

Ryan L. Brown

Pronouns: She/Her/Hers

Email: ryan.brown@ucsf.edu

ACADEMIC POSITIONS

2022-2024	T32 Post-doctoral Scholar	UCSF
	Psychology and Medicine: Translating Research on Stress, Behavior and Disease	San Francisco, CA
	<u>Advisors:</u> Dr. Aric Prather & Dr. Elissa Epel	

EDUCATION

2022	Ph.D. in Psychological Sciences	Rice University Houston, TX
------	--	--------------------------------

Advisor: Dr. Christopher Fagundes

Dual Degree: Health Psychology & Behavioral Medicine + Industrial-Organizational Psychology

Dissertation: *A Lifespan Approach to Psychological and Physical Health: Attachment and health in older adulthood*

2021	M.A. in Psychological Sciences	Rice University Houston, TX
------	---------------------------------------	--------------------------------

Advisor: Dr. Christopher Fagundes

Dual Degree: Health Psychology & Behavioral Medicine + Industrial-Organizational Psychology

Master's Thesis: *Bereavement and Food: An investigation of postprandial immune responses*

2017	B.A. in Applied Psychology <i>Summa cum laude</i>	Bryant University Smithfield, RI
------	---	-------------------------------------

Minors: Applied Statistics; Business Administration; Economics

GRANTS AWARDED

NIH Emotional Well-Being Network	Brown (PI)
Emotion Well-Being and Health Data Analysis Award	
Role: Principal Investigator	Total Awarded: \$10,000
<i>"Depressive Symptom Trajectories: Predictors and outcomes across two harmonized cohorts"</i>	

PREPARED GRANT PROPOSALS (UNFUNDED)

F31 (Scored, unfunded) Brown (PI)
 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) Brown (PI)
 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”

PEER-REVIEWED PUBLICATIONS

(*Equal author contribution)

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.
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.

HONORS AND AWARDS

9. Bakar Aging Research Institute Trainee Award (2023). Bakar Aging Research Institute, University of California, San Francisco. \$75,000 awarded for research on hormetic stress interventions. *Awarded to support trainees interested in studying problems related to the Biology of Aging.*
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.*

CONFERENCE PRESENTATIONS

Oral Presentations

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). Differential immune responses to acute stress among bereaved and nonbereaved adults. Presented at 79th Annual Meeting of the American Psychosomatic Society, Mar 23-26. Long Beach, CA. United States. [oral presentation]
4. **Brown, R. L.**, LeRoy, A.S., Chen, M.A., Suchting, R., Jarmeka, L., Heijnen, C.J., & Fagundes, C. P. (2020, December). *Grief symptoms promote inflammation during acute stress*. Oral paper presentation given at the American Psychosomatic Society's Virtual Meeting.
3. **Brown, R. L.**, Ruiz, R. J., Stowe, R., Garcini, L. M., & Fagundes, C. P. (2019, March). *For better or for worse: Marital status predicts infant birth weight among pregnant Hispanic women*. Oral paper presentation at the American Psychosomatic Society's Annual Meeting.
2. **Brown, R. L.**, LeRoy, A. S., Heijnen, C. J., & Fagundes, C. P. (2018, May). *Association between complicated grief and inflammation among bereaved adults*. Oral paper presentation at the Psychoneuroimmunology Research Society's Annual Scientific Meeting.

1. Chirinos, D., Murdock, K., LeRoy, A., **Brown, R. L.**, & Fagundes, C. (2017, March) *Depressive symptom profiles, cardiometabolic risk and inflammation: Results from the MIDUS study*. Oral presentation at the 38th Annual Meeting of the Society of Behavioral Medicine

Posters

15. Paoletti, J., Wu-Chung, L., **Brown, R. L.**, Chen, M. A., LeRoy, A. S., Fagundes, C. P. (2022, November). *Trait self-control and attachment anxiety in retirees' depressive symptoms and emotional well-being*. Poster presented at the 73rd annual meeting of the Gerontological Society of America, Indianapolis, IN.
14. **Brown, R. L.**, Tsay-Jones, A., Heijnen, C., & Fagundes, C. P. (2022, March). *Worry, rumination, and postprandial inflammation among Older Adults*. Poster presented at the American Psychosomatic Society's Annual Meeting, Long Beach, CA, United States.
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). *Inflammatory Reactivity to Social Stress in Bereaved and Nonbereaved Adults*. Presented at the Psychoneuroimmunology Research Society, June 15-18. Zurich, Switzerland. [poster presentation]
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 [Conference Canceled].
10. **Brown, R.L.**, Fagundes, C.P., & Christian, L.M. (2020, March). *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, United States. [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). *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 presented at the Psychoneuroimmunology Research Society's Annual Scientific Meeting.

8. **Brown, R. L.**, Jones, A., Ruiz, R. J., Stowe, R., & Fagundes, C. P. (2019, March). *An Examination of the Protective Effects of Marriage in Pregnancy*. Poster presented at the Gulf Coast Consortia's Annual Health Psychology and Behavioral Medicine Symposium.
7. **Brown, R. L.**, Chen, M. A., Garcini, L. M., & Fagundes, C. P. (2019, February). *Distress from Family Separation Associated with Clinically Significant Psychological Distress for Undocumented Immigrants*. Poster presented at the Society for Personality and Social Psychology. Portland, OR.
6. **Brown, R. L.** & Weinberger, N. (2018, June). *An Evaluation of Children's Attitudes about Careers and Gender*. Poster presented at the Society for the Psychological Study of Social Issues. Pittsburgh, PA.
5. Chen, M. A., **Brown, R. L.**, Murdock, K. W., Saucedo, L., LeRoy, A., Wu, L.,...& Fagundes, C.P. (2018, June). *Association Between Depression and Inflammation Among Bereaved Adults*. Poster presented at Psychoneuroimmunology Research Society Annual Scientific Meeting.
4. Chen, M. A., **Brown, R. L.**, Murdock, K. W., Saucedo, L., LeRoy, A., Wu, L.,...& Fagundes, C.P. (May, 2018). *Grief, Depressive Symptoms, and Inflammation in the Spousally Bereaved*. Poster presented at the Gulf Coast Consortia Mental Health Research Symposium.
3. **Brown, R. L.** & Weinberger, N. *Gendered Media Messages*. (2016, March) Poster presented at the Eastern Psychological Association meeting. New York, NY.
2. Butler, A., Weinberger, N., Schumacher, P., & **Brown, R. L.** (2015, May). *Can Kids be Kids Here? The Evaluation of Hospital Playrooms by Child Life Specialists*. Poster presented at the Association for Psychological Science 27th Annual Conference, New York, NY.
1. **Brown, R. L.** (2014, August). *Identification and Cloning of the Putative Ganglioside-Binding Proteins from *Borrelia burgdorferi* from MlpD*. Poster presented at the 7th Annual Rhode Island Summer Undergraduate Research Fellowship Conference, Kingston, RI.

ADDITIONAL SPEAKING EXPERIENCE

Rice University

5. **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.

4. **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.
3. **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.
2. **Brown, R. L.** (February 26, 2019). *Graduate Student Panel for Undergraduates*. Served as an internal invited speaker for a panel giving research and career advice to aspiring young academics. Rice University, Houston, TX.
1. **Brown, R. L.** (February 19, 2018). *Graduate Student Panel for Undergraduates*. Served as an internal invited speaker for a panel giving research and career advice to aspiring young academics. Rice University, Houston, TX.

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.

JOURNAL REVIEWER

Ad Hoc Reviewer, *Psi Chi Journal of Psychological Research*, 2023-present

Ad Hoc Reviewer, *Health Psychology*, 2022-present

Ad Hoc Reviewer, *Psychoneuroendocrinology*, 2021-present

UNDERGRADUATE RESEARCH EXPERIENCE

Research Assistant, Department of Psychology, Rice University (Summer, 2016)
 Summer undergraduate research (NIH 5R01HL127260-02), focusing on health psychology

and psychoneuroimmunology research.

Research Internship, *Department of Economics, Bryant University* (Fall, 2016)
Federal Reserve Challenge Team, Researcher & Presenter.

Research Assistant, *Paradise Kids* (Fall, 2015)
Responsible for compiling best practice therapy procedures and developing a mindfulness program for bereaved children.

Research Internship, *Department of Applied Psychology, Bryant University* (2014-2017)
Research assistant for the department; assisted in qualitative coding, literature reviews, and manuscript writing.

Research Internship, *Department of Science, Bryant University* (Summer 2014)
Summer undergraduate research fellowship through RI-INBRE to identify and characterize potential ganglioside binding proteins that could be involved in late stage Lyme disease neuroborreliosis.

TEACHING AND MENTORING

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 replicating published analyses using open data.

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.

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

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).

COMPUTER AND WEB-BASED SKILLS

Software

- R, Kubios HRV, Blimp, SPSS, JMP, SAS, Qualtrics, Excel, PowerPoint, Access.

PROFESSIONAL AFFILIATIONS

American Psychosomatic Society (APS)

PsychoNeuroImmunology Research Society (PNIRS)

Association for Psychological Science (APS)

Society for Personality and Social Psychology (SPSP)

SERVICE ACTIVITIES

Project SHORT (2020-present)

- Pro bono mentor for hopeful psychology graduate students around the world.

Rice University Diversity, Equity, and Inclusion committee member (2020-2021)

- Nominated by fellow graduate students; edited eight videos highlighting the various paths our graduate students on their way to a PhD program at Rice; helped plan and lead sessions to help undergraduates from historically marginalized groups apply to graduate school in psychology.

Rice Health and Affective Science Weekly Seminar coordinator (Fall 2017, Fall 2019)

- Contacted, organized, and coordinated each semester of speakers for the Cognitive and Affective Health Research Interest Group at Rice University.

ADDITIONAL POINTS OF CONTACT

Website: ryanlinnbrown.com

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

Podcast: [Sci-Tea](#)

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