

Hye Won Chai

Institute for Engaged Aging
Clemson University
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EDUCATION

- 2014 – 2020 **Dual-title Ph.D. in Human Development and Family Studies & Demography**
The Pennsylvania State University
Areas of Concentration: Individual Development, Family Studies, Demography
Dissertation Title: *How Families Make Their Way into Your Heart: Exploring the Associations Between Daily Experiences Involving Family Members and Cardiovascular Health*
Chair: David M. Almeida, Ph.D.
- 2011 – 2013 **M.A. in Child and Family Studies**
Yonsei University, Seoul, South Korea
Thesis Title: *The Effects of Social Network Indicators on Life Satisfaction: A Comparison between the Middle-Aged, the Young-Old and the Old-Old*
Chair: Hey Jung Jun, Ph.D.
- 2006 – 2011 **B.A. in Political Science and International Studies; B.S. in Child and Family Studies**
Yonsei University, Seoul, South Korea

PUBLICATIONS

Peer-Reviewed Journal Publications

- Wang, Y., **Chai, H.**, Umberson, D. J., & Mernitz, S. E. (In Press) The gendered sexual experiences and marital quality of middle-aged same-sex and different-sex couples.
- Ross, L. A., Fine, C., Stephan, A. T., **Chai, H.**, McVey, A., Phillips, C. B., Gamaldo, A., Mogle, J., Dennis, N., Sliwinski, M., & Visscher, K. (In Press). The Everyday Function Intervention Trial (EFIT): A Randomized Clinical Trial
- Stephan, A. T., **Chai, H.**, McVey, A., Sprague, B. N., Wolf, A. V., Phillips, C. B., & Ross, L. A. (2024) Differential Longitudinal Associations between Depressive Symptoms and Cognitive Status by Living Situation in Older Adults. *Journal of Applied Gerontology*. Advance online publication. <https://doi.org/10.1177/07334648241285602>

- Miller, M. C., Bawa, E. M., Absher, J. R., Bonilha, L., Ross, L. A., **Chai, H.**, Milano, N. J., & Adams, R. J. (2024) Longevity in the South Carolina Alzheimer's Disease Registry. *Frontiers in Neurology*, 15: 1425495. <https://doi.org/10.3389/fneur.2024.1425495>
- Chai, H.**, Jester, D. J., Lee, S., Joo, S., Umberson, D. J. & Almeida, D. M. (2023). Sleep quality moderates the association between family bereavement and heart rate variability. *Journal of Behavioral Medicine*, 46, 622-631. <https://doi.org/10.1007/s10865-022-00388-1>
- Chai, H.**, Mernitz, S. E., & Umberson, D. J. (2023). Sexual motives, stress, and depressive symptoms among midlife different-sex and same-sex couples. *The Gerontologist*, 63(2), 261-273. <https://doi.org/10.1093/geront/gnac136>
- Chai, H.** & Almeida, D. M. (2023). How families make their way into your heart: Exploring the associations between daily experiences involving family members and cardiovascular health. *Annals of Behavioral Medicine*, 57(1), 74-85. <https://doi.org/10.1093/abm/kaab095>
- Chai, H.**, Ayanian, J. Z., & Almeida, D. M. (2021). Non-spousal family support, marital status, and heart problems in adulthood. *Psychology and Health*, 36(8), 1003-1020. <https://doi.org/10.1080/08870446.2020.1809660>
- Charles, S., Mogle, J., **Chai, H.**, & Almeida, D. M., (2021). The mixed benefits of a stressor-free life. *Emotion*, 21(5), 962-971. <https://doi.org/10.1037/emo0000958>
- Lee, S., Joo, S., **Chai, H.**, & Jun, H. (2021). Patterns of multimorbidity trajectories and their correlates among Korean older adults. *Age and Aging*, 50(4), 1336–1341. <https://doi.org/10.1093/ageing/afab002>
- Chai, H.**, Zarit, S. H., & Fingerman, K. L. (2020). Revisiting intergenerational contact and relationship quality in later life: Parental characteristics matter. *Research on Aging*, 42(5-6), 139-149. <https://doi.org/10.1177/0164027519899576>
- Joo, S., **Chai, H.***, Jun, H., & Almeida, D. M. (2020). Daily stressors facilitate giving and receiving of emotional support in adulthood. *Stress and Health*, 36(3), 330-337. <https://doi.org/10.1002/smi.2927>
* Corresponding author
- Chai, H.** & Jun, H. (2017). The relationship between ties with adult children and life satisfaction among the middle-aged, the young-old, and the oldest-old Korean adults. *The International Journal of Aging and Human Development*, 85(4), 354-376. <https://doi.org/10.1177/0091415016685834>
- Joo, S., Jun, H., & **Chai, H.** (2013). A longitudinal interaction between Korean elderly couples on marital satisfaction. *Family and Culture*, 25(4), 91-119. [In Korean]

Chai, H., Wang, Y., Mernitz, S. E., Powers, D. A., & Umberson, D. J. (in press). Correlates of longitudinal change in sexual motives among same-sex and different-sex couples in mid to later life. In A. K. Baumle & Z. L. Oyarvide (Eds.), *International Handbook on the Demography of Sexuality* (2nd ed.). Springer.

Manuscripts Under Review

Cho, G., **Chai, H.**, Park, M. (under review) The Moderating Role of Walking in the Association between HDL Cholesterol and Cognitive Function among Korean Older Adults: A Nationwide Population-Based Cohort Study

Manuscripts in Preparation

Umberson, D. J., **Chai, H.**, Wang, Y., & Mernitz, S. E. (under review) How Same-Sex and Different-Sex Spouses Influence Each Other's Health Behaviors Over Time: Dyadic Longitudinal Survey and Diary Data

Chai, H., Mernitz, S. E., Almeida, D. M., & Umberson, D. J. (in preparation). Double the trouble: Stress reactivity, marital satisfaction, and marital support in same-sex and different-sex couples.

Chai, H., Joo, S., Sprague, B. N., Verdery, A. M., Linden-Carmichael, A., & Almeida, D. M. (in preparation). Physical activity and grip strength across adulthood: Using a time-varying effects modeling.

Stephan, A. T., **Chai, H.**, Nicholson, J. S., Phillips, C. B., & Ross, L. A. (in preparation). Participant Motivation Typologies as Correlates of Study Participation and Retention in Randomized Controlled Trials Targeting Cognitive Aging

Joo, S., Kim, S., Sin, H., **Chai, H.** (in preparation). The role of locational context in the associations between family relationship patterns and isolation among Korean female military spouses.

Joo, S., Lee, S., **Chai, H.**, and Kim, H. (in preparation). The dyadic interplay between binge drinking and negative interactions among Korean parents during their child's school transition.

Yoon, D., Joo, S., **Chai, H.**, & Jun, H. (in preparation). Does social participation prevent cognitive decline among Korean older Adults in single and coupled households?

Project Reports

Jun, H., Joo, S., **Chai, H.**, Lee, E., & Hwang, J. (2014). Electronic Device Use of Korean Youth, *Daejun Office of Education*.

Jun, H., Kim, E., Min, S., Min, S., Park, E., Shin, H., Jung, I., & **Chai, H.** (2012). Genetic and Environmental Factors affecting Aggressive and Problematic Behaviors of Children, *Samsung Welfare Foundation*.

Jun, H., Cho, G., Park, M., Kim, S., Han, S., & **Chai, H.** (2011). Future Prospects on the Changes of Korean Family Structure in the Era of Low Fertility and the Aging, *Korean Institute for Health and Social Affairs*.

GRANTS

Projects Funded - Current

Exploring the Role of Neurodegenerative Biomarkers as Mechanisms and Moderators of Cognitive Training Effect
Institute for Engaged Aging and the South Carolina Alzheimer's Disease Research Center.
01/2025 – 06/2025
Role: Principal Investigator

Detecting Cognitive Decline in Context: The Role of Everyday Functioning and Perceptions Around Health-Tracking Technologies
Institute for Engaged Aging and the South Carolina Alzheimer's Disease Research Center.
01/2025 – 06/2025
Role: Co-Investigator

Biopsychosocial-environmental Factors and Cognitive Function in Mid to Later Life: Translating Findings to Clinical Practice
Prisma Health Education and Research Institute 2025 Seed Grant Program.
01/2025 – 06/2026
Role: Principal Investigator

PACT - Preventing Alzheimer's disease with Cognitive Training
1R01AG070349-01/sub - 6118-1093-00-C (PI: Jennifer O'Brien)
The National Institutes of Health and University of South Florida
02/2021 - 01/2026
Role: Co-Investigator

Active Mind: An Adaptive Clinical Trial of Cognitive Training to Improve Function and Delay Dementia
1R01AG075014 (PI: Jerri Edwards)
The National Institutes of Health and the University Alabama Birmingham
07/2022 – 08/2027
Role: Co-Investigator

ADRC: Alzheimer's Disease Research Center Development

A202400071A (PI: Lesley Ross)
South Carolina Department of Health and Human Services
09/01/2023 - 06/30/2025
Role: Co-Investigator

Projects Under Review

Home Usability as it Relates to Cognitive Health in a National Sample of Midlife and Older Adults. (Submitted, Role: Co-I). *The National Institutes of Health*.

Tailored Mobile Health and Resource Fairs (MHRFs) as a Community-Engaged Approach to Foster Low-Income Older Adults' Participation in Alzheimer's Disease and Related Dementias Research. (Submitted, Role: Co-I). *The National Institutes of Health*.

Investigating the Everyday Health Experiences of Grandparent Caregivers in South Carolina (Submitted, Role: Co-I). *Clemson University SUCCEEDS Program*.

PROFESSIONAL RESEARCH EXPERIENCES

- | | |
|-----------------------|---|
| May 2024 – Present | Fellow
South Carolina Alzheimer's Disease Research Center |
| May 2024 – Present | Faculty Scholar
Clemson University School of Health Research |
| Aug. 2023 – Present | Research Assistant Professor
Institute for Engaged Aging, Clemson University
Projects involved: <ul style="list-style-type: none">• The Everyday Function Intervention Trial• Elucidating the Necessary Active Components of Training |
| Aug. 2020 – Aug. 2023 | Postdoctoral Fellow
Population Research Center, The University of Texas at Austin
Mentor: Debra J. Umberson, Ph.D.
Projects involved: <ul style="list-style-type: none">• Race/Ethnic Differences in Life Course Exposure to Death: Consequences for Health• Relationships and Health: Comparing Union Types |
| Jan. 2017 – Jul. 2020 | Research Assistant
Midlife in the United States National Experiences of Daily Experiences (MIDUS NSDE)
Advisor: David M. Almeida, Ph.D. |

- Aug. 2016 – Dec. 2016 **Research Assistant** in Demography Program
The Pennsylvania State University
Advisor: David Eggebeen, Ph.D.
- Aug. 2014 – Jul. 2020 **Graduate Research Assistant**
Department of Human Development and Family Studies, The
Pennsylvania State University
Advisors: David Eggebeen, Ph.D., David Almeida, Ph.D.
- Feb. 2013 – Jul. 2014 **Assistant Researcher**
Human Life Research Center, Yonsei University, South Korea
- Aug. 2011 – Aug. 2013 **Research Assistant**
Family Studies and Gerontology Research Lab, Yonsei
University, South Korea
Advisor: Hey Jung Jun, Ph.D.

INVITED TALKS

- Oct. 2024 Psychology and Physiology of Aging Class
OLLI Senior Leaders Greenville
Talk Title: *The Role of Social Relationships in Successful Aging*
- Mar. 2024 A FOCUS on Health Lecture Series
Clemson University
Talk Title: *Making the Most Use of Daily Diary Data: Examples from the
National Study of Daily Experiences*
- Feb. 2023 Research Speaker Series
Florida State University, Department of Human Development & Family
Science
Talk Title: *Daily Experiences, Family Relationships, and Health in Later
Life: Variations by Age and Gender*

CONFERENCE PRESENTATIONS

Paper Presentations

- Chai, H.**, Stephan, A. T., Weiskittel, S. E., Phillips, C. B., Gamaldo, A. A., Gamaldo, C., & Ross, L. A. (2024, November). *Associations Between Diverse Types of Sleep Measures among Rural Older Adults*. Paper presented at the SC-ADRC 2024 Research Symposium, Greenville, SC.
- Chai, H.** & Umberson, D. J. (2024, August). *Appraisals of Spouse's Cognitive Status: The Mediating Role of Self-Rated Health Among Same-sex and Different-sex Couples in*

Later Life. Paper presented at the 2024 National LGBTQ Health Conference, Atlanta, GA.

Umberson, D. J., **Chai, H.**, Wang, Y., & Mernitz, S. E. (2024, April). *How Aging Same-Sex and Different-Sex Spouses Influence Each Other's Health Habits: Change Over a Six-Year Period*. Paper presented at the 2024 Annual Meeting of the Population Association of America, Denver, CO.

Chai, H., Joo, S., Lee, J., & Umberson, D. J. (2023, November). *Sexual motives, marital quality, and depressive symptoms among midlife same and different sex couples*. Paper presented at the 74th Annual Scientific Meeting of the Gerontological Society of America, Tampa, FL.

Chai, H., Mernitz, S. E., Almeida, D. M., & Umberson, D. J. (2023, April). *Daily stress reactivity and marital relationship among middle-aged same-sex and different-sex couples*. Paper presented at the International Conference on Gender and Sexual Minority Families: Changes and Evolution, Austin, TX.

Chai, H., Jester, D. J., Lee, S., Joo, S., Umberson, D. J., & Almeida, D. M. (2021, November). *Sleeping it off: Sleep quality moderates the association between family bereavement and heart rate variability*. Paper presented at the 72nd Annual Scientific Meeting of the Gerontological Society of America, Phoenix, AZ. [Conference held online]

Chai, H. & Almeida, D. M. (2021, November). *Daily experiences with family and perceived family support: Moderation by marital status*. Paper presented at the 2021 National Council on Family Relations Annual Conference. [Conference held online]

Chai, H., Umberson, D. J., & Almeida, D. M. (2021, May). *The death of a family member and resting systolic blood pressure: Differences by education and life satisfaction*. Paper presented at the 2021 Annual Meeting of the Population Association of America, St. Louis, MO. [Conference held online]

Lee, S., Joo, S., **Chai, H.**, & Almeida, D. M. (2021, May). *The associations between multimorbidity trajectories and psychological well-being by socioeconomic status in later adulthood: A Multiple-group Latent Growth Curve Modeling*. Paper presented at the 2021 Annual Meeting of the Population Association of America, St. Louis, MO. [Conference held online]

Chai, H., Joo, S., Lee, S., & Almeida, D. M. (2020, November). *Daily emotional well-being and cardiometabolic syndrome in adulthood: The role of sleep deficiency*. Paper presented at the 71st Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA. [Conference held online]

Joo, S., Lee, S., **Chai, H.**, Jun, H., & Almeida, D. M. (2020, November). *When stress gets on your nerves: Associations among stress severity, sleep, and headache in daily life*. Paper presented at the 71st Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA. [Conference held online]

- Lee, S., Joo, S., **Chai, H.**, Jun, H., & Almeida, D. M. (2020, November). *The relationship between experiences of daily events and sleep duration in adulthood*. Paper presented at the 71st Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA. [Conference held online]
- Chai, H.** & Almeida, D. M. (2019, May). *"I have a hole in my heart": Loss, daily experiences, and cardiovascular health outcomes*. Paper presented at the annual MIDUS Meeting, Madison, WI.
- Almeida, D. M., **Chai, H.**, Joo, S., Sin, N., & Charles, S. T. (2018, November). *Living a stressor-free daily life: Prevalence and psychosocial correlates*. Paper presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Joo, S., **Chai, H.**, Jun, H., & Almeida, D. M. (2018, November). *Daily stress facilitates engagement in emotional support exchange throughout adulthood*. Paper presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Joo, S., **Chai, H.**, Kong, J., & Almeida, D. M. (2018, November). *The effects of early paternal loss on grip strength among Korean men and women in middle and later life*. Paper presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Chai, H.**, Joo, S., & Almeida, D. M. (2018, May). *Playing with Time: Examining Relationships and Health using MIDUS*. Paper presented at the annual MIDUS Meeting, Madison, WI.
- Chai, H.**, Joo, S., & Almeida, D. M. (2018, March). *Lagged associations between daily physical symptoms and stress in later life*. Paper presented at the 76th Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.
- Chai, H.**, Joo, S., & Almeida, D. M. (2017, November). *Ties with children and life satisfaction among Korean retirees: How parental education level matters*. Paper presented at the Research Network on Education, Family, and Inequality in Korea Conference, Philadelphia, PA.
- Chai, H.** & Zarit, S. (2016, November). *Contact and relationship quality between middle-aged adult children and aging parents: The role of parental needs*. Paper presented at the 68th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Joo, S., Jung, H., & **Chai, H.** (2016, November). *Cross-sectional and longitudinal associations between marital satisfaction and life satisfaction among Korean elderly couples*. Paper presented at the 68th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Kim, J. & **Chai, H.** (2016, July). *Intergenerational transmission of educational homogamy in Korea*. Paper presented at the 6th Annual Symposium on Korea Inequality Research, Seoul, Korea.

- Chai, H.** & Eggebeen, D. (2016, May). *Longitudinal change in parent-child relationship satisfaction among Korean retirees*. Paper presented at the Pennsylvania State University Mini-Conference on Multivariate/Longitudinal Methods, University Park, PA.
- Jun, H., Wassel, J. I., Cho, K., & **Chai, H.** (2012, November). *The effects of childhood social conditions on mental and physical health of South Korean older adults*. Paper presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Chai, H.**, Jun, H., & Joo, S. (2012, July). *Trajectories of emotion regulation across early adolescence and its effect on externalizing and internalizing problems*. Paper presented at the 3rd International Conference on Geographies of Children, Young People and Families, National University of Singapore, Singapore.
- Joo, S., Jun, H., & **Chai, H.** (2012, July). *Parental monitoring, self-control, and aggression prevent deviant behaviour during adolescence: A Korean longitudinal study*. Paper presented at the 3rd International Conference on Geographies of Children, Young People and Families, National University of Singapore, Singapore.

Poster Presentations

- Chai, H.**, Stephan, A. T., Phillips, C. B., Gamaldo, A. A., Gamaldo, C., & Ross, L. A. (2024, November). *Exploring the associations between daily sleep and the Pittsburgh Sleep Quality Index (PSQI) among older adults*. Poster presented at the 75th Annual Scientific Meeting of the Gerontological Society of America, Seattle, WA.
- Umberson, D. J., **Chai, H.**, Wang, Y., Mernitz, S. E., & Powers, D. A. (2023, April). *Life Course Change in Sexual Experiences: A comparison of midlife gay, lesbian, and straight couples*. Poster presented at the 2023 Annual Meeting of the Population Association of America, New Orleans, LA.
- Chai, H.**, Mernitz, S., & Umberson, D. J. (2022, November). *Sexual motives, sexual frequency, and sexual satisfaction among middle-aged different-sex and same-sex couples*. Poster presented at the 73rd Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN.
- Joo, S., **Chai, H.**, Lee, J., Kim, H. K., & Umberson, D. J. (2022, November). *Mediating role of dyadic coping in the association between empathic response and marital quality among same-sex and different-sex midlife couples*. Poster presented at the 73rd Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN.
- Chai, H.**, Mernitz, S. E., Almeida, D. M., & Umberson, D. J. (2022, April). *Double the trouble: Stress reactivity, marital satisfaction, and marital support in same-sex and different-sex couples*. Poster presented at the 2022 Annual Meeting of the Population Association of America, Atlanta, GA.

- Chai, H.**, Cha, H., & Umberson, D. J. (2021, November). *Experiencing early parental death and changes in BMI across adulthood: Gender and racial differences*. Poster presented at the 72nd Annual Scientific Meeting of the Gerontological Society of America, Phoenix, AZ. [Conference held online]
- Cho, K. & **Chai, H.** (2021, November). *Biopsychosocial correlates of cognitive function among Korean older adults: History of hypertension and diabetes*. Poster presented at the 72nd Annual Scientific Meeting of the Gerontological Society of America, Phoenix, AZ. [Conference held online]
- Lee, S., Joo, S., Lee, K., **Chai, H.**, Jun, H., & Almeida, D. M. (2020, November). *The stress-buffering effect of daily physical activity on negative and positive affect*. Poster presented at the 71st Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA. [Conference held online]
- Chai, H.**, Joo, S., & Almeida, D. M. (2020, April). *The associations among familial bereavement, cardiovascular health, and demographic characteristics of the bereaved*. Poster presented at the 2020 Annual Meeting of the Population Association of America, Washington, DC. [Conference canceled]
- Chai, H.**, Jester, D. J., Lee, S., Joo, S., & Almeida, D. M. (2019, November). *Bereavement, sleep, and heart rate variability: Gender differences*. Poster presented at the 70th Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.
- Joo, S., **Chai, H.**, & Jun, H. (2019, November). *Mediating effect of grip strength trajectory on the association between exercise and weakness: A dyadic approach*. Poster presented at the 70th Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.
- Lee, S., Jun, H., Joo, S., & **Chai, H.** (2019, November). *Identifying the trajectories of multimorbidity and their correlates among Korean older adults*. Poster presented at the 70th Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.
- Chai, H.**, Joo, S., Verdery, A. M., & Almeida, D. M. (2019, April). *Life course trajectories of grip strength by gender, marital status, and time use: An examination using Time-Varying Effect Models*. Poster presented at the 2019 Annual Meeting of the Population Association of America, Austin, TX.
- Kang, J., **Chai, H.**, Sliwinski, M. J., & Almeida, D. M. (2018, November). *Family support moderates the 10-year association between heart rate recovery and cognitive function*. Poster presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Lee, S., Jun, H., Joo, S., **Chai, H.**, Sin, N. L., & Almeida, D. M. (2018, November). *The interplay between daily positive events and daily stress severity on inflammation in adulthood*. Poster presented at the 69th Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Chai, H.** & Almeida, D. M. (2018, April). *Family support decreases the risk of diagnosis of a*

heart problem across adulthood. Poster presented at the 2018 Annual Meeting of the Population Association of America, Denver, CO.

Chai, H. & Joo, S. (2017, July). *Ties with adult children and parent-child relationship satisfaction among Korean retirees: Using a panel model.* Poster presented at the IAGG 2017 World Congress of Gerontology and Geriatrics, San Francisco, CA.

Chai, H. & Eggebeen, D. (2017, April). *The association between couple relationship quality and parent-child relationship quality among middle-aged Baby Boomers: The moderating effect of union type.* Poster presented at the 2017 Annual Meeting of the Population Association of America, Chicago, IL.

Chai, H., Jun, H., & Eggebeen, D. (2016, April). *The relationship between ties with adult children and life satisfaction among the middle-aged, young-old, and the oldest-old Korean Adults.* Poster presented at the 2016 Annual Meeting of the Population Association of America, Washington, D.C.

Lee, S., Jun, H., Joo, S., & **Chai, H.** (2015, November). *The effect of income satisfaction on marital satisfaction among Korean middle-aged married couples: The mediating roles of coping behaviors.* Poster presented at the 67th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Chai, H., & Eggebeen, D. (2015, November). *Cohabitation among middle aged baby boomers and exchanges of support with adult children and aging parents.* Poster presented at the 67th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Chai, H., Jun, H., & Joo, S. (2014, November). *Exploring the determinants of post-retirement parent-adult child contact.* Poster presented at the 2014 Annual Conference of the National Council on Family Relations, Baltimore, MD.

Joo, S., Jun, H., & **Chai, H.** (2014, November). *Does retirement reinforce the family satisfaction which existed before retirement?* Poster presented at the 2014 Annual Conference of the National Council on Family Relations, Baltimore, MD.

Chai, H., Jun, H., & Joo, S. (2014, November). *Exposure versus cumulative effect of social participation during post-retirement adjustment stages.* Poster presented at the 66th Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Joo, S., Jun, H., & **Chai, H.** (2014, November). *Pre-retirement family relationships and post-retirement adaptation: Their trajectories and linkages.* Poster presented at the 66th Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Joo, S., Jun, H., & **Chai, H.** (2013, November). *Exploring predictors for cognitive function using Korean national longitudinal data: From the mid aged to the late elderly.* Poster presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Chai, H., Jun, H., & Joo, S. (2013, April). *A longitudinal study on the role of successful*

aging in life satisfaction of Korean Elders: Comparing young-old, middle-old, and the oldest-old. Poster presented at the 34th Annual Scientific Meeting of the Southern Gerontological Society, Charlotte, NC.

Joo, S., Jun, H., **Chai, H.**, Kim, M. Y., & Wassel, J. I. (2013, April). Cohort differences in successful aging: Physical health. Poster presented at the 34th Annual Scientific Meeting of the Southern Gerontological Society, Charlotte, NC.

Jun, H., Kim, E., Min, S., Min, S., Park, E., Shin, H., Jung, I., & **Chai, H.** (2012, June). *The interaction effect of family environment factors and SLC6A4 gene on the externalizing behavioral problems of preschool children.* Poster presented at the Spring Conference of the Korean Association of Family Relations, Ewha Womens University, Seoul, South Korea.

TEACHING EXPERIENCES

Teaching Instructor & Guest Lecture

Fall 2019 Teaching Instructor
HDFS 249N, Adult Development and Aging (undergraduate course)
The Pennsylvania State University, University Park, Pennsylvania

Fall 2024 Guest Lecture
PSYC 8410, Advanced Health Psychology
Clemson University, Clemson, SC
“Making the Most Use of Daily Diary Data: Examples from the National Study of Daily Experiences”

Fall 2021 & Guest Lecture
Fall 2022 HDF 305, Health & Development Across the Lifespan
The University of Texas at Austin, Austin, TX
“Midlife and Health”

Spring 2019 Guest Lecture
HDFS 249N, Adult Development and Aging
The Pennsylvania State University, University Park, PA
“Family Relationships in Later Life”

Fall 2017 Guest Lecture
HDFS 445, Adulthood
The Pennsylvania State University, University Park, PA
“Family Relationships in Later Life”

Graduate Teaching Assistant

The Pennsylvania State University, University Park, Pennsylvania

Spring 2019 HDFS 249N, Adult Development and Aging
Fall 2017 HDFS 312W, Empirical Inquiry (with lab sessions)
Spring 2017 HDFS 490, Introduction to Internship Experience
Fall 2016 HDFS 490, Introduction to Internship Experience
Spring 2016 HDFS 455, Development and Administration of Human Services Organizations

PRESS COVERAGE

In Penn State News (March 22, 2021). ["Living a stress-free life may have benefits, but also a downside"](#)

In Penn State News (February 17, 2020). ["Stress may drive people to give as well as receive emotional support"](#)

AWARDS & SCHOLARSHIPS

CBSHS Research Development Award, College of Behavioral, Social, and Health Sciences, Clemson University, 2024.

Oneness Mission Club Honors Scholarship, Oneness Mission Club, 2016; 2012.

Professional Development Endowment, College of Health and Human Development, The Pennsylvania State University, 2016.

Korean Honor Scholarship, The United States Embassy of the Republic of Korea, 2015.

Britton Distinguished Graduate Fellowship, College of Health and Human Development, The Pennsylvania State University, 2014 – 2015.

College of Human Ecology Graduate School Honor Scholarship, College of Human Ecology, Yonsei University, South Korea, 2011.

PROFESSIONAL DEVELOPMENT AND TRAINING

Sep 2024 - Present **Advancing Gerontology through Exceptional Scholarship (AGES) Program**
Gerontological Society of America

- Jan 2024 **Write Winning Grant Proposals**
Clemson University
- May 2023 **Multilevel Structural Equation Modeling**
Statistical Horizons
- Spring 2023 **Teaching Preparation Certificate**
The University of Texas at Austin
- Fall 2017 **Teaching in HDFS** (1 credit HDFS course on teaching)
The Pennsylvania State University
Instructor: Sherry Corneal
- Spring 2017 **Online Teaching Certificate**
Essentials of Online Teaching (OL 4500)
The Pennsylvania State University
- December 2015 **Workshop on using Mixture Model for Person-Centered
Approach for Developmental Research**
Korea Institute of Child Care and Education, Seoul, South Korea

AFFILIATIONS & SERVICE

Affiliations

Member, Gerontological Society of America, Emerging Scholar and Professional Organization (ESPO), Behavioral and Social Sciences Section
Member, The Population Association of America

Peer-Review Experiences

International Journal of Aging and Human Development
Asian Population Studies
The Journals of Gerontology: Social Sciences
Psychoneuroendocrinology (mentored review)
Psychology and Health
Family Issues
Health Psychology
Annals of Behavioral Medicine
Journal of Adult Development
International Journal of Behavioral Medicine
Gerontological Society of America Annual Scientific Meeting Abstract Reviewer
Oneness Mission Club – Undergraduate Scholarship Review Committee

Service

Clemson University, Clemson, South Carolina

IEA Gerontology Certificate Advisory Committee, August 2024 - Current

The Pennsylvania State University, University Park, Pennsylvania

Diversity Committee Chair to the Department of Human Development and Family Studies
Steering Committee, September 2017 – May 2018

Community Service Chair to the Department of Human Development and Family Studies
Steering Committee, September 2016 – May 2017

Department Representative to the Graduate and Professional Student Association, September
2015 – May 2016

METHODOLOGICAL SKILLS

Statistical Programs

SPSS, R, MPLUS, SAS, STATA

Statistical Methods

longitudinal analysis, multilevel modeling, structural equation modeling, event history analysis, dyadic analyses, panel models, latent class analysis, time-varying effects modeling, multilevel structural equational modeling

PROFESSIONAL REFERENCES

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