Innovations in Stress Measurement & Research
A Meeting of the NIA-Supported Stress Measurement Network
March 17th & 18th, 2016
Hyatt Regency Hotel, Chicago, IL

Network Leadership: Wendy Berry Mendes, Elissa Epel, Aric Prather, & George Slavich
Executive Director: Alexandra Crosswell

Agenda

Thursday, March 17th, 9 am – 3:30 pm

8:15. Breakfast
9 – 10:30. Session 1
  • Introductions, Network update
  • Group 1: Immune system
10:30 – 10:45. Break
10:45 – 12:15. Session 2
  • Group 2: Neural approaches
12:15 – 1:00. Lunch
1:00 – 2:30. Session 3
  • Group 3: Narrative approaches
2:30 – 3:30. Pilot Study Discussion: Past and Future Projects
  • Updates on past projects - Tara on harmonization and George on new measure
development of the Subjective Stress in Context (SSiC)
  • Wendy to present on next round of pilot funds – specifically the focus on new
measurement development, including automatic measures, and potential to use existing
data to address this interest

7:30 pm. Dinner at Bella Bacinos, 75 E Upper Wacker Dr, Chicago, IL 60601

Friday, March 18th, 9 am – 1 pm

8:15. Breakfast available
9 – 10:30. Session 6
  • Group 4: Epidemiologic approach
10:30 – 10:45. Brea
10:45 – 12:15. Session 7
  • Small group working exercise on new measure development
1 pm. Lunch, unstructured
Group Assignments

Each group has 90 minutes to facilitate a combination of presentations, group discussion, and panel discussion to address key questions relevant to their group’s research and perspectives. The team lead will coordinate the prep and facilitate the 90 minute session.

Group membership
- Immune system approaches: Jan Kiecolt-Glaser, Sheldon Cohen, David Creswell, Aric Prather
- Neural approaches: Kevin Ochsner, Bob Levenson, Pete Gianaros
- Narrative approach: Scott Monroe, Tom Kamarck, Carol Worthman, Dan McAdams, George Slavich
- Epidemiologic approach: Tara Gruenewald, Josh Wiley, Dave Almeida, Eli Puterman, Laura Kubzansky

Core questions for all groups to address:
- Think about your body of work (or those in your field), what is the most interesting/important thing we’ve learned about chronic stress?
- What are the key obstacles and theoretical pieces we’re missing in the link from stress to worse physical health?
- From your perspective, what characteristics can we expect someone to display who has been under moderate to severe chronic stress for a significant portion of their life?

Suggested group specific questions:

Group 1: Immune system
- What have we learned from lab studies about the nuance of predicting health? Key moderators?

Group 2: Neural
- Why do you think stress is interesting to study from a neuroscience perspective?
- Can we think of chronic stress as a predictor of brain structure and function?

Group 3: Narrative
- What are we learning from using a narrative approach that we are not able to capture in other methods of stress assessment?
- Are there ways to capture narratives approaches in concise ways? What role, if any, do you see text analysis (e.g. LICW) playing in the future of narrative data collection?

Group 4: Epidemiologic
- What have some of the strongest psychosocial predictors of health been in population based studies?
- What is missing in current data collection protocols in order to capture the stress-health relationship?
- What would a computer-mediated task look like that could be incorporated into large studies (e.g. unconscious processing tasks)?
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<tr>
<th>Meeting Attendees</th>
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<tbody>
<tr>
<td>Dave Almeida, Penn State University</td>
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<td>Wendy Berry Mendes, UCSF</td>
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<td>Sheldon Cohen, Carnegie Mellon University</td>
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<td>David Creswell, Carnegie Mellon University</td>
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<td>Christopher Crew, UCSF*</td>
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<td>Alexandra Crosswell, UCSF*</td>
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<td>Elissa Epel, UCSF</td>
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<td>Pete Gianaros, University of Pittsburgh</td>
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<td>Tara Gruenewald, University of Southern California</td>
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<td>Tom Kamarck, University of Pittsburgh</td>
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<td>Jan Kiecolt Glaser, Ohio State University</td>
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<td>Laura Kubzanksy, Harvard University</td>
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<td>Bob Levenson, UC Berkeley</td>
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<td>Dan McAdams, Northwestern University</td>
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<td>Scott Monroe, University of Norte Dame</td>
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<td>Lis Nielsen, National Institute of Aging, NIH</td>
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<td>Kevin Ochsner, Columbia University</td>
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<td>Aric Prather, UCSF</td>
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<td>Eli Puterman, University of British Columbia</td>
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<td>George Slavich, UCLA</td>
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<td>Joshua Wiley, Mary MacKillop Institute for Health Research*</td>
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<td>Carol Worthman, Emory University</td>
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*Postdoctoral Scholars