

Elizabeth Teas, MS

Graduate Research Assistant
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EDUCATION

PhD Student	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
Spring 2014	Bill Archer Fellowship Program, The University of Texas System Competitively selected for a semester-long Washington, D.C., internship and academic fellowship program
Summer 2012	International Education of Students (IES) Abroad Semester-long study abroad program in Barcelona, Spain

PROFESSIONAL EXPERIENCE

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

ACADEMIC PUBLICATIONS*

Ward, R.M., Steers, M-L.N., Guo, Y., **Teas, E.**, Crist, N. (Under review). Reasons for not posting alcohol-related content to social media: Measurement development and initial validation. *Addictive Behaviors*.

Teas E, Robertson O, Marceau K, Friedman EM. (In press). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. *Psychosom Med*.

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

Teas E, Friedman EM. Sleep and functional capacity in older adults: Cross-sectional associations among self-report and objective assessments. *Sleep Health*. 2021;7(2):198-204. doi:10.1016/j.sleh.2020.12.001

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

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.

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*, 1-14. doi:10.1080/21520704.2019.1642270

*Last name changed from Sohns to Teas in 2019.

ACADEMIC/CONFERENCE PRESENTATIONS*

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.

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 submitted to the Annual Meeting of the of the Society for Personality and Social Psychology, Virtual Convention.

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.

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.

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.

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.

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.

Willette, A., Conroy, 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.

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.

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.

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.

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.

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.

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.

Smith, V. Volk, G.A. **Sohns, E.** Conroy, C.R. Bartram, R.E., Heindl, 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.

Frindt, K.M., Volk, G.A., Heaven, S., **Sohns, E.**, Peleckas, E., Warren, V., Ziaziaris, 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.

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.

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.

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.

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.

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.

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.

*Last name changed from Sohn's to Teas in 2019.

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

TEACHING EXPERIENCE

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 – Spring 2018	Instructor, Functional Anatomy Lab Miami University, Oxford, OH
Fall 2011 – Fall 2013	Peer-Led Team Learning (PLTL) Leader – Differential & Integral Calculus The University of Texas at Dallas

PROFESSIONAL MEMBERSHIPS AND CIVIC EXPERIENCE

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

HONORS AND AWARDS

2021	Purdue College of Health & Human Sciences Graduate Grant Submission Bonus
2021	Purdue Graduate School Incentive Grant
2019 - 2020	Lynn Fellowship Recipient, Purdue University
2018	Awarded funding from Miami University Graduate School's Thesis & Dissertation Research Program
2017	Graduate Student Scholar Award, Miami University
2014	Bill Archer Fellowship Program, The University of Texas System
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
2010	Girl Scout Gold Award

SERVICE

Departmental/University Service

2019 – Present	HDFS Graduate Student Recruitment
2020 – Present	Purdue Graduate Student Government Senator – CALC representative
2019 – 2020	HDFS Outreach Committee

Conference Abstract Reviewing

2020	Gerontological Society of America
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SKILLS

Statistical Software

- Stata, SPSS, Mplus

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