

SIERA STUDY

FALL NEWSLETTER



MEET OUR RESEARCH TEAM



Top Row (L to R): Hannah Kunsak, Nathan Phillips, Paige Ottaviano, Emily Schellinger

Bottom Row (L to R): Alexis Genna, Kellen Zemanski, Maegan Nation, Abby Hillmann, Dr. Rebecca Reed, Sydni Canney, Emma Ferguson

Not pictured: Nidhi Patel, Luke Connor, Allison Camillo, Rachel Black, Katie Holmes, Roma Dhingra

WELCOME OUR NEW FULL-TIME RESEARCH ASSISTANTS



PAIGE OTTAVIANO, B.S.

Paige joined the research team in September of 2021. She completed her B.S. in psychology with a minor in economics at the University of Pittsburgh.

She is interested in completing a Masters of Social Work degree.

STUDY PURPOSE

The purpose of the SIERA study is to link daily life – especially the amount and quality of different daily experiences – to biological changes that may be important for physical health.

Ultimately, we hope to understand what personal characteristics and experiences make older adults either vulnerable or resilient to potential stress-related effects on physical health.

STUDY UPDATES

Currently we have 110 participants enrolled in the study! We will continue data collection through next year. In addition, the study will feature an optional **in-person** component beginning in Spring 2022.

Thank you in advance for completing your 6 month follow-up video-conferences – these follow-ups are very important to understand your health *over time*.

We plan to start publishing results from the study later next year. Until then, check our website for related research and publications.



MAEGAN NATION, B.S.

Maegan joined the research team in the Summer of 2021. She completed her B.S. in psychology and criminology at Florida State University.

She is interested in pursuing a Ph.D. in clinical psychology with a focus on health psychology.

NOTABLE CHANGES IN RESEARCH ROLES

1. Paige and Maegan are conducting participant interviews.
2. Abby, previous interviewer and Graduate Research Assistant, is now leading undergraduate research assistants in data monitoring to ensure data quality.
3. Trained undergraduate research assistants (listed to the right) are assisting with recruitment, data monitoring during the 10 day sampling period, and biospecimens in the lab.

THANK YOU FOR YOUR INVOLVEMENT!



Left to Right: Maegan Nation, Dr. Reed, Abby Hillmann, Paige Ottaviano

Please visit our website (<https://www.pniresearchlab.com/>) or give us a call (412-624-2205) if you have any questions. Thank you again for your involvement in the SIERA Study – you make this study possible!

Sincerely,

Dr. Reed and the SIERA Study Team

GET TO KNOW OUR UNDERGRADUATE RESEARCH ASSISTANTS

Alexis Genna- pursuing a degree in psychology with a minor in sociology.

Hannah Kunsak- pursuing dual degrees in biology and psychology with a minor in spanish.

Roma Dhingra- pursuing a degree in biology of global health.

Katie Holmes- pursuing a double major in psychology and sociology with a minor in neuroscience.

Nathan Phillips- pursuing a double major in psychology and biology with a minor in chemistry.

Rachel Black- pursuing a double major in psychology and french.

Allison Camillo- pursuing a degree in psychology with minors in chemistry and neuroscience.

Sydni Canney- pursuing double major in psychology and english.

Luke Connor- pursuing a degree in psychology.

Nidhi Patel- pursuing a degree in biology with minors in chemistry and sociology.

Emma Ferguson- pursuing a degree in psychology with a minor in gender & women's studies.

Kellen Zemanski- pursuing a degree in math-economics with a minor in statistics.