

Ryan L. Brown

CURRICULUM VITAE

Department of Human Development and Family Sciences
1301 Akron Ave
Lubbock, TX. 79415 USA

Pronouns: *she/her/hers*
Email: ryan.l.brown@ttu.edu

EDUCATION

- 2022 Ph.D. in Psychological Sciences
Health Psychology & Behavioral Medicine | Industrial-Organizational Psychology
Rice University
- 2021 M.A. in Psychological Sciences
Health Psychology & Behavioral Medicine | Industrial-Organizational Psychology
Rice University
- 2017 B.A. in Applied Psychology, Highest Honors
Minors in Applied Statistics | Business Administration | Economics
Bryant University

ACADEMIC APPOINTMENTS

- 2024- **Faculty Affiliate**
Present Women's and Gender Studies | Texas Tech University
- 2024- **Faculty Affiliate**
Present Center of Excellence for Translational Neuroscience and Therapeutics | Texas Tech University Health Sciences Center
- 2024- **Assistant Professor**
Present Human Development and Family Sciences | Texas Tech University
- 2024- **Director of Scientific Communications**
Present National Institute on Aging (NIA) Stress Measurement Network
- 2023- **Postdoctoral Fellow**
2024 Bakar Aging Research Institute | University of California, San Francisco
- 2022- **Postdoctoral Fellow**
2023 Psychology and Medicine T32 | University of California, San Francisco

FELLOWSHIPS AND GRANTS AWARDED

Postdoctoral Fellowship
Bakar Aging Research Institute, UC San Francisco Total Awarded: \$75,000
"Translational Examination of Hormetic Stress and Aging in Humans"

NIH Emotional Well-Being Network
Emotion Well-Being and Health Data Analysis Award

Role: Principal Investigator

Total Awarded: \$10,000

“Depressive Symptom Trajectories: Predictors and outcomes across two harmonized cohorts”

PREPARED GRANT PROPOSALS (UNFUNDED)

F31 (Scored, unfunded)

National Institute on Aging (NIA)

6/1/2021 – 5/31/2023

Role: Principal Investigator

Total Costs: \$55,612

“Relationship Satisfaction and Stimulated Cytokine Production Among Alzheimer’s Spousal Caregivers”

F31 (Scored, unfunded)

National Institute on Aging (NIA)

6/1/2020 – 5/31/2022

Role: Principal Investigator

Total Costs: \$135,762

“Affective Response to Conflict and Stimulated Cytokine Production Among Alzheimer’s Spousal Caregivers”

AWARDS AND HONORS

- 2025 Incoming Princeton Microsabbatical Program Participant
- 2024 Selected as Early Career Editorial Board Member for Biopsychosocial Science and Medicine (formerly Psychosomatic Medicine)
- 2024 Scholar Travel Award, Society for Biopsychosocial Science and Medicine (formerly American Psychosomatic Society)
- 2023 Albert Bandura Graduate Research Award, Association for Psychological Science
- 2022 Postdoctoral Fellowship, 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)
- 2022 Graduate Student Conference Travel Grant, Rice University
- 2021 Outstanding Undergraduate Research Mentor Award, Rice University
- 2019 Top Prize Graduate Student Travel Award, Rice University
- 2017 Scholar Commencement Award, Bryant University
- 2017 Janet Morahan-Martin Research Scholar Award, Bryant University
- 2016 Honorary Undergraduate Scholar Award, New England Psychological Association
- 2016 Lifetime Member of Psi Chi: National Honor Society in Psychology

PEER REVIEWED PUBLICATIONS

[Google Scholar Profile](#)

*Indicates equal author contribution

29. **Brown, R.L.**, Beverly Hery, C.M., Prather, A.A., & Christian, L.M. (2025). Comparison of longitudinal PSQI and actigraphy-assessed sleep from pregnancy to postpartum. *PLOS One*, 20(6), e0323489.
28. Wu-Chung, E.L., **Brown, R.L.**, Suchting, R., Paoletti-Hatcher, J., Chen, M.A., LeRoy, A.S., Murdock, K.W., Heijnen, C.J., Fagundes, C.P. (2025). Spousal bereavement enhances proinflammatory cytokine production to acute, psychological stress. *Psychoneuroendocrinology*, 178, 107498.
27. Christian, L.M., **Brown, R.L.**, Carroll, J.E., Thayer, J.F., Lewis, T.T., Gillespie, S.L., & Fagundes, C.P. (2025). Pathways to maternal health inequities: Structural racism, sleep, and physiological stress. *Brain, Behavior, and Immunity*, (123), 502-509.
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., Ye, P., 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*, 27(3), 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

1. **Brown, R.L.** (2024). Women's mental and physical health. In Merlow, G., Fagundes, C.P (Eds.). *Mental Health in Lifestyle Medicine*.

INVITED PRESENTATIONS

6. **Brown, R.L.**, (2024, September 16) (*Acute, Perceived, and Chronic*) *Stress and COVID-19 Vaccine Efficacy: Results from the BOOST study*. Cognitive, Health, and Affective Tea, Department of Psychological Sciences, Rice University, Virtual.
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

Oral Presentations

9. **Brown, R.L.**, LeRoy, A.S., Chen, M.A., Wu-Chung, E.L., Murdock, K.W., Heijnen, C.J., & Fagundes, C. P. (2025, March 19-22). Attachment Security and Grief Among Bereaved Spouses. In T. Jolink (chair), *Biopsychosocial Health and Dyadic Relationships*. [Paper Session]. Annual Scientific Meeting of Society for Biopsychosocial Science and Medicine (SBSM), Seattle, WA, USA.

8. **Brown, R.L.**, Alegria, K.E., Hamlat, E., Tomiyama, A.J., Laraia, B., Crimmins, E.M., Moffitt, T.E., & Epel, E.S. (2024, November 13-16). Psychosocial disadvantage during childhood and midlife health. In D. Mroczek (chair), *The Longitudinal Processes Linking Psychosocial Factors and Stress-Related Experiences to Health*. [Symposium]. Annual Scientific Meeting of the Gerontological Society of America (GSA), Seattle, WA, 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, C.J., & 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

Internal Research Talks at Texas Tech University

3. **Brown, R.L.** (2025, May 7). *Psychological Stress and Lifespan Health*. Annual Meeting of the Obesity Research Institute, Texas Tech University, Lubbock, TX, USA.
2. **Brown, R.L.** (2024, October 4). *Love, Loss, and Unpaid Care Work*. Feminist First Friday, Women's and Gender Studies, Texas Tech University, Lubbock, TX, USA.
1. **Brown, R.L.** (2024, September 26). *Love and Loss across the Lifespan: A social-health psychology perspective on widowhood* [Colloquium presentation]. Department of Human Development and Family Sciences, Texas Tech University, Lubbock, TX, USA.

Internal Research Talks at University of California, San Francisco

1. **Brown, R.L.** (2023, September 22). *Mindfulness During Pregnancy and Postpartum: Mental and physical outcomes of the MAMAS study*. [Symposium]. UCSF 7th Annual Perinatal Mental Health Symposium, San Francisco, CA, USA.

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

TEACHING

Note: * New course preparation | **Bolded current students**

Courses Taught:

HDFS 2303: Lifespan Human Development
Fall 2025*

HDFS 4343: Stress and Health Across the Lifespan
Spring 2025*

Individual Studies Courses:

HDFS 5311: Problems in HDFS
Fall 2025

HDFS 6000: Master's Thesis
Fall 2025

HDFS 7000: Graduate Research
Fall 2025

Graduate Student Advising

Masters

Carlos Silvera	HDFS	Fall 2025 – Present	Started program
Kristen Stopfer	HDFS	Fall 2025 – Present	Started program
Nathan Selvaggi	HDFS	Fall 2025 – Present	Started program

Committee Membership

Candidacy Exam Committees

Aanuoluwapo Aringbangba	HDFS	April 2025
Himosree Sarkar	HDFS	May 2025

Undergraduate/Post-Bac Student Supervision

Research Mentor

Temilade Dada	Psych	Fall 2021 – Fall 2022	RA at Rice University
Arya Jones	Psych	Fall 2020 – Spring 2021	RA at Rice University
Ashley Fite	Psych	Summer 2019 – Spring 2020	RA at Rice University
Luryn John-Miller	Psych	Summer 2019	RA at Rice University

Other Directed Student Learning

Graduate Dean's Representative

Maryam Seifishahpar	Nutritional Sciences	03.11.2025
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Other Workshops Taught

R Workshop for Undergraduates (Fall 2019, Rice University)

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

PROFESSIONAL AFFILIATIONS

Society for Biopsychosocial Science and Medicine (SBSM) (formerly American Psychosomatic Society)
PsychoNeuroImmunology Research Society (PNIRS)
Society for Personality and Social Psychology (SPSP)
Association for Psychological Science (APS)

SERVICE ACTIVITIES

2025-2028	Committee Member, Communications Committee, PsychoNeuroImmunology Research Society
2025-2027	Committee Member, Programming Committee for Annual Meeting, Society for Biopsychosocial Science and Medicine

2025-	Member of Advisory Committee, Institute for One Health Innovation, Texas Tech University
2024, 2025	Abstract Reviewer, Society for Biopsychosocial Science and Medicine Annual Meeting
2024	Panel Member, DEI in Mentorship Half-Day Workshop, American Psychosomatic Society, Brighton, UK
2023-2024	Member, Emerging Leaders Special Interest Group, American Psychosomatic Society
2020-2021	Nominated Member, Diversity, Equity, and Inclusion committee, Rice University
2020-2024	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

<u>Journal</u>	<u>Years</u>	<u>Role(s)</u>
<i>British Journal of Health Psychology</i>	2025-	Associate Editor
<i>Biopsychosocial Science and Medicine</i>	2024-	Digital Editor
<i>(formerly Psychosomatic Medicine)</i>	2024-	Early Career Editorial Board Member

Ad Hoc Reviewing

Annals of Epidemiology, Behavior Therapy, Biopsychosocial Science and Medicine, Brain, Behavior and Immunity, Child Development, Death Studies, Emotion, Health Psychology, Journal of Behavioral Medicine, Psi Chi Journal of Psychological Research, Psychoneuroendocrinology, Translational Psychiatry

SCIENCE COMMUNICATION AND OUTREACH

Science for Society: The Science of Stress Management Interventions and Resilience (July 23, 2025)

Panelist for webinar for the Association for Psychological Science focusing on “Considerations in Conducting and Consuming Stress Science.” **Watch [here](#).**

The Stress Puzzle (2024 – present)

Host and produce the NIA-funded Stress Measurement Network’s monthly podcast with expert

interviews to: promote high quality stress science, improve the conceptualization and measurement of stress, provide historic context of the interdisciplinary field for trainees and early-career researchers, and encourage transparency and openness in stress research and dissemination. To date, we have released 12 episodes with 13 expert guests spanning disciplines and have over 3000 listeners from 50+ countries. ***Listen [here](#).***

Sci-Tea (2021-2022)

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 over 500 times. ***Watch [here](#).***

Ryan's Science (2020 – 2022)

Created 36 short science communication videos about my own (and others' research) that 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.

Selected Interviews:

- Studying the Stress of Caregiving (Alzheimer's Speaks Radio)
- Psychology and Health in Adulthood (Asheville Museum of Science)

ADDITIONAL POINTS OF CONTACT

Website: ryanlinnbrown.com

Bluesky: [@ryanlinnbrown.bsky.social](https://bsky.app/profile/@ryanlinnbrown.bsky.social)

Podcast: [The Stress Puzzle](#)

YouTube Channel: [STAR Lab](#)