

# ANNA K. HOCHGRAF

Department of Human Development and Family Science ♦ Purdue University ♦ 1202 Mitch Daniels Boulevard ♦ West Lafayette, IN ♦ [ahochgra@purdue.edu](mailto:ahochgra@purdue.edu)

## PROFESSIONAL POSITIONS

<b>Postdoctoral Research Associate</b> Department of Human Development and Family Science Purdue University Supervisor: Dr. Kimberly Updegraff	<b>August 2025 - Present</b>
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## EDUCATION

<b>Postdoctoral Fellow</b> Research on Eating and Activity for Community Health (REACH) Applied Epidemiology T32 School of Public Health, The University of Minnesota Mentors: Dr. Katie Loth, Dr. Dianne Neumark-Sztainer, Dr. Jerica Berge	<b>August 2022 - July 2025</b>
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<b>Ph.D., Human Development and Family Studies</b> <b>M.S., Human Development and Family Studies</b> The Pennsylvania State University Advisor: Dr. Susan M. McHale Concentrations: Family Studies, Prevention and Intervention Dissertation: Comorbidity Between Body Dissatisfaction and Substance Use: A Daily Diary Study of Alcohol, Nicotine Vaping, and Cigarette Use Among Young Adults	<b>June 2022</b> <b>December 2017</b>
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<b>B.A., Psychology (major) and Public Health (minor)</b> Overall GPA: 4.0/4.0 Summa Cum Laude, Psychology Honors The College of William and Mary Honors Advisor: Dr. Meghan M. Sinton	<b>May 2014</b>
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## HONORS AND AWARDS

Early Career Prevention Network Travel Award, Society for Prevention Research	<b>April 2024</b>
Science Communication Scholarship, Stories of Science	<b>January 2024</b>
Early Career Prevention Network Travel Award, Society for Prevention Research	<b>April 2023</b>
Edna Bennett Pierce Prevention Research Center Peterson Graduate Fellowship	<b>May 2021</b>
Best Research Article, Society for the Study of Emerging Adulthood	<b>September 2019</b>
Early Career Prevention Network Travel Award, Society for Prevention Research	<b>May 2019</b>
Health and Human Development College Endowment Award	<b>December 2017</b>
College of Health and Human Development Grant Writing Scholarship	<b>August 2017</b>
Stanley B. Williams Award for Outstanding Psychology Major	<b>April 2014</b>
Phi Beta Kappa Society, Alpha Chapter of Virginia	<b>December 2013 - Present</b>

Psi Chi International Honor Society  
Alpha Lambda Delta Honor Society  
Phi Eta Sigma Honor Society  
Recognized by the Math Department for outstanding performance

**March 2012**  
**April 2011**  
**April 2011**  
**December 2010**

## **RESEARCH FELLOWSHIPS AND FUNDING**

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Research on Eating and Activity for Community Health Fellowship National Heart, Lung, and Blood Institute (T32 HL150452; Role: Postdoctoral Fellow; \$172,418)	<b>August 2022 - July 2025</b>
Ruth L. Kirschstein National Research Service Award National Institute on Drug Abuse (F31 DA051118; Role: PI; \$72,888)	<b>August 2020 - June 2022</b>
Hintz Graduate Education Enhancement Fellowship (\$3,834)	<b>February 2020</b>
Wohlwill Award (\$291)	<b>February 2020</b>
Prevention and Methodology Training Program Fellowship National Institute on Drug Abuse (T32 DA017629; Role: Predoctoral Fellow; \$51,140)	<b>September 2018 - June 2020</b>
Translational Science Fellowship, Penn State CTSI National Center for Advancing Translational Sciences (TL1 TR002016; Role: Predoctoral Fellow; \$5,961)	<b>June - August 2018</b>
Pennsylvania State University Graduate Fellowship (\$54,000)	<b>August 2016 - May 2018</b>
Honors Research Fellowship The Charles Center, The College of William and Mary (\$2,500)	<b>May 2013 - May 2014</b>
Research Stipend, Department of Psychology, Yale University (\$3,000)	<b>June - August 2012</b>

## **PUBLICATIONS**

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\*Authors contributed equally. Italicized names are student mentees.

*Published/In Press*

### **Peer-Reviewed Articles**

24. **Hochgraf, A. K.**, Johnson, K., *Youngblood, A.*, *Adams, K.*, Loth, K. A., & Neumark-Sztainer, D. (2026). Changes in weight talk and links with body satisfaction from adolescence to adulthood. *Body Image*, 56. <https://doi.org/10.1016/j.bodyim.2025.102017>
23. Jordan, E., Zhang, L., Wall, Eisenberg, M., Loth, K., **Hochgraf, A. K.**, & Neumark-Sztainer, D. (2025). Sexual orientation and prevalence of disordered eating among young adults: Intersections with race, ethnicity, and gender. *Eating Behaviors*, 59. <https://doi.org/10.1016/j.eatbeh.2025.102046>
22. **Hochgraf, A. K.**, Jacobsen, M., Loth, K. A., & Neumark-Sztainer, D. (in press). Parenting to promote eating, body image, and weight-related health in young adults. *Journal of Family Psychology*. <https://doi.org/10.1037/fam0001422>

21. **Hochgraf, A. K.**, Barry, M., Lanza, S. T., *Jacobsen, M.* & Neumark-Sztainer, D. (2025). Constellations of family qualities and links with psychological and behavioral health in adolescence and young adulthood. *Journal of Child and Family Studies*, 34, 2734–2748. <https://doi.org/10.1007/s10826-025-03154-4>
20. **Hochgraf, A. K.**, Fosco, G. M., & Lanza, S. T. (2024). Comorbidity between body dissatisfaction and nicotine vaping among young adults in college: A daily diary study. *Journal of American College Health*, 1-7. <https://doi.org/10.1080/07448481.2024.2346354>
19. Berge, J. M., Hazzard, V. M., Trofholz, A., **Hochgraf, A. K.**, & Miller, L. (2024). Reported intergenerational transmission of parent weight talk and links with child health and wellbeing. *Journal of Pediatrics*, 270, 1-11. <https://doi.org/10.1016/j.jpeds.2024.114012>
18. **Hochgraf, A. K.**, Berge, J. M., Lanza, S. T. (2024). Age-varying associations between attempts to change weight and suicidal ideation among adolescents in the United States. *Journal of Preventive Medicine*, 182. <https://doi.org/10.1016/j.ypmed.2024.107946>
17. **Hochgraf, A. K.**, Tate, A. D., Loth, K. A., Berge, J. M. (2024). Spillover from parent stress to family meals among diverse families: An ecological momentary assessment study. *Journal of Family Psychology*, 38, 595-605. <https://doi.org/10.1037/fam0001204>
16. Berge, J. M., Hazzard, V. M., Trofholz, A., Noser, A. E., **Hochgraf, A. K.**, Neumark-Sztainer, D. (2023). Longitudinal associations between family meal quality and quantity: Does one matter more for child, parent, and family health and well-being or are they synergistic? *Appetite*. <https://doi.org/10.1016/j.appet.2023.107080>
15. Trofholz, A., **Hochgraf, A. K.**, Tschida, L., & Berge, J. (2023). Understanding weight talk in racially/ethnically diverse homes: A qualitative analysis with parents. *Journal of Nutrition Education and Behavior*, 55, 721-733. <https://doi.org/10.1016/j.jneb.2023.07.010>
14. **Hochgraf, A. K.**, Fosco, G. M., & Lanza, S. T. (2023). Age-varying associations between attempts to lose weight and nicotine vaping across adolescence: Results from a nationally representative sample. *Journal of Adolescent Health*, 72, 352-358. <https://doi.org/10.1016/j.jadohealth.2022.10.009>
13. **Hochgraf, A. K.**, Son, D., Updegraff, K. A., McHale, S. M., & Umaña-Taylor, A. J. (2022). Daily links between Latinx siblings' relationship qualities and mood. *Child Development*, 93, 1444-1457. <https://doi.org/10.1111/cdev.13777>
12. Lisse, A.\*, **Hochgraf, A. K.\***, & McHale, S. M. (2022). Weight concerns in Black youth: The role of body mass index, gender, and sociocultural factors. *Journal of Research on Adolescence*. <http://doi.org/10.1111/jora.12692>
11. Savage, J. S., **Hochgraf, A. K.**, Loken, E., Marini, M. E., Craig, S. J. C., Makova, K. D., Birch, L. L., Paul, I. M. (2021). INSIGHT responsive parenting educational intervention for firstborns is associated with growth of secondborn siblings. *Obesity*, 30, 183-190. <https://doi.org/10.1002/oby.23301>
10. Linden-Carmichael, A. N., **Hochgraf, A. K.**, Cloutier, R. M., Stull, S. W., & Lanza, S. T. (2021). Associations between simultaneous alcohol and cannabis use and next-day

negative affect: The role of sex and trait anxiety. *Addictive Behaviors*, 123. <https://doi.org/10.1016/j.addbeh.2021.107082>

9. **Hochgraf, A. K.**, Lanza, S. T., Fosco, G. M., & McHale, S. M. (2021). The developmental course of the link between weight concerns and cigarette use across adolescence: Differences by gender. *International Journal of Eating Disorders*, 54, 1793-1799. <https://doi.org/10.1002/eat.23586>

8. Sun, X.\* Updegraff, K. A.\* McHale, S. M., **Hochgraf, A. K.**, Gallagher, A. M., Umaña-Taylor, A. J. (2021). Implications of COVID-19 school closures for sibling dynamics among Latinx children in the U.S.: A prospective, daily diary study. *Developmental Psychology*. <https://doi.org/10.1037/dev0001196>

7. **Hochgraf, A. K.**, Fosco, G. M., Lanza, S. T., & McHale, S. M. (2021). Developmental timing of parent-youth intimacy as a protective factor for adolescent adjustment problems. *Journal of Family Psychology*, 35(7), 916–926. <https://doi.org/10.1037/fam0000864>

6. **Hochgraf, A. K.** & McHale, S. M. (2020). Honey, do I look fat? Perceptions of spouses' weight and weight concerns predict marital relationship quality. *Journal of Social and Personal Relationships*, 37, 865-884. <https://doi.org/10.1177/0265407519880961>

5. **Hochgraf, A. K.**, McHale, S. M., & Fosco, G. M. (2019). Interparental conflict and gender moderate the prospective link between parents' perceptions of adolescents' weight and weight concerns. *International Journal of Eating Disorders*, 52, 904-913. <https://doi.org/10.1002/eat.23093>

4. Lefkowitz, E. S., Wesche, R., Picci, G., & **Hochgraf, A. K.** (2018). Daily associations between kissing and affect during the transition from adolescence to young adulthood. *Journal of Research on Adolescence*, 28, 779-785. <https://doi.org/10.1111/jora.12422>

3. **Hochgraf, A. K.**, McHale, S. M., & Fosco, G. M. (2018). Parent responsiveness and gender moderate bidirectional links between self-esteem and weight concerns during adolescence. *Journal of Family Psychology*, 32, 828-834. <https://doi.org/10.1037/fam0000434>

2. Kahn, R.E., Chiu, P. H., Deater-Deckard, K., **Hochgraf, A. K.**, King-Casas, B., & Kim-Spoon, J. (2018). The interaction between punishment sensitivity and effortful control for emerging adults' substance use behaviors. *Substance Use and Misuse*, 53, 1299-1310. <https://doi.org/10.1080/10826084.2017.1407790>

1. **Hochgraf, A. K.**, Kahn, R. E., & Kim-Spoon, J. (2017). The moderating role of emotional reactivity in the link between parental hostility and eating disorder symptoms in early adolescence. *Eating Disorders*, 25, 420-435. <https://doi.org/10.1080/10640266.2017.1347417>

## Book Chapters in Edited Books

2. Lanza, S. T. & **Hochgraf, A. K.** (in press). Time-varying effect modeling to address novel questions in developmental research. In D. M. Teti, H. H. Cleveland, K. L. Rulison (Eds.), *Handbook of Research Methods in Developmental Science, Second Edition*. Wiley.

1. **Hochgraf, A. K.**\* & Ruggiero, C.\* (2021). An ecological framework and novel methodologies to address the intersection of families and food. In L. Francis, S. M. McHale, V. King, & J. E. Glick (Eds.), *Families, food, and parenting: Integrating research, practice, and policy*. New York, NY: Springer.  
<https://www.springer.com/gp/book/9783030564575>

*Under Review/In Preparation*

4. **Hochgraf, A. K.**, Son, D., Updegraff, K. A., Umaña-Taylor, A. J., Duran, J. G., Monteza, M., & Feinberg, M. E. (in prep). Daily links between parenting of siblings and sibling relationship qualities.
3. Johnson, K., **Hochgraf, A. K.**, Loth, K., Widome, R., & Neumark-Sztainer, D. (under review). Adolescent socioecological predictors of meeting sleep guidelines on weekdays in adolescence and young adulthood.
2. **Hochgraf, A. K.**, Loth, K. A., & Neumark-Sztainer, D. (in prep). Patterns and predictors of the developmental course of body dissatisfaction.
1. Barry, M., **Hochgraf, A. K.**, Jordan, E., Loth, K., Larson, N., Neumark-Sztainer, D. (in prep). Food insecurity and body satisfaction: Findings from a longitudinal study of adolescents.

## **CONFERENCE PRESENTATIONS**

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Italicized names are student mentees.

30. **Hochgraf, A. K.**, Son, D., Updegraff, K. A., Umaña-Taylor, A. J., Duran, J. G., Monteza, M., & Feinberg, M. E. (under review). Daily links between parenting and sibling relationship quality in the context of a sibling prevention program. [Paper Presentation]. Society for Prevention Research, Washington, D.C.
29. **Hochgraf, A. K.**, Johnson, K., *Youngblood, A.*, Adams, K., Loth, K. A., Neumark-Sztainer, D. (2025, May). Developmental timing of weight talk as a risk factor for body image concerns. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Minneapolis, MN.
28. Jordan, E., Zhang, L., Wall, M., Loth, K., **Hochgraf, A. K.**, Neumark-Sztainer, D. (2025, March). Marginalized identities and risk of disordered eating: An intersectional analysis of sexual orientation, race, and gender. [Paper Presentation]. International Conference on Eating Disorders Annual Meeting, San Antonio, TX.
27. Barry, M., **Hochgraf, A. K.**, Jordan, E., Loth, K., Larson, N., Neumark-Sztainer, D. (2025, March). Food insecurity and body satisfaction: Findings from a longitudinal study of adolescents. [Paper Presentation]. International Conference on Eating Disorders Annual Meeting, San Antonio, TX.
26. Sapkota, S., Tate, A., Ellis, É., Trejo, A., **Hochgraf, A. K.**, Kunin-Batson, A., & Berge, J. (2024, June). Characterizing stress variability typologies in a racially/ethnically diverse sample of adult participants [Paper presentation]. Society for Epidemiologic Research Annual Meeting, Austin, TX.

25. **Hochgraf, A. K.**, Barry, M., *Jacobsen, M.* & Neumark-Sztainer, D. (2024, May). Constellations of family qualities and links with psychological health during adolescence and young adulthood. [Paper presentation]. Society for Prevention Research Annual Meeting, Washington D.C.

24. Ellis, É., Tate, A., Trejo, A., **Hochgraf, A. K.**, & Berge, J. (2023, June). Stress variability typologies and associated biopsychosocial outcomes in a diverse community-based sample: Results from the Family Matters Study. [Paper presentation]. Society for Epidemiologic Research Annual Meeting, Portland, OR.

23. **Hochgraf, A. K.**, Tate, A. D., Loth, K. A., & Berge, J. M. (2023, June). The role of supportive coparenting relationship quality in spillover from parental stress to family meals: An ecological momentary assessment study. [Paper presentation]. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden.

22. **Hochgraf, A. K.**, Berge, J. M., & Lanza, S. T. (2023, May). Implications of lability and level of body dissatisfaction across days for psychological and behavioral health among young adults [Poster presentation]. Society for Prevention Research Annual Meeting, Washington, D.C.

21. **Hochgraf, A. K.**, Berge, J. M., & Lanza, S. T. (2023, April). Developmental patterns of comorbidity between weight control behaviors and suicidal ideation across adolescence: New insights from TVEM [Flash talk]. Society for Research on Adolescence Annual Meeting, San Diego, CA.

20. **Hochgraf, A. K.**, Lanza, S. T., Fosco, G. M., & McHale, S. M. (2022, May). Body dissatisfaction as a novel day-level risk factor for nicotine vaping among young adults during the COVID-19 pandemic [Paper presentation]. Society for Prevention Research Annual Meeting, Seattle, WA.

19. **Hochgraf, A. K.**, Lanza, S. T., Fosco, G. M., & McHale, S. M. (2022, March). Links between body dissatisfaction and nicotine vaping at the daily timescale [Paper presentation]. Human Development and Family Studies Mini Conference, University Park, PA.

18. **Hochgraf, A. K.**, Lanza, S. T., Fosco, G. M., & McHale, S. M. (2022, March). Age-varying associations between attempts to lose weight and nicotine vaping across adolescence: Results from a nationally representative sample [Paper presentation]. In A. K. Hochgraf (Chair), *Insights into Developmental Timing and Prevention of Adolescent Adjustment and Behavioral Problems from Time-Varying Effect Modeling* [Symposium]. Society for Research on Adolescence Biennial Meeting, New Orleans, LA.

17. **Hochgraf, A. K.** (2022, March). Symposium Chair, *Insights into Developmental Timing and Prevention of Adolescent Adjustment and Behavioral Problems from Time-Varying Effect Modeling*. Society for Research on Adolescence Biennial Meeting, New Orleans, LA.

16. **Hochgraf, A. K.**, McHale, S., Updegraff, K., & Umana-Taylor, A. (2021, April). Links between cultural orientations, weight concerns, and development of depressive symptoms among Latinx youth. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Virtual.

15. Sun, X., Updegraff, K. A., McHale, S. M., **Hochgraf, A. K.**, Gallagher, A. M., Umana-Taylor, A. J. (2021, April). Implications of COVID-19 school closures for sibling dynamics among Latinx children: A daily diary study. [Paper presentation]. In E. Lefkowitz (Chair), *Individual and Family Functioning in Vulnerable Populations During the COVID-19 Pandemic*. Society for Research in Child Development Biennial Meeting, Virtual.
14. **Hochgraf, A. K.**, Fosco, G. M., Lanza, S. T., & McHale, S. M. (2021, March). Age-varying links between parent intimacy and youth adjustment: Differential patterns according to gender and adjustment problem [Paper presentation]. In A. K. Hochgraf (Chair), *Examining Developmental Links between Family Processes and Adolescent Adjustment using Innovative Methods* [Symposium]. Society for Research on Adolescence Biennial Meeting, Virtual. (conference rescheduled from March, 2020)
13. **Hochgraf, A. K.** (2021, March). Symposium Chair, *Examining Developmental Links between Family Processes and Adolescent Adjustment using Innovative Methods*. Society for Research on Adolescence Biennial Meeting, Virtual.
12. **Hochgraf, A. K.**, Lanza, S. T., & McHale, S. M. (2019, May). Gender differences in the time-varying association between cigarette use and weight concerns across adolescence [Poster presentation]. Society for Prevention Research Annual Meeting, San Francisco, CA.
11. Savage, J. S., **Hochgraf, A. K.**, Loken, E., Marini, M. E., Birch, L. L., Paul, I. M. (2019, June). INSIGHT Responsive Parenting Intervention for firstborns impacts growth for first and secondborns [Paper presentation]. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic.
10. **Hochgraf, A. K.** & McHale, S. M. (2018, May). Honey, do I look fat? Longitudinal links between perceptions of spouses' weight, weight concerns, and marital love [Paper presentation]. Pennsylvania State University Mini-Conference on Multivariate/Longitudinal Methods, University Park, PA.
9. **Hochgraf, A. K.**, McHale, S. M., & Fosco, G. M. (2018, April). Bidirectional links between self-esteem and weight concerns in adolescence and the moderating roles of parent responsiveness and youth gender [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.
8. Brieant, A., Holmes, C., Lee, J., **Hochgraf, A. K.**, Omohundro, H., Pereira, K., King-Casas, B., & Kim-Spoon, J. (2017, April). Positive and negative affect and adolescent adjustment: Moderation effects by prefrontal functioning [Poster presentation]. Society for Research in Child Development Biennial Conference, Austin, TX.
7. Peviani, K., Kahn, R., **Hochgraf, A. K.**, Omohundro, H., Pereira, K., Bickel, W., King-Casas, B., and Kim-Spoon, J. (2017, April). The indirect effect of parent delay discounting on adolescent delay discounting through household chaos [Poster presentation]. Society for Research in Child Development biennial conference, Austin, TX.
6. Lefkowitz, E., Wesche, R., **Hochgraf, A. K.**, Picci, G. (2017, April). Daily associations between kissing and affect [Paper presentation]. Society for Research in Child Development Biennial Conference, Austin, TX.

5. **Hochgraf, A. K.**, Kahn, R., & Kim-Spoon, J. (2016, March). An investigation of the role of emotional reactivity in the link between parental hostility and distorted body image [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
4. Kahn, R. E., Lauharatanahirun, N., **Hochgraf, A. K.**, King-Casas, B., & Kim-Spoon, J. (2016, March). Clarifying the role of pubertal development in the association between reward sensitivity and risk-taking indicators [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
3. Kim-Spoon, J., **Hochgraf, A. K.**, King-Casas, B., & Bell, M. A. (2016, March). Effortful control vs. executive functioning related to psychopathology in childhood and adolescence [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
2. Walters, J., Holmes, C. J., **Hochgraf, A. K.**, & Kim-Spoon, J. (2015, March). Adolescent religious motivation predicts internalizing and externalizing problems via emotional lability and emotion regulation [Poster presentation]. Society for Research in Child Development, Philadelphia, PA.
1. **Hochgraf, A. K.** (2014, February). The skinny on regulating media images to prevent eating disorders [Poster presentation]. In J. Zeman (Chair), *Undergraduate Science Research Symposium*. The College of William and Mary, Williamsburg, VA.

## INVITED TALKS

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10. **Hochgraf, A. K.** (2025, November). Harnessing family strengths to promote youth psychological and behavioral health: New insights and opportunities for prevention. Invited colloquium, Department of Psychology, University of South Carolina.
9. **Hochgraf, A. K.** (2024, December). Youth development of body image concerns and co-occurring psychological and behavioral adjustment problems: New insights and opportunities for prevention. Invited colloquium, Department of Psychological Sciences, Kent State University.
8. **Hochgraf, A. K.** (2024, June). Latent class analysis. Research on Eating and Activity for Community Health Data Analysis Meeting, Division of Epidemiology and Community Health, University of Minnesota.
7. **Hochgraf, A. K.** (2023, October). Youth development of body image concerns and co-occurring psychological and behavioral adjustment problems: New insights and opportunities for prevention. Invited colloquium, Department of Psychology, University of Notre Dame.
6. **Hochgraf, A. K.** (2022, November). Adolescent development in context: Intersections of individual characteristics, family processes, and sociocultural factors. Invited talk, Division of Adolescent Medicine, Stanford University.
5. **Hochgraf, A. K.** (2022, April). Cultivating effective mentor-mentee relationships to promote the responsible conduct of research. Family P.O.W.E.R. Lab Professional Development Meeting, Pennsylvania State University.

4. **Hochgraf, A. K.** (2021, April). Ethical issues pertaining to co-authorship. Family P.O.W.E.R. Lab Professional Development Meeting, Pennsylvania State University.
3. **Hochgraf, A. K.**, Linden-Carmichael, A., & Lanza, S. T. (2020, February). Effects of simultaneous alcohol and marijuana use on same- and next-day negative affect: Differences based on sex and trait anxiety [Paper presentation]. In A. Linden-Carmichael (Chair), *Daily Diary Findings of Alcohol, Marijuana, and Polysubstance Use: The Role of Cannabis Mode of Administration, Affect, and Mental Health Symptomatology*. The Methodology Center, Pennsylvania State University, University Park, PA.
2. **Hochgraf, A. K.** (2019, November). Applying for F31 funding. Prevention and Methodology Proseminar, Pennsylvania State University.
1. **Hochgraf, A. K.** (2019, October). Development and consequences of weight concerns during adolescence. Prevention and Methodology Proseminar, Pennsylvania State University.

## **RESEARCH EXPERIENCE**

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**Innovative Family Prevention with Latinos in Disadvantaged Settings, Purdue University**  
(PI: Kimberly Updegraff)

Postdoctoral Research Associate August 2025 - Present

**Project EAT, The University of Minnesota** (PI: Dianne Neumark-Sztainer)

Postdoctoral REACH (T32) Fellow August 2022 - July 2025

**Family Matters, The University of Minnesota** (PI: Jerica Berge)

Postdoctoral REACH (T32) Fellow August 2022 - December 2023

**The Daily Reflections Study, Pennsylvania State University** (PI: Anna Hochgraf)

National Research Service Award (F31) Predoctoral Fellow August 2020 - July 2022

**Family P.O.W.E.R. Lab, Pennsylvania State University** (PI: Greg Fosco)

National Research Service Award (F31) Predoctoral Fellow August 2020 - July 2022

Predoctoral PAMT (T32) Fellow

September 2018 - June 2020

**Addiction and Innovative Methods Lab, Pennsylvania State University** (PI: Stephanie Lanza)

National Research Service Award (F31) Predoctoral Fellow August 2020 - July 2022

Predoctoral PAMT (T32) Fellow

September 2018 - June 2020

**Center for Childhood Obesity Research, Pennsylvania State University** (Director: Jennifer Savage Williams)

Data Analyst, *INSIGHT/SIBSIGHT Studies* (R01) May 2018 - August 2021

**Family Relationships Project, Pennsylvania State University** (PI: Susan McHale)

Graduate Research Assistant (multiple R01's) August 2016 - July 2022

**JK Lifespan Development Lab, Virginia Tech** (PI: Jungmeen Kim-Spoon)

Research Coordinator, *Adolescent Brain Study* (R01) June 2015 - July 2016

Research Assistant, *Adolescent Brain Study* (R01)

June 2014 - June 2015

**The Skinny on Regulating Media Images to Prevent Eating Disorders, The College of William and Mary** (PI: Anna Hochgraf)

Psychology Honors Fellow

**May 2013 - April 2014**

**Cognition and Development Lab, Yale University** (PIs: Frank Keil & Kristi Lockhart)  
Undergraduate Research Assistant/Summer Intern **June 2012 - August 2012**

**Psychology Department, The College of William and Mary** (PI: Meghan Sinton)  
Undergraduate Research Assistant, *Reflections Body Image Program* **August 2011 - May 2013**

**Department of Counselor Education, Radford University** (PI: Wendy Eckenrod-Green)  
Undergraduate Research Assistant **May 2011 - August 2011**

## **TEACHING EXPERIENCE**

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**Instructor of Record, Purdue University**  
*Stress and Coping in Contemporary Families (HDFS 332)* **Spring 2026**

**Guest Lectures, The Pennsylvania State University**  
*Eating and Weight Disorders (NUTR 410)* **September 2024**  
*Adolescence (HDFS 239)* **September 2023**  
*Resolving Human Development and Family Problems (HDFS 414)* **September 2020**  
**November 2018**  
**April 2018**

**Graduate Teaching Assistant, The Pennsylvania State University**  
*Resolving Human Development and Family Problems (HDFS 414)* **Spring 2018**  
Proctored exams and graded assignments  
*Empirical Inquiry in Human Development (HDFS 312, HDFS 312L)* **Fall 2017**  
Independently taught a quantitative research methods lab  
Proctored exams and graded assignments

**Undergraduate Teaching Assistant and Peer Advisor, The College of William and Mary**  
Peer Advising Program **Summer 2012 - Spring 2014**  
Guided incoming freshmen and transfer students through the process of selecting classes  
Taught an online class for freshmen and transfer students

**Tutor, The College of William and Mary**  
Tribe TutorZone **Summer 2013 - Spring 2014**  
*Statistics, Cognitive Psychology, Research Methods, Social Psychology, Sensation and Perception, Public Health, Epidemiology*

## **Professional Development Related to Teaching**

*Purdue University*  
Social Science Students' Interaction with Artificial Intelligence and Impacts on Academic Stress and Anxiety **December 2025**

Digital Engagement Instructional Tools Workshop  
Butler Center Assistant Professor Symposia

**October 2025**  
**September 2025**

*Office for Equity and Diversity, The University of Minnesota*

**April 2024**

My Role in Equity and Diversity Work  
Addressing Bias and Microaggressions  
Navigating Challenging Conversations  
Race, Racism, and White Supremacy  
Gender, Gender Identity, and Sexuality  
Understanding and Addressing Gender-Based Oppression  
Ableism and Disability Justice  
Challenging Classism  
Removing Barriers and Creating Access  
Religious and Spiritual Identities

*Center for Educational Innovation Seminars, The University of Minnesota*

**September 2023**  
**October 2022**  
**September 2022**

Inclusive Teaching at a Predominately White Institution  
Multicultural Student Identity Development  
BIPOC Student Classroom Experiences: Disengaged or Tired?

*Subtle Slights and the Impact of Bias on Cultural Identity and Mental Wellbeing*

Human Development and Family Studies Department Workshop **October 2021**

*Essentials of Online Teaching for Graduate Students, Pennsylvania State University*

**Summer 2020**

Five-week course designed to foster online teaching skills  
Advancing DEIA in Teaching and Learning **January 2022**  
Turning Potential Disruptions into Teaching Opportunities **September 2021**  
Teaching So All Your Students Are Included **February 2020**  
How to Plan a Class Session **January 2020**  
Preparing Your Teaching Demo for a Job Interview **January 2020**

*Department Assistant, HDFS, Penn State World Campus*

**Summer 2017**

Transferred online courses from Angel to Canvas  
Updated course content and formatting

## **MENTORING EXPERIENCE**

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Predoctoral REACH T32 Trainees **July 2023 - July 2025**  
Honors Thesis (Caitlin Geaman) **August 2021 - March 2022**  
Honors Thesis and McNair Research Project (Adenique Lisse) **Summer 2019 - May 2020**  
Peer Mentor to First-Year Doctoral Students **Fall 2017 - May 2022**

## **SERVICE**

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Ad Hoc Reviewer **January 2019 - Present**  
*Journal of Family Psychology*

*Journal of Adolescent Health*  
*Journal of Studies on Alcohol and Drugs*  
*International Journal of Eating Disorders*  
*Development and Psychopathology*  
*Eating and Weight Disorders*  
*Current Psychology*  
*Emerging Adulthood*  
*Cultural Diversity and Ethnic Minority Psychology*  
*BMC Public Health*  
*Social Science & Medicine*  
*Addictive Behaviors*  
*Appetite*

Abstract Reviewer, Society for Research on Adolescence	<b>Fall 2025</b>
Leader, REACH T32 Peer Sessions (monthly)	<b>August 2023 - May 2025</b>
Research on Eating and Activity for Community Health T32, University of Minnesota Example Topics: <i>Goal Setting, NIH Loan Repayment Program, Managing Stress and Rejection in Academia, Demystifying the Academic Job Market, Practice Conference Presentations, Manuscript Brainstorming, Time Management, CV Workshop, Effective Feedback, Work-Life Balance</i>	
Panelist, Trainee Grant Writing Group Meeting on Training Plans Epidemiology and Community Health, University of Minnesota	<b>March 2023</b>
Panelist, Professional Development Brownbag on Applying for Funding Human Development and Family Studies, Pennsylvania State University	<b>February 2022</b>
Panelist, Panel on Grad Student Funding Mechanisms Psychology Department, Virginia Tech	<b>April 2021</b>
Panelist, Graduate Student Milestone Meetings Human Development and Family Studies, Pennsylvania State University	<b>February 2021</b>
Moderator, <i>The What, Why, and How of Implementation Science</i> Workshop sponsored by the Social Science Research Institute, Pennsylvania State University	<b>December 2020</b>
Steering Committee Member Human Development and Family Studies, Pennsylvania State University	<b>May 2018 - May 2019</b>
Graduate Student Council Representative College of Health and Human Development, Pennsylvania State University	<b>May 2018 - May 2019</b>

## **RESEARCH IN THE MEDIA**

<b>The Wall Street Journal</b>	<b>2023</b>
<a href="https://www.wsj.com/articles/why-children-need-nurturing-fathers-e7d84db8">https://www.wsj.com/articles/why-children-need-nurturing-fathers-e7d84db8</a>	
<b>Social Science Research Institute</b>	<b>2022</b>
<a href="https://www.psu.edu/news/social-science-research-institute/story/sibling-interactions-impact-child-well-being-latinx/">https://www.psu.edu/news/social-science-research-institute/story/sibling-interactions-impact-child-well-being-latinx/</a>	

<b>Penn State News</b> <a href="https://www.psu.edu/news/story/connection-racial-identity-may-boost-body-image-black-youth/">https://www.psu.edu/news/story/connection-racial-identity-may-boost-body-image-black-youth/</a>	<b>2022</b>
<b>Society for Research on Adolescence</b> <a href="https://www.s-r-a.org/index.php?option=com_dailyplanetblog&amp;view=entry&amp;year=2022&amp;month=03&amp;day=01&amp;id=120:the-role-of-body-mass-index-gender-and-sociocultural-factors-in-weight-concerns-among-black-youth-an-interview-with-anna-k-hochgraf">https://www.s-r-a.org/index.php?option=com_dailyplanetblog&amp;view=entry&amp;year=2022&amp;month=03&amp;day=01&amp;id=120:the-role-of-body-mass-index-gender-and-sociocultural-factors-in-weight-concerns-among-black-youth-an-interview-with-anna-k-hochgraf</a>	<b>2022</b>
<b>Social Science Research Institute</b> <a href="https://ssri.psu.edu/news/parenting-intervention-effective-preventing-childhood-obesity-among-siblings">https://ssri.psu.edu/news/parenting-intervention-effective-preventing-childhood-obesity-among-siblings</a>	<b>2022</b>
<b>Penn State News</b> <a href="https://www.psu.edu/news/research/story/closeness-dads-may-play-special-role-how-kids-weather-adolescence/">https://www.psu.edu/news/research/story/closeness-dads-may-play-special-role-how-kids-weather-adolescence/</a>	<b>2021</b>
<b>Penn State News</b> <a href="https://www.psu.edu/news/research/story/how-husbands-perceive-their-wives-weight-may-affect-later-marriage-satisfaction/">https://www.psu.edu/news/research/story/how-husbands-perceive-their-wives-weight-may-affect-later-marriage-satisfaction/</a>	<b>2019</b>

## **PROFESSIONAL MEMBERSHIPS**

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Society for Research in Child Development

Society for Research on Adolescence

Society for Prevention Research

## **CERTIFICATIONS**

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Equity and Diversity Certificate Program (*University of Minnesota*)

Graduate Student Online Teaching Certificate (*Penn State World Campus*)

CITI Training

NIH Clinical Research Training

REDCap Training

Eating Disorder Examination Training (*led by Dr. Marion Tanofsky-Kraff*)

Certified fMRI operator (*conferred by Virginia Tech Carilion Research Institute*)

MRI Safety Training (*conferred by Virginia Tech Carilion Research Institute and Penn State*)

Peer Leader Training for *Reflections: Body Image Project*

## **TECHNICAL SKILLS**

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Data analysis in SAS, R Studio, Mplus (including but not limited to: multilevel modeling, time-varying effect modeling, multilevel structural equation modeling, latent class analysis, actor-partner interdependence modeling, regression)

Data management

Grant writing

Study design

Participant recruitment and retention

Data collection (interviews, surveys, neurocognitive and behavioral tasks, fMRI)

Online survey design and administration (Qualtrics Survey Software, REDCap, SurveyMonkey)

Data entry software (Remark Office OMR software)

Institutional Review Board Protocol Development and Management

MRI operation (Siemens 4T scanner)