

# Ryan L. Brown

**Pronouns:** She/Her/Hers

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## ACADEMIC APPOINTMENTS

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2024-present	<b>Assistant Professor</b> Department of Human Development and Family Sciences	Texas Tech University
2023-2024	<b>Postdoctoral Fellow</b> Bakar Aging Research Institute	University of California, San Francisco
2022-2023	<b>T32 Postdoctoral Scholar</b> <u>Advisors:</u> Drs. Aric Prather & Elissa Epel	University of California, San Francisco

## CONCURRENT POSITIONS

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2023-present	<b>Director of Scientific Communications</b> National Institute on Aging (NIA) Stress Measurement Network	University of California, San Francisco
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## EDUCATION

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2022	<b>Ph.D. in Psychological Sciences</b>  <u>Advisor:</u> Dr. Christopher Fagundes <u>Dual Degree:</u> Health Psychology & Behavioral Medicine + Industrial-Organizational Psychology <u>Dissertation:</u> <i>A Lifespan Approach to Psychological and Physical Health: Attachment and health in older adulthood</i>	Rice University Houston, TX
2021	<b>M.A. in Psychological Sciences</b>  <u>Advisor:</u> Dr. Christopher Fagundes <u>Dual Degree:</u> Health Psychology & Behavioral Medicine + Industrial-Organizational Psychology <u>Master's Thesis:</u> <i>Bereavement and Food: An investigation of postprandial immune responses</i>	Rice University Houston, TX



- for the most outstanding graduate, empirical research paper to promote the first author's career in psychology.*
8. Postdoctoral Fellowship (2022). Department of Psychiatry and Behavioral Sciences, University of California, San Francisco. NIMH Institutional Research Training Grant in Psychology and Medicine: Translational Research on Stress, Behavior, and Disease (T32 MH019391, MPIs: Wendy Berry Mendes and Elissa Epel).
  7. Graduate Student Conference Travel Grant (2022). Social Sciences Research Institute, Rice University. \$600 awarded for presentation at the American Psychosomatic Society in March 2022. *Awarded to support students in the Social Sciences at Rice who are presenting a paper or a poster at a professional conference or meeting.*
  6. Outstanding Undergraduate Research Mentor Award (2021). Office of Undergraduate Research and Inquiry, Rice University. *Honors individuals who demonstrate exemplary mentorship to Rice undergraduate students in research, design, and creative work projects. Nominations were submitted and evaluated by student nomination letters. Criteria for selection included supporting student success & development through research experiences, investing in student's educational and professional future, and contributing to a culture of inclusion in undergraduate research.*
  5. Graduate Student Travel Award (top prize) (2019). Institute for Biosciences and Bioengineering, Rice University. \$500 awarded for presentation at the American Psychosomatic Society in March 2019. *Awarded to support biosciences and bioengineering research at national meeting.*
  4. Bryant University Scholar Commencement Award (2017). Bryant University. *Awarded to graduating seniors who have published or have had an article accepted in a peer-reviewed scholarly journal while at Bryant.*
  3. The Janet Morahan-Martin Research Scholar Award (2017). Bryant University. *Awarded to one graduating senior to honor excellence in undergraduate research while at Bryant.*
  2. Honorary Undergraduate Scholar Award (2016). Presented at the New England Psychological Association's annual meeting. *Awarded for outstanding undergraduate record in psychology.*
  1. Psi Chi (2016). *Inducted into international honor society in psychology.*

## PEER-REVIEWED PUBLICATIONS

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### [Google Scholar Profile](#)

\*Indicates equal author contribution

26. **Brown, R.L.,\*** Alegria, K.E.,\* Hamlat, E., Tomiyama, A.J., Laraia, B., Crimmins, E.M., Moffitt, T.E., & Epel, E.S. (2024). Psychosocial disadvantage during childhood and midlife health. *JAMA Network Open*, 7(7), e2421841.

25. Paoletti-Hatcher, J., Argueta, D. L., Wu-Chung, E. L., Chen, M. A., **Brown, R. L.**, LeRoy, A. S., Murdock, K. W., Thayer, J. F. & Fagundes, C. P. (2024). High heart rate variability buffers the effect of attachment insecurity on sleep quality. *Psychosomatic Medicine*, 86(4), 349-358.
24. Majd, M., Chen, M.A., Chirinos, D.A., Storch, E.A., **Brown, R.L.**, LeRoy, A.S., Murdock, K.W., Wu, E.L., & Fagundes, C.P. (2023). Trajectories of Depressive Symptoms Early in the Course of Bereavement: Patterns, Psychosocial Factors and Risk of Prolonged Grief. *Stress and Health*, e3340.
23. **Brown, R.L.**, Epel, E.S., Lin, J., Dubal, D., & Prather, A.A. (2023). Associations between klotho and telomere biology in high stress caregivers. *Aging*, 15, 7381-7396.
22. Paoletti, J., Chen, M. A., Wu-Chung, E. L., **Brown, R. L.**, LeRoy, A. S., Murdock, K. W., Heijnen, C. J. & Fagundes, C. P. (2023). Employment status and family income in psychological and physical health during bereavement. *Psychoneuroendocrinology*, 150, 10624.
21. Shahane, A., **Brown, R.L.**, Denny, B., & Fagundes, C.P. (2022). Lexical markers of cognitive reappraisal underlying the association between bereavement and cardiovascular disease. *Health Psychology*, 42(1), 24-32.
  - *Highlighted as outstanding, noteworthy, and impactful for the field by the American Psychological Association.*
20. **Brown, R.L.**, Chen, M.A., Paoletti, J., Dicker, E.E., Wu-Chung, E.L., LeRoy, A.S., Majd, M., Suchting, R., Thayer, J.F., & Fagundes, CP (2022). Emotion Regulation, Parasympathetic Function, and Psychological Well-Being. *Frontiers in Psychology*, 13, 1-11.
19. **Brown, R.L.**, LeRoy, A.S., Chen, M.A., Suchting, R., Jaremka, L.M., Liu, J., Heijnen, C.J., & Fagundes, C. P. (2022). Grief symptoms promote inflammation during acute stress among bereaved spouses. *Psychological Science*, 33(6), 859-873.
18. Chen, M. A., **Brown, R. L.**, Chen, J. Y., de Dios, M. A., Green, C. E., Heijnen, C. J., & Fagundes, C.P. (2022). Childhood maltreatment, subjective socioeconomic status, and health disparities in bereavement. *Psychoneuroendocrinology*, 135, 105595.
17. Chen, M. A., LeRoy, A. S., Majd, M., Chen, J. Y., **Brown, R. L.**, Christian, L. M., & Fagundes, C. P. (2021). Immune and epigenetic pathways linking childhood adversity and health across the lifespan. *Frontiers in Psychology*, 12, 788351.
16. **Brown, R.L.**, Fagundes, C. P., Thayer, J.F., & Christian, L.M. (2021). Longitudinal changes in HRV across pregnancy and postpartum: Effect of negative partner relationship qualities. *Psychoneuroendocrinology*, 129, 105216.

15. Wu, E.L., **Brown, R.L.**, Chirinos, D.A., Chen, M.A., de Dios, M., Taylor, D.M., Butner, J.E., Heijnen, C.J., Fagundes, C.P. (2021). Socioeconomic disparities in health: Changes in sleep quality and inflammation during bereavement. *Comprehensive Psychoneuroendocrinology*, 7, 100056.
14. **Brown, R.**, & Weinberger, N. (2021). Anything he can do, she can do better: Children's attitudes about gender and occupations. *Psi Chi Journal of Psychological Research*, 26(1), 2–13.
13. Garcini, L. M., **Brown, R. L.**, Ziauddin, K., Chen, M. A., & Fagundes, C. P. (2021). Chronic pain and psychological distress among undocumented Latinx immigrants in the United States. *Journal of General Internal Medicine*, 36(3), 585-591.
12. Garcini, L. M., **Brown, R. L.**, Chen, M. A., Saucedo, L., Fite, A., Forger, L., Pearly, Y., Ziauddin, K., & Fagundes, C. P. (2021). Bereavement among widowed Latinos in the United States: A systematic review of methodology and findings. *Death Studies*, 41(5), 342-353.
11. LeRoy, A. S., Petit, W., **Brown, R.**, Murdock, K., Stowe, R. P., Garcini, L., & Fagundes, C. P. (2020). Relationship satisfaction determines the association between Epstein Barr Virus (EBV) latency and somatic symptoms after the loss of a spouse. *Personal Relationships*, 1-22.
10. \*Burrows, D., \*Phetmisy, C. N., Watson, I., **Brown, R. L.**, & Beier, M. E. (2020). Coffee and corporate social responsibility: Not as simple as revitalizing anti-sexual harassment and racial discrimination training. *Industrial and Organizational Psychology*, 13, 216-218.
9. Garcini, L. M., Chen, M. A., **Brown, R. L.**, LeRoy, A.S., Cano, M.A., Peek, K. & Fagundes, C. P. (2019). "Abrazame que ayuda" [Hug Me, It Helps]: Social support and the effect of perceived discrimination on depression among U.S. and foreign-born Latinxs in the United States. *Journal of Racial and Ethnic Health Disparities*, 7(3), 481-487.
8. **Brown, R. L.**, Shahane, A.D., Chen, M. A., & Fagundes, C.P. (2020). Cognitive reappraisal and nasal cytokine production following experimental rhinovirus infection. *Brain, Behavior, and Immunity – Health* 1C, 100012.
7. Lopez, R. B.,\* **Brown, R. L.**,\* Wu, E. L.,\* Murdock, K. W., Denny, B. T., Heijnen, C., & Fagundes, C. P. (2020). Emotion regulation and immune functioning during grief: Testing the role of expressive suppression and cognitive reappraisal in inflammation among recently bereaved spouses. *Psychosomatic Medicine*, 82(1), 2-9.

6. Garcini, L. M., Galvan, T., **Brown, R.**, Chen, M. A., & Fagundes, C. (2019). "Miles over mind": The association of death abroad and psychological distress among undocumented Mexican immigrants. *Death Studies, 44*(6), 1-9.
5. Fagundes, C. P., **Brown, R. L.**, Chen, M. A., Murdock, K. W., Saucedo, L., LeRoy, A., ... Heijnen, C. (2019). Grief, depressive symptoms, and inflammation in the spousally bereaved. *Psychoneuroendocrinology, 100*, 190–197.
4. Garcini, L. M., Chen, M.A., **Brown, R. L.**, Galvan, T., Saucedo, L., Berger Cardoso, J.A., & Fagundes, C. P. (2018). Kicks hurt less: Discrimination predicts distress beyond trauma among undocumented immigrants. *Psychology of Violence, 8*(6), 692-701.
3. Seiler, A., Chen, M. A., **Brown, R.**, & Fagundes, C. P. (2018). Obesity, dietary factors, nutrition, and breast Cancer Risk. *Current Breast Cancer Reports, 10*(1), 14-27.
2. LeRoy, A.S., Shields, A.S., Chen, M.A., **Brown, R.**, & Fagundes, C.P. (2018). Improving breast cancer survivors' psychological outcomes and quality of life: Alternatives to traditional psychotherapy. *Current Breast Cancer Reports, 10*(1), 28-34.
1. Weinberger, N., Butler, A., Schumacher, P., McGee, B., & **Brown, R.L.** (2017). Healing spaces for children: Child life specialists' evaluation of hospital playrooms. *Journal of Interior Design, 42*(2), 71-91.

## BOOK CHAPTERS

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1. **Brown, R.L.** (forthcoming). Women's mental and physical health. In Merlow, G., Fagundes, C.P (Eds.). *Mental Health in Lifestyle Medicine*.

## INVITED PRESENTATIONS

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5. **Brown, R.L.** (2024, May 17). *Stress, Aging, and Relationships: Putting the X in ImmunoX* [Keynote address]. UCSF Bakar ImmunoX Mental Health Coalition's Annual Mental Health Summit, San Francisco, CA, USA.
4. **Brown, R.L.** (2024, May 1). *Stress, Aging, and Relationships: Conceptual considerations for an integrative perspective* [Webinar]. Social, Personality, and Health Network (SPHN), Society of Personality and Social Psychology, Virtual.
3. **Brown, R.L.** (2023, Dec 11). *From Bonds to Biology: Identifying pathways from social loss to accelerated aging*. Department of Human Development and Family Sciences, Auburn University, Auburn, AL, USA.
2. **Brown, R.L.** (2023, Dec 4). *From Bonds to Biology: Identifying pathways from social loss to accelerated aging*. Department of Human Development and Family Sciences, Texas Tech University, Lubbock, TX, USA.
1. **Brown, R.L.** (2023, March 30-April 1). *Psychoneuroimmunology, stress, and mental health in pediatric rheumatology* [Mental Health in Pediatric Rheumatology Symposium

Presentation]. American College of Rheumatology's 2023 Pediatric Rheumatology Symposium, New Orleans, LA, USA.

## CONFERENCE PRESENTATIONS

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### Oral Presentations

8. **Brown, R.L.** (2023, September 22). *Mindfulness During Pregnancy and Postpartum: Mental and physical outcomes of the MAMAS study*. [Symposium Session]. UCSF 7<sup>th</sup> Annual Perinatal Mental Health Symposium, San Francisco, CA, USA.
7. **Brown, R.L.**, Van Bogart, K., Almeida, D., Epel, E., & Prather, A. (2023, June 17). *Positive and Negative Affect Dynamics Related to SARS-CoV-2 Antibody Maintenance*. [Flash Talk]. Bay Area Affective Science Society 2023 Meeting, Davis, CA, USA.
6. **Brown, R.L.**, Epel, E.E., Lin, J., Dubal, D., & Prather, A.A. (2023, March 8-11). *Klotho and Telomere Biology Among High- and Low-Stress Maternal Caregivers* [Paper Presentation]. Annual Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
5. Wu-Chung, E.L., Chen, M.A., Paoletti, J., **Brown, R.L.**, LeRoy, A.S., Murdock, K.W., Heijnen, C.J., & Fagundes, C.P. (2022, March 23-26). *Differential immune responses to acute stress among bereaved and nonbereaved adults* [Paper Presentation]. Annual Meeting of the American Psychosomatic Society, Long Beach, CA, United States.
4. **Brown, R. L.**, LeRoy, A.S., Chen, M.A., Suchting, R., Jarmeka, L., Heijnen, CJ., & Fagundes, C. P. (2020, December 3-4). *Grief symptoms promote inflammation during acute stress* [Video Presentation]. Annual Meeting of the American Psychosomatic Society, Virtual.
  - Selected for Citation Poster Session for highly rated abstract by anonymous review.
3. **Brown, R. L.**, Ruiz, R. J., Stowe, R., Garcini, L. M., & Fagundes, C. P. (2019, March 9-12). *For better or for worse: Marital status predicts infant birth weight among pregnant Hispanic women*. Annual Meeting of the American Psychosomatic Society, Vancouver, BC, Canada.
2. **Brown, R. L.**, LeRoy, A. S., Heijnen, C. J., & Fagundes, C. P. (2018, June 6-9). *Association between complicated grief and inflammation among bereaved adults* [Paper Presentation]. Annual Scientific Meeting of the Psychoneuroimmunology Research Society, Miami Beach, FL, USA.
1. Chirinos, D., Murdock, K., LeRoy, A., **Brown, R. L.**, & Fagundes, C. (2017, March 29-31) *Depressive symptom profiles, cardiometabolic risk and inflammation: Results from the MIDUS study* [Paper Presentation]. Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, USA.

**Posters**

16. **Brown, R.L.**, Prather, A., Dutcher, E., Hecht, F., Robinson, J., Drury, S., & Epel, E.S. (2024, March 20-23). *Stress, Depression, and COVID-19 Vaccine Efficacy: Results from the BOOST study* [Poster Presentation]. American Psychosomatic Society's Annual Meeting, Brighton, UK.
  - Selected for APS Scholar Award as a top-rated trainee abstract.
15. Paoletti, J., Wu-Chung, L., **Brown, R. L.**, Chen, M. A., LeRoy, A. S., Fagundes, C. P. (2022, November 2-6). *Trait self-control and attachment anxiety in retirees' depressive symptoms and emotional well-being* [Poster Presentation]. Annual Meeting of the Gerontological Society of America, Indianapolis, IN, USA.
14. **Brown, R. L.**, Tsay-Jones, A., Heijnen, C., & Fagundes, C. P. (2022, March 23-26). *Worry, rumination, and postprandial inflammation among Older Adults* [Poster Presentation]. American Psychosomatic Society's Annual Meeting, Long Beach, CA, USA.
13. Wu-Chung, E.L., Chen, M.A., Paoletti, J., **Brown, R.L.**, LeRoy, A.S., Murdock, K.W., Heijnen, C.J., Fagundes, C.P. (2022, June 15-18). *Inflammatory Reactivity to Social Stress in Bereaved and Nonbereaved Adults* [Poster Presentation]. Annual Scientific Meeting of the Psychoneuroimmunology Research Society, Zurich, Switzerland.
12. **Brown, R.L.**, Fagundes, C.P., Thayer, J.F., & Christian, L.M. (2021, April). *Longitudinal changes in HRV across pregnancy and postpartum: Effect of negative partner relationship qualities*. [Poster Presentation]. Ohio State University's Institute for Behavioral Medicine Research (IBMR) Annual Research Day. Columbus, OH
11. Beverly Hery, C.M., **Brown, R.**, Fagundes, C., Christian, L. (2020, April). *Actigraphy-assessed sleep during pregnancy through one year postpartum and its correspondence with self-report measures* [Oral & Poster Presentations]. Ohio State University's Institute for Behavioral Medicine Research (IBMR) Annual Research Day. Columbus, OH, USA [Conference Canceled].
10. **Brown, R.L.**, Fagundes, C.P., & Christian, L.M. (2020, March 11-14). *Matters of the Heart: Relationship quality, self-rated health, and longitudinal postpartum heart rate variability*. [Poster Presentation]. American Psychosomatic Society's Annual Meeting, Long Beach, CA, USA. [Conference Canceled].
9. LeRoy, A. S., Petit, W. E., **Brown, R. L.**, Murdock, K. W., Garcini, L. M., Stowe, R. P., & Fagundes, C. P. (2019, June 4-8). *The More You Love, The More You Lose: Relationship Satisfaction Determines the Effect Of Stress-related Immune Dysregulation on Health After the Loss of a Spouse* [Poster Presentation]. Annual Scientific Meeting of the Psychoneuroimmunology Research Society.



8. **Brown, R. L.**, Jones, A., Ruiz, R. J., Stowe, R., & Fagundes, C. P. (2019, May 1). *An Examination of the Protective Effects of Marriage in Pregnancy* [Poster Presentation]. Gulf Coast Consortia's Annual Health Psychology and Behavioral Medicine Symposium, Houston, TX, USA.
7. **Brown, R. L.**, Chen, M. A., Garcini, L. M., & Fagundes, C. P. (2019, February 7-9). *Distress from Family Separation Associated with Clinically Significant Psychological Distress for Undocumented Immigrants* [Poster Presentation]. Society for Personality and Social Psychology, Portland, OR, USA.
6. **Brown, R. L.** & Weinberger, N. (2018, June 29-30). *An Evaluation of Children's Attitudes about Careers and Gender* [Poster Presentation]. Society for the Psychological Study of Social Issues, Pittsburgh, PA, USA.
5. Chen, M. A., **Brown, R. L.**, Murdock, K. W., Saucedo, L., LeRoy, A., Wu, L.,...& Fagundes, C.P. (2018, June 6-9). *Association Between Depression and Inflammation Among Bereaved Adults* [Poster Presentation]. Annual Scientific Meeting of the Psychoneuroimmunology Research Society, Miami Beach, FL, USA.
4. Chen, M. A., **Brown, R. L.**, Murdock, K. W., Saucedo, L., LeRoy, A., Wu, L.,...& Fagundes, C.P. (2018, May 18). *Grief, Depressive Symptoms, and Inflammation in the Spousally Bereaved* [Poster Presentation]. Gulf Coast Consortia Mental Health Research Symposium, Houston, TX, USA.
3. **Brown, R. L.** & Weinberger, N. (2016, March 5). *Gendered Media Messages* [Poster Presentation]. Eastern Psychological Association Annual Meeting, New York, NY, USA.
2. Butler, A., Weinberger, N., Schumacher, P., & **Brown, R. L.** (2015, May 21-24). *Can Kids be Kids Here? The Evaluation of Hospital Playrooms by Child Life Specialists* [Poster Presentation]. Association for Psychological Science Annual Conference, New York, NY, USA.
1. **Brown, R. L.** (2014, August 1). *Identification and Cloning of the Putative Ganglioside-Binding Proteins from *Borrelia burgdorferi* from MlpD* [Poster Presentation]. Annual Rhode Island Summer Undergraduate Research Fellowship Conference, Kingston, RI, USA.

## **ADDITIONAL SPEAKING EXPERIENCE**

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### **Internal Research Talks at Rice University**

3. **Brown, R. L.** (April 11, 2022). *A Lifespan Approach to Psychological and Physical Health: Attachment and Health in Older Adulthood*. Served as an internal invited speaker

for the Cognitive, Health, and Affective Weekly Seminar. Rice University, Houston, TX.

2. **Brown, R. L.** (March 15, 2021). *Grief Symptoms Promote Inflammation During Acute Stress Among Bereaved Spouses* Served as an internal invited speaker for the Cognitive, Health, and Affective Weekly Seminar. Rice University, Houston, TX.
1. **Brown, R. L.** (March 27, 2019). *The Hearty Immune System: An Investigation of Postprandial Inflammatory Responses*. Served as an internal invited speaker for the Health and Affective Science Weekly Seminar. Rice University, Houston, TX.

## TEACHING AND MENTORING

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### **Rice University Student Mentoring** (Fall 2019-Spring 2022)

2021-2022: Co-advised one student for the Rice Undergraduate Research Symposium (Temilade Dada with Dr. Christopher Fagundes)

2020-2021: Co-advised one honors thesis student (Arya Jones with Dr. Christopher Fagundes)

2019-2020: Co-advised one honors thesis student (Ashley Fite with Dr. Christopher Fagundes)

### **Undergraduate Research Advising** (Fall 2017 - Spring 2022)

Advised up to 20 undergraduate students per semester within BMED Lab.

### **R Workshop for Undergraduates** (Fall 2019)

Developed a bi-weekly R workshop for undergraduates in health psychology/affective science. Students learn R basics, the tidyverse, and replicated published analyses using open data.

### **American Heart Association Summer Internship Mentor** (Summer 2019)

Mentored one undergraduate for summer research internship and first poster presentation.

### **Teaching Assistant**

4. Abnormal Behavior. Rice University (Fall 2021). Taught a class, lead study sessions, managed and conducted all assignments and exam grading.
3. Cognitive Neuroscience. Rice University (Spring 2021). Addressed student questions, graded labs, and final exams.
2. Stress & Health Across the Lifespan. Rice University (Fall 2019). Taught a class, managed, and conducted all quizzes, assignments, and exam grading.

1. Stress & Health Across the Lifespan. Rice University (Fall 2018). Taught a class, managed, and conducted all quizzes, assignments, and exam grading.

### **Guest Lecturer**

14. Topic: Aging and Social Relationships. Behavioral Medicine. Undergraduate course at Baylor University (March 11, 2024).
13. Topic: Psychoneuroimmunology: Finding your Footing with Interdisciplinary Interests. Emotions, Health, and Psychophysiology Lab Tutorial for Summer Interns Working with Dr. Wendy Berry Mendes at UCSF. (June 29, 2023).
12. Topic: Attachment Theory. Stress and Health. Undergraduate course at Rice University (May 25, 2023).
11. Topic: A Psychoneuroimmunology Lens on Stress and Aging. Family Psychology. Undergraduate course at Lafayette College (February 16, 2023).
10. Topic: Eating Disorders. Abnormal Behavior. Undergraduate course at Rice University (November 8, 2021).
9. Topic: Psychoneuroimmunology and Positive Psychology. Positive Psychology. Undergraduate course at Rice University (November 3, 2021).
8. Topic: Psychoneuroimmunology and Positive Psychology. Positive Psychology. Undergraduate course at Rice University (August 4, 2021).
7. Topic: Science Communication in Psychology. Health Psychology. Undergraduate course at Ursinus College (April 27, 2021).
6. Topic: Psychoneuroimmunology and Positive Psychology. Positive Psychology. Undergraduate course at Rice University (November 2, 2020).
5. Topic: Cardiovascular Disease and Related Psychosocial Factors. Health Psychology. Undergraduate course at Rice University (April 21, 2020).
4. Topic: Health Psychology Research Methods. Research Methods in Psychology. Undergraduate course at Rice University (March 5, 2020).
3. Topic: Diversity in Context: Health Disparities. Diversity Management. Undergraduate course at University of Houston – Downtown (February 17, 2020).
2. Topic: Building Blocks of Stress Regulation. Stress & Health Across the Lifespan Undergraduate course at Rice University (September 12, 2019).
1. Topic: Mind-Body Interventions. Stress & Health Across the Lifespan. Undergraduate course at Rice University (October 25, 2018).

### **PROFESSIONAL AFFILIATIONS**

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American Psychosomatic Society (APS)

PsychoNeuroImmunology Research Society (PNIRS)

Society for Personality and Social Psychology (SPSP)

Association for Psychological Science (APS)

## SERVICE ACTIVITIES

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2024	Panel Member, DEI in Mentorship Half-Day Workshop, American Psychosomatic Society, Brighton, UK
2024	Abstract Reviewer, American Psychosomatic Society 81 <sup>st</sup> Annual Meeting
2023-present	Member, Emerging Leaders Special Interest Group, American Psychosomatic Society
2020-2021	Nominated Member, Diversity, Equity, and Inclusion committee, Rice University
2020-present	Mentor, Project SHORT
2019	Panel Member, Graduate Student Panel for Undergraduates, Rice University
2019	Coordinator, Health and Affective Science Weekly Seminar, Rice University
2018	Panel Member, Graduate Student Panel for Undergraduates, Rice University
2017	Coordinator, Health and Affective Science Weekly Seminar, Rice University

## EDITORIAL BOARD MEMBER

*Psychosomatic Medicine Early Career Editorial Board Member*

*Psychosomatic Medicine Digital Editor*

## AD HOC REVIEWING

*Brain, Behavior and Immunity*

*Journal of Behavioral Medicine*

*Translational Psychiatry*

*Behavior Therapy*

*Psi Chi Journal of Psychological Research*

*Health Psychology*

*Psychoneuroendocrinology*

## SCIENCE COMMUNICATION AND OUTREACH

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### Seven Day Series Webinar

Served as a moderator for a conversation between Dr. Aric Prather and Dr. Elissa Epel about their recently published books titled: "The Sleep Prescription" and "The Stress Prescription" from Penguin Random House.

### Ryan's Science

Created 36 short science communication videos about my own (and others' research) that, to date, have garnered over 500 hours of watch time on YouTube. Selected work was also shared in shorter TikTok videos. One video on the widowhood effect (based on **Brown** et al., 2022) has been watched >22,000 times with >60 comments where I was able to answer questions about how this research is conducted, age differences, ethics, and attachment-related questions that remain.

### Sci-Tea

Co-hosted a seven-episode podcast connecting researchers and practitioners with the goal of creating more open communication around applying psychological research regarding what researchers can learn from practitioners and community members. Episodes from this podcast were downloaded >400 times, to date.

### Selected Interviews:

- Studying the Stress of Caregiving (Alzheimer's Speaks Radio)
- Psychology and Health in Adulthood (Asheville Museum of Science)
- The Biological Impact of Grief, Stress and Major Life Events (Connecting with Dr. Kim Swales)

### Community Talks

6. **Brown, R.L.** (November 15, 2019). *Stress and Health at St. John's*. Speaker at St. John's School, Houston, TX.
5. **Brown, R.L.** (October 28, 2019). *Skype A Scientist: Stress & Health*. Virtual speaker at Marian High School, Omaha, NE.
4. **Brown, R. L.** (August 22, 2019). *Stress, Health, and Project HEART*. Speaker at Thomas A. Glazier Senior Education Center, Houston, TX.
3. **Brown, R. L.** (June 8, 2019). *Girls in Science: how stress gets under the skin and how we measure it!* Mentor for Girls in Science program. Rice University, Houston, TX.
2. **Brown, R. L.** (May 7, 2019). *Project HEART and Your Health*. Speaker at the YMCA of Greater Houston, Houston, TX.
1. **Brown, R. L.,** Chen, M. A., & Wu, L. (February 26, 2018). *Expanding Your Horizons: How Stress Gets Under the Skin*. Presenter at Expanding Your Horizons in Science and Mathematics for Middle School Young Women conference. Houston, TX.

### ADDITIONAL POINTS OF CONTACT

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Website: [ryanlinnbrown.com](http://ryanlinnbrown.com)

Twitter: [@RyanLinnBrown](https://twitter.com/RyanLinnBrown)

Podcast: [The Stress Puzzle](#)

YouTube Channel: [Ryan's Science](#)

