

ANNA K. HOCHGRAF

Department of Human Development and Family Science ♦ Purdue University ♦ 1202 Mitch
Daniels Boulevard ♦ West Lafayette, IN ♦ ahochgra@purdue.edu

PROFESSIONAL POSITIONS

Postdoctoral Research Associate

August 2025 - Present

Department of Human Development and Family Science
Purdue University
Supervisor: Dr. Kimberly Updegraff

EDUCATION

Postdoctoral Fellow

August 2022 – July 2025

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

Ph.D., Human Development and Family Studies

June 2022

M.S., Human Development and Family Studies

December 2017

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.A., Psychology (major) and Public Health (minor)

May 2014

Overall GPA: 4.0/4.0

Summa Cum Laude, Psychology Honors

The College of William and Mary

Honors Advisor: Dr. Meghan M. Sinton

HONORS AND AWARDS

Early Career Prevention Network Travel Award, Society for Prevention Research April 2024

Science Communication Scholarship, Stories of Science January 2024

Early Career Prevention Network Travel Award, Society for Prevention Research April 2023

Edna Bennett Pierce Prevention Research Center Peterson Graduate Fellowship May 2021

Best Research Article, Society for the Study of Emerging Adulthood September 2019

Early Career Prevention Network Travel Award, Society for Prevention Research May 2019

Health and Human Development College Endowment Award December 2017

College of Health and Human Development Grant Writing Scholarship August 2017

Stanley B. Williams Award for Outstanding Psychology Major April 2014

Phi Beta Kappa Society, Alpha Chapter of Virginia December 2013 - Present

Psi Chi International Honor Society	March 2012
Alpha Lambda Delta Honor Society	April 2011
Phi Eta Sigma Honor Society	April 2011
Recognized by the Math Department for outstanding performance	December 2010

RESEARCH FELLOWSHIPS AND FUNDING

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

PUBLICATIONS

*Authors contributed equally.

Published

24. **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*.
23. **Hochgraf, A. K.**, Barry, M., Lanza, S. T., Jacobsen, M. & Neumark-Sztainer, D. (in press). Constellations of family qualities and links with psychological and behavioral health in adolescence and young adulthood. *Journal of Child and Family Studies*.
<https://doi.org/10.1007/s10826-025-03154-4>
22. **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>

21. 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>
20. **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>
19. **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>
18. 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.
17. 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>
16. 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>
15. **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>
14. **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>
13. 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>
12. 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>
11. 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>
10. **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>
9. Sun, X.*, Updegraff, K. A.*, McHale, S. M., **Hochgraf, A. K.**, Gallagher, A. M., Umana-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>
 8. **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>
 7. **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>
 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>
- Under Review/In Preparation*
5. **Hochgraf, A. K.**, Johnson, K., Youngblood, A., Adams, K., Loth, K. A., & Neumark-Sztainer, D. (under review). Changes in weight talk and links with body satisfaction from adolescence to adulthood.

4. Jordan, E., Zhang, L., Wall, Eisenberg, M., Loth, K., **Hochgraf, A. K.**, & Neumark-Sztainer, D. (R&R). Sexual orientation and risk for disordered eating among young adults: Intersections with race, ethnicity, and gender.
3. Johnson, K., **Hochgraf, A. K.**, Loth, K., Widome, R., & Neumark-Sztainer, D. (in prep). 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

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

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

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

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

September 2023

September 2020

Adolescence (HDFS 239)

November 2018

Resolving Human Development and Family Problems (HDFS 414)

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

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

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

<i>Center for Educational Innovation Seminars, The University of Minnesota</i>	
Inclusive Teaching at a Predominately White Institution	September 2023
Multicultural Student Identity Development	October 2022
BIPOC Student Classroom Experiences: Disengaged or Tired?	September 2022
<i>Subtle Slights and the Impact of Bias on Cultural Identity and Mental Wellbeing</i>	
Human Development and Family Studies Department Workshop	October 2021
<i>Essentials of Online Teaching for Graduate Students, Pennsylvania State University</i>	
Five-week course designed to foster online teaching skills	Summer 2020
<i>Schreyer Institute for Teaching Excellence Workshops, Pennsylvania State University</i>	
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
<i>Department Assistant, HDFS, Penn State World Campus</i>	Summer 2017
Transferred online courses from Angel to Canvas	
Updated course content and formatting	

MENTORING EXPERIENCE

Predocutorial 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

Ad Hoc Reviewer	January 2019 - Present
<i>Journal of Family Psychology</i>	
<i>Journal of Adolescent Health</i>	
<i>Journal of Studies on Alcohol and Drugs</i>	
<i>International Journal of Eating Disorders</i>	
<i>Development and Psychopathology</i>	
<i>Eating and Weight Disorders</i>	
<i>Current Psychology</i>	
<i>Emerging Adulthood</i>	
<i>Cultural Diversity and Ethnic Minority Psychology</i>	
<i>BMC Public Health</i>	
<i>Social Science & Medicine</i>	
<i>Addictive Behaviors</i>	
<i>Appetite</i>	
Abstract Reviewer, Society for Research on Adolescence	Fall 2025

Leader, REACH T32 Peer Sessions (monthly) 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>	August 2023 - May 2025
Panelist, Trainee Grant Writing Group Meeting on Training Plans Epidemiology and Community Health, University of Minnesota	March 2023
Panelist, Professional Development Brownbag on Applying for Funding Human Development and Family Studies, Pennsylvania State University	February 2022
Panelist, Panel on Grad Student Funding Mechanisms Psychology Department, Virginia Tech	April 2021
Panelist, Graduate Student Milestone Meetings Human Development and Family Studies, Pennsylvania State University	February 2021
Moderator, <i>The What, Why, and How of Implementation Science</i> Workshop sponsored by the Social Science Research Institute, Pennsylvania State University	December 2020
Steering Committee Member Human Development and Family Studies, Pennsylvania State University	May 2018 - May 2019
Graduate Student Council Representative College of Health and Human Development, Pennsylvania State University	May 2018 - May 2019

RESEARCH IN THE MEDIA

The Wall Street Journal https://www.wsj.com/articles/why-children-need-nurturing-fathers-e7d84db8	2023
Social Science Research Institute https://www.psu.edu/news/social-science-research-institute/story/sibling-interactions-impact-child-well-being-latinx/	2022
Penn State News https://www.psu.edu/news/story/connection-racial-identity-may-boost-body-image-black-youth/	2022
Society for Research on Adolescence https://www.s-ra.org/index.php?option=com_dailyplanetblog&view=entry&year=2022&month=03&day=01&id=120:the-role-of-body-mass-index-gender-and-sociocultural-factors-in-weight-concerns-among-black-youth-an-interview-with-anna-k-hochgraf	2022
Social Science Research Institute https://ssri.psu.edu/news/parenting-intervention-effective-preventing-childhood-obesity-among-siblings	2022
Penn State News https://www.psu.edu/news/research/story/closeness-dads-may-play-special-role-how-kids-weather-adolescence/	2021

Penn State News

2019

<https://www.psu.edu/news/research/story/how-husbands-perceive-their-wives-weight-may-affect-later-marriage-satisfaction/>

PROFESSIONAL MEMBERSHIPS

Society for Research in Child Development
Society for Research on Adolescence
Society for Prevention Research

CERTIFICATIONS

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

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)