

**CURRICULUM VITAE**  
**JENNIFER E. GRAHAM**

Department of Biobehavioral Health  
The Pennsylvania State University  
315 East Health & Human Development Building  
University Park, PA 16802

Phone: 814-863-1840  
Fax: 814-863-7525  
E-mail: jeg32@psu.edu  
<http://bbh.hhdev.psu.edu/labs/stressandhealth/>

**EDUCATION**

- Ph.D. Social and Health Psychology, August 2003  
Stony Brook University, Stony Brook, NY  
Graduate Certificate in Women's Studies, December 2001  
Stony Brook University, Stony Brook, NY
- M.A. Social and Health Psychology, December 2000  
Stony Brook University, Stony Brook, NY
- B.A. Psychology and English, May 1995  
Cornell University; College of Arts and Sciences; Ithaca, NY

**POSTDOCTORAL TRAINING**

- 2004-2006 Postdoctoral Fellow, Institute for Behavioral Medicine Research and the Dept. of Molecular Virology, Immunology, and Medical Genetics, Ohio State University:  
*NIH Training Grant in Psychoneuroimmunology, T32 AI55411, 2004*

**EMPLOYMENT**

- 2006- Assistant Professor of Biobehavioral Health, The Pennsylvania State University  
2004-2006 Postdoctoral Fellow, The Ohio State University Medical Center  
2003-2004 Visiting Scholar, Dept. of Psychology, Stony Brook University  
1995-1998 Technical Writer, Spencer & Associates Publishing, Ltd.

**HONORS AND AWARDS**

- American Psychosomatic Society Scholar Research Award, 2006
- Psychoneuroimmunology Research Society Scholars Award, 2006
- Pittsburgh Mind-Body Center Summer Institute, travel stipend, 2006
- American Psychological Association, Division 38 Student Research Award, 2003
- Madeline Fusco Fellowship, Stony Brook University, 2003
- Graduate Council Commendation to Distinguished Doctoral Students, Stony Brook University, 2003
- Award for Excellence in Teaching, Stony Brook University, Dept. of Psychology, 2003
- Dissertation Award, Stony Brook University, Dept. of Psychology, 2002
- Travel Awards, Stony Brook University, Dept. of Psychology, 2001 and 2003

## GRANTS

- 2008-present *The Rheumatoid Arthritis Multidimensional Project (RAMP)*. Role on project: PI. Social Science Research Institute, Penn State University (\$35,000)
- 2007-2008 *Ramping up for the Rheumatoid Arthritis Multidimensional Project (RAMP)*. Role on project: PI. Social Science Research Institute, Penn State University (\$3,200)

## RESEARCH INTERESTS

The impact of stress and emotion on health, particularly as related to cognitive processing and pain. Drawing on perspectives from social psychology and psychoneuroimmunology, specific questions include the ways in which emotion and inflammation aggravate chronic pain; adaptive consequences of expressing anger; and the relevance of individual differences, including hostility, age, and gender.

## PUBLICATIONS

- Graham, J. E.**, Lobel, M., & DeLuca, R. S. (2002). Anger after childbirth: An overlooked reaction to postpartum stressors. *Psychology of Women Quarterly*, *26*, 222-233.
- Graham, J. E.**, Robles, T. F., Kiecolt-Glaser, J. K., Malarkey, W. B., Bissell, M. G., & Glaser, R. (2006). Hostility and pain are related to inflammation in older adults. *Brain, Behavior, and Immunity*, *20*, 389-400.
- Graham, J. E.**, Christian, L.M. & Kiecolt-Glaser, J. K. (2006). Marriage, health, and immune function: A review of key findings and the role of depression. In S.R.H. Beach, M.Z. Wamboldt, N.J. Kaslow, R.E. Heyman, M.B. First, L.G. Underwood, & D. Reiss (Eds.), *Relational Processes and DSM-V: Neuroscience, Assessment, Prevention, and Treatment*. (pp. 61-76). Washington DC: American Psychiatric Publishing, Inc.
- Graham, J. E.**, Christian, L. M., & Kiecolt-Glaser, J. K. (2006). Close relationships and immunity. In R. Ader (Ed.), *Psychoneuroimmunology*, *4<sup>th</sup> ed*, Vol. 2, 781-798. Burlington, MA: Elsevier, Inc.
- Graham, J. E.**, Christian, L. M., & Kiecolt-Glaser, J. K. (2006). Stress, age, and immune function: Toward a lifespan approach. *Journal of Behavioral Medicine*, *29*, 389-400.
- Cannella, D. T., Lobel, M., Glass, P., Lokshina, I., & **Graham, J. E.** (2007). Factors associated with depressed mood in chronic pain patients: The role of intrapersonal coping resources. *Journal of Pain*, *8*, 256-262.
- Christian, L. M, **Graham, J. E.**, Padgett, D.A., Glaser, R., Kiecolt-Glaser, J. K. (2007). Stress and wound healing. *Neuroimmunomodulation*, *13*, 337-46.
- Kiecolt-Glaser, J. K., **Graham, J. E.**, Malarkey, W. B., Porter, K., Lemeshow, S., Glaser, R. (2008). Olfactory influences on mood and autonomic, endocrine, and immune function. *Psychoneuroendocrinology*, *33*, 328-339.
- Graham, J. E.**, Lobel, M., Glass, P., & Lokshina, I. (2008). Effects of written constructive anger expression in chronic pain patients: Making meaning from pain. *Journal of Behavioral Medicine*, *31*, 201-212.
- Kiecolt-Glaser, J. K., **Graham, J. E.**, Malarkey, W. B., Porter, K., Lemeshow, S., Glaser, R. (2008). Comment in response to letter regarding 'Olfactory influences on mood and autonomic, endocrine, and immune function'. *Psychoneuroendocrinology*, *33*, 1303.

- Lobel, M., Cannella, D. T., **Graham, J. E.**, DeVincent, C., Schneider, J., and Meyer, B. A. (2008). Pregnancy-specific stress, prenatal health behaviors, and birth outcomes. *Health Psychology, 27*, 604-615.
- Graham, J. E.**, Glaser, R., Loving, T. J., Malarkey, W. B., Stowell, J. R., Kiecolt-Glaser, J. K. (2009). Cognitive word use during marital conflict attenuates increases in inflammatory cytokines. *Health Psychology, 28*, 621-630.
- Christian, L. M., Deichert, N. T., Gouin, J., **Graham, J. E.**, & Kiecolt-Glaser, J. K. (*in press*). Psychological influences on endocrine and immune function. G. Berntson and J. Cacioppo (Eds.), *Handbook of Neuroscience for the Behavioral Sciences*.
- Graham, J. E.**, & Streitel, K. L. (*under review at the Journal of Behavioral Medicine*). Pain severity and sleep quality among students with and without chronic pain.

### **PUBLICATIONS IN PREPARATION**

- Song, S., **Graham, J. E.**, Susman, E. & Sohn, Y. (*in preparation for the Journal of Adolescent Health*). Alcohol use of adolescent prisoners compared to high school students: Role of emotion and emotion regulation.
- Graham, J. E.**, Song, S., Glaser, R., Malarkey, W. B., & Kiecolt-Glaser, J. K. (*in preparation*). Acute pain and skin barrier wound recovery.
- Graham, J. E.**, & Lobel, M. (*in preparation*). Individual differences in anger expression: Explaining the role of gender.
- Robles, T. F., **Graham, J. E.**, Kiecolt-Glaser, J. K., Malarkey, W. B., Bissell, M. G., & Glaser, R. (*in preparation for resubmission*). Inflammatory markers and health-related quality of life in older adults: Associations across a 5-year span and the role of chronic stress.

### **INVITED COLLOQUIA AND CONFERENCE SYMPOSIA**

- Lobel, M., **Graham, J. E.**, & DeVincent, C. J. (2002, February). Explaining stress effects on birth outcome: Health behaviors, ethnicity, and socioeconomic status. In R. Zambrana (Chair), *Translating psychosocial research into culturally competent health care*. Symposium presented at the American Psychological Association Conference on Women's Health: Enhancing Outcomes in Women's Health, Washington, D.C.
- Graham, J. E.** (2005, October). *Stress, emotions, and inflammation: the PNI of pain and wound healing*. Social and Health Psychology Colloquium, Stony Brook University, Stony Brook, NY.
- Graham, J. E.**, Kiecolt-Glaser, J. K., Malarkey, W. B., and Glaser, R. (2006, May). Proinflammatory cytokines, stress, and acute and chronic pain. In J. E. Graham and L. Watkins (Chairs), *Inflammation, immune activation, and pain: Basic science and clinical studies at the cutting edge*. Symposium presented at the annual meeting of the Psychoneuroimmunology Research Society, Miami, Florida.
- Graham, J. E.** (2007, April). *Pain, inflammation, and stress: Implications for aging*. Gerontology Center Colloquium, The Pennsylvania State University, University Park, PA.

- Graham, J. E.** (2009, May). Relationship stress, aging, and immune function. In D. Fishbein (Chair), *Relationships, stress, and health across the lifespan*. Symposium presented at the annual meeting of the Society for Prevention Research, Washington, D.C.
- Graham, J. E.** (2009, June). Inflammatory markers from blood: Value, selection, and assessment. In Gerin, W. (Chair), *The First Annual Summer Institute for Stress Psychophysiology: Theory and Methodologies*, The Pennsylvania State University, University Park, PA.

## CONFERENCE PRESENTATIONS

- Graham, J. E.**, Lobel, M., & DeLuca, R. S. (2001, March). *Postpartum anger: An overlooked reaction to delivery and related stressors*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.
- Graham, J. E.**, Lobel, M., Glass, P., & Lokshina, I. (2003, May). *Effects of written constructive anger on chronic pain patients' health and coping*. Poster presented at the annual meeting of the American Psychological Society, Atlanta, GA.
- Cannella, D. T., Lobel, M., **Graham, J. E.**, Glass, P., & Lokshina, I. (2004, May). *Factors that influence depressed mood in chronic pain patients*. Poster presented at the annual meeting of the American Psychological Society, Chicago, IL.
- Graham, J. E.**, Lobel, M., Glass, P., & Lokshina, I. (2005, March). *Moderators of the benefits of constructive anger expression in chronic pain patients*. Poster presented at the annual meeting of the American Psychosomatic Society, Vancouver, Canada.
- Cannella, D. T., Lobel, M., & **Graham, J. E.** (2005, April). *The impact of prenatal maternal stress and health behaviors on birth outcomes*. Poster presented at the annual meeting of the Society for Behavioral Medicine, Boston, MA.
- Graham, J. E.**, Robles, T. F., Kiecolt-Glaser, J. K., Malarkey, W. B., and Glaser, R. (2005, June). *The impact of hostility and anger expression on CRP and IL-6 in older adults: The independent role of pain and perceived health*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Denver, Colorado.
- Robles, T. F., **Graham, J. E.**, Kiecolt-Glaser, J. K., Malarkey, W. B., and Glaser, R. (2005, June). *Older adults, C-reactive protein, and health related quality-of-life: Associations across a 5-year span*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Denver, Colorado.
- Graham, J. E.**, Christian, L. M., Glaser, R., Loving, T. J., Malarkey, W. B., and Kiecolt-Glaser, J. K. (2006, March). *Psychosocial predictors of marital stress-induced impairment of wound healing*. Citation poster presented at the annual meeting of the American Psychosomatic Society, Denver, Colorado.
- Graham, J. E.**, Glaser, R., Loving, T. J., Malarkey, W. B., and Kiecolt-Glaser, J. K. (2006, May). *Cognitive words expressed during marital conflict discussion predict less prolonged increases in serum IL-6 following conflict*. Poster presented at the annual meeting of the Psychoneuroimmunology Research Society, Miami, Florida.
- Cannella, D. T. L., Lobel, M., **Graham, J. E.**, DeVincent, C., Schneider, J., Meyer, B. A. (2006, May). *Pregnancy-specific stress: associations with health behaviors*. Poster presented at the annual meeting of the American Psychological Society, New York, New York.
- Graham, J. E.**, Glaser, R., Loving, T. J., Malarkey, W. B., and Kiecolt-Glaser, J. K. (2007, March). *Expression of cognitive words attenuates serum IL-6 and TNF- $\alpha$  increases*

*following marital conflict*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

Cannella, D. T., Lobel, M. Glass, P. Lokshina, I. & **Graham, J.** (2007, March). *Chronic pain and depressed mood: The role of intrapersonal coping resources*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

**Graham, J. E.**, Thorne, C. J., Propst, M. E., & Fagioletti, C. F. (2008, March). *Psychological Stress Moderates the Association Between Pain Severity and Depressed Mood*. Poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.

**Graham, J. E.**, & Strietel, K. L. (2008, March). *Sleep Quality and Pain Severity Among Young Adults With and Without Chronic Pain: The Role of Depressed Mood and Biobehavioral Factors*. Citation poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.

Kiecolt-Glaser, J. K., **Graham, J. E.**, Malarkey, W. B., Porter, K., Lemeshow, S., & Glaser, R. (2008, March). Olfactory influences on mood and autonomic, endocrine, and immune function. Symposium presentation at the annual meeting of the American Psychosomatic Society, Baltimore, MD.

**Graham, J. E.**, Song, S., Glaser, R., Malarkey, W. B., & Kiecolt-Glaser, J. K., (2009, June). Acute pain and skin barrier wound recovery: The role of depressed mood and anxiety. Poster to be presented at the annual meeting of the Psychoneuroimmunology Research Society, Breckenridge, CO.

## **THESIS SUPERVISION & ADVISING**

### **Undergraduate Honors Theses Supervised**

2009 Christine Fagioletti, *Perceived stigma in chronic pain patients*. Biobehavioral Health, Penn State University

2008 Kate Streitel, *Sleep quality among young adults with and without chronic pain: The role of Biobehavioral factors*, Biobehavioral Health, Penn State University

### **Supervision of Graduate and Undergraduate Trainees**

2006-present Penn State Stress and Health Laboratory, Penn State University

2004-2006 OSU Stress and Health Laboratory, Ohio State University

2001-2003 Lobel Lab, Stony Brook University

## **TEACHING INTERESTS & EXPERIENCE**

### **Graduate Instruction, Dept. of Biobehavioral Health, Penn State University**

Course: ***Title (BBH 504, 3 credit hours)***

Role: Course Instructor (50% responsibility); deliver 22 lecture hours per semester

Semesters: Spring 2009

Enrollment: 10 students

Description: The focus of this course, which is required for BBH graduate students, is on different strategies that can help people to help themselves to better health. The course focuses on 1) the complex interactions of biological, psychological, sociocultural, behavioral, and environmental factors related to health, and 2) the development, implementation, and

evaluation of biobehavioral strategies to promote healthy development, prevent health problems, intervene in risky situations, and/or facilitate in recovery from ill health.

**Undergraduate Instruction, Dept. of Biobehavioral Health, Penn State University**

Course: ***Interdisciplinary Integration in Biobehavioral Health (BBH 311, 3 credit hours)***

Role: Course Instructor (100% responsibility); deliver 45 lecture hours per semester

Semesters: Fall 2006; Spring 2008; Spring 2009, Spring 2010

Enrollment: 90 students

Description: The primary objective of this 300-level undergraduate course is to enable students to be able to review and understand scientific literature relevant to the concepts and findings of different scientific domains and integrate them into a Biobehavioral Health framework. Related objectives are to 1) review a wide range of topics involved in the field of Biobehavioral Health and provide detailed knowledge of some key concepts in the field, 2) learn about the various levels of analyses (e.g., behavioral, molecular, environmental) commonly used in different disciplines, and 3) enhance critical thinking skills in various applied and research areas.

Course: ***Gender and Biobehavioral Health (BBH 315, 3 credit hours)***

Role: Course Instructor (100% responsibility); deliver 45 lecture hours per semester

Semesters: Spring 2007; Spring 2008, Fall 2009

Enrollment: 80 students in Spring, 25 students in Fall 2009

Description: The focus of this 300-level undergraduate course is the interdisciplinary study of gender differences (and similarities) in health. We examine the influence of biological, behavioral, psychosocial, and sociocultural factors on gender differences in health, morbidity, and mortality. The first segment of the course focuses on health differentials by gender, the differences between gender and biological sex, and the development of gendered behavior/health throughout life; the second segment of the course focuses on specific health issues, including disease, behaviors, mental health, and health practices. We also consider gender-sensitive health promotion strategies.

Course: ***Drugs and Society (BBH 143, 3 credit hours)***

Role: Course Instructor (100% responsibility); deliver 45 lecture hours per semester

Semesters: Fall 2008, 2009

Enrollment: 100 students

Description: The focus of this general-education undergraduate course is to provide a fundamental understanding of health and social issues relating to drug use and abuse. We focus on drugs liable for addiction, and cover the basics of drug pharmacology in addition to physical and social effects. Both historical and modern perspectives are used to discuss issues related to the development, distribution, regulation, and use of drugs. Careful consideration is given to the most efficacious strategies for prevention, intervention, and treatment for drug-related disorders.

**Undergraduate Instruction, Dept. of Social & Health Psychology, Stony Brook University**

Course: ***Social Psychology (PSY 240, 3 credit hours)***

Role: Course Instructor (100% responsibility); 45 lecture hours

Semesters: Summer 2002

Enrollment: 30 students

Description: Social Psychology is the scientific study of the way in which people's thoughts, feelings, and behaviors are influenced by the social world – the real or imagined presence of other people. This 200-level undergraduate course focused on key theories and research in

social psychology, with particular emphasis on their relevance to national and international problems, including racial and gender discrimination, AIDS, violence, cults, cigarette marketing, and environmental responsibility.

Course: ***Psychology of Women (PSY 347/ WST 377, 3 credit hours)***

Role: Course Instructor (100% responsibility); 45 lecture hours

Semesters: Summer 2001

Enrollment: 30 students

Description: This 300 level undergraduate course encompassed the vast field of the psychology of women. We covered psychological and psychobiological theories and research about women and the differences between women and men, the development of gender roles, issues related to relationships and work, and the health problems women report or evidence more frequently than men. We also examined the influence of factors outside of traditional psychology, including culture, ethnicity, economics, and history.

Course: ***Research Methods and Writing (PSY 310W, 3 credit hours)***

Role: Recitation Section Instructor (100% responsibility); 30 lecture hours

Semesters: Fall 2002

Enrollment: 30 students

Description: This recitation section accompanied a 300-level research methods course. It was designed to help students think critically about psychological research and to learn how to write and present a research proposal according to the standards expected of research psychologists. Students wrote full length introduction and method sections, with substantial feedback.

### **Graduate Guest Teaching Lectures**

***Immune Function and Pain***, Course: Biobehavioral Systems in Health and Development: Processes and Integration (BBH 503), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1.5 lecture hours)

***Emotions and Health***, Course: Biobehavioral Perspectives (BBH 502), Department of Biobehavioral Health (BBH), Penn State University (PSU) (3 lecture hours)

### **Undergraduate Guest Teaching Lectures**

***Psychosocial Factors in Chronic Pain and Pain Management***, Course: Pharmacological Influences on Health (BBH 451), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour)

***Relationship Stress and Immune Function***, Course: Biobehavioral Aspects of Stress (BBH 432), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour)

***Emotions and Health***, Course: Introduction to Biobehavioral Health, Honors (BBH 101H), Department of Biobehavioral Health (BBH), Penn State University (PSU) (1 lecture hour)

## **PROFESSIONAL ACTIVITIES**

### **Editorial Board**

2008-present *Journal of Social Issues*

**Ad Hoc Reviewer**

- *Psychosomatic Medicine; Brain, Behavior, and Immunity; Psychoneuroendocrinology; Journal of Behavioral Medicine; Annals of Behavioral Medicine; Journal of Psychosomatic Research; Psychology and Health; Psychiatry Research; Journal of Family Issues*

**Abstract Reviewer**

*American Psychosomatic Society National Conference, Fall 2009, Fall 2010*

**Memberships**

- American Psychological Association
  - Society of Personality and Social Psychology (Division 8)
  - Society for the Psychology of Women (Division 35)
  - Health Psychology (Division 38)
- American Psychosomatic Society
- Psychoneuroimmunology Research Society
- Society for the Psychological Study of Social Issues

**Committees**

- 2009-present Graduate Council (elected), Penn State University
- 2009-present Graduate Council subcommittee on Academic Standards, Penn State University
- 2008-present Faculty Search Committee, Dept. of Biobehavioral Health, Penn State University
- 2007-present Website Development, Dept. of Biobehavioral Health, Penn State University
- 2008-2009 Graduate Admissions Committee, Dept. of Biobehavioral Health, Penn State University
- 2006-2008 Scholarships Committee, Dept. of Biobehavioral Health, Penn State University
- 2006-2007 Awards Committee, Dept. of Biobehavioral Health, Penn State University
- 2002-2003 Graduate Committee, Dept. of Psychology, Stony Brook University
- 2000-2001 Grievance Committee, Dept. of Psychology, Stony Brook University
- 2000 Faculty Search Committee, Women’s Center, Stony Brook University
- 1999 New Graduate Student Orientation, Dept. of Psychology, Stony Brook University
- 1999 Faculty Search Committee, Dept. of Psychology, Stony Brook University