

**Emma K. Adam**  
**Edwina S. Tarry Professor**  
**School of Education and Social Policy**  
**Program in Human Development and Social Policy**  
**Northwestern University, 2120 Campus Drive, Evanston, IL, 60208**  
**Phone: 847-467-2010 E-mail: ek-adam@northwestern.edu**

**Professional Positions:**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Faculty Affiliate**, Sloan Center on Parents, Children and Work, University of Chicago, 9/00 – Present.

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

**Education:**

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

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

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

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

**Awards/Honors:**

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

**Research Interests:**

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

**Membership and Leadership in Professional Organizations:**

International Society of Psychoneuroendocrinology  
Member, 1998-present, President Elect, 2020-2023  
Society for Research in Child Development  
Member, 1994-present  
Interdisciplinary Committee of SRCD, May 6, 2011 to March 15, 2013  
Chair, Interdisciplinary Committee of SRCD, May 6, 2013 to March 15, 2015  
American Psychological Association, 1995-  
Society for Research on Adolescence, 2000-  
Association for Public Policy Analysis and Management  
Member and Northwestern SESP and IPR Institutional Representative 2018-2021

**Editorial Board Memberships:**

*Child Development*, 2007-present  
*Journal of Adolescent Health*, 2005-present  
*Journal of Research on Adolescence*, 2015-present  
*Adaptive Human Behavior and Physiology*, 2016-present  
*Child Development Perspectives*, 2011-2015  
*Stress*, 2017-present  
*Psychoneuroendocrinology*, 2020-present  
*Biological Psychology*, 2021-present  
*AERA Open*, 2014-2022

**Websites Summarizing Research/Publications/Impact:**

<http://www.sesp.northwestern.edu/profile/?p=25>  
<http://www.ipr.northwestern.edu/faculty-experts/fellows/adam.html>  
<http://adamlab.sesp.northwestern.edu/index.html>  
[http://www.scholars.northwestern.edu/expert.asp?n=Emma+K+Adam&u\\_id=10&oe\\_id=1&o\\_id=](http://www.scholars.northwestern.edu/expert.asp?n=Emma+K+Adam&u_id=10&oe_id=1&o_id=)  
<http://scholar.google.com/citations?user=ESj6MIEAAA&hl=en&oi=ao>

**Grants – Current:**

**Principal Investigator** (with Judy Garber, Denise Chavira, Michelle Craske, and Richard Zinbarg, Co-PIs). “Targeting negative affect through mindfulness training in youth at risk for internalizing problems”. NIMH 1 R33 MH119270-01A1, 6/01/2023-5/31/2026.

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

**Adam, E.K.** (Co-PI, Edith Chen, P.I.) of Northwestern University subcontract to Grant, K. (P.I.), DePaul University.” Evaluation of an Intervention to Improve Academic Outcomes for Low-Income Urban Youth through Instruction in Effective Coping Supported by Mentoring Relationships” (Social and Behavioral Context for Academic Learning – Goal III).  
Institution: Institute of Educational Sciences (IES) R#305A210263 7/1/2021-7/1/2026. \$3,799,961

**Grants – Completed:**

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

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

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

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

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

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

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

**Principal Investigator** (with Kathryn Grant, DePaul University, PI, and Edith Chen, Northwestern University, co-PI). “Development and Validation of a Comprehensive Stress Battery for Adolescents”. R21 AA021073, 9/15/2011-8/31/2013, \$433,397.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Grants – Submitted, Not Funded:**

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

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

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

**Adam, E.K.** (Co-PI, with Guryan, J. and Ouss, A., PI’s) “Meditation for Disadvantaged Students: Impact on Cognition, Behavior and Stress” (Social and Behavioral Context for Academic Learning – Goal III), IES, 7/1/2018 to 6/30/202, 2,088,331 total (Y1 870,444 total, 764,598 direct).

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

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

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

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

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

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

132. Adam, Emma K. “Natural Disasters as Natural Experiments: Lessons for Human Stress Science.” *Proceedings of the National Academy of Sciences of the United States of America.*, vol. 120, no. 44, 2023, <https://doi.org/10.1073/pnas.2316231120>.
131. Collier Villaume, S., Chen, S., & Adam, E. K. (2023). Age Disparities in Prevalence of Anxiety and Depression Among US Adults During the COVID-19 Pandemic. *JAMA Network Open*, 6(11), e2345073-e2345073. <https://doi.org/10.1001/jamanetworkopen.2023.45073>.
130. Feldman, E., Slavish, D., Grant, K., Carter, J., Adam, E. (In press). Short sleep duration predicts externalizing behaviors in racially/ethnically minoritized youth. *Journal of Adolescent Health*.
129. *McMahon, T. P., Collier-Villaume, S. C., Adam, E. K. (2023). Daily Experiences and Adolescent Affective Wellbeing During the COVID-19 Pandemic: The CHESS Model. Current Opinion in Psychology, 101654.*
128. *Collier Villaume, S., Stephens, J. E., Craske, M. G., Zinbarg, R. E., & Adam, E. K. (In press). Sleep and daily affect and risk for major depression: Day-to-day and prospective associations in late adolescence and early adulthood. Journal of Adolescent Health.*
127. Adam, E. K., *Collier Villaume, S., Thomas, S., Doane, L. D., & Grant, K. E. (2023). Stress and hypothalamic–pituitary–adrenal axis activity in adolescence and early adulthood. In L. J. Crockett, G. Carlo, & J. E. Schulenberg (Eds.), APA handbook of adolescent and young adult development (pp. 55–72). American Psychological Association. https://doi.org/10.1037/0000298-004*
126. Stalder, T., Lupien, S. J., Kudielka, B. M., Adam, E. K., Pruessner, J. C., Wüst, S., Dockray, S., Smyth, N., Evans, P., Kirschbaum, C., Miller, R., Wetherell, M. A., Finke, J. B., Klucken, T., & Clow, A. (2022, 2022/12/01/). Evaluation and update of the expert consensus guidelines for the

- assessment of the cortisol awakening response (CAR). *Psychoneuroendocrinology*, 146, 105946. <https://doi.org/https://doi.org/10.1016/j.psyneuen.2022.105946>
125. Entringer, S., Scholaske, L., Kurt, M., Duman, E. A., Adam, E. K., Razum, O., & Jacob Spallek. (2022, 2022/08/27/). Diurnal cortisol variation during pregnancy in Turkish origin and non-migrant women in a German birth cohort study. *Journal of Psychosomatic Research*, 111020. <https://doi.org/https://doi.org/10.1016/j.jpsychores.2022.111020>
  124. Guardino, C. M., Rahal, D., Rinne, G. R., Mahrer, N. E., Davis, E. P., Adam, E. K., Shalowitz, M. U., Ramey, S. L., & Schetter, C. D. (2022). Maternal stress and mental health before pregnancy and offspring diurnal cortisol in early childhood. *Developmental Psychobiology*, 64(7), e22314. <https://doi.org/https://doi.org/10.1002/dev.22314>
  123. Grant, K. E., Carter, J., Adam, E., & Jackson, Y. (2022). Assessment of life events in youth. In E. Youngstrom, M. Prinstein, E. Mash, & R. Barkley (Eds.) *Assessment of Disorders in Childhood and Adolescence, Fifth Edition*. New York, NY: Guilford Publications.
  122. Keenan-Devlin, L. S., Smart, B. P., Grobman, W., Adam, E. K., Freedman, A., Buss, C., Entringer, S., Miller, G. E., & Borders, A. E. (2022). The intersection of race and socioeconomic status is associated with inflammation patterns during pregnancy and adverse pregnancy outcomes. *American Journal of Reproductive Immunology*, 87(3), e13489.
  121. Barry, T. J., Sewart, A. R., Adam, E. K., Zinbarg, R. E., Mineka, S., & Craske, M. G. (2021). The longitudinal association between individual differences in recall of positive specific autobiographical memories and daily cortisol. *Biological Psychology*, 162, 108086.
  120. Gyllenhammer, L. E., Entringer, S., Buss, C., Simhan, H. N., Grobman, W. A., Adam, E. K., Keenan-Devlin, L., Borders, A. E., & Wadhwa, P. D. (2021). Prospective association of maternal immune pro-inflammatory responsivity and regulation in pregnancy with length of gestation. *American Journal of Reproductive Immunology*, 85(5), e13366.
  119. Keenan-Devlin, L. S., Caplan, M., Freedman, A., Kuchta, K., Grobman, W., Buss, C., Adam, E. K., Entringer, S., Miller, G. E., & Borders, A. E. B. (2021, 2021/12/01). Using principal component analysis to examine associations of early pregnancy inflammatory biomarker profiles and adverse birth outcomes [<https://doi.org/10.1111/aji.13497>]. *American Journal of Reproductive Immunology*, 86(6), e13497. <https://doi.org/https://doi.org/10.1111/aji.13497>
  118. Kim, A. W., Adam, E. K., Bechayda, S. A., & Kuzawa, C. W. (2021). Early life stress and HPA axis function independently predict adult depressive symptoms in metropolitan Cebu, Philippines. *American Journal of Physical Anthropology*, 175(1), 308-308.
  117. Kessler, C., Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R., Craske, M., & Adam, E. (2021). Experiences of adversity in childhood and adolescence and cortisol in late adolescence. *Development and Psychopathology*, 1-16. doi:10.1017/S0954579421001152
  116. Collier Villaume, S., Stephens, J.E., Nwafor, E.E., Umaña-Taylor, A., & Adam, E.K. (2021). High parental education protects against changes in adolescent stress and mood early in the

COVID-19 pandemic. *Journal of Adolescent Health*, 1-8.  
<https://doi.org/10.1016/j.jadohealth.2021.06.012>

115. Barry, T. J., Sewart, A. R., Adam, E. K., Zinbarg, R. E., Mineka, S., & Craske, M. G. (2021). The longitudinal association between individual differences in recall of positive specific autobiographical memories and daily cortisol. *Biological Psychology*, 108086.
114. Heissel, J. A., Adam, E. K., Doleac, J. L., Figlio, D. N., & Meer, J. (2021). Testing, stress, and performance: How students respond physiologically to high-stakes testing. *Education Finance and Policy*, 16(2), 183-208.
113. Leszko, M., Keenan-Devlin, L., Adam, E. K., Buss, C., Grobman, W., Simhan, H., Wadhwa, P., Mroczek, D. K., & Borders, A. (2020). Are personality traits associated with smoking and alcohol use prior to and during pregnancy? *PloS one*, 15(5), e0232668.  
<https://doi.org/10.1371/journal.pone.0232668>
112. Stephens, J.E., Kessler, C.L., Buss, C., Miller, G.E., Grobman, W.A., Border, A.E., Keenan-Devlin, L., Adam, E.K. (2020). Early and current life adversity: Past and present influences on maternal diurnal cortisol rhythms during pregnancy. *Developmental Psychobiology*, 63 (2), 305-319.
111. Adam, E. K., Hittner, E. F., Thomas, S. E., Collier Villaume, S., & Nwafor, E. E. (2020). Racial discrimination and ethnic racial identity in adolescence as modulators of HPA axis activity. *Development and Psychopathology*. 32(5). 1669-1684.
110. Leszko, M., Keenan-Devlin, L., Adam, E. A., Buss, C., Grobman, W., Simhan, H., Wadhwa, P., Mroczek, D. K., Borders, A. (2020). Are personality traits associated with smoking and alcohol use prior to and during pregnancy? *Plos One*. 15(5): e0232668.
109. Hittner, E. F., & Adam, E. K. (2020). Emotional pathways to the biological embodiment of racial discrimination experiences. *Psychosomatic Medicine*, 82(4), 420-431.  
 doi:10.1097/psy.0000000000000792
108. Ellison, R., Stephens, J., Nwafor, E., Adam, E., & Grant, K. (2019). *Stress and the Teenage Brain: The Impact of Daily Stressors on Adolescent Cognition*. *Clinical Neuropsychologist*, 33(4), 685.
107. Keenan-Devlin, L. S., Awosemusi, Y. F., Grobman, W., Simhan, H., Adam, E., Culhane, J., . . . Borders, A. E. B. (2019). Early term delivery and breastfeeding outcomes. *Maternal and Child Health Journal*, 23(10), 1339-1347. doi:10.1007/s10995-019-02787-4
106. Stoye, D. Q., Andrew, R., Grobman, W. A., Adam, E. K., Wadhwa, P. D., Buss, C., . . . Reynolds, R. M. (2020). Maternal Glucocorticoid Metabolism Across Pregnancy: A Potential Mechanism Underlying Fetal Glucocorticoid Exposure. *The Journal of Clinical Endocrinology & Metabolism*, 105(3). doi:10.1210/clinem/dgz313
105. Adam, E. K., Collier Villaume, S., & Hittner, E. (2020). Reducing stress disparities: Shining new light on pathways to equity through the study of stress biology. In L. Tach, R. Dunifon, & D. L.



Miller (Eds.), *Confronting Inequality: How Policies and Practices Shape Children's Opportunities*. Washington: APA Books, 11-47.

104. Vrshek-Schallhorn, S., Stroud, C. B., Doane, L. D., Mineka, S., Zinbarg, R. E., Redei, E. E., Craske, M. G., & Adam, E. K. (2019, 2019/06/01). Cortisol awakening response and additive serotonergic genetic risk interactively predict depression in two samples: The 2019 Donald F. Klein Early Career Investigator Award Paper. *Depression and anxiety*, 36(6), 480-489. <https://doi.org/https://doi.org/10.1002/da.22899>
103. Mance, G. A., Grant, K. E., Roberts, D., Carter, J., Turek, C., Adam, E., & Thorpe, R. J. (2019). Environmental stress and socioeconomic status: Does parent and adolescent stress influence executive functioning in urban youth? *Journal of Prevention & Intervention in the Community*, 47(4), 279-294. doi:10.1080/10852352.2019.1617386
102. Shalowitz, M., Dunkel Schetter, C., Hillemeier, M., Chinchilli, V., Adam, E., Hobel, C., Ramey, S., Vance, M., O'Campo, P., Seeman, T., Raju, T. and the Eunice Kennedy Shriver National Institute of Child and Human Development, Community Child Health Network (2019). Cardiovascular and Metabolic Risk in Women in the First Year Postpartum: Allostatic Load as a Function of Race, Ethnicity and Poverty Status, *American Journal of Perinatology*, 36(10), 1079-1089.
101. Doane, L. D., Sladek, M. R., & Adam, E. K. (2018). An introduction to cultural neurobiology: Evidence from physiological stress systems. In J. M. Causadias, E. H. Telzer, & N. A. Gonzales (Eds.), *The Handbook of Culture and Biology: Bridging Evolutionary Adaptation and Development*, pp. 227-254. Hoboken, NJ: Wiley.
100. Ehrlich, K. B., J. A. Stern, J. Eccles, J. V. Dinh, E. A. Hopper, M. E. Kemeny, E. K. Adam and J. Cassidy (2018). "A preliminary investigation of attachment style and inflammation in African-American young adults." *Attachment & human development*, 1-13.
99. Dulaney, E., Graupmann, V., Grant, K., Adam, E., & Chen, E. (2018). Taking on the stress-depression link: Meaning as a resource in adolescence. *Journal of Adolescence*, 65, 39-49.
98. Heissel, J.A., Sharkey, P., Torrats-Espinosa, G., Grant, K., & Adam, E. K. (2018). Violence and vigilance: The acute effects of community violent crime on sleep and cortisol. *Child Development*, 89(4), e323-e331.
97. Quinn, M. E., Grant, K. E., & Adam, E. K. (2017). Negative cognitive style and cortisol recovery accentuate the relationship between life stress and depressive symptoms. *Stress*, 1-9. doi:10.1080/10253890.2017.1414800
96. Heissel, J.A., Levy, D. J., & Adam, E.K. (2017). Stress, sleep, and performance on standardized tests: Understudied pathways to the achievement gap. *AERA Open*, 3(3), 1-17. doi:10.1177/2332858417713488

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**Policy Evaluations, Op Eds, and Additional Publications:**

9. Society for Research on Adolescence Website Feature Article, October 2015  
<http://www.s-r-a.org/announcements/online-newsletter/2015-10-08-adolescent-discrimination-has-lasting-effects-adult-stres>
8. Op Ed. Adam, Emma K. (June 10, 2015). Five Amazing Ways Your Stress Hormones Help You Every Day. Huffington Post Healthy Living. [http://www.huffingtonpost.com/emma-adam/stress-hormone-health\\_b\\_7506776.html](http://www.huffingtonpost.com/emma-adam/stress-hormone-health_b_7506776.html)
7. Op Ed. Adam, Emma K. (January 28, 2015). Why Black Americans Can't Sleep at Night: Racism. Quartz.com Ideas. <http://qz.com/334366/why-black-americans-cant-sleep-at-night-racism/>
6. Op Ed. Adam, Emma K. (November 14, 2014). *How to Reduce Teen Stress in High Anxiety Times and Always*. Huffington Post Healthy Living.  
[http://www.huffingtonpost.com/emma-adam/how-to-help-teens-reduce-\\_b\\_6134006.html](http://www.huffingtonpost.com/emma-adam/how-to-help-teens-reduce-_b_6134006.html)
5. Sanbonmatsu, L., Ludwig, J., Katz, L.F., Gennetian, L.A., Duncan, G.J., Kessler, R.C., Adam E., McDade, T. W. & Lindau, S.T. (2011). *Moving to Opportunity for Fair Housing Demonstration Program--Final Impacts Evaluation*. US Department of Housing & Urban Development, PD&R.
4. Susman-Stillman, A. R., Brown, J. L., Adam, E. K., Blair, C., Gaines, R., Gordon, R., White, A.M., Wynn, S. R. (1996). Building research and policy connections: Training and career options for developmental scientists. *SRCD Social Policy Report*, Vol. X, Number 4, 1-20.
3. Adam, E. K. & Chaiken, M. (1996, August). An Implementation Analysis of New York City WAY Employment Procedures. Internal report prepared for New York City Human Resources Administration, Office of Data Analysis and Research.
2. Adam, E. K. (1999, September). Career path: Combining developmental psychology and public policy. *Newsletter of the Developmental Psychology Section of the Canadian Psychological Association*, 19, 5-6.
1. Adam, E. K. (1999). [Review of the book *Investing in our children: What we know and don't know about the costs and benefits of early childhood interventions*]. *Children and Youth Services Review*, 21, 339-342.

**Policy Briefs**

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

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

**Working Papers:**

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

**Papers Under Review:**

Hittner, E. F., Haase, C., Adam, E. K. (Under review). Socioeconomic Status and Affective Reactivity to Daily Stress: The Negatives and Positives. *Psychological Science*.

**Preregistrations:**

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

**Selected Media Coverage:**

**Psychoneuroendocrinology paper on Developmental Histories of Discrimination and Cortisol:**

Mother Jones, 9/14/2015

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

Boston Globe, 9/18/2015

[https://www.bostonglobe.com/lifestyle/health-wellness/2015/09/18/facing-prejudice-may-harm-health/sZ4zaME9sC4KuD5Tu4WBJJ/story.html?pl=Article\\_Recommended\\_ArticleText](https://www.bostonglobe.com/lifestyle/health-wellness/2015/09/18/facing-prejudice-may-harm-health/sZ4zaME9sC4KuD5Tu4WBJJ/story.html?pl=Article_Recommended_ArticleText)

Seattle Medium, 9/21/2015

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

Louisiana Weekly, 9/29/2015

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

La Presse, 10/8/2015

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

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

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

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

Pacific Standard Magazine, 3/29/2016

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

The New Yorker, 7/16/2016

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

The Nation, 10/4/2016

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

The Atlantic, 10/11/2016

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

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

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

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

[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_\\_www.wbez.org\\_shows\\_morning-2Dshift\\_how-2Dracial-2Ddiscrimination-2Dcan-2Daffect-2Da-2Dpersons-2Dhealth\\_95d84454-2D6480-2D4fcb-2D9ea7-2D6d6c789310ea&d=DwIGaQ&c=yHIS04HhBraes5BQ9ueu5zKhE7rtNXt\\_d012z2PA6ws&r=Jwb8FHvA7aZrN\\_MxGpBIJ0TWTiZe4MyM3Qk9U2sozFw&m=PnWLojFpCJIylFzM-JD9jvqqoDFuWBcAkp4zbwBrJkQ&s=SFGzLsHXJZHBJ9XV-nuXFaxr1rm5nWX0KfUvAFtyN3Y&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.wbez.org_shows_morning-2Dshift_how-2Dracial-2Ddiscrimination-2Dcan-2Daffect-2Da-2Dpersons-2Dhealth_95d84454-2D6480-2D4fcb-2D9ea7-2D6d6c789310ea&d=DwIGaQ&c=yHIS04HhBraes5BQ9ueu5zKhE7rtNXt_d012z2PA6ws&r=Jwb8FHvA7aZrN_MxGpBIJ0TWTiZe4MyM3Qk9U2sozFw&m=PnWLojFpCJIylFzM-JD9jvqqoDFuWBcAkp4zbwBrJkQ&s=SFGzLsHXJZHBJ9XV-nuXFaxr1rm5nWX0KfUvAFtyN3Y&e=)

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

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

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

[A Violent Environment Can Wreck Kids' Grades](#), HealthDay, 8/15/17 (Republished by Philadelphia Inquirer, Health, Rapid City Journal, Wisconsin State Journal, AriDailydaily Star and more)

[When Violent Crime Strikes Nearby, Teen Sleep Patterns Change](#), Sleep Review, 7/31/17

[High-crime communities associated with poor academic performance in children](#), The Guardian, 7/31/17

[Study Links Changes in Kids' Sleep, Cortisol to Community Violence](#), Chicago Tonight, 7/28/17

[Violent Crime Hits Kids' Sleep, Stress Levels](#), MedPage Today, 7/25/17

[Violence in your neighborhood may affect your child's academic performance](#), Business Standard, 7/25/17

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

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

Feature article in Undark Magazine, August 2018

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

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

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

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

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

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

### **Media Coverage of Stress and Testing Study**

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

### **Select Media Coverage of Stress in America Study (2020)**

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

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

*Speaking of Psychology Podcast* ([https://www.apa.org/research/action/speaking-of-psychology/gen-z-stress?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=apa-podcast-stress&utm\\_content=ep119-genz-stress](https://www.apa.org/research/action/speaking-of-psychology/gen-z-stress?utm_source=facebook&utm_medium=social&utm_campaign=apa-podcast-stress&utm_content=ep119-genz-stress)).

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

### **Media Coverage of the Biology, Identity and Opportunity Study**

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

### **Invited Presentations at Professional Conferences and Invited External Colloquia:**

- Adam, E. K. (2022, November 2<sup>nd</sup>). Adolescent/Youth Stress: Sources, Biological and Health Impacts, and Interventions. Presentation to the Vanderbilt Brain Institute, Seminars in Neuroscience: Brain, Mind and Society. Nashville, TN.
- Adam, E.K. (2022, March 15). Understanding our students, Part I: Trends in youth mental health in the 21<sup>st</sup> century. Invited presentation at the Presidents' Convening on College Student Mental Health and Wellbeing, Washington, DC.
- Adam, E. K. (2020, February 10). Adolescent Stress: Sources and Solutions. Invited presentation for the Rape Treatment Center Annual Roads to Respect Conference, Los Angeles, CA.
- Adam, E. K. & Nwafor, E. (2020, February 11). Biology, Identity and Opportunity Study: Reducing Stress and Promoting Success through Promoting Identity Exploration. Presentation to the District 219 School Board, Skokie, IL.
- Adam, E. K. & Nwafor, E. (2020, January 28). Biology, Identity and Opportunity Study: Reducing Stress and Promoting Success through Promoting Identity Exploration. Presentation to the District 219 School Cabinet, Skokie, IL.

- Adam, E. K. (2019, December 4). Edwina S. Tarry Professorship: A Brief Journey. Presentation in acceptance of the Edwina S. Tarry Professorship, School of Education and Social Policy, Northwestern University, Evanston, IL.
- Adam, E. K. (2019, October 25). Tackling Race-Based Stress Disparities: The Role of Social Contexts and Adolescent Interventions. Invited presentation at the Minnesota Symposium on Child Psychology, University of Minnesota, Minneapolis, MN.
- Adam, E. K. (2019, October 15 and 16). Participant, in AI & Society Workshop “Generation AI: Wearables, Mental Health, and Child Development”, Canadian Institutes for Advanced Research, Toronto, Canada.
- Adam, E. K. & Collier Villaume, S. (2019, October 7). Adolescent Stress: Causes, Consequences and Interventions. Presentation for the Fay Lomax Cook Colloquium Series, Institute for Policy Research, Northwestern University, Evanston, IL.
- Adam, E. K. (2019, June 6). Breakthroughs in Policy Measurement. Speaker in panel discussion as part of IPR@50: The Next 50 Years of Policy Research. Northwestern University, Evanston, IL.
- Adam, E. K. (2019, May 9). Sleep Equity: Good Sleep as a Resource (and a Right?). Presentation to SESP Graduate Students, Evanston, IL.
- Adam, E. K. (2019, May 20). Why Care About Nature vs. Nurture? Commentary on Writer’s Theatre production of “A Number”, Writer’s Theatre, Glencoe, IL.
- Adam, E. K. (2019, April 24). HPA Axis Activity as Potential Mediator for the Impact of ELA on Adult Health: Problems and Opportunities. Presentation to the Early Life Adversity Reversibility Conference, Yale University, New Haven, CT.
- Adam, E. K. (2019, September 20). Adolescent Stress: Sources and Solutions. Presentation to the Southern California Northwestern University Alumnae Association, Los Angeles, CA.
- Adam, E. K. (2019, September 21). Adolescent Stress: Sources and Solutions. Presentation to the Southern California Northwestern University Alumnae Association, Santa Barbara, CA.
- Adam, E. K. (2018, December). Sulzberger Distinguished Lecture Series, Public Lecture. *How Discrimination Seeps In: Implications for Health and Academic Disparities*. Duke Center for Child and Family Policy, Duke University.
- Adam, E. K. (2018, December). Sulzberger Distinguished Lecture Series, Colloquium. Studying Adolescent Stress Biology in Everyday Social Context: How Biology Informs Policy. Duke Center for Child and Family Policy, Duke University.
- Adam, E. K. (2017, September). Understanding Adolescent Stress Biology in Naturalistic Settings: The Role of Race-Based Stressors and Strengths. Invited colloquium presentation to the Jacobs Center for Productive Youth Development, University of Zurich, Zurich, Switzerland.
- Adam, E. K., Levy, D., Heissel, H., Richeson, J., Ross, E., Tavernier, R., Hittner, E., Thomas, S. & Nwafor, E. (2017, October). Race-Based Stress and Academic Disparities: New Models, Mechanisms and Interventions. Invited talk at “Social Relationships Across the Lifespan” Conference, sponsored by the Global Initiative at Northwestern University’s School of Education and Social Policy and co-sponsored by the Institute for Policy Research, Northwestern University, Evanston, IL.
- Adam, E. K. (2017, February). Everyday influences on adolescent stress biology in naturalistic settings: Implications for health and attainment. Invited Keynote Address at the U C Consortium on the

Developmental Science of Adolescence meeting: *Adolescence as a Second Period of Transition*, University of California at Davis, Davis, CA.

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

- Adam, E. K. (2011, January). Social and Emotional Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Colloquium presentation as part of Social Neuroendocrinology Speaker Series, Department of Psychology, University of Michigan.
- Adam, E.K. (2010, September). Social and Emotional Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Colloquium presentation to the Child Development and Family Studies Department, Purdue University.
- Adam, E. K. (2010, May). Diurnal cortisol rhythms: Social determinants and role as a risk, state or scar marker for Major Depressive Disorder in Youth. Invited presentation to the Institute of Medicine/National Research Council Board on Children, Youth and Families. Presented in *Biological Markers for Healthy Development: A Seminar on Recent Findings from Mental Health and Obesity Studies*, Washington, D.C.
- Adam, E. K. (2009, November). Social and Emotional Influences on Stress Hormone Activity in the Everyday Lives of Children and Adolescents. Colloquium presentation to the University of Oregon, Departments of Psychology and Anthropology, Eugene, OR.
- Adam, E. K. (2009, October). Social and Emotional Influences on Stress Hormone Activity in the Everyday Lives of Children and Adolescents. Presentation to the Mind and Biology Seminar Series, University of California at San Francisco, San Francisco, CA.
- Adam, E. K. (2008, November). Social and Emotional Influences on Stress Hormone Activity in the Everyday Lives of Children and Adolescents: Implications for Emotional and Physical Health. Colloquium presentation to the University of Toronto Psychology Department, Toronto, CA.
- Adam, E. K. (2009, September). Developmental perspectives on the life course and health. Invited presentation at *Complex Systems and Life Course Approaches to Population Health, and Health Disparities -A First Conversation* (George Kaplan, Organizer), Bethesda, Maryland.
- Adam, E. K. (2009, October 29-31). Measuring and modeling salivary cortisol as a biological marker of stress and health. Invited presentation at the 2<sup>nd</sup> *Stanford Workshop in Biodemography*, (Shripad Tuljapurkar, James Holland Jones, and Uli Steiner, Organizers), Stanford University, Palo Alto, CA.
- Adam, E. K. (2009, April). Parent stress and cortisol in naturalistic settings. Paper presented in *Preconference on Culture, Brain and Development*, Society for Research on Child Development, Denver, CO.
- Adam, E. K. (2007, June). Day-to-Day Dynamics of Experience-Cortisol Associations in a Population-Based Sample of Older Adults. Invited paper at the *Chicago Workshop on Biomarker Collection in Population-Based Health and Aging Research*, Sponsored by the Chicago Core on Biomarkers in Population-based Aging Research at the University of Chicago, Chicago, IL.
- Adam, E. K. (2007, December). Discussant for *Biology, Stress and the Intergenerational Transmission of Economic Status* by Anna Aizer, Laura Stroud and Stephen Buka. Chicago Workshop on Black-White Inequalities, University of Chicago, Chicago, Illinois.
- Adam, E. K. (2007, October). Use of Multilevel Growth Curve Modeling to Examine Social Influences on Stress Hormone Levels in Naturalistic Settings. Presentation at the Chicago Chapter of the American Statistical Association Luncheon Series.

- Adam, E. K. (2007, June). Everyday Experiences, Physiological Stress and the Emergence of Emotional Disorders over the Transition to Early Adulthood. Presentation to the Annual Retreat of the William T. Grant Foundation Scholars Program, Salt Lake City, Utah.
- Adam, E. K., Hawkey, L. C. & Cacioppo, J. T. (2006, March). Day-to-day dynamics of naturalistic mood-cortisol associations in a population-based sample of older adults. Invited presentation in the “Data Blitz” symposium of the 64<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO.
- Adam, Emma (2005, October). Multiple influences on HPA axis functioning in the everyday lives of adolescents: Implications for emotional and physical health. Presentation in the *Health Psychology Colloquium Series*, Dept. of Psychology, University of British Columbia.
- Adam, Emma (2005, December). Everyday influences on stress hormone levels in adults, adolescents, and young children: Implications for health promotion. Presentation to the *Chicago Center of Excellence in Health Promotion Economics Colloquium Series*, University of Illinois at Chicago, Chicago, IL.
- Adam, E. K. (2005, June). Proper use vs. misuse of biomarker data in social science research: The case of cortisol. Invited paper at the *Chicago Workshop on Biomarker Collection in Population-Based Health and Aging Research*, Sponsored by the Chicago Core on Biomarkers in Population-based Aging Research at the University of Chicago, Chicago, IL.
- Adam, E. K. (2004, November). Regulation of stress-hormone activity by family and community contexts: Potential implications for health. Invited paper presentation in *Frontiers of Family Research*, a special session of the National Council on Family Relations, Orlando, FL.
- Adam, E. K. (2004, September). Adolescent experiences and stress hormone levels in home and school contexts. Paper presentation at the *National Academy of Education Fall Forum*, Stanford, CA.
- Adam, E. K. (2004, October). Social regulation of hypothalamic-pituitary-adrenal activity in human infants, children and adolescents. Invited paper presentation at the *Stress and Asthma*, conference organized by The American Thoracic Society, Arlington, VA.
- Adam, E. K. (2004, July). “Social Regulation of Hypothalamic-Pituitary-Adrenal Activity in Human Infants, Children and Adolescents” and “Design and Analytic Methods for Understanding Cortisol Activity in Human Populations”. Presentations to the *Instituto Superior de Psicologia Aplicada*, Lisbon, Portugal.
- Adam, E. K. (2004, July). Social regulation of hypothalamic-pituitary-adrenal (HPA) activity in human infants, young children and adolescents. In F. Cirulli and S. Levine (Chairs) *Early experience: When does it become disruptive for brain development and behavior?* Invited paper symposium conducted at the 4<sup>th</sup> Forum of European Neuroscience, Lisbon, Portugal.
- Adam, E. K. (2001, October). Diurnal cortisol activity and cortisol reactivity in the everyday lives of parents and children. Invited poster presentation at “*Well-Being and Dysfunction Across the Generations: Change and Continuity*”, Jacobs Foundation Conference, Marbach Castle, Germany.
- Susman-Stillman, A. R., Brown, J. L., Adam, E. K., Blair, C. B., Gaines, R. G., Gordon, R. & White, A. M. (1995, March). *What is the future role of developmental psychology in shaping social policy? Comments from developmentalists-in-training*. Invited discussion hour at the Biennial Meeting of the Society for Research in Child Development, Indianapolis, Indiana.

**Paper Presentations at Professional Conferences:**



- Collier Villaume, S., Stephens, J. E., Chen, S., & Adam, E. K. (2022, September). Hyper- and hypocortisolism: Latent profiles of diurnal cortisol underlying depressive symptoms in adolescents. Paper presented at the 52nd Annual Conference of the International Society of Psychoneuroendocrinology, Chicago, IL.
- Adam, E. K., Nwafor, E., Collier-Villaume, S., Stephens, J., Hittner, E., Thomas, S., Ellison, R., Ehrhardt A., Russak-Pribble, A., Chen, S., Yang, B. (2022, May 2). Race-Based Stressors and Strengths: Implications for Stress Biology. In E. Seaton, Chair. Racial Discrimination and Youths' Physiological and Biological Processes Location. Symposium presented at Construction of the "Other": Development, Consequences and Applied Implications of Prejudice and Discrimination, Rio Grande, Puerto Rico.
- Collier Villaume, S., Stephens, J. E., Nwafor, E. E., & Adam, E. K. (2021, April). Socioeconomic disparities in the impact of COVID-19 on adolescent stress and mood. Paper presented at the Society for Research in Child Development, virtual conference.
- Adam, E. K., Hittner, E., Thomas, S., Nwafor, E., Stephens, J. & Collier, S. (2019, August 30). Supporting ethnic-racial identity: Implications for diurnal cortisol activity. Presentation to the 49<sup>th</sup> annual meeting of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Kessler, C.L., Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R. E., Craske, M., & Adam, E. K. (2019, August). Presentation to the 49<sup>th</sup> annual meeting of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Stern, J. A., Ehrlich, K. B., Jones, J. D., Kemeny, M., Eccles, J., & Cassidy, J. (2019, March). Close relationships in adolescence and adulthood as predictors of inflammatory markers in midlife. In J. A. Stern (Chair), *Close relationships and physical health: A lifespan developmental perspective*. Symposium to be presented at the Society for Research in Child Development Biennial Meeting, Baltimore, MD.
- Hittner, E. F. & Adam, E.K. (2018, September). How our past colors our present: Histories of discrimination predict changes in current negative social evaluative emotion and diurnal cortisol. In Emma K. Adam and Leah D. Doane, Chairs. Ecologically valid stressors and neuroendocrine activity in the everyday lives of diverse adolescents. Symposium presented at the 48<sup>th</sup> Annual Conference of the International Society for Psychoneuroendocrinology, Irvine, California.
- Adam, E. K., Heissel, J. A., Hittner, E. F., Doleac, J. L., Meer, J., Figlio, D. (September, 2017). *Adolescent cortisol responses to high-stakes testing in school-based settings*. Paper presented in Sonia Lupien & Emma Kristine Adam, Co-Chairs, Environmental and genetic factors influencing stress responses in adolescents and emerging adults, Symposium conducted at the International Society for Psychoneuroendocrinology conference, Zurich, Switzerland.
- Adam, E. K. (2017, April), Lapin, B., Grobman W, Buss, C., Culhane, J., Entringer, S., Miller, G., Simhan, H., Williamson, D., Wadhwa, P., Kim, Kwang-Youn, Keenan-Devlin, L., Borders, A. *Cumulative disadvantage predicts second trimester maternal salivary cortisol slopes*. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Austin, TX, USA.

- Kessler, C. L., Vrshek-Shallhorn, S., & Adam E. K. (2017, April). Associations of early life adversity and diurnal cortisol rhythm in adolescence. Panel presentation, Society for Research in Child Development Biennial Meeting, Austin, TX, USA.
- Adam, E. K. (2016, Sept). *Approaches to the statistical modeling of the CAR if accurately measured*. In A. Clow, Chair, Assessment of the Cortisol Awakening Response. Symposium conducted at the Annual Meeting of the International Society of Psychoneuroendocrinology, Miami, FL.
- Adam, E. K. (2016, May). Discussant. In Reout Arbel and Kelly F. Miller (Chairs), *Stress and HPA activity in Adolescents and Emerging Adults*. J. M. Knack, R. Arbel, Kelly F. Miller, & Elana B. Gordis, Presenters. Symposium conducted at the Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Adam, E. K. (2016, May). Chair, *Predictors of Sleep in Adolescence: The Role of Biological and Ecological Factors*. L. T. Hoyt, R. Tavernier, and J. Heissel, Presenters. Symposium presented at the Annual Meeting of the Association for Psychological Science, Chicago, IL.
- Adam, E. K. (2016, May). Discussant. In Royette Tavernier (Chair), *Sleep and Emotional Adjustment in Adolescence and Emerging Adulthood: Opportunities for Sleep Interventions*. S. Van Lenten, T. Semplonius, D. McMakin and R. Tavernier, Presenters. Symposium conducted at the Annual Meeting of the Association for Psychological Science, Chicago, IL
- Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobmanl. (2016, March). Exposure to Stressful Events Is Associated with Maternal Cortisol and Placental Corticotrophin-Releasing Hormone. Society for Reproductive Investigation, Montreal, Canada.
- Adam, E. K. (2015, March). Discussant. In Portia Miller, Chair, *Environmental Stress, Economic Disadvantage, and their links to Child and Family Functioning*. Presentation at the Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.
- Hoyt, L.T., Zeiders, K., Ehrlich, K.B., & Adam, E.K. (May, 2015). Transactions among emotion and cortisol activity in naturalistic settings. Paper presented at the Association for Psychological Science Annual Meeting, New York, NY.
- Curtis, D. S., Fuller-Rowell, T. E., Malanchuk, O., Eccles, J. S., Peck, S. & Adam, E. (2015). Is good sleep a privilege? Educational differences in the effects of daily stress on sleep. Presentation given at American Psychosomatic Conference in Savannah, GA, March 19th.
- Adam, E. K. (2014, August). Role of HPA Axis Measures in Prevention/Intervention Studies: A Theoretical Overview with Examples from the Study of Adolescent Depression. In Pluquellec, P. (Chair), *Using hypothalamic-pituitary-adrenal axis measures in the field of prevention/intervention*. Symposium conducted at Sex and Gender Across the Lifespan, the 44<sup>th</sup> Annual Meeting of the International Society of Psychoneuroendocrinology, Montreal, Canada.
- Hoyt, L.T., Adam, E.K. (2014, March). Affect, arousal, and cortisol in adolescence. In Hoyt, L.T. (chair), *Embodied experiences: Psychosocial influences on cortisol activity and reactivity during youth*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.

- Ehrlich, K., Hoy, L.T., Sumner, J., McDade, T., Adam, E.K. (2014, March). Adolescents' relationships with parents and friends predict young adult metabolic risk. In Adam, E.K. (chair), *Embedding development of obesity, metabolic risk, and health in individual and social contexts*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Adam, E.K, Kemeny, M., Peck, S., Malanchuk, O., Fuller-Rowell, T., Brodish, A., Ross, E., Levy, D., Heissel, J., Eccles, J. (2014, March). Adolescent and cumulative histories of perceived racial/ethnic discrimination and diurnal cortisol rhythms in early adulthood. In Adam, E.K. (chair), *Perceived discrimination and cortisol: Moderating effects of race and parenting*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Adam, E.K., Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R., Craske, M. (2014, March). The cortisol awakening response in adolescence is a prospective predictor of first onsets of social phobia over the subsequent six years. In Maslowsky, J. (chair), *Longitudinal perspectives on effects of adolescent HPA axis function on mental health and substance use*. Symposium conducted at the meeting of the Society for Research in Adolescence, Austin, TX.
- Adam, E. K. (2013, April). Spitting in the wind and splitting hairs: The ups and downs of biomarkers in saliva and hair. Mark Laudenslager, Moderator; Emma Adam, Douglas Granger and Mark Laudenslager, Panelists. Roundtable discussion presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Adam, E. K., Vrshek-Schallhorn, S., Doane, L. D., & Zeiders, K. (2013, April). Prospective prediction of major depressive disorder from hours of sleep in adolescence. In A. Fuligni, Chair, *New insights into teen sleep*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Dunkel Schetter, C., Shalowitz, M. U., Adam, E. K., Guardino, C. and the Community Child Health Network (2013, April). Do preconception diurnal cortisol patterns predict subsequent pregnancy outcomes? In Davis, E. (Chair), *Do developmental vulnerabilities begin before conception?* Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Ehrlich, K. B., Kemeny, M., Jones, J. D., Brett, B. E., Dinh, J., Hopper, E., Peck, S. C., Malanchuk, O., Brodish, A., Adam, E. K., Eccles, J. S., & Cassidy, J. (2013, April). When parents and adolescents agree about not disagreeing: Concordance in reports of low conflict predicts later immune functioning. In J. Cassidy (Chair), *Psychosocial predictors of immune functioning: A developmental perspective*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Hoyt, L.T., Chase-Lansdale, P.L., McDade, T.W., Adam, E.K. (2013, April). Developmental predictors of adult inflammation: The effects of pubertal timing and positive well-being. In J. Cassidy (Chair) *Psychosocial predictors of immune functioning: A developmental perspective*. Paper presented at the biennial meeting of the Society for Research on Child Development, Seattle, WA.
- Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R. E., Craske, M. G., Hammen, C., Redei, E., Wolitzky-Taylor, K., Adam, E. K. (2012, October). Refining the "candidate environment" in gene-environment interactions on major depression: The influence of interpersonal events. In *Biopsychosocial Approaches to the Study of Diatheses and Diatheses-Stress Relationships for the Emotional Disorders: Prospective Results from the Youth Emotion Project*. Symposium conducted at the 26<sup>th</sup> Annual Meeting of the Society for Research in Psychopathology, Ann Arbor, MI.

- Simon, C. D., Adam, E., Wagenaar, K., Clark-Kauffman, E., Shalowitz, M. & CCHN of NICHD. (2012, October). Salivary biomarkers in new mothers and fathers. In *Improving pregnancy outcomes: Findings from the Community Child Health Network Preconceptional Health Study*. Symposium presented at the annual meeting of the American Public Health Association, San Francisco, CA.
- Vrshek-Schallhorn, S., Mineka, S., Zinbarg, R.E., Craske, M.G., Wolitzky-Taylor, K., Hammen, C., Redei, E.E., & Adam, E.K. (2012, May). Refining the candidate environment: Interpersonal versus non-interpersonal major stressful life events in a gene-environment interaction on depression onset. In: Burmeister, M., and Higley, J.D., *Novel approaches to the study of gene-environment relationships*. Symposium presented at the annual meeting of the Society of Biological Psychiatry, Philadelphia, Pennsylvania.
- Adam, E. K., Doane, L. D., Vrshek-Schallhorn, S., Zinbarg, R. E., Craske, M. G. & Mineka, S. (2012). The cortisol awakening response as a prospective predictor of major depressive disorders and anxiety disorders. In Clow, A., and Adam, E. (Chairs) *The Cortisol Awakening Response: Origins and Significance*. Symposium conducted at the 70<sup>th</sup> Annual Meeting of the American Psychosomatic Society, March, 2012.
- Simon, C.D., Zeiders, K.D., Doane Sampey, L., & Adam, E.K. (October 2011). Modeling day-to-day changes in diurnal cortisol rhythms using 3-level lagged multilevel models reveals reciprocal relations among sleep, cortisol, affect and wellbeing. Paper presented in the session, Statistical approaches to characterize stress using salivary cortisol, at the annual American Public Health Association Meeting, Washington, D.C., October 29th - November 2, 2011.
- Vrshek-Schallhorn, S., Doane, L., Mineka, S., Zinbarg, R.E., Craske, M.G., & Adam, E.K. (2011, August). Prospective relationship of the cortisol awakening response to major depressive episodes over a four year follow-up. Presented at the 2011 annual meeting of the International Society for Psychoneuroendocrinology, Berlin, Germany.
- Adam, E. K. (June, 2011). Discussant for “Family instability and longitudinal impact on vulnerable youth: A collaborative effort to inform prevention” (P. Fowler, Chair). Symposium presented at the 13<sup>th</sup> Biennial Conference of the Society for Community Research and Action, Chicago, IL.
- Zeiders, K. H., Doane, L.D. & Adam, E. K. (March, 2011). Reciprocal relations between objectively measured sleep patterns and diurnal cortisol rhythms in late adolescents. In Gillen-O’Neel, C. & Fuligni, A. J. (Chairs). *When and why sleep is important during adolescence: Daily and longitudinal associations between sleep and adolescent adjustment*. Symposium conducted at the biennial meeting of the Society for Research on Child Development, Montreal, PQ.
- Doane, L. D. & Adam, E. K. (March, 2010). Associations among loneliness and cortisol in a community sample of late adolescents. In Fuligni, A. J. & Adam, E. K. (Chairs), *The influences of family and peer relations on biomarkers of adolescent stress and health*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, Philadelphia, Pennsylvania.
- Adam, E. K. (April, 2009). Ups and downs: Linking cortisol diurnal rhythms and reactivity to adolescent emotional experiences in naturalistic settings. In T. Dennis (Chair), *Physiological Measures of Emotion from a Developmental Perspective: State of the Science*. Roundtable Discussion (Adam, E. K., Buss, K. A., Dennis, T., Hastings, P. D. & Pollack, S. D.) conducted at the Biennial Meeting of the Society for Research on Child Development, Denver, CO.

- Adam, E. K. & Granger, D. A. (April, 2009). Covariation between salivary alpha-amylase and adolescent affect in naturalistic settings. In C. K. Fortunato (Chair), *Positive affect, arousal, and social emotional competence: Relations to salivary alpha amylase in early childhood and adolescence*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Denver, CO.
- DeSantis, A. S., Adam, E. K., Kuzawa, C. W. (March, 2009). Associations between Early SES and Diurnal Cortisol Rhythms in Young Adulthood: Results from the Cebu Study (Philippines). In G. Miller (Chair), *Early SES and Health*. Symposium conducted at the 67<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Chicago, IL.
- Doane, L. D., Adam, E. K., DeSantis, A. S. (2008, July). Loneliness and cortisol: Momentary, day-to-day, and trait associations. In Adam, E. K. (Chair). *Social stressors and HPA reactivity*. Symposium conducted at the 39<sup>th</sup> Annual Conference of the International Society of Psychoneuroendocrinology, Dresden, Germany.
- Trawalter, S., Adam, E. K., Chase-Lansdale, P. L., & Richeson, J. A. (2008, July). White Americans' physiological responses to interracial contact. In Adam, E. K. (Chair). *Social stressors and HPA reactivity*. Symposium conducted at the 39<sup>th</sup> Annual Conference of the International Society of Psychoneuroendocrinology, Dresden, Germany.
- DeSantis, A. S., Adam, E. K., Hawkey, L. C., Kudielka, B. M. & Cacioppo, J. T. (2008, July). Racial/ethnic differences in cortisol diurnal rhythms among older US adults: The roles of psychosocial stress and socioeconomic factors. In J. Fischer (Chair), *Diurnal cortisol profiles in health and disease*. Symposium conducted at the 39<sup>th</sup> Annual Conference of the International Society of Psychoneuroendocrinology, Dresden, Germany.
- Hart, C., Adam, E., Snell, E. (2008, April). Parental work and children's sleep patterns. In Dwyer, R. (Chair) *Children's outcomes and parental nonstandard work schedules*. Symposium conducted at the Annual Meeting of the Population Association of America, New Orleans, Louisiana.
- Adam, E. K., Hawkey, L. C., Kudielka, B. M. & Cacioppo, J. T. (2007, August). Day-to-day changes in diurnal cortisol patterns in everyday environments: Signal or noise? Presented at the 19<sup>th</sup> Annual Meeting of the International Society of Psychoneuroendocrinology, Madison, WI.
- Adam, E. K., Doane, L. D., Mendelsohn, K. A., Griffith, J. W., Mineka, S., Zinbarg, R., & Craske, M. (2007, March). Diurnal cortisol patterns, stressful life events, momentary negative emotion and the development of emotional disorders in late adolescence. In J. Silk (Chair), *Daily Emotions and Activities: An Ecological Momentary Assessment Approach to Understanding Child Depressive Symptoms*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.
- Adam, E. K., Snell, E. K., & Pendry, P. (2007, March). Factors associated with hours of sleep, bedtimes and waketimes in a nationally representative sample of children and adolescents. In M.M. El-Sheikh (Chair), *Carpe Noctem: Family Functioning and the Sleep of Infants, Children, and Adolescents*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.
- Adam, E. K., Doane, L., Mineka, S., Zinbarg, R. E. & Craske, M. G. (2006, October). Cross-sectional and prospective longitudinal associations between diurnal cortisol rhythms, exposure to stressful life events and adolescent mood and anxiety disorders. Paper presentation in *Common and specific risk factors for the emotional disorders: Time 1 results from a prospective study*. Symposium conducted at the Society for Research on Psychopathology, San Diego, CA.

- Adam, E. K., Doane, L., Mendelsohn, K., Griffith, J., Mineka, S., Zinbarg, R. E. & Craske, M. G. (2006, June). Diurnal cortisol patterns, exposure to stressful life events, and the development of mood and anxiety disorders in late adolescence. Paper presentation in symposium, *The HPA axis before and during puberty*, at the 37<sup>th</sup> Annual Conference of the International Society of Psychoneuroendocrinology, Leiden, The Netherlands.
- Doane, L.D. & Adam, E.K. (2006, March). Associations among negative emotion, life stress, and cortisol in adolescents at risk for depressive and anxious disorders. In E. K. Adam and L.D. Doane, (Co-Chairs), *Current Trends in Biopsychosocial Research on the Development of Adolescent Psychopathology*. Symposium conducted at the Biennial Meeting of the Society for Research on Adolescence, San Francisco, CA.
- Adam, E. K., Hawkey, L. & Cacioppo, J. (2006, March). Day-to-day dynamics of naturalistic mood-cortisol associations in a population-based sample of older adults. Paper presentation in symposium, *Hormonal and hematologic responding: Dynamics and predictors*, at 64<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO.
- Adam, E. K. (2005, April). Sorting out the “Normative” from the “Non”: Momentary Emotion, Chronic Emotional Strain, Emotional Disorders, and Cortisol. In P. Hastings and E. K. Adam, (Co-Chairs), *Integrating Developmental Psychopathology and Affective Psychophysiology: New Views, New Approaches*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Atlanta, Georgia.
- Pendry, P. & Adam, E. K. (2005, April). Associations between marital discord, parenting, and children’s stress physiology: The role of child age and parent gender. In P. Pendry (Chair), *Marital Discord and Child Development: Developmental and Transactional Perspectives on the Role of Basic Regulatory Processes*. Symposium conducted at the Biennial Meeting of the Society for Research on Child Development, Atlanta, Georgia.
- Doane, L. D. & Adam, E. K. (2004, July). Relationship functioning and depressive symptoms over the transition to adulthood. Paper presentation at the 2004 Add Health Users Conference, National Institutes of Health (NIH), Bethesda, Maryland.
- Adam, E. K. & Pendry, P. (2003, March). Salivary cortisol and family functioning: Effects of emotion, conflict and parenting. Paper presented at XXXIII Congress of the International Society of Psychoneuroendocrinology, Pisa, Italy.
- Adam, E. K. (2002, April). Momentary emotion and cortisol activity in adolescents’ everyday lives. In E. K. Adam (Chair), *Adolescent hormone-behavior relations: Moderating effects of age, sex, social context and psychopathology*. Symposium conducted at the Biennial Meeting of the Society for Research on Adolescence, New Orleans, Louisiana.
- Adam, E. K. (2002, March). *Measuring stress in families: Combining biological and phenomenological approaches*. Paper presented at the International Conference on Time Pressure, Work-Family Interface, and Parent-Child relationships. Waterloo, Ontario.
- Adam, E. K. (2001, April). Parental employment conditions, parent emotion and parenting, and behavioral, emotional and cognitive outcomes in young children. In A. Kalil (Chair), *The long arm of the job: Influences of parental work conditions on family life*. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Minneapolis, MN.
- Adam, E. K. (2001, April). Adult attachment, cortisol reactivity and diurnal cortisol activity in mothers of toddlers. In G. Roisman (Chair), *Psychophysiological perspectives on the Adult Attachment*

*Interview.* Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Minneapolis, MN.

- Adam, E. K. (2001, April). Moderator of roundtable workshop “Shepherding the link between research and policy”, hosted by the Student and Young Professional Policy Network, Biennial meeting of the Society for Research in Child Development, Minneapolis, MN.
- Adam, E.K. (2000, March 3-4). Work, family and physiological stress in mothers: Implications for health. In *The Effects of Work-Family Arrangements on Health and Well-Being*, Roundtable Session at Work and Family: Expanding the Horizons conference, San Francisco, CA.
- Adam, E. K. (1999, August). The effects of relationship style, hours of paid work, and division of child-rearing labor on emotional and physiological stress in working mothers. In E. L. Kelly (Presider), *Families, Employment and Stress*, Refereed Roundtable of the Section on the Sociology of the Family conducted at the 94<sup>th</sup> Annual Meeting of the American Sociological Association, Chicago, IL.
- Adam, E. K., Tanaka, A., & Alwin, J. (1999, April). Emotional working models? The relations between adult attachment, parent emotion, and parenting behavior. In E. Thompson-Gershoff and E. K. Adam (Co-chairs), *Emotion and parenting: Interdependencies among parent and child emotion and behavior*, Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Albuquerque, New Mexico.
- Adam, E. K., Blair, C. B., Boyce, C., Gadsden, V. L., Gaines Lanzi, R., Gordon, R., Hyson, M., Phillips, D., Susman-Stillman, A. R. (1999, April). *Growing into research and policy practice: Comments from professionals and professionals-in-training.* A. M. White & J. L. Brown (Co-chairs), Invited discussion hour at the Biennial Meeting of the Society for Research in Child Development, Albuquerque, New Mexico.
- Adam, E. K., Tanaka, A., Brodersen, L., & Gunnar, M. R. (1998, April). Adult attachment and maternal perceptions of toddler temperament and emotion. In J. A. Ungerer (Chair), *Emotional development: Perspectives on the role of maternal perceptions of emotions and internal working models of attachment.* Symposium conducted at the 11th Biennial International Conference on Infant Studies, Atlanta, Georgia.
- Durbrow, E. H., Gunnar, M., Chen, C., Bozoky, I., Adam, E. & Jimerson, S. (1996, August). Salivary cortisol variation in rural Caribbean children: Correlates with child personality, behavior, peer status, and early childhood adversity. In E. Durbrow & C. Panter-Brick (Chairs), *Child stress in natural settings: Psychobiological studies of children in diverse cultures.* Symposium conducted at the XIVth Biennial meeting of ISSBD, Quebec City, Canada.
- Egeland, B. & Adam, E. K. (1996, June). Continuity of development in a high-risk sample. In A. Honig (Chair), *Longitudinal research with high-risk families.* Paper symposium conducted at Head Start's 3rd National Research Conference, Washington, D.C.
- Susman, A. R. & Adam, E. K. (1995, March). Poverty and educational outcomes: Context, diversity and change. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Indianapolis, Indiana.
- Egeland, B., Adam, E., Ogawa, J. & Korfmacher, J. (1995, March). Adult attachment: Implications for the therapeutic process in a home visitation intervention. In M. Dozier (Chair), *Attachment and communication within relationships.* Paper symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Indianapolis, Indiana, 1995.

Grusec, J. E., Adam, E., & Mammone, N. (1993, March). The relationship between parents' mental representation of relationships, belief systems, and behavior. In J. Smetana (Chair), *Social-cognitive models of parenting: Reconceptualizations and new directions*. Paper symposium conducted at the 60th Anniversary Meeting of the Society for Research in Child Development, New Orleans, Louisiana.

Adam, E., & Grusec, J. E. (1992, May). The interrelations of adult attachment status, parental cognitions about child misbehaviour, and parenting behaviour. In J. E. Grusec (Chair), *Assessing parenting capacity*. Paper symposium conducted at the Seventh Biennial University of Waterloo Conference on Child Development, Waterloo, Ontario.

**Poster Presentations at Professional Conferences:**

Nwafor, E. E., Stephens, J. E., Ellison, R. L., Hittner, E. E., Adam, E. K., & Umaña-Taylor, A. J (2019, March). *The cognitive load of racism: Perceived racial discrimination associated with lower adolescent executive functioning*. Poster presented at the Ethnic and Racial Issues Special Presentations; Society for Research in Child Development Biennial Meeting, Baltimore, MD.

Hittner E. F. & Adam E. K. (August 2019) Emotional pathways to the biological embedding of racial discrimination experiences. Poster presented at the International Society of Psychoneuroendocrinology, Milan, Italy.

Brush, B., Trainor, C., Carter, J.S., Grant, K., & Adam, E.K. (2018, November). *Over stressed and overweight? Neighborhood stress moderates the relationship between biological stress response and BMI in urban youth*. Poster presented at the annual meeting of the International Society for Developmental Psychobiology, San Diego, CA.

Stephens, J.E., Ellison, R.L., Nwafor, E., & Adam, E.K. (May, 2018). Time for bed: Associations between adolescent bedtime and global executive functioning. Poster presented at the Association for Psychological Science, San Francisco, CA.

Hittner, E., Angarita-Rodriguez, A., Thomas, S., Adam, E.K. (2017, April). Parent Racial Socialization, Authoritative Parenting and Adolescent and Young Adult Perceived Racial Discrimination. Poster presented at the Society for Research in Child Development, Austin, TX.

Buss, Borders, Culhane, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman, Wadhwa (2017, January). Maternal childhood trauma is associated with a pro-inflammatory state during pregnancy. Society for Maternal-Fetal Medicine, Las Vegas, NV.

Entringer, Borders, Culhane, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman, Wadhwa (2017, January). Economic hardship during childhood is associated with immune hyperresponsiveness during pregnancy. Society for Maternal-Fetal Medicine, Las Vegas, NV.

Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman (2017, January). Maternal childhood disadvantage, hair cortisol, and small-for-gestational-age birth. Society for Maternal-Fetal Medicine, Las Vegas, NV.



- Miller, Entringer, Buss, Wadhwa, Culhane, Grobman, Kim, Miller, Matthew, Simhan, Williamson, Adam, Borders. et al. (2017, January). Do psychotropic medications reduce inflammation in women with antenatal depression/anxiety? Society for Maternal-Fetal Medicine, Las Vegas, NV.
- Miller, Entringer, Buss, Wadhwa, Culhane, Grobman, Kim, Miller, Matthew, Simhan, Williamson, Adam, Borders. et al. (2017, January). Does maternal inflammation mediate the relationship between antenatal depression and adverse pregnancy outcomes? Society for Maternal-Fetal Medicine, Las Vegas, NV.
- Buss, Entringer, Wadhwa, Adam, Culhane, Grobman, Kim, Mathew, Garcia-Espana, Simhan, Williamson, Borders (2016, February). Maternal childhood trauma and cortisol during pregnancy. Society for Maternal-Fetal Medicine, Atlanta GA.
- Culhane, Grobman, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Borders (2016, February). Maternal childhood trauma, depressive symptoms and small-for-gestational-age birth. Society for Maternal-Fetal Medicine, Atlanta GA.
- Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman (2016, March). Elevated Serum Mid-Pregnancy TNF[alpha] Is Associated with Preterm Birth. Society for Reproductive Investigation, Montreal, Canada.
- Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman (2016, March). Placental Corticotrophin-Releasing Hormone (pCRH) Is Associated with Shorter Gestation and Birth Weight. Society for Reproductive Investigation, Montreal, Canada.
- Entringer, Buss, Wadhwa, Culhane, Grobman, Kim, Miller, Matthew, Simhan, Williamson, Adam, Borders (2016, March). Glucocorticoid Receptor Sensitivity During Pregnancy: Associations with Maternal Pre-Pregnancy BMI. Society for Reproductive Investigation, Montreal, Canada.
- Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman (2016, March). Maternal Cortisol Regulates Placental CRH Production in Human Gestation. Society for Reproductive Investigation, Montreal, Canada.
- Borders, Culhane, Wadhwa, Kim, Garcia-Espana, Matthew, Adam, Miller, Simhan, Williamson, Grobman (2016, March). Association of Elevated C-Reactive Protein (CRP) in Mid-Pregnancy with Gestational Age at Birth. Society for Reproductive Investigation, Montreal, Canada.
- Miller, Williamson, Wadhwa, Culhane, Simhan, Grobman, Buss, Entringer, Kim, Adam, Borders (2016, March). Racial and Social Disparities in Inflammatory Gene Expression During Pregnancy. Society for Reproductive Investigation, Montreal, Canada.
- Hittner, E.F., Thomas, S.E., Adam, E.K. (2016, September). Promotive Role of Ethnic-Racial Identity in Adult Diurnal Cortisol Patterns. Poster presented at the International Society of Psychoneuroendocrinology, Miami, FL.
- DeCator, D. D., Jayan, D., Boothe, S., Grant, K. E., Chen, E., & Adam, E. (2015). *Physiological responses to different types and forms of stress*. Poster accepted for the Association of

Behavioral and Cognitive Therapies Annual Convention, Chicago, Illinois.

Knowlton, E., Arizaga, J.A., Lewis, J.T., Grant, K.E., & Adam, E. (2015, May). Cognitive attributional styles, threat, and symptoms of anxiety/depression among youth. Poster presentation accepted to the annual convention of the Midwestern Psychological Association in Chicago, IL.

Durgan, A., McQuillan, M., Grant, K., Adam, E. K. (2015, March). Adolescent daily stress: Sources, age and gender variations, and affective consequences. Poster presentation at the Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.

Arizaga, J., Knowlton, E., Lewis, J., Grant, K., Adam E. K. (2015, March). *The role of cognitive attributional styles in the relation between loss and depressive symptoms among youth*. Presentation at the Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.

McQuillan, M., Hostinar, C., Grant, K., & Adam, E. K. (2014, August). *Validation of the Trier Social Stress Test for Groups in a Diverse Sample of Adolescents: Variations by Age, Gender and Race*. Poster presented at Sex and Gender Across the Lifespan, the 44<sup>th</sup> Annual Meeting of the International Society of Psychoneuroendocrinology, Montreal, Canada.

McQuillan, M., Frost, A., Saeed, S., Ehrlich, K., Mirous, H., Ross, E., Adam, E., Grant, K. (2014, March). *LGBTQ adolescents, bullying and depressive symptoms*. Poster presented at the meeting of the Society for Research in Adolescence, Austin, TX.

Brett, B. E., Jones, J. D., Ehrlich, K. B., Kemeny, M., Mohr, J., Hopper, E., Dinh, J., Gross, J., Malanchuk, O., Peck, S. C., Brodish, A., Adam, E. K., Eccles, J. S., & Cassidy, J. (2013, April). *Early adolescent parental attachment support, but not other forms of social support, predicts adult immune functioning*. Poster presented at the biennial meeting of the Society for the Research in Child Development, Seattle, WA.

Willner, C., Morris, P. A., McCoy, D. C., Adam, E. K. (2013, April). *Cumulative risk exposure and diurnal cortisol rhythms: Moderation by 5-HTTLPR genotype*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.

Saeed, W., Black, S. B., Frost, A., Hoyt, L. T., Jones, S. F., McQuillan, M., Mirous, H., Rosenberg, D. Alexander, K., Sladek, M., Adam, E. K. (2013, April). *Behind the Screen: Exploring Predictors of Social and Work-Related Screen Use during Adolescence*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.

Frost, A.F., Hoyt, L.T., Saeed, W.S., Sladek, M.R., Jones, S.F., Black, S.L., Mirous, H.J., Rosenberg, D.E., Adam, E.K. (2013, April) *Daily life with depressive symptoms: Gender differences in everyday emotional and interpersonal experiences*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.

Katz, A. C., Troy, L. E., Adam, E. K. (2010, March). Depressive cognition: Interactions between momentary counterfactual thinking, perceptions of control, and depressive symptoms. Poster presented at the Biennial meeting of the Society for Research on Adolescence, Philadelphia, Pennsylvania.

Till, L. T., Adam, E. K., Chase-Lansdale, P. L. (2010, March). Happy youth, healthy adults: Longitudinal associations between positive well-being and health. Poster presented at the Biennial meeting of the Society for Research on Adolescence, Philadelphia, Pennsylvania.

- Zeiders, K. H., O'Donnel, M., Doane, L. D. & Adam, E. K. (2010, March). Objectively measured sleep and cortisol diurnal rhythms in late adolescents. Poster presented at the Biennial meeting of the Society for Research on Adolescence, Philadelphia, Pennsylvania.*
- DeSantis, A.S., Adam, E.K. (April, 2009). Early developmental influences on HPA axis activity in young adulthood. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Denver, CO.*
- Adam, E K., Trawalter, S., DeSantis, A., Chung, V., Simon, C., Doane, L., Chyu, L., Till, L., O'Donnell, M., and Zeiders, K. (July, 2009). Physiological and psychological responses to the 2008 U.S. Presidential Election. Poster presented at the 40<sup>th</sup> Annual Conference of the International Society of Psychoneuroendocrinology, San Francisco, CA.*
- Chung, V., Trawalter, S., Simon, C. D., Alvia-Ramos, C., & Adam, E. K. (2009, April). Role of ethnic identity and acculturation in shaping intra-group attitudes among Asian Americans. Poster presented at the Society for Research in Child Development Biennial Meeting in Denver, CO.*
- Till, L. D., Adam, E. K., Chase-Lansdale, P. L. (2009, April). Parenting adolescents: Exploring the association between parenting characteristics and delinquency over time. Poster presented at the biennial meeting of the Society for Research on Child Development, Denver, CO.*
- Chung, V., Desantis, A., & Adam, E.K. (2007, March). Associations between family dynamics and peer victimization/discrimination among immigrant children. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.*
- Cueto, J. A., Mendelsohn, K. A., Doane, L. D., Adam, E. K., Mineka, S., Zinbarg, R., & Craske, M. (2007, March). Associations between psychopathology and loneliness in adolescents over time. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.*
- Desantis, A., Adam, E.K., Mineka, S., Zinbarg, R., & Craske, M. (2007, March). Race, ethnicity, and the stability of cortisol slopes during adolescence: Do changes in stress levels moderate slope differences? Poster presented at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.*
- DeSantis, A. & Adam, E. K., Mineka, S., Zinbarg, R. E. & Craske, M. G. (2006, June). Racial and ethnic differences in cortisol slopes among American adolescents: Mediators and moderators. Poster presented at the 37<sup>th</sup> Annual Conference of the International Society of Psychoneuroendocrinology, Leiden, The Netherlands.*
- Kircanski, K., Craske, M. G., Adam, E. K., Mineka, S., & Zinbarg, R. E. (2006, May). The relationship of intraindividual variability in emotion to anxiety and depression. Poster presented at the 18th Annual Convention for the Association of Psychological Science, New York, NY.*
- Hauner, K. K., Adam, E. K., Mineka, S., Doane, L. D., Zinbarg, R. E., Craske, M. G., & Griffith, J. W. (2006, May). Personality as a predictor of salivary cortisol patterns in adolescents. Poster presented at the 18th Annual Convention for the Association of Psychological Science, New York, NY.*
- Desantis, A., Wong, V. C., Snell, E. K. & Adam, E. K.(2006, March). The effects of sleep behaviors on mood in late adolescence. Poster presented at the Society for Research on Adolescence Biennial Meeting, San Francisco, CA.*

- Mendelsohn, K., Cueto, J., Doane, L.D., & Adam, E.K.* (2006, March). Being an adolescent and alone: Associations between psychopathology and loneliness. Poster presentation at the Biennial Meeting of the Society for Research on Adolescence, San Francisco, CA.
- Snell, E. K., Adam, E. K. & Duncan, G.* (2005, June). Sleep patterns and developmental outcomes among American children. Poster presented at the *CDS-II early results workshop*, Sponsored by the National Institute of Child Health and Human Development and the National Poverty Center at the University of Michigan Gerald R. Ford School of Public Policy, Ann Arbor, MI.
- Doane, L. D. & Adam, E. K.* (2005, April). Relationship functioning and depressive symptoms in adolescence and over the transition to adulthood. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Atlanta, Georgia.
- Snell, E. K. & Adam, E. K.*(2005, April). Schooling, parental involvement, and adolescent emotion. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Atlanta, Georgia.
- Pendry, P. & Adam, E.* (2003, April). Hormones under siege: Parent behavior, parent emotional and marital functioning and child cortisol. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Tampa, Florida.
- Adam, E. K. & Rosman, J.* (2000, March 30-April 2). Residential mobility, relationship instability and cognitive, emotional, and behavioral outcomes in low-income adolescent girls. Poster presented at the Eighth Biennial Meeting of the Society for Research on Adolescence, Chicago, IL.
- Wefel, A., Frye, B. & Adam, E.* (1997, April). Links between maternal depressive and anxious symptomatology, maternal attributions and mothers' hopes and wishes for their children. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Washington, D.C.
- Adam, E. K., Pierce, S. L., Holland, J., Desmond, E. & Gunnar, M. R.* (1996, August). Cognitive and physiological correlates of internal working models. Poster presented at the XIVth Biennial meeting of the International Society for the Study of Behavioral Development, Quebec City, Canada.
- Durbrow, E. H., Bozoky, I., Jones, E., Jimerson, S., & Adam, E.* (1996, August). The Middle Childhood Home Inventory for Caribbean children: Associations with academic performance and classroom behavior. Poster presented at the XIVth Biennial meeting of ISSBD, Quebec City, Canada.
- Adam, E. K. & Susman-Stillman, A.* (1996, June). Direct and indirect pathways from SES to academic achievement: Implications for intervention. Poster presented at Head Start's 3rd National Research Conference, Washington, D.C.
- Adam, E. K., Wefel, A. J. & Gunnar, M. R.* (1996, April). Depressive and anxious symptomatology and maternal perceptions of toddlers. Poster presented at the 10th Biennial International Conference on Infant Studies, Providence, Rhode Island.
- Adam, E. K., & Egeland, B. R.* (1994, October). Adult attachment and social support: The impact of intervention. Poster presented at the 1st International Conference on Attachment and Psychopathology, Toronto, Ontario.

**Working Group Meetings – Invited Participant:**

Workshop on Positive Psychobiology (2013, March), hosted by Princeton University's Center for Research on Experience and Wellbeing, Miami, FL.

Integrating Knowledge on the Biology of Adversity in Community Settings (2013, June), organized by Harvard Universities' Center on the Developing Child, Marina Del Rey, CA.

**Selected Additional Presentations/Internal Brownbags:**

- Adam, E. K. & Collier Villaume, S. (2023, February). How has COVID-19 impacted adolescents and early adults and how are they recovering? Presentation as part of panel "How has COVID-19 affected children and adolescents?" in the Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
- Adam, E. K. (2022, August 22). Adolescent Stress: Sources and Solutions. Presentation to Knowledge at Noon colloquium series of the Office for Research, Northwestern University.
- Adam, E. K. & Till Hoyt, L. (2020, May). Researching Adolescent and Young Adult Stress in the Time of COVID-19. Presentation to the Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
- Adam, E. K. & Collier Villaume, S. (2019, Oct). Adolescent Stress: Causes, Consequences and Interventions. Presentation to the Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
- Adam, E. K. (2018, Nov). Race-based stress and academic disparities: New models, mechanisms, and implications for advising. Presentation to Northwestern University Academic Advisors, Evanston, IL.
- Adam, E. K. (2016, April). Race-related stress and academic attainment: How discrimination gets under the skin and into the mind. Presentation at Northwestern University *Science Café*, Evanston, IL.
- Adam, E. K., Levy, D., Heissel, J., Richeson, J. Ross, E., Tavernier, R., Thomas, S.E., Hittner, E. (2016, March 7). Race-Related Stress and Academic Disparities: New Models and Mechanisms. Invited presentation, Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
- Adam, E. K. (2015, September). Adolescent Stress and Wellbeing. Presentation as part of Northwestern University's Chicago event of the We Will campaign, Chicago, IL.
- Adam, E. K. (2015, October). Adolescent Stress and Wellbeing. Presentation as part of Northwestern University's New York event of the We Will campaign, New York, New York.
- Adam, E. K. & Till Hoyt, L. (2013, May 13). Adolescent stress and positive well-being: Implications for adult health. Invited presentation, Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
- Adam, E. K. (2013, February). Social influences on cortisol in naturalistic settings: Implications for health and health disparities. Presentation to the Seminar Series of Northwestern University's Center for Healthcare Studies, Institute for Public Health and Medicine, Feinberg School of Medicine, Chicago, IL.
- Adam, E. K. (2012, November 30). Sleep, stress, and executive functioning in middle school and high school students: Design of a new study. Invited presentation to the Cells to Society Center Brownbag Series, Evanston, IL.
- Adam, E. K. (2011, June). Incorporating Biomarkers Into Policy Relevant Social Science Research. Presentation to the University-Based Child and Family Policy Consortium Research Group (Virtual/Online presentation, Chicago, IL).

- Adam, E. K. (2011, March). Early Experience, Later Life Stress, CRH Receptor Polymorphisms and the Development of Major Depressive Disorder in Late Adolescence/Early Adulthood. Presentation to the Institute for Policy Research Brown Bag Series, Chicago, IL.
- Adam, E.K. (2010, October). Social and Emotional Influences on Stress Hormone Activity in Adolescents at Risk for Emotional Disorders. Presentation to the Human Development and Social Policy Program Brown Bag series.
- Adam, E. K. (2008, January). HPA-axis Alterations and Depression: Chicken or Egg? Presented to the Clinical Psychology Brown Bag Series, Northwestern University, Evanston, IL.
- Adam, E. K. (2007, April). Child and Adolescent Sleep: Correlates and Consequences. Presentation to the *Colloquium Series of the Institute for Policy Research*, Northwestern University, Evanston, IL.
- Adam, E. K. (2006, August). Rationale for the Biosample Methodology: Why all the spit? Presentation to the Rhode Island Hard to Employ Study Personnel, Providence, RI.
- Adam, E. K. (2006, November). Rationale for Biomarkers: Why all the spit? Presentation to the Community board of the Community Action for Child Health Equity study, Libertyville, IL.
- Adam, E. K. (2005, June). Social relationships and the regulation of stress hormones. Invited paper at the *Introductory Conference of Cells to Society: The Center on Social Disparities and Health* at the Institute for Policy Research, Northwestern University, Evanston, IL.
- Adam, Emma (2005, May). Social and Emotional Influences on Physiological Stress in Infants, Children and Adolescents. Presentation to the *Spring Conference for Alumns of the Communications Disorders Program*, Northwestern University, Evanston, IL.
- Adam, Emma (2005, June). Ups and Downs: Social Experiences, Emotion and Physiological Stress in the Everyday Lives of Adolescents. Presentation at *Northwestern University's Grantmakers Conference* (invited by NU Foundation Relations).
- Adam, Emma (2005, July). Social and Emotional Influences on Physiological Stress in Infants, Children and Adolescents. Presentation to the *Undergraduate Success in Science Program*, Department of Chemistry, Northwestern University.
- Adam, E. K. (2004, November). Adolescent Life Stress, Physiological Stress, and Emotional Well-Being: A Multi-method, Longitudinal Study. Presentation to the *Colloquium Series of the Institute for Policy Research*, Evanston, IL.
- Adam, E. K. (2004, November). Putting the “multi” back in multi-method: Inclusion of biomarkers, actigraphy, and experience sampling methods in longitudinal research in naturalistic settings. Paper presentation at the *Fall Retreat of the William T. Grant Foundation Scholar's Program*.
- Adam, E. K. (2002, October). Getting Under the Skin: Biological Measurement of Stress in the Everyday Lives of Families. Presentation to the *Colloquium Series of the Institute for Policy Research*, Northwestern University, Evanston, IL.
- Adam, E.K. (2000, March). Presider. Parents, children and work – studies from the University of Chicago Alfred P. Sloan Center. Session conducted at Work and Family: Expanding the Horizons conference, San Francisco, CA.

**Paper Abstracts**

- Adam, E. K., Doane, L. D., Vrshek-Schallhorn, S., Zinbarg, R. E., Craske, M. G. & Mineka, S. (2012). The cortisol awakening response as a prospective predictor of major depressive disorders and anxiety disorders. *Psychosomatic Medicine*, 74 (3).
- McDade, T. W., Bragg, J., Kuzawa, C., Chyu, L., & Adam, E. K. (2012). Environmental risk, perceived mortality risk, and facultative adjustment of life history strategy among young adults in the United States. *American Journal of Physical Anthropology*, 147, 209-209.

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

*American Journal of Human Biology*  
*Attachment and Human Development*  
*Behaviour Research and Therapy*  
*Biodemography*  
*Biological Psychology*  
*Behavioral Neuroscience*  
*Developmental Psychology*  
*Developmental Psychobiology*  
*Development and Psychopathology*  
*Developmental Science*  
*Educational Evaluation and Policy Analysis*  
*Early Education and Development*  
*Emotion*  
*Field Methods*  
*Health Psychology*  
*Health Psychology Review*  
*International Journal of Behavioral Development*  
*JAMA-Pediatrics*  
*Journal of Abnormal Psychology*  
*Journal of Abnormal Child Psychology*  
*Journal of Adolescence*  
*Journal of Applied Developmental Science*  
*Journal of Clinical Child and Adolescent Psychology*  
*Journal of Health and Social Behavior*  
*Journal of Marriage and the Family*  
*Journal of Research on Adolescence*  
*Journal of Social and Personal Relationships*  
*Journal of Sleep Research*  
*Life Sciences*  
*Mind, Brain and Education*  
*Monographs of the Society for Research on Child Development*  
*Nature: Scientific Reports*  
*Neuroscience and Biobehavioral Reviews*  
*Parenting: Science and Practice*  
*Pediatrics*  
*Personality and Social Psychology Bulletin*  
*Proceedings of the National Academy of Sciences*  
*Psychological Bulletin*  
*Psychological Medicine*  
*Psychological Science*

*Psychology and Health*  
*Psychoneuroendocrinology*  
*Sleep Health*  
*Social Science and Medicine*

**Other Scientific Reviews:**

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

**Additional Training:**

- ◆ Trained and certified in Adult Attachment Interview coding.
- ◆ Trained in Infant Attachment/Strange Situation coding.
- ◆ Completed Methods and Applications of Molecular Biomarker Research, MRC SGDP Centre Summer School, Institute of Psychiatry, King's College, London, UK, July 13<sup>th</sup> to 17<sup>th</sup>, 2009.
- ◆ Introduction to Latent Class Analysis with Mplus, Department of Psychology, Arizona State University, April 22 – 23, 2011.
- ◆ Public Voices Fellow, The Op Ed Project, 2014-2015.
- ◆ Multilevel Structural Equation Modeling, Statistical Horizons, Kristopher Preacher, June 2021.

**Teaching Experience:**

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

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

Instructor, School of Education and Social Policy, Northwestern University, *Fall 2000-Present*:  
SESP 210 "Introduction to Research Methods and Statistics" (Undergraduate)  
SESP 201 "Human Development: Childhood and Adolescence" (Undergraduate)  
SESP 391 "Advanced Research Methods" (Undergraduate)  
HDSP 415 "Nature/Nurture Revisited: Effects of Experience on Biology" (Graduate)  
HDSP 403 "Adolescence" (Graduate)  
HDSP 451 "Observational Methods for the Study of Human Development" (Graduate)  
HDSP 451 "Child and Adolescent Sleep: Causes and Consequences" (Graduate)  
HDSP 451 "Stress, Sleep and Academic Functioning" (Graduate)  
HDSP 401 "Proseminar in Human Development and Social Policy" (Graduate)  
HDSP 451 "Ethnic and Racial Identity Development" (Graduate)  
HDC 351 "Adolescent Stress: Sources and Solutions" (Undergraduate).

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

Instructor, Institute of Child Development, University of Minnesota:  
"Children and Youth in Society", *Spring and Fall, 1996*



“Introduction to Child Psychology”, *Spring, 1995.*

**Graduate and Undergraduate Advising/Mentoring:**

**Doctoral Advisor for:**

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

- tenured Associate Professor in Human Development; Washington State University

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

- data analyst, Manpower Research Development Corporation

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

- tenured Associate Professor in Psychology, Arizona State University

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

- researcher at RAND corporation, Santa Monica

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

- data analyst; Long Wing Education Consulting

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

- contract research, Northshore University Health System

Lindsay Till, HDSP (Chair, completed June 2013)

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

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

- Tenure line Assistant Professor in the Graduate School of Business and Public Policy, Naval Postgraduate School (8/8/17-).

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

- Now post-doctoral fellow at Vanderbilt University

Emily Hittner (Co-Advisor with Claudia Haase)

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

Andrew Kim (Committee Member, Chris Kuzawa, Chair)

- Assistant Professor of Anthropology, UC Berkeley

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

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

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

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

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

- Now post-doctoral fellow at Northwestern University.

Sarah Collier Villaume (Completed Spring 2022).

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

**Additional Dissertation Committees:**

Chris Leatherwood, Learning Sciences (completed Spring, 2022).

Julia Eksner, Learning Sciences (complete)

Elizabeth Votruba-Drzal, HDSP (complete)

Christine Li-Grinning, HDSP (complete)

Bessie Wilkerson, HDSP (complete)

**Post-Doctoral and/or Career Award Advising:**

**Post-Doctoral Mentor**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Career Award Consultant or Mentor**

Whitney Witt University of Wisconsin (complete)

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

Margaret Hanson Bublitz, Brown University (complete)

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

**Undergraduate Honors Thesis Advising:**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Research Apprenticeships:**

-I supervise 2 to 4 undergraduate Research Apprentices and/or Work-Study students each quarter. Each undergraduate works 5-10 hours per week on my ongoing research projects.

**Consultancy Roles:**

Current:

Data Safety Monitoring Board, Add Health Wave VI.  
Caminos study (Kathleen Roche, PI).

Past:

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

**University and Community Service:**

*Northwestern University Service:*

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

*School of Education and Social Policy, Northwestern University:*

- Chair, Dean Search Committee, SESP, 04/22-12/22.
- HDSP Colloquium Committee, 6/1/18-6/1/20.
- Executive Committee, SESP, 9/1/17-Present.
- Chair, Adolescence and Emerging Adulthood Faculty Search Committee, 8/17-Present. *Hire: Yang Qu*
- Chair, Early Development in Social and Policy Context Faculty Search Committee, 06/13-6/14. *Hire: Terri Sabol*
- Chair, Adulthood in Context Faculty Search Committee, 09/11-9/12. *Hire: Claudia Haase.*
- Dean Search Committee, SESP, 06/16–12/16
- Human Development and Social Policy Graduate Program Chair, 6/1/13-9/1/16.

- Executive Committee, SESP, 09/10–09/16 (Chair, 2012-2013).
- Chair of HDSP Graduate Student Admissions Process, Winter 2009, 2011.
- Member, Undergraduate Programs Committee, 09/00- 09/03; 09/10-present.
- Member, Technology Committee, 09/07-09/09.
- Chair, Graduate Research Methods Committee, 04/02 –09/03.
- Member, Graduate Research Methods Committee, 09/04-09/09.
- Director, Undergraduate Honors Program, 09/01-09/03.
- Member, Families and Communities Position Search Committee, 09/01-04/02.

*Institute for Policy Research, Northwestern University:*

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

*State/National Service:*

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

*International Service*

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