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
12:15 – 1. Closing. Discussion of what's next for the Network's direction.
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)?

Meeting Attendees

Dave Almeida, Penn State University
Wendy Berry Mendes, UCSF
Sheldon Cohen, Carnegie Mellon University
David Creswell, Carnegie Mellon University
Christopher Crew, UCSF*
Alexandra Crosswell, UCSF*
Elissa Epel, UCSF
Pete Gianaros, University of Pittsburgh
Tara Gruenewald, University of Southern California
Tom Kamarck, University of Pittsburgh
Jan Kiecolt Glaser, Ohio State University
Laura Kubzanksy, Harvard University
Bob Levenson, UC Berkeley
Dan McAdams, Northwestern University
Scott Monroe, University of Norte Dame
Lis Nielsen, National Institute of Aging, NIH
Kevin Ochsner, Columbia University
Aric Prather, UCSF
Eli Puterman, University of British Columbia
George Slavich, UCLA
Joshua Wiley, Mary MacKillop Institute for Health Research*
Carol Worthman, Emory University

*Postdoctoral Scholars