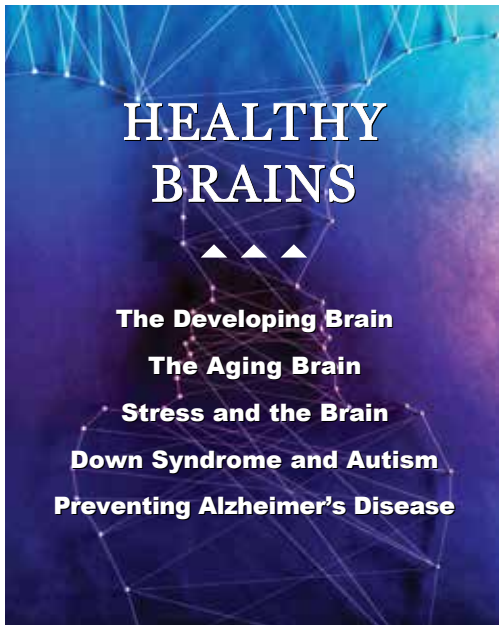




HEALTHY MINDS



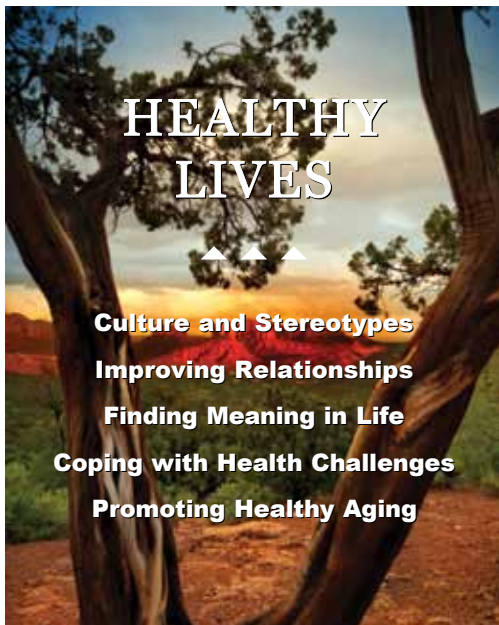
- Perceiving our World
- Learning about the World
- Making Decisions
- Enhancing Memory
- Improving Emotional Health



HEALTHY BRAINS



- The Developing Brain
- The Aging Brain
- Stress and the Brain
- Down Syndrome and Autism
- Preventing Alzheimer's Disease



HEALTHY LIVES



- Culture and Stereotypes
- Improving Relationships
- Finding Meaning in Life
- Coping with Health Challenges
- Promoting Healthy Aging

PSYCHOLOGY

Advancing the Science of Psychology
from Infancy to Old Age



January 2016

NEWSLETTER

Healthy Minds, Healthy Brains, Healthy Lives

We're off to another very busy spring semester. We're really excited to be interviewing candidates for two new faculty positions, one in social psychology and the second in cognitive neuroscience, in collaboration with Cognitive Science.

In our 2015 Strategic Plan, we identified "health" as a unifying theme for our research. Everything we do is relevant to health – understanding the basic circuitry of the mind and brain, promoting successful development and aging, creating innovative ways to optimize emotional health, and exploring the social, cultural and environmental factors that influence behavior. Building on the theme of health, I want to highlight several new initiatives and events happening in Psychology this spring.

I'm pleased to announce a new graduate program track in Health Psychology, headed by Drs. Heidi Hamann, John Ruiz, and Catherine Shisslak. Students will learn about psychological principles and research findings that lead to enhancement of health and prevention of illness. The track should be of interest to graduate students not only in psychology, but also those in health-related fields including nursing, public health, medicine, sociology, family studies, and anthropology.

The Fourth Annual Conference on Successful Aging will take place on March 1st. This year, our speakers will discuss how technology – from Fitbits to social media to home sensors – can help us maintain cognitive and emotional health as we age.

On May 5th and 6th, Drs. Jeff Younggren and Andrew Benjamin (both Psychology graduate alums!) will be here for a special event focusing on the intersection between law and psychology. Our department has a distinguished history of collaboration with the College of Law, so stay tuned for more details on this very important event.

So get your Fitbits on, sign up for yoga classes, have some caffeine, and together we'll have another awesome semester!

Lee Ryan, Department Head

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achievements

Dr. Jamie Edgin awarded Cox Rising Star by LuMind Foundation

The mission of the LuMind Foundation is to stimulate biomedical research that will accelerate the development of treatments to significantly improve cognition for individuals with Down syndrome. Dr. Edgin's most recent work has shown links between sleep problems and cognition in Down syndrome and is the first empirical evidence to suggest that poor sleep may limit how well these individuals can learn to communicate.

Dr. Fabian Fernandez named a Bisgrove Scholar by Science Foundation Arizona

The Bisgrove Scholars program is for exceptional individuals who have demonstrated substantial achievement and whose research has the potential to transform society. Dr. Fernandez was awarded for his work in identifying circadian factors during middle age that increase risk for later-life cognitive impairment; developing novel, light-based treatments to stem loss of cognition during aging; and establishing basic principles for how circadian functions shape memory processing.

Molly Memel, Kyle Bourassa and Cindy Woolverton paper accepted for publication

Graduate students from three clinical labs collaborated with Dr. Dave Sbarra on an article entitled "Body Mass and Physical Activity Uniquely Predict Change in Cognition for Aging Adults", published in *Annals of Behavioral Medicine*. [Read the article](#)

Former UA Psych undergrad, Iliana Vargas, made Forbes "30 under 30" in Science

Iliana Vargas, now a graduate student at Northwestern University, is featured in Forbes Magazine as a promising young scientist. [Read the article](#)

in the news

6 ways your body gets better with age

As people age, their self-confidence tends to increase, said **Elizabeth Glisky**, a UA professor of psychology.

[Read the story at The Huffington Post](#)

UA Researchers Develop Brain-Mapping Technology

Researchers at the University of Arizona are developing a noninvasive brain-scanning technology that could produce images far superior to those obtained with the most commonly used systems.

Co-investigator **Stephen Cowen**, assistant professor of psychology.

[Read the story at UA News](#)

Mind Games

An online memory test at MindCrowd.org, developed by University of Arizona researchers **Lee Ryan** and **Elizabeth Glisky**, may be crucial in learning more about Alzheimer's Disease.

[Read the story at Tucson Lifestyle](#)

What can you learn by listening to the sounds of a person's day?

Matthias Mehl, a University of Arizona psychology professor, has spent almost 20 years decoding what candid moments of daily life can teach us.

[Listen at Arizona Public Media](#)

spotlights

ALUMNI

Jeff Younggren, Ph.D. (Clinical Psychology, 1973) is a well-known forensic psychologist and the UA College of Science 2015 Alumnus of the Year. We are proud to call him one of our own.

When I graduated from Tucson High School, I knew exactly what I wanted to be – a rock star. While I was interested in psychology, the draw of hundreds of people mobbing me for my autograph was impossible to avoid. However, after playing in a band for two years, I ran into a musician who really had talent. I suddenly realized that I could practice a hundred years and I would not be able to do what he did.

By the time I recognized my limited ability as a musician, I had a pretty shoddy academic record, much to the chagrin of my father, who was the chair of Biological Sciences at the U of A. I decided that I had better use my brain since my future, as a rock star appeared to be rather limited. So in my sophomore year of college I buckled down and began to focus. Interestingly my grades went up when I started to study.

Why did I go to the University of Arizona? My father used to take pride in telling everyone that I could go to any university and he would contribute his cost of tuition to the tuition of that school. But since he only paid \$49 a semester at the U of A, my options were quite limited. So, off to Arizona I went, where I found myself in a psychology department filled with faculty that stimulated my interests and a value of approaching psychology from a scientific direction. I learned to respect empirical research and was mentored by wonderful people like Dennis Clark, Bob Lansing, Dorothy Marquart, Neil Barlett and others. It was through the assistance of these and other great faculty that I realized that clinical psychology was in my future. I also realized that psychology was not a soft science but was simply a science.



Dr. Younggren (second from left) accepting the Alumnus of the Year Award with College of Science Associate Dean Dr. Elliott Cheu, President Ann Weaver Hart and Alumni Association President Melinda Burke

As the Vietnam War raged and social turmoil was everywhere, I had joined Army ROTC (attending classes in Old Main) following in the footsteps of my father, who was a retired Army officer/former POW. While I wanted to pursue graduate training in psychology, I was going to be required to go on active duty with the Army after graduation and commissioning. Then I discovered that the Army would delay my entry if I was admitted into an approved graduate program. Even with my bad grades from my freshman year, I applied and somehow was accepted into the clinical psychology program. Why I will never really know, but this admission changed the direction of my life. Because of it and my graduate experience, I will always say

that I owe everything I have ever become and done as a psychologist to the University of Arizona, and to the faculty of the Psychology Department.

I began graduate school with one serious problem: the military would only allow me to delay entry into active duty for four years. That meant I had to finish my MA and Ph.D. to include my internship in light-speed. I actually did finish and after graduation I entered

active duty with the Army and served as the Division Psychologist for the 9th Infantry. While on active duty I remembered my father's instructions that I needed to write and do research, it is part of a scientist's responsibilities. So, during those years I had my first peer reviewed publication and wrote a number of papers on smoking and smoking cessation.

Deciding that the infantry was not for me (too muddy), I left active duty and moved my family to California where I began my work as a clinical psychologist. I still continued to do research and write, but I also began to develop my interests in ethics and law. I joined a local ethics committee and concurrently began working in the newly developed field of forensic psychology. I subsequently joined the faculty of UCLA where I obtained an appointment as an Assistant Clinical Professor in the School of

alumni spotlight continued

Medicine at Harbor UCLA. I moved through the ranks of the clinical faculty at UCLA and became increasingly active in the American Psychological Association where I chaired their ethics committee and served on their accreditation committee. I then moved into a full-time private practice where I provided both forensic and clinical services. I also continued to write, travel and consult for the Insurance Trust of the American Psychological Association. Concurrently with this I stayed in the Army Reserves serving in the capacity of a psychologist. I retired from the Army Reserves after 33 years of service at the rank of colonel. The time went by in a flash and I did not have to worry about what to wear in the morning.

When I think about publishing I recall my father's words to me, "Don't write until you have something to say." Great advice indeed, and over the past twenty years it appears that I may have actually had something to say with my books, chapters and peer review publications. I now am at the end of a wonderful career where I have done my best to express the love of science that I was taught at the University of Arizona. I find myself married to the greatest partner in the world, Garnett Stokes and have two incredible children and four great grandchildren. I am at the happiest time in my life. So, what do I say the University of Arizona that gave me the opportunity to have all of this? Thank you! You made it all possible.

Jeff Younggren

want to know more?

DEATH DENIAL, Does our terror of dying drive almost everything we do?

Chronicle of Higher Education article discusses

Jeff Greenberg's work in Terror Management.

[Read the story](#)



FACULTY

Daniel Sullivan is an Assistant Professor and Director of the Cultural-Existential Psychology Laboratory



I joined UA Psychology as an assistant professor in 2013 – but really I first joined it as an undergrad back in 2004! Over the past couple years I've been thrilled to be "home again" in Tucson after going away to graduate school in Social Psychology at the University of Kansas.

As an undergraduate I worked as a research assistant with **Dr. Jeff Greenberg**. Jeff does groundbreaking work on how culture helps us solve one of the basic anxieties of human life, namely, knowing that we are going to die someday. When you think about it, we could all be crippled with constant fear at this looming prospect. But we aren't. Jeff's research shows that because we believe in our culture - a religious, ethnic, political, or nationalistic community - we also believe that we will live on even after we die.

In my own studies, I've become interested in how differences in cultural background shape the way people think about death, suffering, and other kinds of negative experiences. As humans we all have to deal with the fact of mortality – but we do so in rather different ways.

Since I've come to the UA, my graduate students, undergraduate research assistants, and I have extended this work to examine a variety of cultural influences on adverse life events. We've seen that people from more collectivist cultures, whose identities are bound up with their ingroup, are more likely to think suffering happens when people behave in an immoral or antisocial fashion. We've also found that people with a highly individualistic or politically liberal world view often look for the "silver lining" in suffering.

In the future, my lab will continue to investigate how our different backgrounds – from our religion to our social class – shape the very different ways that all of us come to terms with the haunting facts of life.

GRADUATE STUDENTS

Karey O'Hara is a graduate student in Clinical Psychology

My research interests include designing and evaluating intervention programs for kids with a wide variety of adverse experiences, particularly those currently involved in the juvenile and family court systems. My dissertation focuses on one particular childhood experience – parental divorce. I am



testing an internet-delivered program – Children of Divorce-Coping with Divorce – that was designed to increase positive coping skills and decrease unhelpful thoughts, in children, ages 11-16, who have experienced high-conflict parental divorce. When traditional avenues of federal grants failed to secure funding for this research, I created the first crowdsourced project in the department of psychology.

For PhD students, finding grant money to support dissertation projects is especially challenging as it is time-sensitive - we need to graduate in a timely manner. As I approached my final year and attempts at traditional funding mechanisms failed, I decided to tackle this challenge in a unique way. I worked with the University of Arizona Foundation to develop a crowdfund campaign. They provided a website where I uploaded a video explaining my research so that people interested in the work could donate small sums of funding to conduct the research. I was very fortunate to have the overwhelming support of community partners, friends, colleagues and family who all pitched in to fully fund my project -- and then some!

I strongly encourage both graduate students and faculty to take advantage of this valuable new resource for obtaining funding for psychological research. It is a unique and effective way to educate the broader community about important research taking place on the UA campus, as well as facilitate the success of those projects.

UNDERGRADUATES

Rivian Lewin is an Honors Psychology major, minoring in Spanish

I'm an Arizona native and my interests involve both research and clinical practice. In the summer of 2015, I interned at the Center for Transitional NeuroRehab at St. Joseph's Hospital in Phoenix. CTN is a neuropsychological rehabilitation program that utilizes a milieu-style and holistic approach to help people recovering from traumatic brain injuries and strokes. My experience at CTN solidified my interest in Psychology and my goals to practice psychotherapy and work in Neurorehabilitation.



I'm currently working in Dr. Allen's Psychophysiology Lab and Dr. Mehl's Social Psychology Lab. In Mr. Mehl's lab, I'm a research assistant on the Communal Coping Project. I watch couples' therapy sessions and code the coping styles of each partner in terms of their levels of communal vs. individualistic approaches. Dr. Allen is my Thesis Advisor and while in his lab I am conducting research with Clinical Psychology graduate student, Michael Goldstein. My thesis focuses on stress in college students and was carved out of Michael's larger study. The main goal is to look at the effectiveness of two types of stress-combating workshops. My primary role has been to create and facilitate one of the workshops. I designed a psychoeducational workshop called Wisdom on Wellness! WOW! aims to combat stress by breaking down the physiological components of stress, discussing the validity of our stressors, providing stress-fighting tools, and using cognitive-behavioral activities to analyze our individual sources of stress. I led WOW! in mid-November 2015 and will lead a second session in the Spring. I am excited to begin data analysis and thesis writing in the upcoming year.

If you would like to send us your story or suggest a Psychology Alum to feature in the next newsletter; please email: dschoonover@email.arizona.edu

events

2016 Spring Colloquium

All held at 3pm in room 306 of the Psychology Building,

- January 22** Mike Yassa, The University of California, Irvine
Hippocampal memory in healthy and pathological states
- January 29** Psychology Colloquium and UA sleep conference: Keynote in honor of Richard Bootzin
Kenny Litchstein, The University of Alabama
Insomnia Identity ***Location for this date will be ILC 150***
- February 19** Greg Siegle, University of Pittsburgh
Depressive rumination: Using neuroscience to develop targeted treatments
- March 4** Varda Shoham Memorial Lecture
Gayla Margolin, The University of Southern California
Family Aggression: Transmission across Family Systems
- April 1** Belinda Campos, The University of California, Irvine
Insights for Relationships and Health from Latino and East Asian Cultures
- April 8** Sonia Bishop, The University of California, Berkeley
Neurobiological mechanisms linked to altered associative learning in anxiety
- April 15** Yuko Munakata, The University of Colorado, Boulder
Developing Inhibitory Control



THE JOAN KAYE CAUTHORN ANNUAL CONFERENCE ON SUCCESSFUL AGING

HOW TECHNOLOGY IS CHANGING THE FACE OF AGING

TUESDAY, MARCH 1ST 2016

7:30am - 12:30pm

University of Arizona Student Union, North Ballroom

\$15 Registration Fee

www.psychology.arizona.edu/ACoSA 



in memoriam

Lee Sechrest: Method Man, Skeptical Optimist, and EGADitarian Humanist

Lee Sechrest passed away in Tucson on October 10, 2015. Lee succumbed to prostate cancer at the age of 86, after fighting, then living with it, for several years.

Lee came to the University of Arizona's Psychology Department in 1984, recruited as its (so far) one and only external department head. He had received his Ph.D. from Ohio State University in 1956, and had previously been on the faculty of Pennsylvania State University, Northwestern University, Florida State University, and the University of Michigan. Leading our department during one of its "golden times", he attracted a large number of impressive faculty from different areas and helped grow the department into a major research unit.

Lee's scholarly research covered an extremely broad array of topics. His innumerable publications span a period of over 60 years. His first paper was published in 1952 in the *Journal of Applied Psychology*, and his most recent book chapter was published in 2015. In one way or another, all of his scientific contributions ultimately converged on theoretical and practical questions of methodology and measurement, a fact that once earned him the title "Method Man". In the field, Lee is probably most widely known for the book "Unobtrusive Measures: Non-Reactive Measures in the Social Sciences" that he co-authored in 1966 and that is still in print (in a revised edition) fifty years after its initial publication. Seminal as it was, Lee hardly considered the book his most important contribution or even a contribution that was reflective of his career. Lee's many contributions to research design, clinical assessment, program evaluation and the field of measurement more broadly are impossible to list. Just in the latter part of his career, he dedicated himself to such intractable questions as metric calibration (i.e. how one can go about endowing psychological measures with metrics that carry intuitive meaning about how a person fares in life); the limitations of surrogate measures (i.e. the field's tendency to rely on easy-to-measure variables,



such as sex, as proxy measures for complex and sorely underspecified latent variables), and the methodological unpacking of important public health constructs such as acculturation and rurality; and, of course, his guilty pleasure of sports statistics – the consumption and dissemination of which, rumors say, he sometimes preferred to the actual sports event in the first place.

Lee became Professor Emeritus in 2002 but he really never retired. In fact, over the last ten years of his life, he supervised half a dozen doctoral students, bringing the overall number of students he mentored to well over 100. In 2003, many of them gathered in Tucson to celebrate Lee's scientific accomplishments in a *Festschrift*, which was organized by his former student, Patrick McKnight, now a professor at George Mason University, and his colleague and friend Dick Bootzin, who passed away only months before him.

Last but certainly not least, Lee was the self-designated "emperor-for-life" of EGAD. Lee founded EGAD, the Evaluation Group for the Analysis of Data, in 1987 together with Dick Bootzin and AJ Figueredo. EGAD was conceived as a group for tackling "chewy" problems in the areas of program evaluation, research methodology, and data analysis. For more than 25 years, EGAD met every Thursday afternoon to discuss matters of methodological import. Anyone was invited who had a methodological problem that was worth thinking about -- and there really weren't (m)any that weren't. Any topic ultimately had methodological bearing and, over a good discussion and often good chocolate, could be elevated to better measurement. As the EGAD motto states, "if it is important to you, it's significant to us". Over time, and with the help of its well-subscribed listserv, travel to exotic locales for research dissemination and collaboration, local and conference-related EGAD dinners, and illustrious sports events such as the Annual EGAD (mini-golf) Open (always for members and their "significant and non-significant others"), EGAD grew into what one can only fondly describe as the "EGAD Family". Two videos from the 25th birthday celebration, hosted on

the EGAD website, provide not only a brief history of EGAD but also a good sense of how EGAD social gatherings usually unfolded.

Most friends and colleagues had been aware of Lee's terminal stage at least since early summer when he sent around a remarkably open, courageous and touching email with the title "The Party's Over" where he talked about his circumstances with extraordinary clarity—and yet with characteristic wit: "Yes, the party's over. But wasn't it a great run. (...) I am not going to get any better and will certainly get a good bit worse. So, I have decided that it is time, not to give in, not to admit defeat, but to call it a tie and walk away from the game. An interesting view by a writer named Noll is that the cancer will not outlive me, so in some sense we will be even." In the months thereafter, many friends, collaborators, and former students were able to come to Tucson and visit him to say goodbye in person. During these visits, Lee was, as he had always been, full of joie de vivre, intense intellectual curiosity, lightheartedness, and a great sense of humor, up until the very last days. According to Mei-Kuang Chen, his wife, Lee immensely enjoyed the time and conversations he had with everyone in these last months, a great testimony to how Lee always practiced methodology: "the sociable way".

Lee was fond of reading obituaries, and delighted in finding and passing along tales of a life adventurously and well-lived. He would be pleased that an insightful obituary and a host of personal remembrances have been collected at the official EGAD website for others to discover. The website also features a comprehensive bibliography and will soon feature pictorial memories of various local, national, and international EGAD events and gatherings. Finally, the website hosts "Odyssey", Lee's own recounting of his life story (or part thereof), told with a good dose

of humorous self-reflection. As a true scientist, he opened his story with "I am fully aware of the fact that we human beings have only limited access to our own cognitions, motives, and, often, even affects. I am also fully aware of the hazards in trying to derive correct causal inferences from observed behavior. And that is pretty much all I have to go on" -- only to then go on to say, "anyway, this is my story, and I'm sticking to it, at least until I come up with a better one." He lived a full life that took him well beyond where he expected to be. In his own words: "I have, in most respects, had a wonderful life and career. There is a joke to the effect that an older person comments that 'If I had known I was going to live this long, I'd have taken better care of myself.' My version of that is something like, 'If I had known I was going to have a career such as mine, I'd have prepared myself better for it.'"

In the spirit of keeping Lee's mission, memory, and methodology alive, we conclude our remembrance with Lee's famous four laws:

Sechrest's 1st Law: Everything eventually turns up.

Sechrest's 2nd Law: More is better than less.

Sechrest's 3rd Law: There is rarely such a thing as a true catastrophe.

Sechrest's 4th Law: There is nothing in the scientific method that requires doing something stupid.

With fond memories and great respect,
Matthias Mehl and Michele Walsh

The memorial service for Lee Sechrest will be held at Tanque Verde Ranch, Saguaro Room, on March 20, 2016 at 1pm. Please let Kuang (kuang@email.arizona.edu) know if you plan to attend.

SUPPORT UA PSYCHOLOGY

Help us build a strong future for Psychology. Your contribution will provide scholarships for promising undergraduate and graduate students, attract and retain top faculty members, and provide resources and facilities for research and teaching.

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