
NILAM RAM

Department of Human Development & Family Studies
Pennsylvania State University
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EDUCATION

Ph.D., Psychology, August 2006
University of Virginia, Charlottesville, VA
Advisors: John R. Nesselroade, Ph.D., John J. McArdle, Ph.D.

M.S., Kinesiology, May 2000
University of Colorado, Boulder, CO
Advisor: Penny McCullagh, Ph.D.

B.A., Economics, May 1992
Columbia University, New York, NY

PROFESSIONAL POSITIONS

2006-pres. Assistant Professor, Department of Human Development & Family Studies and
Department of Psychology
Pennsylvania State University, State College, PA

2011-pres. Co-Director, StudioLab PSU (www.studiolabpsu.com)
Pennsylvania State University, State College, PA

2007-pres. Visiting Scientist, Center for Lifespan Psychology
Max Planck Institute for Human Development, Berlin, Germany

2008-pres. Research Associate, DIW
German Institute for Economic Research, Berlin, Germany

2010-pres. Faculty, The International Max Planck Research School: LIFE
Max Planck Institute for Human Development, Berlin, Germany

1999-2006 Research and Teaching Assistant,
Department of Psychology, University of Virginia, Charlottesville, VA
Department of Human Services, University of Virginia, Charlottesville, VA
Department of Kinesiology, University of Colorado, Boulder, CO

1992-1999 Assistant Treasurer to Assistant Vice President, Foreign Exchange Options
Bank Julius Baer, New York, NY

FELLOWSHIPS & AWARDS

- 2009-2010 Faculty Fellow, Children, Youth, and Families Consortium
Pennsylvania State University
- 2008 Visiting Scientist, German Institute for Economic Research, Berlin, Germany
- 2007 Young Scholar, Workshop on Advancing Inter-American Collaboration in Human Development Research, Methodology, and Training (sponsored by the International Society for the Study of Behavioral Development), Gramado, Brazil
- 2005-2006 Dissertation Fellowship
Graduate School of Arts and Sciences, University of Virginia
- 2005-2006 American Psychological Association Dissertation Research Award
- 2004-2006 Fellow, International Max Planck Research School
The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)
- 2002-2005 Ruth L. Kirschstein National Research Service Award
National Institute on Aging Fellowship T32 AG20500
Training in Quantitative Modeling in Aging
- 2003-2005 Robert J. Huskey Fellowship
Graduate School of Arts and Sciences, University of Virginia
- 2001-2002 Outstanding Teaching Assistant
Curry School of Education, University of Virginia
- 2001-2002 Phillip Morris Minority Fellowship
- 2000-2001 Curry School of Education Minority Fellowship

PUBLICATIONS (* = student or post-doctoral mentee)

- Fauth, E. B., Gerstorf, D., Ram, N., & Malmberg, B. (in press). Changes in depressive symptoms in the context of disablement processes: The role of demographic characteristics and social support. *Journals of Gerontology: Psychological Sciences*.
- *Finlay, A. Ram, N., Maggs, J. L. & Caldwell, L. L. (in press). Leisure activities, "The Weekend", and alcohol use: Evidence from a daily study of first-year college students. *Journal of Studies on Alcohol and Drugs*.
- *Hyde, A., Conroy, D., Pincus, A., & Ram, N. (in press). Unpacking the feel good effect of free-time physical activity: Between- and within-person associations with pleasant-activated feeling states. *Journal of Sport and Exercise Psychology*.
- *Infurna, F. J., Gerstorf, D., Ram, N., Schupp, J., & Wagner, G. G. (in press). Long-term antecedents and outcomes of perceived control: Links to social participation, life satisfaction, health, and mortality across adulthood and old age. *Psychology and Aging*.
- *Marceau, K., Ram, N., Houts, R. H., Grimm, K. J., & Susman, E. J. (in press). Individual differences in boys' and girls' timing and tempo of puberty: Modeling development with nonlinear growth models. *Developmental Psychology*.

- *Mitas, O., Yarnall, C., Zinn, H. Adams, R. & Ram, N. (in press). Taking a “peak” at leisure travelers’ positive emotions. *Leisure Sciences*.
- *Molloy, L. E., Ram, N., & Gest, S. D. (in press). Development and lability in early adolescents’ self-concept: Within- and between-person variation. *Developmental Psychology*.
- Ram, N., Brose, A. & Molenaar, P.C.M. (in press). Dynamic factor analysis: Modeling person-specific process. In T. Little (Ed.) *Oxford handbook of quantitative methods*. (pp. xx-xx). New York: Oxford University Press.
- Ram, N., Conroy, D. E., Pincus, A. L., *Hyde, A. L., & *Molloy, L. E. (in press). Tethering theory to method: Using measures of intraindividual variability to operationalize individuals’ dynamic characteristics. In G. Hancock & J. Harring (Eds.), *Advances in longitudinal modeling in the social and behavioral sciences* (pp. xx-xx). New York: Routledge.
- *Shiyko, M., & Ram, N., (in press). Conceptualizing and estimating process speed in studies employing ecological momentary assessment designs: A multilevel variance decomposition approach. *Multivariate Behavioral Research*.
- *Shiyko, M., Ram, N., & Grimm, K. J. (in press). Growth mixture modeling. In R. Hoyle (Ed.). *Handbook of Structural Equation Modeling* (pp. xx-xx). New York: Guilford.
- Brose, A. & Ram, N. (2011). Within-person factor analysis: Modeling how the individual fluctuates and changes across time. In M. Mehl & T. Conner (Eds.) *Handbook of research methods for studying daily life* (pp. 459-468). New York: Guilford.
- Carstensen, L.L., Turan, B., Scheibe, S., Ram, N., Ersner-Hershfield, H., Samanez-Larkin, G.R., Brooks, K.P., Nesselroade, J.R. (2011) Emotional experience improves with age: Evidence based on over 10 years of experience sampling. *Psychology and Aging*, 26, 21-33.
- Gerstorf, D., Ram, N., Hoppmann, C. A., Willis, S. L., & Schaie, K. W. (2011). Cohort differences in cognitive aging and terminal decline in the Seattle Longitudinal Study. *Developmental Psychology*. 47, 1026-1041. DOI: 10.1037/a0023426.
- Gerstorf, D., & Ram, N. (2011). Late-Life: A venue for studying the mechanisms by which contextual factors influence individual development. S. K. Whitbourne & M. J. Sliwinski (Eds.), *Handbook of adulthood and aging* (pp. 49-71). New York: Wiley.
- Grimm, K. J., & Ram, N. (2011). Growth curve modeling from a structural equation modeling perspective. In B. Laursen, T. Little, & N. Card (Eds.) *Handbook of Developmental Research Methods* (pp. 411-431). New York: Guilford.
- Grimm, K. J., & Ram, N. (2011). Modeling change over time. In G. Tenenbaum, R. Eklund, & A. Kamata (Eds.), *Handbook of measurement in sport and exercise psychology* (pp. 65-73). Champaign, IL: Human Kinetics.
- Grimm, K., J., Ram, N., & Hamagami, F. (2011). Nonlinear growth curves in developmental research. *Child Development*, 85, 1357-1371.
- Ram, N., Gerstorf, D., Lindenberger, U., & Smith, J. (2011). Developmental change and intraindividual variability: Relating cognitive aging to cognitive plasticity, cardiovascular lability, and emotional diversity. *Psychology and Aging*, 26, 363-371.
- Ram, N., Grimm, K., Gatzke-Kopp, L. & Molenaar, P.C.M. (2011). Longitudinal mixture models and the identification of archetypes: Action-adventure, mystery, science fiction, fantasy, or romance? In B. Laursen, T. Little, & N. Card (Eds.) *Handbook of Developmental Research Methods* (pp. 481-500). New York: Guilford.
- Szerlip, N., *Rutter, C., Ram, N., *Yovino, S., Kwok, Y., Maggio, W., & Regine, W. (2011). Factors impacting white matter changes following whole brain radiation therapy. *Journal of Neuro-Oncology*, 103, 111-119.
- *Vasilenko, S. A., Ram, N., & Lefkowitz, E. S. (2011). Body image and first sexual intercourse in late adolescence. *Journal of Adolescence*, 34, 327-335.
- *Gates, K. M., Molenaar, P. C. M., Hillary, F., Ram, N., & Rovine, M. (2010). Automatic search in fMRI connectivity mapping: An alternative to Granger causality using formal equivalences

- between SEM path modeling, VAR, and unified SEM. *NeuroImage*, 53, 1118-1125.
- Gerstorff, D., Ram, N., Goebel, J., Schupp, J., Lindenberger, U., & Wagner, G. G. (2010). Where people live and die makes a difference: Individual and geographic disparities in well-being progression at the end of life. *Psychology and Aging*, 25, 661-676.
- Gerstorff, D., Ram, N., Mayraz, G., *Hidajat, M., Lindenberger, U., Wagner, G. G., & Schupp, J. (2010). Late-life decline in well-being across adulthood in Germany, the United Kingdom, and the United States: Something is seriously wrong at the end of life. *Psychology and Aging*, 25, 477-485.
- Grimm, K. J., Ram, N., & *Estabrook, R. (2010). Growth mixture models with inherently nonlinear change models using Mplus and OpenMx. *Multivariate Behavioral Research*, 45, 887-909.
- Molenaar, P. C. M., & Ram, N. (2010). Dynamic modeling and optimal control of intra-individual variation: A computational paradigm for non-ergodic psychological processes. In S. M. Chow, E. Ferrer, & F. Hsieh (Eds.), *Statistical methods for modeling human dynamics: Notre Dame Series on Quantitative Methods* (pp. 13 - 35). New York: Routledge.
- Ram, N., Gerstorff, D., Fauth, E., Zarit, S., & Malmberg, B. (2010). Aging, disablement, and dying: Using time-as-process and time-as-resources metrics to chart late-life change. *Research in Human Development*, 7, 27-44.
- Gerstorff, D. & Ram, N. (2009). Limitations on the importance of self-regulation in old age. *Human Development*, 52, 38-43.
- Gerstorff, D., Ram, N., Fauth, E., Schupp, J., & Wagner, G. G. (2009). Between-person disparities in the progression of late-life well-being. In T. C. Antonucci & J. S., Jackson (Eds.) Annual review of gerontology and geriatrics: Life-course perspectives on late-life health inequalities (pp. 205-232). New York: Springer.
Also distributed in *SOEP Papers on Multidisciplinary Panel Data Research*, 200, Berlin, Germany: German Institute for Economic Research. <http://ssrn.com/abstract=1422526>.
- Grimm, K., & Ram, N. (2009). A second order growth mixture model for the study of development. *Research in Human Development*, 6, 121-143.
- Grimm, K., & Ram, N. (2009). Nonlinear growth models in Mplus & SAS. *Structural Equation Modeling*, 16, 676-701.
- Molenaar, P. C. M., & Ram, N. (2009). Advances in dynamic factor analysis of psychological processes. In J. A. Valsiner, P. C. M. Molenaar, M. C. D. P. Lyra, & N. Chaudhary (Eds.) *Dynamic process methodology in the social and developmental sciences* (pp.255-268). New York: Springer.
- Molenaar, P. C. M., *Sinclair, K., Rovine, M. J., Ram, N., & Corneal, S. E. (2009). Analysis of developmental processes based on intra-individual variation by means of non-stationary time series modeling. *Developmental Psychology*, 45, 260-271.
- Nesselroade, J. R., Ram, N., Gerstorff, D., & Hardy, S. A. (2009). Rejoinder to Commentaries on Nesselroade, Gerstorff, Hardy, and Ram (2007). *Measurement: Interdisciplinary Research and Perspectives*, 7, 1-10.
- Ram, N. & Gerstorff, D. (2009). Time structured and net intraindividual variability: Tools for examining the development of dynamic characteristics and processes. *Psychology and Aging*, 24, 778-791.
- Ram, N. & Gerstorff, D. (2009). Methods for the study of development – Developing methods. *Research in Human Development*, 6, 61-73.
- Ram, N., & Grimm, K. (2009). Growth mixture modeling: A method for identifying differences in longitudinal change among unobserved groups. *International Journal of Behavioral Development*, 33, 565-576.
- Ram, N., Lindenberger, U., & Blanchard-Fields, F. (2009). Introduction to the special issue on intraindividual variability and aging. *Psychology and Aging*, 24, 775-777.

- Gerstorf, D., Ram, N., Estabrook, R., Schupp, J., Wagner, G. G., & Lindenberger, U. (2008). Life satisfaction shows terminal decline in old age. Longitudinal evidence from the German Socioeconomic Panel Study. *Developmental Psychology, 44*, 1148-1159.
- Gerstorf, D., Ram, N., Röcke, C., Lindenberger, U., & Smith, J. (2008). Decline in life satisfaction in old age: Longitudinal evidence for links to distance from death. *Psychology and Aging, 23*, 154-168.
- Hunter, J., Ram, N., & Ryback, R. (2008). Use of satiation therapy in the treatment of adolescent-manifest sexual interest in male children: A single-case repeated measures design. *Journal of Clinical Case Studies, 7*, 54-74.
- Ram, N., *Morelli, S., *Lindberg, C., & Carstensen, L. L. (2008). From static to dynamic. The ongoing dialectic about human development. In K. W. Schaie & R. P. Abeles (Eds.), *Social structures and aging individuals: Continuing challenges* (pp. 115-130). New York: Springer.
- Ram, N., & Pedersen, A. B. (2008). Dyadic models emerging from the longitudinal structural equation modeling tradition: Parallels with ecological models of interspecific interactions. In N. A. Card, J. P. Selig, & T. D. Little, (Eds.), *Modeling dyadic and interdependent data in the developmental and behavioral sciences* (pp. 87-105). New York: Routledge.
- Chow, S. M., Grimm, K., Fujita, F., & Ram, N. (2007). Exploring cyclic change in emotion using item response models and frequency-domain analysis. In A. Ong & M. van Dulmen (Eds.), *Handbook of Methods in Positive Psychology* (pp. 362-379). New York: Oxford University Press.
- Clotfelter, E. D., Pedersen, A. B., Cranford, J. A., Ram, N., Snajdr, E. A., Nolan, V., & Ketterson, E. D. (2007). Acorns, rodents, and birds: Weather affects multiple trophic levels in an oak dominated forest. *Oecologia, 154*, 493-503.
- Nesselroade, J. R., Gerstorf, D., Hardy, S. A., & Ram, N. (2007). Idiographic filters for psychological constructs. *Measurement: Interdisciplinary Research and Perspectives, 5*, 217-235.
- Ram, N., & Grimm, K. (2007). Using simple and complex growth models to articulate developmental change: Matching theory to method. *International Journal of Behavioral Development, 31*, 303-316.
- Ram, N., & Nesselroade, J. R. (2007). Modeling intraindividual and intracontextual change: Operationalizing developmental contextualism. In T. D. Little, J. A. Bovaird, & N. A. Card (Eds.), *Modeling contextual effects in longitudinal studies* (pp. 325-342). Mahwah, NJ: Lawrence Erlbaum.
- Ram, N., Riggs, S. M., Skaling, S., Landers, D. M., & McCullagh, P. (2007). A comparison of modelling and imagery in the acquisition and retention of a motor skill. *Journal of Sport Sciences, 25*, 587-597.
- Bowles, R. P., & Ram, N. (2006). Using Rasch measurement to investigate volleyball skills and inform coaching. *Journal of Applied Measurement, 7*, 39-54.
- Chow, S. M., Ram, N., Boker, S. M., Fujita, F., & Clore, G. (2005). Capturing weekly fluctuation in emotion using a latent differential structural approach. *Emotion, 5*, 208-225.
- Ram, N., Chow, S. M., Bowles, R. P., Wang, L., Grimm, K., Fujita, F., & Nesselroade, J. R. (2005). Examining interindividual differences in cyclicity of pleasant and unpleasant affect using spectral analysis and item response modeling. *Psychometrika, 70*, 773-790.
- Ram, N., Rabbitt, P., Stollery, B., & Nesselroade, J. R. (2005). Cognitive performance inconsistency: Intraindividual change and variability. *Psychology and Aging, 20*, 623-633.
- Nesselroade, J. R., & Ram, N. (2004). Studying intraindividual variability: What we have learned that will help us understand lives in context. *Research in Human Development, 1*, 9-29.
- Ram, N., Starek, J., & Johnson, J. (2004). Race, ethnicity, and sexual orientation: Still a void in sport and exercise psychology? *Journal of Sport & Exercise Psychology, 26*, 250-268.
- Ram, N., & McCullagh, P. (2003). Self-modeling: Influence on psychological processes and physical performance. *The Sport Psychologist, 17*, 220-241.

Manuscripts Under Review

- Conroy, D. E., Ram, N., Pincus, A. L., & Hyde, A. L. (submitted). Bursts of self-conscious emotions in the daily lives of emerging adults. *Emotion*.
- Francis, L.A., Ram, N., Susman, E. J., & *Connell, L. E. (submitted). Lability in externalizing behavior is linked with rapid weight gain from early childhood through adolescence. *Child Development*.
- Gerstorff, D., Ram, N., *Infurna, F. J., *Michalski, N., Schupp, J., & Wagner, G. G. (submitted). The effect of major life events on well-being: Little ups and big downs. *Psychological Science*.
- Gerstorff, D., Ram, N., Lindenberger, U., & Smith, J. (invited for revision). Cognitive, sensory, physical, health, social, and self-related functions over age and time-to-death. *Developmental Psychology*.
- *Infurna, F., Gerstorff, D. & Ram, N. (invited for revision). The nature and correlates of change in depressive symptoms with cancer diagnosis: Reaction and adaptation among older adults. *Psychology and Aging*.
- *Infurna, F., Ram, N., & Gerstorff, D. (submitted). 2.5-year change in perceived control predicts 19-Year mortality: Trajectories from the Americans' Changing Lives Study. *Developmental Psychology*.
- *Maher, J. P., Doersken, S. E., Elavsky, S., *Hyde, A. L., Pincus, A. L., Ram, N., & Conroy, D. E. (invited for revision). A daily analysis of physical activity and satisfaction with life in emerging adults. *Health Psychology*.
- *Morack, J., Ram, N., Fauth, E., & Gerstorff, D. (submitted) One size does not fit all: Differential multi-dimensional trajectories of psychological change in old age. *Psychology and Aging*.
- *Morack, J., *Infurna, F., Gerstorff, D. & Ram, N. (submitted). Trajectories and correlates of change in the physical and mental health scales of the SF-36 across adulthood and old age. *Psychology and Aging*.
- Ram, N., Carstensen, L. L., & Nesselroade, J. R. (submitted). Age differences in the structure of emotional experience across the adult lifespan: Articulating individual-level theory via individual-level method. *Psychology and Aging*.

Other Publications

- Ram, N., & Erickson, C. A. (1991). Gross national product: Actual and potential. In F.N. Magill (Ed.), *Survey of social sciences: Economics* (pp. 922-927). Pasadena, CA: Salem Press.
- Ram, B., Ram, A., & Ram, N. (2005). The quantum black hole. *General Relativity and Quantum Cosmology, ArXiv.org*, (gr-qc/0504030).

GRANTS

Current Research Support (External)

ARRA Challenge Grant RC1 AG035645	Ram (PI)	09/30/09-08/31/12
NIH/NIA		\$1,000,000

Tools for Articulating Within-Person Dynamic Models of Interpersonal Interaction

This project develops the analytical methods and study design frameworks in ways that foster articulation and description of interpersonal interaction.

Role: Principal Investigator

R21 AG032379 NIH/NIA	Ram & Gerstorf (Co-PIs)	04/15/09-04/14/12 \$318,980
<i>Psychological Terminal Decline as a Multidimensional Process of Aging, Approaching Death, and Pathology</i>		
This project examines late-life changes in sensory, physical, cognitive, well-being, and social domains; their relation to age, distance-to-death, and pathology burden; and introduces a new method for the analysis of multivariate change.		
Role: Principal Investigator		
R21 AG004132 NIH/NIA	Fauth (PI)	08/15/09-07/31/11 \$199,887 subcontract
<i>Psychosocial and Functional Lability in Old Age: Understanding Multidimensional Aspects of Aging, Disablement, and Dying</i>		
This project combines data from four studies of Swedish elders to examine the relative and shared contributions of aging, disablement, and dying processes to psychosocial and functional lability in old age.		
Role: Investigator		
R03 HD060013 NIH/NICHD	Francis (PI)	07/01/09-06/30/12 \$147,260
<i>Self-Regulation Failure, Disordered Eating and Overweight in Youth</i>		
This project examines the interplay of self-regulation and individual, family, and neighborhood characteristics as mechanisms for the development of disordered eating behavior and overweight status during adolescence.		
Role: Investigator		
R21 HL098645 NIH/NLBI	Holowatz (PI)	08/01/10-05/31/12 \$407,000
<i>Low-dose Aspirin and Human Skin Blood Flow</i>		
This project examines late-life changes in sensory, physical, cognitive, well-being, and social domains; their relation to age, distance-to-death, and pathology burden; and introduces a new method for the analysis of multivariate change.		
Role: Investigator		
R01 AG039409 NIH/NIA	Sliwinski (PI)	04/01/11-03/31/16 \$3,310,293
<i>Stress, Unconstructive Repetitive Thought and Cognitive Aging</i>		
This project examines how unconstructive repetitive thought contributes to accumulation of stressful experiences and cognitive, physical, and emotional health at multiple time scales (daily/monthly/yearly).		
Role: Investigator		
US DOE	Orland (PI)	01/01/11-01/31/16 \$129,000,000
<i>Greater Philadelphia Regional Innovation Cluster for Energy Efficient Buildings: Interaction of Building Factors and Human Health (Task 4)</i>		
This project examines how social media such as serious games can be used to prompt building occupant changes in energy usage.		

Role: Investigator

1F31 MH087053 Wright (PI) 06/01/10-05/31/12
NIH/NIMH \$58,382

Comparing Methods to Model Stability and Change in Personality and its Pathology

This project examines the longitudinal stability and change in personality disorder symptomology over time employing multiple distributional assumptions in individual growth curve and latent growth curve modeling.

Role: Mentor

Current Research Support (Internal)

The Pennsylvania State University Ram & Orland (co-PIs) 01/01/12-12/31/14
Institute for Cyber-Science/Social Science Research Institute Initiative \$300,000

StudioLab: A trans-college initiative that facilitates development of interdisciplinary teams and tools

Facilitate faculty and students ability to initiate and conduct collaborative research projects, and provide anticipatory development of technology-rich research paradigms.

Role: Principal Investigator

The Pennsylvania State University Conroy (PI) 07/01/11-06/30/12
Social Science Research Institute \$5,000

Translating Basic Motivation Discoveries into an Intervention to Modify Daily Sedentary Behavior and Physical Activity

Conduct background research and design pilot studies for testing and implementing interventions at the interplay of implicit attitudes and behavior change.

Role: Investigator

The Pennsylvania State University Pincus (PI) 07/01/11-06/30/12
Social Science Research Institute \$5,000

Extending EMA Studies to Populations with Psychopathology: An Outpatient Pilot Study

Extend the infrastructure for conducting intensive repeated measures and intraindividual variability studies at PSU to research in clinical psychology.

Role: Investigator

The Pennsylvania State University Ram (PI) 02/01/10-01/31/12
Social Science Research Institute \$4,864

Methodological Innovations in Modeling Timing and Tempo of Puberty: A Multiple Cohort 50 Year Approach

Develop nonlinear growth modeling techniques that can be used to describe individual and generational differences in biological, physical, and psychological changes that occur during pubertal development.

Role: Principal Investigator

The Pennsylvania State University Orland (PI) 11/01/10-10/30/11
Stuckeman Fund for Collaborative Research Design \$14,758

An iPad -based Augmented Reality Tool for Design, Planning and Research in Environmental Change

Develop prototype tools based on EMA mobile-phone technologies for field use by land use planners.

Role: Investigator

The Pennsylvania State University Molenaar (PI) 10/23/09-10/22/11
Social Science Research Institute \$63,000
Develop and provide innovative modeling in collaboration with local fMRI researchers.
Role: Investigator

Completed Research Support (External)

State of Pennsylvania Vance (PI) 08/03/09-08/02/10
Department of Transportation Safety Administration \$14,080 subcontract
Improving Mature Driver Safety
Assess and evaluate PennDOTs activities relating to the safety of mature drivers, analyze PennDOT databases, and make recommendations for changes to policy, licensing practice, and roadway design.
Role: Investigator

Max-Planck-Society, Germany Ram & Gerstorf (Co-PIs) 04/01/08-03/31/10
Max Planck Institute for Human Development €25,000
Changes in Psychological Health Across Adulthood and Old Age.
This project examines changes in psychological health across adulthood and old age using data from the German Socio-Economic Panel study (SOEP).
Role: Principal Investigator

R01 AG09239 Almeida (PI) 05/01/08-05/31/10
NIH/NIA \$294,928
Daily Stress and Well-being in Adulthood
This project examines intraindividual change in daily stress over 10 years, how personal characteristics predict changes in exposure to daily stressors, and how those daily stressors lead to downstream health outcomes.
Role: Investigator

T32 AG20500-05 Nesselroade (PI) 08/01/02 – 07/31/05
NIH/NIA
Training in Quantitative Modeling in Aging
This research training program supports training for pre- and post-doctoral fellows in quantitative modeling and aging.
Role: Pre-doctoral Fellow

Completed Research Support (Internal)

The Pennsylvania State University Ram & Sliwinski (PI) 01/01/10-09/30/11
Social Science Research Institute Facilitative Funds \$150,000
Remote and Intensive Data (RAID)
Establish a local infrastructure for design and implementation of studies making use of remote and intensive data collection technology.
Role: Principal Investigator

The Pennsylvania State University Kenyon (PI) 09/14/10-09/13/11
Social Science Research Institute \$4,500

The Penn State Mobile Toolbox 1: A kit for assessing cognitive ability in real-time

Develop and validate a set of tasks that can be used to assess moment-to-moment changes in cognitive ability using hand-held, mobile devices

Role: Investigator

The Pennsylvania State University Ram & Gerstorf (Co-PIs) 01/01/08-02/28/10
Children, Youth, and Family Consortium \$13,500

*An International Network of Intraindividual Variability Research Collaborations (IntraVarNet);
An Infrastructure for Assessing and Modeling Intraindividual Variability (IntraCollect)*

Establish an international cross-disciplinary network for studying intraindividual variability-type phenomena to (a) bring together substantive and methodological expertise, (b) identify and discuss current and upcoming theoretical and methodological issues, (c) establish goal directives and detailed plans for a cadre of collaborative research proposals and studies, and (d) develop a local infrastructure for collecting intraindividual variability-type data.

Role: Principal Investigator

The Pennsylvania State University Ram & Gerstorf (Co-PIs) 03/01/08-02/28/10
Social Science Research Institute, PSU \$22,500

Progression of Disparities in Psychological Health Decline Occurring in Late Life: Individual-, Community-, and Society-Level Influences

Construct, and integrate individual-level, geocode-level, and society-level data across nationally representative samples from Europe, the US, and Asia in order to examine how interindividual differences in late-life changes in psychological health relate to individual-, community-, and society-level characteristics.

Role: Principal Investigator

The Pennsylvania State University Ram (PI) 08/01/09-07/31/10
Children, Youth, and Family Consortium 30% time

Intraindividual Variability and Aging: Brain Structure and Function

Develop a paradigm for coupling neural activation measures (e.g., fMRI) obtained in “micro-time” to within-person variability outcomes obtained in “macro-time” (hours, days, weeks).

Role: Principal Investigator

The Pennsylvania State University Gatzke-Kopp (PI) 07/01/10-06/30/11
Institute for Neuroscience \$40,000

The Development of Novel Analytic Strategies to Integrate Physiological and Behavioral Measures

Develop modeling techniques for analysis of time-varying measures of parasympathetic nervous system activity and couple those to behavior activity.

Role: Investigator

The Pennsylvania State University Gatzke-Kopp (PI) 05/01/10-04/30/11
Children, Youth and Family Consortium \$20,000

Develop tasks and modeling techniques that allow for identification of multiple profiles of neural structures that underlie risk for behavior problems.

Role: Investigator

The Pennsylvania State University Kordas (PI) 06/17/08-06/16/09
Social Science Research Institute \$10,000

Iron-deficient Overweight/Obesity among Colombian women: The role of high-calorie iron-poor foods, dieting behaviors, and physical activity

Construct, and integrate data sets from the 2005 National Survey of the Nutrition Situation in Columbia to examine relationships among demographic factors, iron deficiency and overweight/obesity.
Role: Investigator

The Pennsylvania State University Feinberg (PI) 10/23/07-10/22/08
Children, Youth, and Family Consortium \$11,960
Applying State-of-the-Art Time Series Methods to Observational Family Data
Develop strategies for application of time series methods to observational family data.
Role: Investigator

The Pennsylvania State University Zarit (PI) 08/21/07-10/30/07
Social Science Research Institute \$5,000
Support for the Society for the Study of Human Development Conference at Penn State
Local organization of and provision of competitive student scholarships for participation in meeting.
Role: Investigator

The Pennsylvania State University Molenaar (PI) 05/01/06-04/30/07
Social Science Research Institute \$4,800
Determining the Research Agenda for the Developmental Systems Group
Establish a research agenda for the Developmental Systems Group through consultation with external consultants.
Role: Investigator

MENTORSHIP AND ADVISING

Current & Past Post-doctoral Mentees

Mariya Shiyko (now Assistant Professor at Northeastern University)
Amy Lorek Dattilo (now Research Associate at Center for Health Aging @ PSU)

Current Graduate Student Mentees

Lauren Molloy (co-advisor with Scott Gest)
Jennifer Morack (co-advisor with Denis Gerstorf)

Faculty Mentor (Training Grants)

PAMT: Prevention and Methodology Training (2008-present)
QuaSSI: Quantitative Social Science Initiative (2011-present)
NSF SBE AGEP: National Science Foundation's Social, Behavioral, and Economic Sciences Alliance for Minorities in Graduate Education and the Professoriate (2007-2010)

David DuPuis (2011-2013, PAMT; Neuroscience)
Elizabeth Weybright (2011-2013, PAMT; Recreation Park Tourism Management)
Amanda L. Hyde (2011-2012, QuaSSI, Kinesiology)
Kristine Marceau (2011-2012, Strumpf Scholar, Psychology)
Aidan Wright (2010-2011, F31-NRSA; Psychology)
Lauren Molloy (2009-2011, PAMT; Human Development and Family Studies)
Andrea Finlay (2008-2010, PAMT; Human Development and Family Studies)

Dissertation Committees

Jennifer Morack (co-chair, Aug 2013; Human Development and Family Studies)
Lauren Skodzny (Aug 2013; Psychology)
Lauren Molloy (co-chair, Aug 2012; Human Development and Family Studies)
Deepa Ramanathan (Aug 2012; Psychology)
Amanda Hyde (Aug 2012; Kinesiology)
Frank Infurna (Jan 2012; Human Development and Family Studies)
Christine Fortunato (Sep 2011; Human Development and Family Studies)
Andrea Finlay (Feb 2011; Human Development and Family Studies)
Azza Abu Dagga (Mar 2009; Health Policy Administration)

Masters Thesis Committees

Jennifer Morack (Co-chair, May 2011; Human Development and Family Studies)
Amanda L. Hyde (Nov 2010; Kinesiology)
Phuong Pham (Dec 2008; Human Development and Family Studies)

Undergraduate Honors Thesis Committees

Krista L. Burlsem (May 2010; Human Development and Family Studies)

TEACHING

Undergraduate Courses

Empirical Inquiry in Human Development (Fall 2007, Fall 2008)

Graduate Courses

Multivariate Strategies for Data Analysis in Developmental Research (Spring 2012)
Applied Longitudinal Data Analysis (Spring 2010, Spring 2011)
Research Methods in Developmental Processes (Spring 2008, Spring 2009)

Workshops

Society for Research on Child Development: Developmental Methodology Themed Conference. (February 8, 2012). *Growth modeling workshop: Articulating developmental change with simple and complex growth models*. Tampa, FL.

National Institutes on Health: Opportunities in data visualizations and visual analytics for behavioral and social sciences research. (January 30, 2012). *Intraindividual variability: Pushing change back into a real-time world*. NIH Campus, Bethesda, MD.

Center for Research Methods and Data Analysis. (November 8-10, 2011). *Strategies for Analysis of Intraindividual Variability and Change*. University of Kansas, Lawrence, KS.

German-Israeli Research Consortium: Migration and Societal Integration. (November 12-16, 2008). *Growth curve models and extensions: Methods for the description of developmental change*. Tel Aviv University, B.I. and Lucille Cohen Institute for Public Opinion Research, Tel Aviv, Israel.

Schiefelbusch Institute for Life Span Studies. (April 4, 2007). *Intraindividual variability: Weaving through the warp and woof*. University of Kansas, Lawrence, KS.

American Psychological Association Advanced Training Institute. (June 5-9, 2006). *Structural Equation Modeling in Longitudinal Research*. University of Virginia, Charlottesville, VA.

Center for Developmental and Health Research Methodology. (December 1 & 8, 2005). *Introduction to Structural Equation Modeling*. University of Virginia, Charlottesville, VA.

Research Designs for Studying Stress and Support Processes. (July 8, 2005). *Practical Applications for the Analysis of Longitudinal Data*. New York University, New York, NY.

Longitudinal Research Institute. (June 22-26, 2005). *Structural Equation Modeling in Longitudinal Research*. University of Southern California, Los Angeles, CA.

American Psychological Association Advanced Training Institute. (June 13-18, 2005). *Structural Equation Modeling in Longitudinal Research*. University of Virginia, Charlottesville, VA.

Youth and Society Research Group: Canadian Institutes of Health Research – New Emerging Team. (April 25-27, 2005). *Introductory Structural Equation Modeling and Longitudinal Methods for the Analysis of Growth and Change*. University of Victoria, Victoria, BC, Canada.

Gender and Aggression Project: Canadian Institutes of Health Research – New Emerging Team. (April 21-23, 2005). *Introductory Structural Equation Modeling and Longitudinal Methods for the Analysis of Growth and Change*. Simon Fraser University, Burnaby, BC, Canada.

American Psychological Association Advanced Training Institute. (August 1-3, 2004). *Structural Equation Modeling in Longitudinal Research*. University of Hawaii, Honolulu, HI.

Longitudinal Research Institute. (May 17-21, 2004). *Structural Equation Modeling in Longitudinal Research*. University of Michigan, Ann Arbor, MI.

Longitudinal Research Institute. (June 9-14, 2003). *Longitudinal Methods, Measurement, and Models*. University of Virginia, Charlottesville, VA.

American Psychological Association Advanced Training Institute. (June 2-7, 2003). *Longitudinal Methods, Measurement, and Models*. University of Virginia, Charlottesville, VA.

INVITED LECTURES

Ram, N., Grimm, K., & Shiyko, M. (2012, February). An overview of growth mixture models with a simple nonlinear application in OpenMX. *Population Research Institute, Pennsylvania State University, University Park, PA*.

Ram, N., Coccia, M., & Molloy, L. (2011, December). Analyzing large-scale EMA data from a person-specific perspective: Pushing into a 'real-time' world. *Center for Lifespan Psychology, Max Planck Institute for Human Development*. Berlin, Germany.

Ram, N., Coccia, M., & Molloy, L. (2011, November). Analyzing large-scale EMA data from a person-specific perspective: Pushing into a 'real-time' world. *Center for Research Methods and Data Analysis, University of Kansas, Lawrence, KS*.

Ram, N., Coccia, M., & Molloy, L. (2011, October). Analyzing large-scale EMA data from a person-specific perspective using dynamic factor analysis and social network analysis. *HDFS Methods Lunch Series, Pennsylvania State University*. University Park, PA.

Ram, N. (2011, October). Dreaming of real-time assessment, analysis, and intervention: An intraindividual approach. *The Methodology Center, Pennsylvania State University, University Park, PA*.

Ram, N. (2011, August). Intraindividual Conscience: Tools emerging from the interdisciplinary interface. *Oregon State University, Corvallis, OR*.

Ram, N., Grimm, K. Molenaar, P., Gerstorf, D., & Kenyon, M. (2011, May). Real-time assessment, analysis, and intervention: Next generation burst design. *Festschrift in Honor of John R. Nesselrode, University of Virginia, Charlottesville, VA*.

Gerstorf, D. & Ram, N. (2011, May). Inquiry into Terminal Decline: Lessons to be learned from Baltes' and Nesselrode's work on the rationales for developmental research. *Festschrift in Honor of John R. Nesselrode, University of Virginia, Charlottesville, VA*.

- Ram, N. (2011, January). Intraindividual Conscience Part II: Time metrics, time scales, and bursts. *Department of Human Development and Family Studies, Colorado State University*. Fort Collins, CO.
- Ram, N. (2011, January). Intraindividual Conscience Part I: A framework for studying the development of dynamic constructs. *Department of Human Development and Family Studies, Colorado State University*. Fort Collins, CO.
- Ram, N. (2010, June). Intraindividual variability and change: Tools for examining the development of dynamic constructs. *Advances in Longitudinal Methods for the Behavioral and Social Sciences*. College Park, MD.
- Ram, N. (2010, May). The multidimensional nature of late life decline: Insights obtained from the interplay of theory methods (and data). *International Max Planck Research School (LIFE), University of Virginia*. Charlottesville, VA.
- Ram, N. (2009, December). Methods for the study of development – Developing methods. *Developmental Proseminar, Pennsylvania State University*. University Park, PA.
- Ram, N. (2009, September). Extracting universals and unique: Perspectives emerging from the study of intraindividual variability. *HDFS Methods Lunch Series, The Pennsylvania State University*. University Park, PA.
- Ram, N. (2009, September). Extracting universals and unique: Perspectives emerging from the study of intraindividual variability. *Quantitative Forum, University of North Carolina*. Chapel Hill, NC.
- Ram, N. (2009, May). Universal vs. unique developmental outcomes. *Department of Psychology, University of California, Davis*. Davis, CA.
- Ram, N. & Nesselroade, J. R. (2009, May). Time for change? Redefining and reconsidering the role of factorial invariance in psychological inquiry. *Association for Psychological Science Annual Meeting*. San Francisco, CA.
- Ram, N. (2009, March). A technique and rationale for embedding demographic and developmental data. *Center for Developmental and Health Research Methodology, University of Virginia*. Charlottesville, VA.
- Ram, N., & Gerstorf, D. (2008, October). Aging and dying: Individual-, community-, and country-level influences on changes in life satisfaction. *Population Research Institute, Pennsylvania State University*. University Park, PA.
- Ram, N. (2008, September). Universal vs. unique developmental outcomes: A “backwards” approach to assessing interventions?. *Applied Social Psychology Colloquium, Colorado State University*. Fort Collins, CO.
- Ram, N. (2008, September). Developmental and experimental aging: Matching method to theory. *Aging Research Colloquium Series, Colorado State University*. Fort Collins, CO.
- Ram, N. (2008, September). Can we save each other?: Developing techniques and rationale for embedding demographic and developmental data. *HDFS Methods Lunch Series, The Pennsylvania State University*. University Park, PA.
- Gerstorf, D., & Ram, N. (2008, July). Late-life decline in well-being: Longitudinal evidence for links to distance-to-death. *German Socioeconomic Panel Study (SOEP). German Institute for Economic Research*. Berlin, Germany.
- Gerstorf, D., & Ram, N. (2008, July). Aging and dying: Time metrics for charting late-life change in well-being. *Jacobs Center on Lifelong Learning and Institutional Development, Jacobs University*. Bremen, Germany.
- Ram, N., & Gerstorf, D. (2008, July). Intraindividual variability and aging: Summary, review, and new concerns. *Intravarnet 2008 Working Group Meeting*. Dölln, Germany.
- Ram, N. (2008, June). Selection and selection effects: Some implications for study design. *International Max Planck Research School (LIFE), Max Planck Institute for Human Development*. Berlin, Germany.

- Ram, N. (2008, June). Intraindividual dynamics: Weaving through the warp and the woof. *International Max Planck Research School (LIFE), Max Planck Institute for Human Development*. Berlin, Germany.
- Ram, N. (2008, April). Upside-down growth curves?: An alternative method for modeling multivariate change. *HDFS Methods Lunch Series, The Pennsylvania State University*. University Park, PA.
- Ram, N. (2007, November). Universal vs. unique developmental outcomes: A “backwards” approach to assessing interventions?. *Prevention Research Center, The Pennsylvania State University*. University Park, PA.
- Ram, N. (2007, June). Combining universals and uniques: Explorations at the interface of observations, individuals, & populations. *Department of Educational Sciences and Psychology, Free University of Berlin*. Berlin, Germany.
- Ram, N. (2007, June). Examining developmental and experimental change: Attempts to match method to theory. *Center for Lifespan Psychology, Max Planck Institute for Human Development*. Berlin, Germany.
- Ram, N. (2007, June). Late-life changes in emotion and well-being. *Escola de Artes, Ciências e Humanidades, Universidade de São Paulo*. São Paulo, Brazil.
- Ram, N., Carstensen, L. L., & Nesselroade, J. R. (2007, May). Developmental changes in the structure of emotional experience: Matching method to theory. *Association for Psychological Science Annual Meeting*. Washington, DC.
- Ram, N. (2007, January). Modeling intra-person dynamics: Extending an intraindividual variability perspective. *International Max Planck Research School (LIFE), Max Planck Institute for Human Development*. Berlin, Germany.
- Ram, N. (2006, November). Increases in ability with age? Using developmental theory to build the methods for finding them. *Gerontology Center Colloquia Series, Pennsylvania State University*. University Park and Hershey, PA.
- Carstensen, L. L., & Ram, N. (2006, October). Emotion and cognition: Conceptual and theoretical advances. *Social Structures and Aging Individuals: Continuing Challenges, Penn State Social Structures Conference*. University Park, PA.
- Ram, N. (2006, September). Cooking with factor analysis: Using the rotisserie to make 3 flavors of “invariance”. *HDFS Methods Lunch Series, The Pennsylvania State University*. University Park, PA.
- Ram, N. (2006, September). Moving towards an observation-oriented approach: Preliminary applications in studies of therapeutic treatment of sexual deviancy and successful aging. *The Methodology Center, Pennsylvania State University*. University Park, PA.
- Ram, N. (2006, September). Production and dispersion of cortisol: Using growth curves to articulate a “developmental process”. *HDFS Methods Lunch Series, The Pennsylvania State University*. University Park, PA.
- Ram, N. (2006, September). Multiple group growth curves: Differences, mixtures, and the fuzzies. *HDFS Methods Lunch Series, The Pennsylvania State University*. University Park, PA.
- Gerstorf, D., & Ram, N. (2006, July). Successful aging among the oldest old: Longitudinal findings from the Berlin Aging Study. *Center for Lifespan Psychology, Max Planck Institute for Human Development*. Berlin, Germany.
- Ram, N. (2006, July). Combining universal & unique: Three explorations of individual-level & population-level changes. *Center for Lifespan Psychology, Max Planck Institute for Human Development*. Berlin, Germany.
- Ram, N. (2006, June). Ecological dynamics for the psychological: Interdisciplinary theory and method. *Modeling Interdependent Data in Developmental Psychology (NSF-sponsored conference)*. Lawrence, KS.

- Ram, N. (2006, February). Intraindividual structure and intraindividual dynamics: Interfacing developmental theory, method and data. *Department of Human Development & Family Studies, The Pennsylvania State University*. University Park, PA.
- Ram, N. (2005, April). Modeling intraindividual variability: Transactions, structures, and changes. *Centre on Aging, University of Victoria*. Victoria, BC, Canada.
- Ram, N. (2005, April). Analyzing change using dynamical systems models: An introduction. *New York University*. New York, NY.
- Ram, N. (2005, January). Intraindividual structure, cyclicity, and dynamics: Findings from three longitudinal studies. *Arizona State University*. Tempe, AZ.
- Ram, N. (2005, January). Modeling intraindividual variability: An introduction to P-technique and dynamic factor analysis. *Arizona State University*. Tempe, AZ.
- Ram, N. (2004, December). Intraindividual variability: Findings from three longitudinal studies of emotional experience. *New York University*. New York, NY.
- Ram, N. (2004, February). Multilevel linear and sinusoidal modeling of age differences at the cognitive/affective/temperament interface. *University of California – Davis*. Davis, CA.
- Ram, N. (2004, February). Age differences at the cognitive/affective/temperament interface. *Stanford University*. Palo Alto, CA.
- Ram, N. (2003, July). Dynamic factor analysis and daily emotion diaries. *New York University*. New York, NY.
- Ram, N. (2001, June). Observational learning: Strategies for enhancing athlete motivation. *University of Virginia Sport Psychology Conference*. Charlottesville, VA.
- Ram, N. (2001, January). Modeling: Strategies for effective demonstrations. *ACAC Fitness and Wellness Center*. Charlottesville, VA.

CONFERENCE PAPERS, POSTERS, & SYMPOSIA

- Gerstorf, D., Ram, N., Infurna, F. J., Schupp, J., Wagner, G. G., & Heckhausen, J. (2012, July). Major life events shape well-being through little ups and big downs: Findings from the German Socio-Economic Panel Study (SOEP). *International Congress of Psychology*, Cape Town, South Africa.
- Lo, L. L., Molenaar, P., Rovine, M., & Ram, N. (2012, February). Modeling dynamics in unequally spaced data: EMA applications. *Society for Research on Child Development Developmental Methods Themed Conference*, Tampa, FL.
- Molenaar, P., & Ram, N. (2012, February). Modeling individual and dyadic processes: New multivariate time series methods applied from brain to body. *Society for Research on Child Development Developmental Methods Themed Conference*, Tampa, FL.
- Ram, N., Coccia, M., Molloy, L., Conroy, D., Pincus, A., Gerstorf, D., & Molenaar, P. (2012, February). Using measurement at multiple time-scales to articulate developmental theory. *Society for Research on Child Development Developmental Methods Themed Conference*, Tampa, FL.
- Ram, N. & Molenaar, P. (2012, February). Modeling the complexities of behavioral process: Innovations at the leading edge of EMA and diary data analysis. *Society for Research on Child Development Developmental Methods Themed Conference*, Tampa, FL.
- Shiyko, M., Ram, N., Li, R., Conroy, D., & Pincus, A. (2012, February). Time-varying effects model: Momentary health and stress as moderators of perception of social interactions. *Society for Research on Child Development Developmental Methods Themed Conference*, Tampa, FL.
- Ernst-Bravell, M., Fauth, E. B., Gerstorf, D., & Ram, N. (2011, November). The role of gender in late-life changes of objective and subjective markers of physical functioning. *Gerontological Society of America*, Boston, MA.

- Fauth, E. B., Ernst-Bravell, M., Gerstorf, D., & Ram, N. (2011, November). Trajectories of objective and subjective markers of physical functioning predict institutionalization and mortality. *Gerontological Society of America*, Boston, MA.
- Finkel, D. & Ram, N. (2011, November). Intraindividual variability and aging: Self-inconsistency and cognitive decline. *Gerontological Society of America*, Boston, MA.
- Gerstorf, D., & Ram, N. (2011, November). Where people live and die makes a difference: Individual and contextual effects on well-being progression at the end of life. *Gerontological Society of America*, Boston, MA.
- Gerstorf, D., & Ram, N. (2011, November). *Contextual effects on individual development across adulthood and old age*. *Gerontological Society of America*, Boston, MA.
- Ram, N., & Gerstorf, D. (2011, November). 'Next generation' longitudinal burst designs: Benefits and costs of intensive examinations of emotional and physical health. *Society of America*, Boston, MA.
- Ram, N., Conroy, D., Pincus, A., Feldman, J., *Lorek-Datillo, A., & Gerstorf, D. (2011, November). Moving towards real-time assessment and intervention: dynamics of age, health, and well-being. *Gerontological Society of America*, Boston, MA.
- Ram, N., Conroy, D., Pincus, A., *Lorek Datillo, A., *Hyde, A., & *Roche, M. (2011, November). Age differences in affect complexity: Is it actually age-related heterogeneity of context?. Paper to be presented at *Gerontological Society of America*, Boston, MA.
- *Gates, K.M., Molenaar, P.C.M., Rovine, M. & Ram, N. (2011, July). Accommodating nonergodicity across individual processes using GIMME. *International Meeting of the Psychometric Society*. Hong Kong, China.
- *Shiyko, M., & Ram, N. (2011, June). Conceptualizing and estimating process speed in studies employing ambulatory assessments: A multilevel variance decomposition approach. *Society of Ambulatory Assessments*, Ann Arbor, MI.
- Gerstorf, D., Ram, N., *Infurna, F. J., *Michalski, N., Schupp, J., & Wagner, G. G. (2011, May). Using natural experiments and data collected over long-term and short-term time scales to better understand adult changes in well-being. *Association for Psychological Science*, Washington, DC.
- *Finlay, A. K., Maggs, J. L., Flanagan, C., Ram, N. & Schulenberg, J. E. (2011, April). Adolescents' discretionary activities across time: Combinations of civic engagement, free time, and alcohol use. *Society for Research on Child Development*, Montreal, Canada.
- *Marceau, K., Ram, N., Susman, E.J. (2011, April). The impact of pubertal timing and tempo of parent-child closeness and conflict. *Society for Research on Child Development*, Montreal, Canada.
- Ram, N., Kenyon, M., Sliwinski, M., & Molenaar, P. C. M. (2011, April). Longitudinal panel studies are at risk of becoming 'Old School': Can our newfangled methods save them? *Society for Research on Child Development*, Montreal, Canada.
- *Hughes, S., Pincus, A., Conroy, D., *Hyde, A. & Ram, N. (2011, March). Big 5 personality predictors of flux, pulse, and spin in interpersonal perception, interpersonal behavior, and affect. *Society for Personality Assessment*, Boston, MA.
- Fauth, E. B., Gerstorf, D., & Ram, N. (2010, November). Comparing three time-metrics to observe changes in late-life depression over aging, disablement, and mortality processes. *Gerontological Society of America*, New Orleans, LA.
- Gerstorf, D., & Ram, N. (2010, November). The multidimensional nature of late-life decline: Insights gained by continuous theory-methods interplay. *Gerontological Society of America*, New Orleans, LA.
- *Infurna, F. J., Gerstorf, D., Ram, N., Schupp, J., & Wagner, G. G. (2010, November). Long-term antecedents and outcomes of perceived control: Links to social participation, life satisfaction, health, and mortality across adulthood and old age. *Gerontological Society of America*, New Orleans, LA.

- Ram, N., & Gerstorf, D. (2010, November). Aging and the lifespan: The role of health in time and context. *Gerontological Society of America*, New Orleans, LA.
- Francis, L. A., Ram, N., & Susman, E. J. (2010, October). Associations between lability in externalizing behavior and weight gain from age 2 to 15 years. *Obesity Society*. San Diego, CA. Published abstract in *Obesity*, 18 (2), S226.
- *Fortunato, C. K., Gatzke-Kopp, L. M., Ram, N., *Wadlinger, H., & *Beeney, J. (2010, October). Relationships among neurobiology, parenting, and children's psychopathology: Implications for early childhood intervention. *Society of Research in Psychopathology*, Seattle, WA.
- Conroy, D.E., Pincus, A.L., *Hyde, A.L., & Ram, N. (2010, May). Sources of intraindividual variation in the rise and fall of self-conscious emotions. *Association for Psychological Science*, Boston, MA.
- Gatzke-Kopp, L., Ram, N., *Fortunato, C., *Wadlinger, H., *Beeney, J. (2010, May). The phenotype problem in externalizing behavior disorders. *Association for Psychological Science*, Boston, MA.
- *Gowda, A., *Valdes, D., *Martino, A., *Hyde, A.L., Conroy, D.E., Pincus, A.L., & Ram, N. (2010, May). Personality and situational predictors of social avoidance in college students. *Association for Psychological Science*, Boston, MA.
- *Hyde, A.L., Conroy, D.E., Pincus, A.L., & Ram, N. (2010, May). Intra- and interindividual associations between physical activity and daily affect. *Association for Psychological Science*, Boston, MA.
- *Molloy, L.E., *Hyde, A.L., Conroy, D.E., Pincus, A.L., & Ram, N. (2010, May). Self-consistency and correspondence: Intraindividual variation and covariation in control and self-esteem. *Association for Psychological Science*, Boston, MA.
- Pincus, A.L., Conroy, D.E., *Hyde, A.L., & Ram, N. (2010, May). Pathological narcissism and the dynamics of self-conscious emotions. *Association for Psychological Science*, Boston, MA.
- Gerstorf, D., Ram, N., Hoppman, C., Willis, S. L., & Schaie, K. W. (2010, April). Fluid and crystallized abilities in the Seattle Longitudinal Study: Cohort differences in cognitive aging and cognitive dying. *Cognitive Aging Conference*, Atlanta, GA.
- *Goode, T., Ram, N., Gerstorf, D., Smith, J., & Lindenberger, U. (2010, April). Aging and dying: Interplay among sample selectivity, mortality, and rates of cognitive decline. *Cognitive Aging Conference*, Atlanta, GA.
- Ram, N., Gerstorf, D., Fauth, E., Zarit, S., & Malberg, B. (2010, April). Aging, disablement, and dying: Using time-as-process and time-as-resources metrics to chart late-life change. *Cognitive Aging Conference*, Atlanta, GA.
- *Marceau, K., Ram, N., Susman, E. J. (2010, March). Individual differences in timing and tempo of pubertal development: A novel application of non-linear growth models. *Society for Research in Adolescence*, Philadelphia, PA.
- *Molloy, L. E., Ram, N., & Gest, S. D. (2010, March). Lability in early adolescents' self-perceived competence: Within- and between-person variation. *Society for Research in Adolescence*, Philadelphia, PA.
- Gerstorf, D., Ram, N., Schupp, J., Lindenberger, U. & Wagner, G. G. (2009, November). Late-life decline in well-being: Replicating and extending evidence from the Berlin Aging Study using national surveys from Germany, the UK, and the US. *Gerontological Society of America*, Atlanta, GA.
- Gerstorf, D., Ram, N., Willis, S. L., & Schaie, K. W. (2009, November). The multidimensional nature of psychological change across adulthood and old age: Cohort differences in aging and dying. *Gerontological Society of America*, Atlanta, GA.
- Ram, N., & Gerstorf, D. (2009, November). Intraindividual variability and change: Tools for examining the aging of dynamic characteristics and processes. *Gerontological Society of America*, Atlanta, GA.

- Ram, N., Gerstorf, D., Willis, S. L., & Schaie, K. W. (2009, November). The Seattle Longitudinal Study: Classic, efficient design – elegantly hip and getting better with age. *Gerontological Society of America*, Atlanta, GA.
- *Gates, K. Gatzke-Kopp, L., & Ram, N. (October, 2009). Profiling within-group heterogeneity using psychophysiological markers. *Society for Psychophysiological Research*, Berlin, Germany.
- Gatzke-Kopp, L., Ram, N., *Karalunas, S., *Fortunato, C., *Jetha, M., & *Gates, K. (October 2009). The relationship of motivation and cognition in reinforcement processing. *Society for Psychophysiological Research*, Berlin, Germany. Symposium Abstract: The Psychophysiology of Developmental Psychopathology, *Psychophysiology*, 46, s27-s28.
- Szerlip, N., Rutter, C., Ram, N., Yovino, S., Kim, W. W., & Regine, W. F. (October, 2009). The effects of glycemic control on volumetric white matter change (WMC) after whole brain radiation therapy. *Congress of Neurological Surgeons*, New Orleans, LA.
- *Finlay, A., Ram, N., & Maggs, J. M., & Caldwell, L. L. (2009, October). Does college student alcohol use vary across days as a function of daily routine activities?. *Society for the Study of Emerging Adulthood*, Atlanta, GA.
- *Molloy, L. E., Ram, N., & Gest, S. D. (2009, September). Uncertainty in early adolescents' self-perceived competence: Within- and between-person variation. *International Institute of Developmental Science*, Chapel Hill, NC.
- *Wright, A.G.C., Pincus, A.L., & Ram, N. (2009, May). A new approach to interpersonal analysis: The interpersonal radex. *Society for Interpersonal Theory and Research*. Toronto, Canada.
- Fauth, E. B., Gerstorf, D., Ram, N., Zarit, S. H., & Berg, S. (2008, November). Depression and disablement processes: Describing and predicting resilient pathways. *Gerontological Society of America Annual Meeting*. National Harbor, MD.
- Ram, N., & Gerstorf, D. (2008, November). Aging and the lifespan: Revisiting the role of "age" from biological, functional, psychological and social perspectives. *Gerontological Society of America Annual Meeting*. National Harbor, MD.
- Gerstorf, D., Ram, N., Ghisletta, P., McArdle, J. J., Smith, J., & Lindenberger, U. (2008, July). Processes of decline in late-life: Distance from birth vs. distance-to-death. *XXIX International Congress of Psychology*, Berlin, Germany.
- Ram, N. (2008, July). Placing aging individuals within an aging (and dying) population: Integrating development and selection. *XXIX International Congress of Psychology*, Berlin, Germany.
- Ram, N., Gerstorf, D., Lindenberger, U. & Smith, J. (2008, July). Linking days to decades: Late-life intraindividual variability across domains. *XXIX International Congress of Psychology*, Berlin, Germany.
- Staudinger, U., Freund, A. M., Gerstorf, D., & Ram, N. (2008, July). The quest for biological-cognitive underpinnings of emotional development in old age: Evidence for dynamic linkages. *XXIX International Congress of Psychology*, Berlin, Germany.
- Gerstorf, D., Ram, N., Estabrook, R., Schupp, J., Wagner, G. G., & Lindenberger, U. (2008, April). Life satisfaction shows terminal decline in old age: Longitudinal evidence from the German Socio-Economic Panel Study. *Cognitive Aging Conference*, Atlanta, GA.
- Ram, N., Gerstorf, D., Smith, J. & Lindenberger, U. (2008, April). Prototypical pathways of multidimensional aging: An alternative method for modeling multivariate change. *Cognitive Aging Conference*, Atlanta, GA.
- Gerstorf, D., Ram, N., & Hardy, M. (2007, November). Variability and developmental change across adulthood and old age: A systemic-multivariate perspective. *Gerontological Society of America Annual Meeting*. San Francisco, CA.

- Ram, N., & Gerstorf, D. (2007, November). Continuities and discontinuities across life: Articulating lifespan theory and methods. *Gerontological Society of America Annual Meeting*. San Francisco, CA.
- Ram, N., Gerstorf, D., Smith, J., & Lindenberger, U. (2007, November). Successful aging as a systemic phenomena: An observation oriented approach to capturing multidimensional change. *Gerontological Society of America Annual Meeting*. San Francisco, CA.
- Ram, N., & Gerstorf, D. (2007, October). Aging: Processes of living, transitioning, and dying. *Society for the Study of Human Development Bi-Annual Meeting*. State College, PA.
- Gerstorf, D., & Ram, N. (2007, October). Well-being in relation to age and distance-to-death. *Society for the Study of Human Development Bi-Annual Meeting*. State College, PA.
- Ram, N. (2007, March). Emphasizing individuality in development and change. *Society for Research on Child Development Biannual Meeting*. Boston, MA.
- Gerstorf, D., Ram, N., Röcke, C., Lindenberger, U., & Smith, J. (2006, November). Decline in well-being in old age: Longitudinal evidence for links to distance from death. *Gerontological Society of America Annual Meeting*. Dallas, TX.
- Ram, N., Gerstorf, D., & Nesselroade, J. R. (2006, November). Innovative methods for describing developmental change. *Gerontological Society of America Annual Meeting*. Dallas, TX.
- Ram, N. (2006, August). Using intraindividual variability methods to articulate developmental theory. *American Psychological Association Annual Convention*. New Orleans, LA.
- Ram, N. & Gaschler, R. (2006, August). From milliseconds to decades: Linking brain and behavior across the lifespan. *American Psychological Association Annual Convention*. New Orleans, LA.
- Ram, N. & Nesselroade, J. R. (2006, August). Articulating short-term and long-term processes simultaneously in theory and method. *American Psychological Association Annual Convention*. New Orleans, LA.
- Ram, N. (2006, May). Emotional complexity as a correlate of age and an antecedent of mortality. *LIFE Spring Academy 2006*. Berlin, Germany.
- Ram, N. (2006, May). Emphasizing individuality in developmental models of change. *LIFE Spring Academy 2006*. Berlin, Germany.
- Grimm, K., Ram, N., & Nesselroade J. R. (2006, April). Within-person dynamic antecedents, correlates, and consequences of cognitive performance over the short-term. *Cognitive Aging Conference*. Atlanta, GA.
- Ram, N., Bowles, R. P., Adler, E., Nesselroade, J. R., & Baltes, P. (2006, April). Placing individual-level lifespan changes in cognition within population-level changes in length of life. *Cognitive Aging Conference*, Atlanta, GA.
- Kandel, D. B., Hu, M-C., Schaffran, C., Griesler, P., Davies, M., & Ram, N. (2006, March). Trajectories of symptoms of nicotine dependence in adolescence. *Society for Research on Adolescence*. San Francisco, CA.
- Kandel, D. B., Hu, M-C., Schaffran, C., Griesler, P., & Ram, N. (2006, February). The timing and the experience of symptoms of nicotine dependence. *Society for Research on Nicotine and Tobacco Annual Meeting*. Orlando, FL.
- Ram, N., & Nesselroade, J. R. (2005, November). Moving to a dynamical framework in aging research: Visions and tools for the new frontier. *Gerontological Society of America Annual Meeting*. Orlando, FL.
- Ram, N., & Nesselroade, J. R. (2005, November). Emphasizing individuality in change models: A simulation-based examination. *Gerontological Society of America Annual Meeting*. Orlando, FL.
- Ram, N. (2005, August). Dynamic factor analysis: Analyzing multivariate time-series from an intraindividual perspective. *American Psychological Association Annual Convention*. Washington, DC.

- Ram, N., & Nesselroade, J. R. (2005, August). Dynamical modeling of cognition/health interfaces: Modeling transactional process. *American Psychological Association Annual Convention*. Washington, DC.
- Ram, N. (2005, May). The aging cognitive/emotion/temperament interface in context: Modeling transactional process. *LIFE Spring Academy 2005*. University of Virginia, VA.
- Ram, N., & Nesselroade, J. R. (2004, November). Methodological approaches to the study of age differences in intraindividual variability. *Gerontological Society of America Annual Meeting*. Washington, DC.
- Ram, N., Odgers, C., Mikels, J., Cartensen, L., & Nesselroade, J. R. (2004, November). Using P-technique factor analysis to examine age-related differences in the structure of emotional experience. *Gerontological Society of America Annual Meeting*. Washington, DC.
- Ram, N. (2004, October). When should we aggregate? Examining interindividual differences in the weekly cyclicity of emotions. *LIFE Fall Academy 2004*. Dölln, Germany.
- Ferrer, E., & Ram, N. (2004, June). Longitudinal models for multivariate analysis of self-worth, competence, and motivation. *North American Society for Psychology of Sport and Physical Activity Annual Convention*. Vancouver, BC.
- Ram, N., McCullagh, P., & Skaling, S. (2004, June). Assessing differential learning from modeling and imagery interventions using latent growth curve modes. *North American Society for Psychology of Sport and Physical Activity Annual Convention*. Vancouver, BC.
- Ram, N., Chow, S., Grimm, K., Fujita, F., & Nesselroade, J. R. (2004, June). Examining the dynamics of pleasant and unpleasant emotions using spectral analysis and the rating scale model. *International Meeting of the Psychometric Society*. Pacific Grove, CA.
- Ram, N., & Nesselroade, J. R. (2004, April). Age differences in the dynamics of cognitive performance. *Cognitive Aging Conference*. Atlanta, GA.
- Ram, N., Rabbitt, P., & Nesselroade, J. R. (2004, April). Intraindividual variability and correlates of cognitive performance inconsistency. *Cognitive Aging Conference*. Atlanta, GA.
- Ram, N., Chow, S., & Fujita, F. (2004, January). Dynamical modeling of emotion: Stable daily and weekly patterns in seemingly random changes. *Society for Personality and Social Psychology Annual Conference*. Austin, TX.
- Ram, N. (2003, September). Modeling the dynamic structure of emotion. *Society for Multivariate Experimental Psychology Graduate Pre-conference*. Keystone, CO.
- Ram, N., Starek, J., & Johnson, J. (2001, October). Cross-cultural sport and exercise psychology: Still a void in research and practice? *Association for the Advancement of Applied Sport Psychology Annual Conference*. Orlando, FL.
- Ram, N., & McCullagh, P. (2001, June). Self-modeling: Does watching yourself perform influence psychological responses and physical performance? *10th World Congress of Sport Psychology*. Skiathos, Greece.
- McCullagh P., & Ram, N. (2000, June). A comparison of imagery and modeling. *North American Society for Psychology of Sport and Physical Activity Annual Convention*. San Diego, CA.

OTHER PROFESSIONAL ACTIVITIES

Think Tanks

National Institute of Health Office of Behavioral and Social Sciences Research Think Tank Meeting (2011, June)

Grant Review Panels

National Science Foundation (2011, May)

National Science Foundation (2011, February)

Centers for Disease Control and Prevention (2009, December)

Guest Editor

Ram, N., Lindenberger, U., & Blanchard-Fields, F. (2009). Intraindividual variability and aging. Special section of *Psychology & Aging*.

Ram, N., & Gerstorf, D. (2009). Contemporary Developmental Methods. Special issue of *Research in Human Development*.

Editorial Boards

International Journal of Behavioral Development
Journals of Gerontology: Psychological Sciences
Psychology and Aging
Research in Human Development

Ad-hoc Reviewer

American Psychological Association Books
Applied Developmental Science
Criminology
Developmental Psychology
Frontiers in Human Neuroscience
Guilford Books
Human Development
International Journal of Behavioral Development
International Society for Study of Behavioral Development
Journal of Applied Sport Psychology
Journal of Cross-Cultural Gerontology
Journal of Personality
Journal of Personality and Social Psychology: PPID
Journal of Research on Adolescence
Journals of Gerontology: Psychological Sciences
Memory and Cognition
Multivariate Behavioral Research
Neuropsychologia
Psychological Assessment
Psychological Methods
Psychology and Aging
Psycho-Oncology
Society for Research on Child Development
Society for Research on Adolescence
Springer Books

Consulting

College of Health and Human Development. (on-going). *Methodology Consulting Center* in conjunction with the Social Science Research Institute, Pennsylvania State University, University Park, PA.

Lifespan Development Laboratory. (on-going). *Beeper I, II, and III (NIA)*. Department of Psychology, Stanford University, Palo Alto, CA.

Pennsylvania Department of Transportation Licensing Bureau. (2009-2010). Mature Drivers in Pennsylvania. Pennsylvania Department of Transportation, Harrisburg, PA.

D. Kandel et al. (2005-2006). *Transition to nicotine dependence in adolescence (NIDA)*. Department of Sociomedical Sciences, Mailman School of Public Health, Columbia University, New York, NY.

Juvenile Violence and Aggression Research Lab. (2004-2006). *A nationwide study of police perceptions and practices in interrogation with juvenile suspects (NSF)*. Department of Psychology, University of Virginia, Charlottesville, VA.

Virginia Adolescence Research Lab. (2004-2006). *Kids' lives, families, and friends – KLIFF (NIMH)*. Department of Psychology, University of Virginia, Charlottesville, VA.

Concordia University Volleyball. (2003). *Team performance evaluations*. Department of Athletics, Concordia University, Portland, OR.

Darden Business School. (2003). *Pay inequity and discrimination in professional baseball 1976-1993*. University of Virginia, Charlottesville, VA.

Virginia Institute for Psychiatric & Behavioral Genetics. (2003). *Virginia adult twin study of psychiatric and substance use disorders (NIDA)*. Department of Psychiatry, Virginia Commonwealth University, Richmond, VA.

University of Virginia Volleyball. (2002). *Sport psychology consulting*. Department of Athletics, University of Virginia, Charlottesville, VA.

Conference Organizing

Intravarnet 2008 Working Group Meeting. Intraindividual variability and aging: Theoretical, methodological, and empirical challenges. (July 17-20, 2008). Dölln, Germany. Funded by the Max Planck Institute for Human Development and The Pennsylvania State University.

Society of Multivariate Experimental Psychology Graduate Pre-conference. (October 5, 2005). Lake Tahoe, CA.

Millmont Methodology Series. (2005-2006). University of Virginia, Charlottesville, VA.

Department Committees

HDFS Program, Planning, Development, and Evaluation Committee (2011-2012)

HDFS Program, Planning, Development, and Evaluation Committee (2010-2011)

HDFS Program, Planning, Development, and Evaluation Committee (2009-2010)

HDFS Undergraduate Methods Curriculum Development (2008)

HDFS Program, Planning, Development, and Evaluation Committee (2008-2009)

HDFS Awards Committee (2008-2009)

HDFS Adulthood and Aging Search Committee (2007)

College Committees

HHD Strategic Planning Focus Group on Methodology (2007)

Strategic Planning Advisory Committee, Gerontology Center (2007)

University Committees

SSRI Innovative Methods Cluster Hire Search Committee (2011-2012)

Population Research Institute Advisory Board (2010-2011)

Office of VP for Research's *Cyber-Science Task Force* (2010-2011)

TIES Methodology Core (2010-2011)

Population Research Institute Advisory Board (2010-2011)
Scale-Up Classroom Design Committee (2009)
Social Science Research Institute: Methods Vision for 2020 Committee (2007)

Professional Society Committees

Program Committee. *Society for Research on Child Development 2012 Themed Meeting: Developmental Methodology* (2011-2012)
Outreach Committee. *American Psychological Association Division 20* (2011-2012)
Program Committee. *International Society for Study of Behavioral Development* (2011-2012)

Advanced Training

Conference on Inductive Developmental Systems Theory. (October 31-November 2, 2011). Pennsylvania State University, State College, PA.
Data Science & Epidemiology. (October 6-7, 2011). Center for Infectious Disease Dynamics. Pennsylvania State University, State College, PA.
Summer Institute on Longitudinal Methods. (June 7-9, 2010). *Analysis of longitudinal dyadic data*. Pennsylvania State University, State College, PA.
Institute for Social Research. (December 10-11, 2008). *The scientific assessment of biomeasures in the Panel Study of Income Dynamics*. University of Michigan, Ann Arbor, MI.
APA Science Directorate. (September 11-12, 2008). *Individual Pathways of Change in Learning and Development*. Pennsylvania State University, University Park, PA.
Summer Institute on Longitudinal Methods. (June 1-3, 2005). *Survival Analysis*. Pennsylvania State University, University Park, PA.
Johns Hopkins Center for Prevention and Early Intervention. (March 17-18, 2005). *Multilevel modeling in Mplus*. Johns Hopkins University, Baltimore, MD.
Summer Institute on Longitudinal Methods. (May 24-26, 2004). *Analyzing developmental trajectories*. Pennsylvania State University, State College, PA.
Notre Dame Series on Quantitative Methodology. (May 29-31, 2003). *Data analytic techniques for dynamical systems*. Notre Dame University, South Bend, IN.
Longitudinal Research Institute. (June 17-22, 2002). *Longitudinal methods, measurement, and models*. University of Virginia, Charlottesville, VA.
American Psychological Association Advanced Training Institute. (June 10-15, 2002). *Longitudinal methods, measurement, and models*. University of Virginia, Charlottesville, VA.