RONALD W. BERKOWSKY

Postdoctoral Associate
Department of Psychiatry and Behavioral Sciences
Center on Aging
University of Miami Leonard M. Miller School of Medicine
1695 NW 9th Ave
Suite 3208D
Miami, FL 33136
Phone: (856) 366-4956
Email: rxb285@med.miami.edu
Twitter: @RonBerkowsky

EDUCATION

2014	PhD in Medical Sociology University of Alabama at Birmingham Birmingham, AL Dissertation: *Internet Use and Mental Health/Well-Being in Old Age: Exploring the Roles of Social Integration and Social Support*
2012	MA in Sociology University of Alabama at Birmingham Birmingham, AL Thesis: *Internet Use, Social Integration, and Psychological Well-Being in Older Adults*
2012	Certificate in Gerontology, Gerontology Education Program University of Alabama at Birmingham Birmingham, AL
2008	BA in Health and Societies University of Pennsylvania Philadelphia, PA

RESEARCH/WORK EXPERIENCE

2014 – present	University of Miami Miller School of Medicine Postdoctoral Associate: Department of Psychiatry and Behavioral Sciences – Center on Aging Description: *Postdoctoral research conducted through the University of Miami Center on Aging. Currently consults with the Scientific Director Sara Czaja primarily on the Center for Research and Education on Aging and Technology Enhancement (CREATE), a multidisciplinary and collaborative center dedicated to investigating the trends and benefits of technology use among older adults. Supervisor: Dr. Sara Czaja.*

2013 – 2014   University of Alabama at Birmingham Department of Sociology
Graduate Research Assistant: Mid-South Transdisciplinary Collaborative
Center for Health Disparities Research - Social Determinants of Health
Measurement (SDHM) Core
Description: *NIH-funded project focused on reducing chronic disease burden
of African-Americans in Alabama, Louisiana, and Mississippi. SDHM Core
focused on providing theoretical and methodological expertise regarding SDH
as well as measurement and data tools. Research responsibilities included (but
were not limited to): creating and maintaining research bank/toolbox with
SDH measures and finding and evaluating SDH data. Supervisor: Dr. William
Cockerham.*

2011   University of Alabama at Birmingham Department of Sociology
Project Coordinator: Work-Life and Technology Use Study
Description: *Online survey study focused on examining the relationship
between technology use and stress/spillover in the US working population.
Primary responsibilities were to oversee and manage research team during the
construction and implementation of the online survey as well as to provide
assistance during data cleaning and analysis. PI: Dr. Shelia Cotten.*

2009 – 2013   University of Alabama at Birmingham Department of Sociology
Graduate Research Assistant: UAB ICTs and Quality of Life Study
Description: *NIA-funded project focused on exploring the impacts of computer
and Internet use on older adults residing in assisted and independent living
communities. Research responsibilities included (but were not limited to):
participant recruitment/consent, survey scheduling and administration,
technological intervention instruction (lead), activity-control intervention
participation (assistant), data cleaning/analysis, and manuscript preparation
(lead author, co-author, reviewer). PI: Dr. Shelia Cotten.*

2008 – 2009   University of Pennsylvania Health System
Clinical Research Coordinator: Division of Gastroenterology
Description: *Worked on a number of clinical investigations conducted at the
University of Pennsylvania Hospital as well as at Penn Presbyterian Hospital.
Role was primarily administrative, although some lab work was required.
Responsibilities included (but were not limited to): IRB/HIPAA certification
and adherence, participant recruitment/consent, and limited sample collection
and analysis. Supervisor: Dr. James Lewis.*

2007 – 2008   University of Pennsylvania Department of Sociology
Undergraduate Research Assistant: Population Studies Center
Description: *Worked on a number of sociology/demography studies for the
department of sociology. Responsibilities included (but were not limited to):
data collection (quantitative and qualitative), data organization/cleaning,
and assorted clerical tasks. Supervisor: Dr. Irma Elo.*

2013   Op-Ed Pieces and Pitches: Framing Research for Public Audiences
               CUNY Graduate School of Journalism
               August 8
               Description: *Workshop hosted by JustPublics@365 on strategies used to
               disseminate scholarly research to the public via op-ed pieces, essays, and
               interviews. Held as a pre-conference workshop to the 2013 meeting of the
               American Sociological Association.*

2012   Summer Social Webshop
               University of Maryland
               August 20-24
               Description: *Intensive workshop on Technology-Mediated Social Participation
               (TMSP); topics covered include Internet and society, social media, information
               visualization, network analysis, collective action, user interface design, Health
               2.0, policy/privacy/identity, and research methodology. Granted $1,300
               honorarium from University of Maryland to attend.*

PUBLICATIONS – JOURNAL ARTICLES

Sharit, Joseph, Jessica Taha, **Ronald W. Berkowsky**, Halley Profita, and Sara J. Czaja. 2015. "Online
    Information Search Performance and Search Strategies in a Health Problem Solving Scenario."
    Journal of Cognitive Engineering and Decision Making (published online ahead of print). doi:
    10.1177/1555343415583747.

Winstead, Vicki, Elizabeth A. Yost, Shelia R. Cotten, **Ronald W. Berkowsky**, and William A.
    Anderson. 2014. "The Impact of Activity Interventions on the Well-Being of Older Adults in
    Continuing Care Communities." *Journal of Applied Gerontology* 33(7): 888-911. doi:
    10.1177/0733464814537701.

Berkowsky, Ronald W. 2013. "When You Just Cannot Get Away: Exploring the Use of Information
    and Communication Technologies in Facilitating Negative Work/Home Spillover." *Information,
    Communication & Society* 16(4): 519-541. doi: 10.1080/1369118X.2013.772650.

Berkowsky, Ronald W., Shelia R. Cotten, Elizabeth A. Yost, and Vicki P. Winstead. 2013. "Attitudes
    Towards and Limitations to ICT Use in Assisted and Independent Living Communities: Findings
    from a Specially-Designed Technological Intervention." *Educational Gerontology* 39(11): 797-
    811. doi: 10.1080/03601277.2012.734162.

Winstead, Vicki, William A. Anderson, Elizabeth A. Yost, Shelia R. Cotten, Amanda Warr, and **Ronald
    W. Berkowsky**. 2013. "You Can Teach an Old Dog New Tricks: A Qualitative Analysis of How
    Residents of Senior Living Communities May Use the Web to Overcome Spatial and Social
    Barriers." *Journal of Applied Gerontology* 32(5): 540-560. doi: 10.1177/0733464811431824.

PUBLICATIONS – BOOK CHAPTERS

Berkowsky, Ronald W., RV Rikard, and Shelia Cotten. 2015. "Signing Off: Predicting Discontinued ICT Usage among Older Adults in Assisted and Independent Living – A Survival Analysis." In *Human Aspects of IT for the Aged Population. Design for Everyday Life*, edited by J. Zhou and G. Salvendy. Switzerland: Springer International Publishing. doi: 10.1007/978-3-319-20913-5_36.

PUBLICATIONS - OTHER

Berkowsky, Ronald W. 2014. "Aging and Stress." In *The Wiley-Blackwell Encyclopedia of Health, Illness, Behavior, and Society*. Blackwell Publishing. doi: 10.1002/9781118410868.wbehibs020.

Berkowsky, Ronald W. 2014. "ICT and Stress." In *The Wiley-Blackwell Encyclopedia of Health, Illness, Behavior, and Society*. Blackwell Publishing. doi: 10.1002/9781118410868.wbehibs425.

Berkowsky, Ronald W. 2014. "Stress Across the Life Course." In *The Wiley-Blackwell Encyclopedia of Health, Illness, Behavior, and Society*. Blackwell Publishing. doi: 10.1002/9781118410868.wbehibs534.

IN PRESS

Berkowsky, Ronald W. and Sara J. Czaja. "The Use of Technology in Behavioral Intervention Research: Advantages and Challenges." In *Behavioral Intervention Research: Designing, Evaluating, and Implementing*, edited by L.N. Gitlin and S.J. Czaja. New York: Springer.

Elizabeth Yost, Vicki Winstead, **Ronald W. Berkowsky**, and Shelia R. Cotten. "Googling Grannies: How Technology Use Can Improve Health and Well-Being in Aging Populations." In *Digital Media Usage Across the Lifecourse*, edited by P.G. Nixon, R. Rawal, and A. Funk. Surrey, UK: Ashgate.

WORKS IN PROGRESS

Designing Technology Training for Older Adults in Continuing Care Retirement Communities. Book manuscript under contract with CRC Press of Taylor and Francis. Written with Shelia R. Cotten, Elizabeth A Yost, Vicki Winstead, and William A. Anderson.

"The Impact of Activities on Social Support among Older Adults in Independent and Assisted Living Facilities."

"The Interaction between Internet Use and Functional Limitations in Predicting Depressive Symptoms in Older Adults." Based on PhD dissertation research.

"Internet Use, Social Integration, and Psychological Well-Being in Older Adults." Based on MA thesis research.

Berkowsky, Ronald W. (PI) and Sara J. Czaja. 2015. "Transitioning to Assisted Living Study (TALS): Qualitative Assessment of the Challenges Facing Older Adults and Their Families." R03 proposal submitted for review to the National Institutes of Health, June 16.

RESEARCH INTERESTS

Medical Sociology	Work and Retirement
Aging/Social Gerontology	Mental Health
Social Impacts of Technology	eHealth

CONFERENCE PRESENTATIONS

Berkowsky, Ronald W., Sara J. Czaja, Joseph Sharit, Sankaran N. Nair, and Vicki Hanson. 2015. "Age, Culture, and Digital Literacy: Examining Differences in Trust in eHealth Websites." Accepted to the annual meeting of the Gerontological Society of America, November 18-22, Orlando, FL.

Yost, Elizabeth, **Ronald W. Berkowsky**, Vicki Winstead, and Shelia R. Cotten. 2015. "Not Alone: Examining the Effects of Different Types of Activities on Social Support among Residents of CCRCs." Accepted to the annual meeting of the Gerontological Society of America, November 18-22, Orlando, FL.

Berkowsky, Ronald W., RV Rikard, and Shelia Cotten. 2015. "Signing Off: Predicting Discontinued ICT Usage among Older Adults in Assisted and Independent Living – A Survival Analysis." Presented at the 1st International Conference on Human Aspects of IT for the Aged Population parallel to the 17th International Conference on Human-Computer Interaction, August 6, Los Angeles, CA.

Cotten, Shelia R., **Ronald W. Berkowsky**, Elizabeth Yost, Vicki Winstead, and William Anderson. 2014. "Getting Grandma Online: Process, Outcomes, and Challenges Associated with Conducting a 5 Year ICT and Quality of Life Randomized Controlled Trial in Assisted and Independent Living Communities." Assisted Living Interest Group Symposium presented at the annual meeting of the Gerontological Society of America, November 6, Washington DC.

Berkowsky, Ronald W. 2014. "The Interaction between Internet Use and Functional Limitations in Predicting Depressive Symptoms in Older Adults." Presented at the annual meeting of the American Sociological Association, August 18, San Francisco, CA.

Berkowsky, Ronald W., Shelia R. Cotten, and Vicki Winstead. 2014. "Tech Tension: Examining ICT Use, Technology-Related Work Enhancements/Detriments, and Stress." Presented at the 14th International Conference on Social Stress Research, June 8, Vancouver, Canada.

Berkowsky, Ronald W., Shelia R. Cotten, Elizabeth Yost, and Vicki Winstead. 2014. "Impacts of Internet Use on Civic Engagement in Older Adults in Assisted and Independent Living Communities." Presented at the annual meeting of the Southern Sociological Society, April 3, Charlotte, NC.

Cotten, Shelia R., William Anderson, Elizabeth Yost, Vicki Winstead, and Ronald W. Berkowsky. 2013. "You Don't Mess with Bingo: Recruitment and Retention of Technology Intervention Study Participants from Independent and Assisted Living Communities." Presented at the annual meeting of the Gerontological Society of America, November 23, New Orleans, LA.

Cotten, Shelia R., Ronald W. Berkowsky, Vicki P. Winstead, William A. Anderson, Elizabeth A. Yost, and Brandi McCullough. 2013. "Scaling the Wall: Decreasing the Digital Divide in Assisted and Independent Living Communities." Presented at the annual meeting of the American Sociological Association, August 12, New York, NY.

Cotten, Shelia R., Vicki P. Winstead, William A. Anderson, Ronald W. Berkowsky, Elizabeth A. Yost, and Brandi McCullough. 2013. "Internet Usage and Connection with the Social World among Older Adults in Assisted and Independent Living Communities." Accepted to the 20th IAGG World Congress of Gerontology and Geriatrics, June 23-27, Coex, Seoul, South Korea.

Winstead, Vicki P., Elizabeth A. Yost, Shelia R. Cotten, William A. Anderson, Ronald W. Berkowsky, and Sarah Khalidi. 2013. "Why Does Grandma Never Answer the Phone? Increasing Quality of Life Outcomes Through Activities in Continuing Care Communities." Presented at the annual meeting of the Southern Gerontological Society, April 6, Charlotte, NC.

Berkowsky, Ronald W. 2012. "Examining Internet Use, Social Integration, and Psychological Well-Being in a Cohort of Older Adults." Presented at the annual meeting of the Gerontological Society of America, November 15, San Diego, CA.

Cotten, Shelia R., Ronald W. Berkowsky, Will Anderson, Brandi McCullough, Vicki Winstead, and Elizabeth Yost. 2012. "Going Online: Examining Types of Internet Use Among Older Adults." Presented at the annual meeting of the Gerontological Society of America, November 15, San Diego, CA.

Berkowsky, Ronald W. 2012. "Examining Internet Use, Social Integration, and Psychological Well-Being in a Cohort of Older Adults." Presented at the annual meeting of the UAB Center for Aging, October 16, Birmingham, AL.

Berkowsky, Ronald W. 2012. "When You Just Can't Get Away: Exploring the Use of ICTs in Facilitating Negative Work/Home Spillover." Presented at the annual meeting of the American Sociological Association, August 20, Denver, CO.

Cotten, Shelia R., William A. Anderson, Ronald Berkowsky, Elizabeth Yost, and Vicki Winstead. 2012. "Can Information and Communication Technology Usage by Older Adults Decrease Stress, Social Isolation, and Loneliness? Results from a Randomized Trial." Presented at the 13th International Conference on Social Stress Research, June 21, Dublin, Ireland.

Berkowsky, Ronald W. and Shelia Cotten. 2012. "Using Computers and the Internet in Assisted and Independent Living Communities: An Evaluation of a Technological Intervention." Presented at the annual meeting of the Southern Sociological Society, March 22, New Orleans, LA.

Berkowsky, Ronald W. 2012. "When You Just Can't Get Away: Exploring the Use of ICTs in Facilitating Negative Work/Home Spillover." Presented at the 2012 UAB Graduate Student Research Days Master's Competition – Public Health and Social & Behavioral Sciences Session, February 22, Birmingham, AL.

Berkowsky, Ronald W. 2011. "Internet Use and Psychological Well-Being in Older Adults." Presented at the annual meeting of the American Sociological Association, August 22, Las Vegas, NV.

Anderson, William, Amanda M. Warr, Shelia Cotten, **Ronald W. Berkowsky**, Vicki Winstead, and Elizabeth Yost. 2011. "The Role of Social Support and Social Networks in Older Adults' Motivation to Use ICTs." Presented at the annual meeting of the Southern Sociological Society, April 8, Jacksonville, FL.

Winstead, Vicki, Elizabeth A. Yost, Shelia R. Cotten, William A. Anderson, Amanda M. Warr, and **Ronald W. Berkowsky**. 2010. "You Can Teach an Old Dog New Tricks: A Qualitative Analysis of the Impact of ICT Usage on Institutionalized Senior Adults' Perceptions of Spatial and Social Barriers." Presented at the annual meeting of the UAB Center for Aging, October 14, Birmingham, AL.

Winstead, Vicki, Elizabeth A. Yost, Shelia R. Cotten, William A. Anderson, Amanda M. Warr, and **Ronald W. Berkowsky**. 2010. "You Can Teach an Old Dog New Tricks: A Qualitative Analysis of the Impact of ICT Usage on Institutionalized Senior Adults' Perceptions of Spatial and Social Barriers." Presented at the annual meeting of the American Sociological Association, August 15, Atlanta, GA.

Winstead, Vicki, Elizabeth Yost, Amanda Warr, **Ronald W. Berkowsky**, William Anderson, and Shelia R. Cotten. 2010. "Connectedness in the Postmodern World: An Assessment of ICT Training with Senior Adults." Presented at the annual meeting of the Southern Sociological Society, April 23, Atlanta, GA.

MANUSCRIPT REVIEWER

Emerald Studies in Media and Communication
Information, Communication & Society
Journal of Health and Social Behavior
Scandinavian Journal of Public Health

PROFESSIONAL AFFILIATIONS

Alpha Kappa Delta Sociology Honor Society (2010 – present)

American Sociological Association (2008 – present)
    Aging and Life Course Section (2011 – present)
    Communication and Information Technologies (CITASA) Section (2011 – present)
    Medical Sociology Section (2009 – present)
    Sociology of Mental Health Section (2013-present)

Gerontological Society of America (2012 – present)
    Behavioral and Social Sciences Section (2012-present)

Golden Key International Honour Society (2010 – present)

Southern Sociological Society (2009 – present)

COURSES TAUGHT

2013   Social Statistics (lab instructor)
                  Sociology of Social Media (co-instructor, online)

PROFESSIONAL ACTIVITIES/SERVICE

2014   Southern Sociological Society Annual Meeting
                  Presider for Session "Media, the Internet, and Health"

2013   Gerontological Society of America
                  Abstract Reviewer for 66th Annual Meeting

2013   American Sociological Association Annual Meeting
                  Communication and Information Technologies (CITASA) Section
                  Co-Organizer for Roundtable Sessions

2013   American Sociological Association Annual Meeting
                  Presider for Session "Internet and Society 2"

2013   Southern Sociological Society Annual Meeting
                  Co-Presider for Session "Impacts of Technology and Social Media"

2010-2013   University of Alabama at Birmingham Graduate Student Association
                  Senator for Department of Sociology (2010-2013)
                  Executive Committee Member (2012-2013)
                        Senate Secretary (2012-2013)
                  Graduate Relations Committee Member (2010 – 2013)
                  Student Health and Insurance Committee Member (2011 – 2012)
                        Committee Secretary (2011 – 2012)

AWARDS AND HONORS

2013   University of Alabama at Birmingham
                Department of Sociology
                Outstanding Graduate Student Award

2010   Alpha Kappa Delta Sociology Honor Society

VOLUNTEER WORK

2013   Birmingham Bus Riders Organization
                Facebook and Twitter Orientation and Training
                Lead Instructor

2012   Sheffield High School (Sheffield, AL)
                Student Training in Implementing Social Media Programs for Seniors
                Lead Instructor/Presenter

2011, 2013   University of Alabama at Birmingham Graduate Student Research Days
                Volunteer – Doctoral Competition

References

Shelia R. Cotten
Department of Media and Information
Michigan State University
East Lansing, MI 48824
Phone: 517-432-8002
Email: cotten@msu.edu

Sara. J. Czaja
Department of Psychiatry and Behavioral Sciences – Center on Aging
University of Miami Miller School of Medicine
Miami, FL 33136
Phone: 305-355-9068
Email: sczaja@med.miami.edu

Patricia Drentea
Department of Sociology
University of Alabama at Birmingham
Birmingham, AL 35294
Phone: 205-934-2562
Email: pdrentea@uab.edu