

Elizabeth Teas

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EDUCATION

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| Expected May 2023 | Dual Title PhD Candidate in Human Development and Family Studies & Gerontology, Purdue University, West Lafayette, IN |
| M.S., August 2019 | Kinesiology and Health, Miami University, Oxford, OH Health Promotion Concentration Thesis – <i>Motivation Matters: Exploring the Relationships Among Well-Being, Motivation, and Inflammation in Older Adults</i> Chair: Jay Kimiecik, PhD |
| B.S., May 2014 | Global Business & Political Science, The University of Texas at Dallas, Richardson, TX Collegium V Honors; <i>summa cum laude</i> Thesis – <i>Business Relocation: Evolving, Investing, and Competing</i> Thesis Advisors: Edward Harpham, PhD & Marilyn Kaplan, PhD |

PEER-REVIEWED PUBLICATIONS*

8. **Teas, E.**, Kimiecik, J., Ward, R.M., Timmerman, K. (2022). Intuitive eating and biomarkers related to cardiovascular disease in older adults. *Journal of Nutrition Education and Behavior*, 54 (5), 412-421. doi:10.1016/j.jneb.2022.01.010
7. **Teas, E.**, Friedman, E., & Amireault, S. (2022). Purpose in life and personal growth: The unique and joint contribution of physical activity and basic psychological needs. *Applied Psychology: Health and Well-Being*, 1–24. <https://doi.org/10.1111/aphw.12347>
6. **Teas, E.**, Robertson, O., Marceau, K., & Friedman, E. (2021). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. *Psychosomatic Medicine*, 83(7), 724-732.
5. Steers, M-L.N., Ward, R.M., Neighbors, C., Tanygin, A.B., Guo, Y., & **Teas, E.** (2021). Double vision on social media: How self-generated alcohol-related posts moderate the relationship between viewing others' posts and drinking. *Journal of Health Communication*, 26(1), 12-18. doi:10.1080/10810730.2021.1878311
4. **Teas E.**, Friedman, E.M. (2021). Sleep and functional capacity in older adults: Cross-sectional associations among self-report and objective assessments. *Sleep Health*, 7(2):198-204. doi:10.1016/j.sleh.2020.12.001
3. Kimiecik, J. & **Teas, E.** (2020). Express your self: Exploring the nature of the expressive self and the health and well-being consequences of its restriction within a market society. *Journal of Humanistic Psychology*. doi:10.1177/0022167820966154
2. Kimiecik, J., Ward, R.M., **Sohns, E.** (2019). Back to basics: Tracing health and risk behaviors back to well-being. *American Journal of Health Studies*, 34(1), 11-22. doi: 10.47779/ajhs.2019.28

1. Newman, T. J., Okamoto, K., Kimiecik, C., **Sohns, E.**, Burns, M., & Magier, E. (2019). The role of social workers in sport: Shared values, interprofessional collaborations, and unique contributions. *Journal of Sport Psychology in Action*, 10(3), 160-173. doi:10.1080/21520704.2019.1642270

*Last name changed from Sohns to Teas in 2019.

ACADEMIC/CONFERENCE PRESENTATIONS

^UUndergraduate student

29. **Teas, E.** (2022, April). A life course perspective on social connectedness and adult health. Invited talk at the Purdue University Center on Aging and the Life Course 10th Annual Scholars in the Spotlight/Spring Luncheon.
28. ^UVoss, L., **Teas, E.**, Friedman, E. (2022, April). Chronic conditions and mortality: Moderation by self-rated health. Poster presented at the Purdue University 2022 Spring Undergraduate Research Conference.
27. **Teas, E.**, Marceau, K., Friedman, E. (2022, March). Comparing data-driven and theory-driven approaches to classify social relationships across the life course. Poster presented at the Purdue College of Health and Human Services Spring Research Day, West Lafayette, IN.
26. **Teas, E.**, Marceau, K., Friedman, E. (2022, March). Life course social connectedness, marital transitions, and physical activity in later life. Ignite research talk (oral presentation) at the Annual American Academy of Health Behavior meeting in Key Largo, FL. – *High Honors Abstract Award*
25. **Teas, E.**, Robertson, O., Marceau, K., Friedman, E. (2021, November). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. Poster presented at the Purdue College of Health and Human Sciences Fall Research Day, West Lafayette, IN.
24. ^UVoss, L., **Teas, E.**, Friedman, E. (2021, November). Health perceptions and longevity in adults with chronic illness. Research presentation at the Purdue University 2021 Fall Undergraduate Research Expo, Virtual.
23. **Teas, E.**, Robertson, O., Marceau, K., Friedman, E. (2021, November). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. Poster presented at the Annual Meeting of the Gerontological Society of America, Virtual.
22. **Teas, E.**, Friedman, E., Amireault, S. (2021, June). Aging and thriving: The differential roles of physical activity and basic psychological needs. Oral presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Virtual.
21. Steers, M-L., N., Ward, R.M., Guo, Y, **Teas, E.**, & Crist, N. (2021, February). Motivations for not posting alcohol-related content to social media scale. Poster presented at the Annual Meeting of the of the Society for Personality and Social Psychology, Virtual Convention.
20. Friedman, E., & **Teas, E.** (2020, November). Does poor sleep quality predict functional limitations? Poster presentation at the Annual Meeting of the Gerontological Society of America, Virtual.
19. **Teas, E.** & Friedman, E. (2020, November). Do control beliefs moderate the relationship between function and physical activity? Poster presentation at the Annual Meeting of the Gerontological Society of America, Virtual.
18. Richards, L., Franks, M., Christ, S., Rietdyk, S., **Teas, E.** (2020, October). Concordance of objectively measured physical activity and sedentary behavior between partners. Oral presentation at the American Public Health Association Annual Meeting, Virtual.

17. **Teas, E.**, Kimiecik, J., Ward, R.M., Timmerman, K. (2019, November). What's motivation got to do with it? Using latent profile analysis for biomarkers and physical activity in older adults. Poster presentation at the Annual Meeting of the Gerontological Society of America, Austin, TX.
16. Kimiecik, J., **Sohns, E.** (2019, October). The fantastic four: Superheroes of the self that provide psychological energy for sustainable physical activity. Lecture at the 34th Annual Association for Applied Sport Psychology Conference, Portland, OR.
15. ^UWillette, A., ^UConroy, C., Timmerman, K., **Sohns, E.** (2019, April). Relationships among physical activity, body composition, and cardiometabolic risk factors in older adults. Poster presented at the 25th Annual Miami University Undergraduate Research Forum, Oxford, OH.
14. **Sohns, E.**, Timmerman, K., Ward, R.M., Kimiecik, J. (2019, April). Heart and soul: Examining blood lipids, psychological well-being, and motivation in older adults. Poster presented at the 43rd Annual Ohio Association of Gerontology and Education Conference, Oxford, OH.
15. Kimiecik, J., **Sohns, E.**, Kimiecik, C. (2019, March). Play your way to optimal well-being. Educational session presented at the 10th Anniversary Conference on the Value of Play: Play for Life, Clemson, SC.
12. Ward, R.M., Guo, Y., Speed, S., Sherrard, L., **Sohns, E.** (2019, March). Examining alcohol-related blackouts and sexual assault in the context of drinking to cope. Poster presented at American Academy of Health Behavior 2019 Annual Scientific Meeting, Greenville, SC.
11. **Sohns, E.**, Ward, R.M., Kimiecik, J. (2019, March). College students' physical activity, diet, and alcohol and marijuana use: Using structural equation modeling to assess multiple health behaviors. Poster presented at American Academy of Health Behavior 2019 Annual Scientific Meeting, Greenville, SC.
10. **Sohns, E.**, Ward, R.M., Timmerman, K., Kimiecik, J. (2018, November). Motivation moves: Examining older adults' physical activity and motivation for exercise. Poster presented at the Gerontological Society of America Conference, Boston, MA.
9. **Sohns, E.** (2018, November). Aging and active: Examining catalysts for exercise among older adults. Oral presentation at the 10th Annual Miami University Graduate Research Forum, Oxford, OH.
8. ^USmith, V. Volk, G.A. **Sohns, E.** ^UConroy, C.R., ^UBartram, R.E., ^UHeindl, C.R., Timmerman, K. (2018, November). Predictors of clinical measures of insulin resistance. Poster presented at the 46th Midwest Chapter of the American College of Sports Medicine Annual Meeting, Grand Rapids, MI.
7. ^UFrindt, K.M., Volk, G.A., ^UHeaven, S., **Sohns, E.**, ^UPeleckas, E., Warren, V, ^UZiazaris, M., Timmerman, K.L. (2018, November). Associations among objectively and subjectively measured physical activity in older adults. Poster presented at the 46th Midwest Chapter of the American College of Sports Medicine Annual Meeting, Grand Rapids, MI.
6. Kimiecik, J. & **Sohns, E.** (2018, November). Enhance the experience with life to optimize and sustain the experience of exercise. In "Exercise Psychology in Practice: Theory-based Perspectives to Transforming Exercise Behavior" webinar. Society for Sport, Exercise & Performance Psychology, APA Division 47.
5. **Sohns, E.**, Ward, R. M., & Kimiecik, J. (2018, June). The relationship between Eudaimonic well-being, motivation, and alcohol consumption among college students. Poster presented at the Research Society on Alcoholism Annual Conference, San Diego, CA.
4. Kimiecik, J. & **Sohns, E.** (2018, May). The expressive self and my health: Utilizing a Currere process to examine the truth. Topic presented at the 3rd Annual Currere Exchange Conference and Retreat, Oxford, OH.

3. **Sohns, E.** (2018, March). A filtered reality. Paper competitively selected to present at the 15th Annual Miami English Graduate and Adjunct Association (MEGAA) Symposium – Resist & Revise, Oxford, OH.
2. **Sohns, E.,** Kimiecik, J., Ward, R.M. (2017, November). The relationship between Eudaimonic well-being, motivation, and exercise among college students. Poster presented at the 9th Annual Miami University Graduate Research Forum, Oxford, OH.
1. **Sohns, E.** (2014, May). Business relocation: Evolving, investing, and competing. Undergraduate poster presented and defended at The University of Texas at Dallas Honors College, Richardson, TX.

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GRANT SUPPORT

NIH F31 – 1F31AG072824-01, **Teas E.** (PI)

05/21/21 – 05/20/2023

A Life Course Perspective on Social Connectedness and Adult Health

This project uses an interdisciplinary approach to examine whether social connectedness across the life course predicts functional capacity in later life by promoting physical activity and/or reducing inflammatory biomarkers, and whether socioeconomic status modifies these pathways. Results will demonstrate whether, when, and how life-course social connectedness predicts functional capacity ten years later and will generate theory- and intervention- relevant insights into the successful maintenance of health, independence, and function across the lifespan.

Role: Principal Investigator

FELLOWSHIP AND RESEARCH FUNDING

Purdue Research Foundation, Friedman, E.M. (PI)

Aug. 2020 – May 2021

I served as a research assistant on a project related to sleep and functional capacity among middle-aged and older adults. With Dr. Friedman, we conceptualized the project, and I conducted the analyses and led the preparation of a peer-reviewed first-authored publication.

Purdue Executive Vice President for Research and Partnerships, Friedman, E.M. (PI)

May 2020 – Aug. 2020

I worked with Dr. Friedman to review the literature on self-rated health, disease burden, and morality to ultimately develop pertinent research questions, provide feedback on analyses, and support an undergraduate student in presenting a poster at the Purdue Undergraduate Research Forum.

Purdue Lynn Fellowship Recipient, Center on Aging and the Life Course

Aug. 2019 – May 2020

The Lynn Fellowship is designed for the recruitment of outstanding PhD-track students in interdisciplinary graduate programs at Purdue. This award provided stipend/salary, tuition coverage, and a medical insurance supplement.

Miami University Graduate School's Thesis & Dissertation Research Program

Aug. 2018

I was awarded \$300 to assist with data collection for my master's thesis.

Miami University Graduate School Scholar Assistantship

2017 – 2019

The Graduate School Scholar Assistantship is a recruiting assistantship intended to be used to attract and matriculate the best and brightest prospective graduate students. It provided one semester on a Graduate School funded research assistantship dedicated to full-time research related to my thesis.

Bill Archer Fellowship Program, The University of Texas System

Jan. 2014 – May 2014

I was competitively selected for a semester-long Washington, D.C., internship and academic fellowship program.

International Education of Students (IES) Abroad

May 2012 – July 2012

Semester-long study abroad program in Barcelona, Spain

MERIT AND TRAVEL AWARDS

Gerontological Society of America – Behavioral and Social Sciences Student Registration Award, 2021 **(\$200)**

Todd Hill-Jones Archer Center Alumni Scholarship, 2021 **(\$1,000)**

Out of 54 alumni applications, I was selected by the review committee to receive a scholarship to pursue my work and goals for public service.

Purdue College of Health & Human Sciences Graduate Grant Submission Bonus, 2021 **(\$150)**

The HHS Dean's Office provided a cash bonus for submitting a national fellowship application.

Purdue Graduate School Incentive Grant, 2021 **(\$100)**

The Graduate School provided a grant for submitting a national fellowship application.

Gerontological Society of America – Behavioral and Social Sciences Travel Stipend, 2019 **(\$200)**

PROFESSIONAL EXPERIENCE

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| Aug. 2019 – May 2021 | Graduate Research Assistant Purdue University, West Lafayette, IN |
| Aug. 2017 – Aug. 2019 | Graduate Research/Teaching Assistant Miami University, Oxford, OH |
| Nov. 2015 – April 2017 | Managing Consultant Strategic Partnerships, Inc., Austin, TX |
| June 2014 – Nov. 2015 | Regional Admissions Representative The University of Texas at Dallas, Richardson, TX |
| Jan. 2014 – April 2014 | Generation Progress Policy Analyst Center for American Progress, Washington, D.C. |
| May 2013 – Aug. 2013 | Economic Development Research Assistant Dallas Regional Chamber, Dallas, TX |

TEACHING EXPERIENCE

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| Spring 2019 | Instructor, Jogging & Marathon Training Classes Miami University, Oxford, OH |
| Fall 2018 | Mentored two undergraduate students in successful applications for an Undergraduate Research Award (\$1000) and an Inter-Disciplinary Engagement Award (\$500) related to research on older adults |

Fall 2017 – **Instructor, Functional Anatomy Lab**
Spring 2018 Miami University, Oxford, OH

Fall 2011 – **Peer-Led Team Learning (PLTL) Leader – Differential & Integral Calculus**
Fall 2013 The University of Texas at Dallas

AD HOC REVIEWER

Journal of Aging & Health
Journal of Gerontology: Social Sciences

SERVICE

Departmental/University Service

2021 – Present **Purdue HHS's Diversity, Equity and Inclusion Science Consortium**
Supporting Member

2020 – Present **Purdue Graduate Student Government Senator – Center on Aging and the Life Course Representative**
Grant reviewer for the Grant Review and Allocation Committee

2021 – 2022 **Purdue HDFS Clinical Assistant Professor Search Committee**
Provided feedback on the job posting, reviewed applicants, drafted summaries of each candidate including notable strengths and weaknesses, and helped coordinate campus visits for finalists

Fall 2021 **HDFS Graduate School/Professional School Panel**
Speaker on panel for HDFS undergraduate students

2019 – 2021 **HDFS Graduate Student Recruitment**
In 2020-21, I led the graduate student committee to organize the annual visit day for admitted students and adapted all events to be virtual for the first time.

2019 – 2020 **HDFS Outreach Committee Member**
I helped organize outreach events with various community organizations (e.g., Heads Up Young Adult Scholars Club) to bolster our department's community involvement.

Conference Abstract Reviewing

2020 – Present Gerontological Society of America

Other Service

2016 – Present Archer Fellow Scholarship Reviewer

PROFESSIONAL MEMBERSHIPS AND CIVIC EXPERIENCE

2021 – Present Member, American Academy of Health Behavior

2018 – Present Member, Gerontological Society of America

2014 – Present Lifetime Member, Girl Scouts of America

2013 – Present Member, Beta Gamma Sigma International Honor Society

2012 – Present Member, Phi Kappa Phi Honor Society

2018 – 2019 Member, Research Society on Alcoholism

2016 – 2017 Events Committee Chair, Austin Young Women's Alliance

2015 – 2017 Austin Chapter Co-Chair, Archer Fellow Alumni Association

SKILLS

Statistical Software

- Stata, Mplus, SPSS, SAS

Grant Writing Experience

- Class: Fellowship Application and Grant Writing, Summer 2020 – received training on research proposal preparation
- Composed successful grant for National Institutes of Health (NIH) F31 Fellowship, Summer 2020

OTHER HONORS AND AWARDS

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| 2013 | NCAA American Southwest Conference All-Tournament Team |
| 2011 – 2014 | NCAA American Southwest Conference All-Academic Soccer Team |
| 2010 – 2014 | Academic Excellence Scholarship, UT Dallas |
| 2010 | MLK Scholarship, Rotary Club of Austin |