFESSIONAL AFFILIATIONS

- American Psychosomatic Society
- Gerontological Society of America
- Interdisciplinary Association for Population Health Science (IAPHS)
- Psychoneuroimmunology Research Society
- Society for Behavioral Medicine

COURSES TAUGHT

Purdue University

Undergraduate

- Introduction to Human Development
- Adult Development

Graduate

- Health in Social Context
- Multidisciplinary Gerontology

University of Wisconsin-Madison

- Introduction to Population Health Sciences

Williams College

- Introductory Psychology
- Research Methods and Statistics
- Health Psychology

SERVICE

Editorial Boards

Psychosomatic Medicine
Journals of Gerontology, Series B: Social Sciences

Reviewer for:

Brain, Behavior and Immunity
Health Psychology
International J Immunopharmacology
Journal of Comparative Psychology
Journal of Gerontology
Journal of Psychosomatic Research
Neuropsychopharmacology
Proceedings of the National Academy of Sciences
Psychosomatic Medicine
Social Science and Medicine

NIH Study Sections

MESH (Mechanisms of Emotions, Stress, and Health)
Standing member: 2016-2020
Ad Hoc member: 4/09; 10/09; 2/11
Fellowship Special Review Group – 3/15

University Service

Steering Committee, Center for Aging and the Life Course (2012-)
Research Advisory Committee, College of Health and Human Sciences (2020-)
College of Health and Human Sciences AREA Committee (2020-)
External member, Department of Health and Kinesiology primary committee (2020-)
Search Committee, CALC Director (2021-2022)

Departmental Service

Undergraduate Committee (2020-)
Planning committee (chair), graduate course in Lifespan Development (2021)
HDFS DEI Committee (volunteer; 2020-)
Faculty Search Committees
Diverse Families Search (2021-2022)
Adulthood and Aging Search Committee (Chair; 2020-2021)
Developmental Processes Search (2013-2014)
Autism Cluster Search (Chair; 2016-2017)
Early Childhood Education Search (2017-2018)
Graduate Committee (2012 – 2019)
Social Committee (2014-2015, 2017-2018)

Masters thesis committees (*Chair)

Purdue University

Carrie Shorey*, HDFS Awarded 2019

Doctoral thesis committees (*Chair)

Purdue University

Michelle Finley, HDFS	Awarded 2014	Lindsay Fuzzell, HDFS	Awarded 2017
Beth Lebreton*, HDFS	Awarded 2015	Mary Marshall, HDFS	Awarded 2018
Seoyoun Kim, Soc.	Awarded 2015	Blakelee Kemp, Soc.	Awarded 2018
Jing Zhou, Nutrition	Awarded 2016	Pearlynn Chong, HDFS	Expected 2022
Patricia Morton, Soc.	Awarded 2016	Elizabeth Teas*, HDFS	Expected 2023

University of Wisconsin-Madison

Paul Creswell	Awarded 2014
Christina Harding	Expected 2017
Megan Zuelsdorff	Expected 2017

Other Service

Faculty Advisor, Purdue Adopt-A-Grandparent Club, 2017-
 Poster judge (multiple years)
 College of Health and Human Sciences Research Symposium
 Undergraduate Research Symposium
 Conference abstract reviewing (multiple years)
 American Psychosomatic Society
 Gerontological Society of America