

CURRICULUM VITAE

Name: Steven H. Zarit

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Education:

1967 B.A. Political Science, with High Distinction and Honors, University of Michigan

1968 M.A. American Civilization, University of Pennsylvania

1972 Ph.D. Human Development, University of Chicago

1972-73 Postdoctoral Training, Clinical Psychology, University of Chicago

Professional Experience:

2016- present Distinguished Professor Emeritus, Human Development and Family Studies, The Pennsylvania State University

2022-present Consultant, Alzheimer's Greater Los Angeles, Los Angeles, CA.

2020-2022 Consultant, Motion Picture and Television Fund, Woodland Hills, CA

2019-2021. Consultant, WISE and Healthy Aging, Santa Monica, CA

2016-2020. Consultant, Presbyterian SeniorCare, Oakmont, PA

2012-2016 Distinguished Professor, Human Development and Family Studies, The Pennsylvania State University

2003-2014 Department Head, Human Development and Family Studies, The Pennsylvania State University

1986-2012 Professor, Human Development and Family Studies, The Pennsylvania State University

1986-2003 Assistant Director, The Gerontology Center, The Pennsylvania State University.

1993-Present Adjunct Professor, Institute of Gerontology, College of Health Sciences, Jönköping University, Jönköping, Sweden.

2001-2002 Acting Director, The Gerontology Center, The Pennsylvania State University

1995-1996 Acting Director, The Gerontology Center, The Pennsylvania State University

1990-1991 Acting Director, The Gerontology Center, The Pennsylvania State University

1991-1992 Acting Head, Department of Human Development and Family Studies, The Pennsylvania State University

1989-1990 Professor-in-Charge, Graduate Program, Department of Human Development and Family Studies, The Pennsylvania State University.

1988-1989 Acting Director, The Gerontology Center, The Pennsylvania State University

1986-1987 Professor-in-Charge, Undergraduate Program, Department of Human Development and Family Studies, The Pennsylvania State University.

1984-1985 Acting Head, Leonard Davis School of Gerontology, University of Southern California.

1982-1986 Associate Professor of Gerontology and Psychology, University of Southern California;
Director, Andrus Older Adult Center, Andrus Gerontology Center, and Co-Director, Human Relations Center, University of Southern California; Research Associate, Gerontology Research Institute, Andrus Gerontology Center, University of Southern California.

- 1975-1982 Assistant Professor of Gerontology and Psychology, University of Southern California.
1973-1975 Teaching Associate, Department of Psychology, City College of C.U.N.Y., New York.
Research Associate, Jewish Home and Hospital for the Aged, New York.
1972-1973 Postdoctoral trainee, In-patient Psychiatry and Gerontology Clinic, University of Chicago.
1971-1972 Psychology intern, In-patient Psychiatry and Gerontology Clinic, University of Chicago.
1971-1973 Associate Project Director, Aging Project, Department of Psychiatry, University of Chicago.

License:

Psychologist, Commonwealth of Pennsylvania, PS-004982-L (inactive) and
Psychologist, State of New York (inactive), #07601

Honors:

- 1966 Phi Beta Kappa, University of Michigan.
1967 William Jennings Bryan Prize in Political Science, University of Michigan
1969-71 Trainee, Adult Development and Aging Program, University of Chicago
1983-84 Eula and Maude Jacob Fellow, Andrew Norman Institute, Andrus Gerontology Center
1984-85 Brookdale Award, Columbia University
1992 Apple of Knowledge Award, University College of Health Sciences, Jönköping, Sweden.
1995 Evan G. and Helen G. Pattishall Outstanding Research Achievement Award, College of Health and Human Development, Penn State University
1995 Scientific Research Award, Jönköping County Council, Sweden. (with Boo Johansson)
1998 Distinguished Mentorship Award, Behavioral and Social Sciences Section, Gerontological Society of America
2001 Award for Academic Integration, Penn State University
2001 Senator John Heinz Memorial Award, National Council on Aging
2002 M. Powell Lawton Distinguished Contributions Award in Applied Gerontology, Division 20: Adult Development and Aging, of the American Psychological Association
2004 M. Powell Lawton Award, Gerontological Society of America.
2006 M. Powell Lawton Award, Section II of Division 12, American Psychological Association
2008 Pauline Schmitt Russell Distinguished Career Research Award, College of Health and Human Development, Penn State University
2009 Distinguished Career Award, Behavioral and Social Sciences Section, Gerontological Society of America
2013 Certificate of Recognition, Pennsylvania Adult Day Services Association.
2019 Robert W. Kleemeier Award for Outstanding Research, Gerontological Society of America.
2019 The Committee on Aging Award for Achievement in the Psychology and Aging, American Psychological Association.

Grants (since 2000):

- “The Psychology of Intergenerational Transfers II,” NIA, 2011-2015 (PI K. Fingerma).
“Daily Stress and Health of Family Caregivers,” NIA, 2010-2014 (PI).
“The Psychology of Intergenerational Transfers,” NIA, 2006-2009 (PI K. Fingerma).
“Adaptive Interventions for At-Risk Caregivers,” NIMH, 2005-2008 (PI).
“Long-term Effects of Day Care,” ONEgeneration, 2005 (PI).
“Early Diagnosis of Dementia,” AoA, 2001-2004 (PI).
“Reducing Behavior Problems in Dementia,” NIMH, 1999-2004 (PI).
“Research Training in Mental Health and Aging,” NIMH, 2003-2008 (PI).

“Vérification d’un modèle prédictive de la santé hommes âgés aidants naturels,” Canadian Institutes of Health Research, 2002-2005 (PI, F. Ducharme).

“Independence, Disablement and System Response Among the Very Old,” Socialvetenskapliga Forskningsrådet, Sweden, 1999-2001 (PI, G. Sundström).

“Interdisciplinary Training in Gerontology”, National Institute on Aging, 2001-2006 (PI).

Publications

Books and Monographs:

Zarit, S. H. & Talley, R. C. (Eds.) (2013). *Caregiving for Alzheimer’s Disease and Related Disorders: Research, Practice, Policy*. New York: Springer.

Qualls, S. H., & Zarit, S. H. (Eds.) (2009) *Aging Families and Caregiving*. New York: Wiley.

Zarit, S. H. & Zarit, J. M. (2007). *Mental disorders in older adults*, 2nd ed. New York: Guilford.

Zarit, S. H., & Pearlin, L. I. (2005) (Eds.), Health inequalities across the life course. *Journal of Gerontology: Social Sciences*, 60B (special issue).

Zarit, S. H., Pearlin, L. I., & Schaie, K. W. (Eds.). (2002). *Personal control in social and life course contexts*. New York: Springer.

Zarit, S. H., & Pearlin, L. I. (Eds.). (2001). Special issue on behavioral and social aspects of Alzheimer’s Disease. *Aging and Mental Health*, 5(suppl).

Berg, S., & Zarit, S. H. (Eds.). (1999). *The oldest old*. Jönköping, Sweden, Institute of Gerontology.

Downs, M. G., & Zarit, S. H. (Eds.). (1999). Proceedings of the ‘What Works in Dementia Care’ symposium, Stirling, Scotland, June 1998. *International Journal of Geriatric Psychiatry*, 14 (no. 2 and 3).

Zarit, S. H., & Downs, M. G. (Eds.). (1999). State of the art for practice in dementia. *Generations*, 23.

Zarit, S. H., & Zarit, J. M. (1998). *Mental disorders in older adults: Fundamentals of assessment and treatment*. New York: Guilford.

Zarit, S. H., & Knight, B. (Eds.). (1996). *Psychotherapy and aging: A practitioner's guide*. Washington, DC: American Psychological Association.

Aneshensel, C., Pearlin, L. I., Mullan, J. T., Zarit, S. H., & Whitlatch, C. J. (1995). *Profiles in caregiving: The unexpected career*. New York: Academic Press.

Zarit, S. H., Pearlin, L. I., & Schaie, K. W. (Eds.). (1993). *Caregiving systems: Informal and formal helpers*. New York: Erlbaum.

Birren, J. E., Gilhooly, M. L. M., & Zarit, S. H. (Eds.). (1986). *The senile dementias: Policy and management*. Englewood Cliffs, NJ: Prentice-Hall.

Zarit, S. H., Orr, N. K., & Zarit, J. M. (1985). *The hidden victims of Alzheimer's Disease: Families under stress*. New York: NYU Press.

Zarit, S. H. (Ed.). (1982). *Readings in aging and death: Contemporary perspectives*. 2nd Ed. New York: Harper and Row.

Zarit, S. H. (1980). *Aging and mental disorders: Psychological approaches to assessment and treatment*. New York: The Free Press.

Zarit, S. H. (Ed.). (1977). *Readings in aging and death: Contemporary perspectives*. New York: Harper and Row.

Chapters and Articles:

(Over 350 articles and chapters. Publications since 2000 are listed).

Zarit, S. H., & Whitlatch, C. J. (2023). Caregiving: Stressors, challenges and treatment. In H. Friedman & C. Markey (Eds.), *Encyclopedia of Mental Health*, 3rd Ed., Oxford, UK, Elsevier.

Liu, Y., Leggett, A. N., Kim, K., Polenick, C. A., McCurry, S. M., & Zarit, S. H. (2022). Daily Sleep, well-being, and adult day services use among dementia care dyads. *Aging and Mental Health*, 26 (12), 2472-2480. doi: 10.1080/13607863.2021.1998354

Cahill, S., Bielsten, T., & Zarit, S. H. (2022, e-pub). Developing a framework for the support of informal caregivers: Experiences from Sweden, Ireland, and the United States. *Research on Aging*. doi: 10.1177/01640275221113356

Bernaards, C.A., Fischer, K.I., Rylands, A., Gater, A., Tolley, C., Zarit, S.H., & Lansdall, C.J. (2022). Development and Psychometric Validation of the 27 Item Zarit Caregiver Interview for Alzheimer's Disease (ZCI-AD-27). *Current Alzheimer Research*, Epub ahead of print. PMID: 36588335doi: 10.2174/1567205020666221230103505..

Zarit, S. H., & Heid, A. R. (2022). Promising approaches for dementia care in nursing homes and other residential setting. In Pérez-Rojo, G., & López, J. (Eds.), *Promoting good care of older people in institutions*. Pp.121-142. Madrid, Dykinson, S. L.

Fingerman, K. L., Ng, Y. T., Huo, M., Birditt, K.S., Charles, S. T., & Zarit, S. (2021). Functional limitations, social integration, and daily activities in late life. *Journals of Gerontology: Psychological Sciences*. *Journals of Gerontology: Psychological Sciences*, 76(10), 1937-1947. doi: 10.1093/geronb/gbab014.

Bangerter, L.R., Liu, Y., Kim, K., & Zarit, S.H. (2021). Adult day services and dementia caregivers' daily affect: The role of distress response to behavioral and psychological symptoms of dementia. *Aging and Mental Health*, 25, 46-52. doi.org/10.1080/13607863.2019.1681934.

Wiley, M. J., Kim, K., Liu, Y., & Zarit, S. H. (2021). Taking a break: Daily respite effects of adult day services and objective and subjective time away from caregiving. *Gerontologist*, 61 (8), 1231-1240. doi: [10.1093/geront/gnaa178](https://doi.org/10.1093/geront/gnaa178)

Chunga, R. E., Kim, Kyungmin, Liu, L., & Zarit, S. H. (2021). Family caregivers' distress responses to daily

psychological symptoms of dementia: The moderating role of relationship quality. *International Journal of Geriatric Psychiatry*, 36, 822-830, doi: 10.1002/gps.5482. DOI: 10.1002/gps.5482.

- Almeida, D. M., Piazza, J., Liu, Y., & Zarit, S. H. (2020). Use of saliva to better understand the daily experience of adulthood and aging. In Granger, D. A. & Taylor, M. K. (Eds.) *Salivary Bioscience: Foundations of Interdisciplinary Saliva Research and Applications*. Pp. 655-674. Springer, Cham.
https://doi.org/10.1007/978-3-030-35784-9_27
- Gonçalves-Pereira, M., Zarit, S. H., Papoila, A. L., & Mateos, R. (2020). Positive and negative experiences of caregiving in dementia: The role of sense of coherence. *International Journal of Geriatric Psychiatry*, DOI: 10.1002/gps.5433.
- Gonçalves-Pereira, M., Zarit, S. H., Cardoso, A. M., de Silva, J. A., Papoila, A. L., & Mateos, R. (2020). A comparison of primary and secondary caregivers of persons with dementia. *Psychology and Aging*, 35 (1), 20-27. <http://dx.doi.org/10.1037/pag0000380>.
- Kalavar, J. M., Zarit, S. H., Lecnar, C., & Magda, K. (2020). I'm here, you're there: In-absentia caregiver stress and transnational support of elderly mothers by adult children. *Journal of International Relationships*. <https://doi.org/10.1080/15350770.2020.1787044>.
- Lee, J. E., Kahana, E., Kahana, B., & Zarit, S. (2020), The role of goal and meaning of life for older adults facing interpersonal stress. *Aging & Mental Health*. <https://doi.org/10.1080/13607863.2020.1849020>.
- Polenick, C. A., Kim, Y., DePasquale, N., Birditt, K.S., Zarit, S. H., & Fingerman, KL. (2020). Midlife children's and older mother's depressive symptoms: empathic mother-child relationships as a key moderator. *Family Relations*. 69,(5), 1073-1086. DOI: [10.1111/fare.12466](https://doi.org/10.1111/fare.12466)
- Polenick, C. A., Birditt, K. S., Turkelson, A., Perbix, E. A., Salwi, S. M., & Zarit, S. H. (2021). Daily social interactions and HPA axis activity among midlife and older adults. *The Gerontologist*, 61, 897-906. doi: 10.1093/geront/gny130.
- Chai, H. W., Zarit, S. H., & Fingerman, K. L. (2020). Revisiting intergenerational contact and relationship quality in later life: Parental characteristics matter. *Research on Aging*, DOI: 10.1177/0164027519899576
- Shune, S. E., Resnick, B., Zarit, S. H., Namasivayam-MacDonald, A. M. (2020). Creation and initial validation of the caregiver analysis of reported experiences with swallowing disorders (CARES) screening tool. *American Journal of Speech-Language Pathology*, https://doi.org/10.1044/2020_AJSLP-20-00148
- Zarit, S. H., Chiusano, C., Harrison, A. S., Sewell, L., Krauss, C., & Liu, Y. (2020). Rehabilitation of persons with dementia: Using technology to improve participation. *Aging & Mental Health*. <https://doi.org/10.1080/13607863.2020.1711864>
- Fuentecilla, J. L., Liu, Y., Huo, M., Kim, K., Birditt, K. S., Zarit, S. H., & Fingerman, K. L. (2020). Midlife adults' daily support to children and parents: Implications for diurnal cortisol. *Journal of Aging and Health*, 32, 926-936.. DOI:1171/0778/08982643 19863994.

- Kim, K., Birditt, K. S., Zarit, S. H., & Fingerman, K. L. (2019). Typology of parent-child ties within families: Associations with psychological well-being. *Journal of Family Psychology*. doi: 10.1037/fam0000595
- Bangerter, L. R., Liu, Y., & Zarit, S. H. (2019). Longitudinal trajectories of subjective care stressors: The role of personal, dyadic, and family resources. *Aging & Mental Health*, 23, 255-262. <https://doi.org/10.1080/13607863.2017.1402292>.
- DePasquale, N., Sliwinski, M.J., Zarit, S.H., Buxton, O.M., & Almeida, D.M. (2019). Unpaid caregiving roles and sleep among women working in nursing homes: A longitudinal study. *The Gerontologist*, 59(3), 474-485. doi: 10.1093/geront/gnx185
- Lee, H. J., Kim, K., Bangerter, L. R., Zarit, S.H., & Fingerman, K. L. (2019). Aging parents and middle-aged children's evaluation of parents' disability and life problems. *Journal of Adult Development*. <https://doi.org/10.1007/s10804-019-09336-x>
- Liu, Y., Dokos, M., Fauth, E. B., Lee, Y. G. & Zarit, S. H. (2019). Financial strain, employment, and role captivity and overload over time among dementia family caregivers. *The Gerontologist*, doi:10.1093/geront/gnz099
- Zarit, S. H., & Polenick, C. A. (2019). Caregivers' outcomes. In D. Gu & M. E. Dupre (Eds.), *Encyclopedia of Gerontology and Population Aging*. New York: Springer, Cham. https://doi.org/10.1007/978-3-319-69892-2_8-1
- Zarit, S. H., Polenick, C. A., DePasquale, N., Liu, Y., & Bangerter, L. R., (2019). Family support and caregiving in middle and late life. In *APA Handbook of Contemporary Family Psychology: Vol. 2. Applications and Broad Impact of Family Psychology*, B. H. Fiese (Editor-in-Chief). Washington, American Psychological Association Press. <http://dx.doi.org/10.1037/0000100-007>
- Wang, H., Kim, K., Birditt, K. S., Zarit, S. H., & Fingerman, K. L. (2019). Middle-aged children's coping strategies with tensions in the aging parent-child tie. *The International Journal of Aging and Human Development*. DOI: 10.1177/0091415018822079
- DePasquale, N., Crane, T., Buxton, O. M., Zarit, S. H., & Almeida, D. M. (2019). Tonight's sleep predicts tomorrow's fatigue: A daily diary study of long-term care employees with nonwork caregiving roles. *The Gerontologist*, 59, 1065-1077. <https://doi.org/10.1093/geront/gny176>
- Zarit, S. H. (2019). Dogs and cats and the well-being of older adults. *Aging and Mental Health*, DOI: 10.1080/13607863.2019.1612988
- Kim, Y., Kim, K., Boerner, K., Birditt, K. S., Zarit, S. H., & Fingerman, K. L. (2019). Recent parental death and relationships between midlife adults and their own children. *Journal of Marriage and Family*, 81, 616-630. doi:10.1111/jomf.12549
- Polenick, C. A., Sherman, C. W., Birditt, K. S., Zarit, S. H., & Kales, H. C. (2019). Purpose in life among family care partners managing dementia: Links to caregiving gains. *The Gerontologist*. doi:10.1093/geront/gny063
- Fingerman, K. L., Huo, M., Ng, Y. T. & Zarit, S. H., (2020). Social relationships and cognitive development across adulthood. In A. K. Thomas & A. Gutchess (Ed.), *Handbook of cognitive aging: A lifecourse perspective*, pp. 350-366. Cambridge, England: Cambridge University Press.

- Fingerman, K. L., Zarit, S. H., & Birditt, K. S., (2019). Parent-child relationships in adulthood and old age. In M. H. Bornstein (Ed.), *Handbook of Parenting, Vol. 1, 3rd Ed.*, London, UK: Routledge.
- Heid, A., & Zarit, S. (2018). [Aging societies and the ethical challenges of long life](#). In *Oxford Research Encyclopedia of Psychology*. Oxford University Press. doi: <http://dx.doi.org/10.1093/acrefore/9780190236557.013.407>
- Heid, A. R., Kim, K., Zarit, S. H., Birditt, K. S., & Fingerman, K. L. (2018). Relationship tensions and mood: Adult children's daily experience of aging parents' stubbornness. *Personal Relationships*, 25, 87–102. doi:10.1111/per.12229 PMID: PMC6110395
- Huo, M., Graham, J. L., Kim, K., Zarit, S. H., & Fingerman, K. L. (2018). Aging parents' disabilities and daily support exchanges with middle-aged children. *The Gerontologist*, 58, 872-882. doi:10.1093/geront/gnx144
- Liu, Y., Kong, J., Bangerter, L. R., Zarit, S. H., & Almeida, D. M. (2018 e-pub). Early parental abuse and daily assistance to aging parents with disability: Associations with the middle-aged adults' daily well-being. *Journals of Gerontology: Social Sciences*. doi:10.1093/geronb/gbx173
- Liu, Y., Almeida, D. M., Rovine, M. J., & Zarit, S. H. (2018). Modeling cortisol daily rhythms of family caregivers of individuals with dementia: Daily stressors and adult day services use. *Journal of Gerontology: Psychological Sciences*, 73, 437-446. doi:10.1093/geronb/gbw140.
- Anderson, K. A., Geboy, L., Jarrott, S., Missaelides, L., Ogletree, A. M., Peters-Beumer, L., & Zarit, S. H. (2018). Developing a set of uniform outcome measures for adult day services. *Journal of Applied Gerontology*, DOI: 10.1177/0733464818782130
- Bangerter, L. R., Polenick, C. A., Zarit, S. H., & Fingerman, K. L. (2018). Life problems and perceptions of giving support: Implications for aging mothers and middle-aged children. *Journal of Family Issues*, 39, 917-934. doi:10.1177/0192513X16683987
- DePasquale, N., Mogle, J., Zarit, S.H., Okechukwu, C.A., Kossek, E.E., & Almeida, D.M. (2018). The family time squeeze: Perceived family time adequacy buffers work strain in certified nursing assistants with multiple caregiving roles. *The Gerontologist*, 58(3), 546-555. doi: 10.1093/geront/gnw191
- DePasquale, N., Zarit, S.H., Mogle, J., Moen, P., Hammer, L.B., & Almeida, D.M. (2018). Double- and triple-duty caregiving men: An examination of subjective stress and perceived schedule control. *Journal of Applied Gerontology*, 37(4), 464-492. doi: 10.1177/0733464816641391
- DePasquale, N., Polenick, C. A., Hinde, J., Bray, J. W., Zarit, S. H., Moen, P., Hammer, L. B., & Almeida, D. M. (2018). Health behavior among men with multiple family roles: The moderating effects of perceived partner relationship quality. *American Journal of Men's Health*, 12, 2016-2017. DOI: 10.1177/1557988316660088.
- Savla, J. S., Zarit, S. H. & Almeida, D. M. (2018). Routine support to parents and stressors in everyday domains: Associations with negative affect and cortisol. *Journals of Gerontology, Series B: Psychological and Social Sciences*, 73, 437-446. doi:10.1093/geronb/gbx033
- Femia, E., Zarit, S. H., & Jarrott, S. (2018). Adult day services. In M. H. Bornstein (Ed.), *Sage Encyclopedia*

of Lifespan Human Development, pp. 57-58. Thousand Oaks, CA.: Sage Publications.

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- Polenick, C. A., DePasquale, N., Eggebeen, D. J., Zarit, S. H., & Fingerman, K. L. (2018). Relationship quality between older fathers and middle-aged children: Associations with both parties' subjective well-being. *The Journal of Gerontology, Series B: Psychological Sciences*, *73*, 1203-1213. doi:10.1093/geronb/gbw094
- Polenick, C. A., Fredman, S. J., Birditt, K. S., & Zarit, S. H. (2018). Relationship quality with parents: Implications for own and partner well-being in middle-aged couples. *Family Process*, *57*, 253-268. doi:10.1111/famp.12275 PMID: PMC5481501
- Polenick, C. A., Leggett, A. N., Webster, N. J., Han, B. H., Zarit, S. H., & Piette, J. D. (2017). Multiple chronic conditions in spousal caregivers of older adults with functional disability: Associations with caregiving difficulties and gains. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. Advance online publication. doi:10.1093/geronb/gbx118
- Birditt, K. S., Manalel, J. A., Kim, K., Zarit, S. H., & Fingerman, K. L. (2017). Daily interactions with aging parents and adult children: Associations with negative affect and diurnal cortisol. *Journal of Family Psychology*, *31*, 699-709 doi:10.1037/fam0000317
- Birditt, K. S., Polenick, C. A., Van Bolt, O., Kim, K., Zarit, S. H., & Fingerman, K. L. (2017). Conflict strategies in the parent-adult child tie: Generation differences and implications for well-being. *The Journals of Gerontology, Series B: Psychological Sciences*. doi:10.1093/geronb/gbx057
- Birditt, K. Z., Tighe, L. A., Nevitt, M. R., & Zarit, S. H. (2017 e-pub). Daily social interactions and the biological stress response: Are there age differences in links between social interactions and alpha-amylase? *The Gerontologist*, gnx168, <https://doi.org/10.1093/geront/gnx168>
- Whitlatch, C. J., Heid, A. R., Femia, E. E., Orsulic-Jeras, S., Szabo, S., & Zarit, S. H. (2017). The Support, Health, Activities, Resources, and Education program for early stage dementia: Results from a randomized controlled trial, *Dementia*, doi: 10.1177/1471301217743033.
- Fauth, E. B., Schaefer, S. Y., Zarit, S. H., Ernsth-Bravell, M., & Johansson, B. (2017). Associations between fine motor performance in activities of daily living and cognitive ability in a nondemented sample of older adults: Implications for geriatric physical rehabilitation. *Journal of Aging and Health*, *29*, 1144-1159. DOI: 10.1177/0898264316654674.
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- Arai, Y., Noguchi, C., & Zarit, S. H., (2017). Potentially harmful behavior by caregivers may be predicted by a caregiver burden scale. *International Journal of Geriatric Psychiatry, 32*, 471-472. DOI: 10.1002/gps.4691
- Bangerter, L. R., Griffin, J. M., Zarit, S. H., & Havyer, R. (e-pub, 2017). Measuring the needs of family caregivers of people with dementia: An assessment of current methodological strategies and key recommendations. *Journal of Applied Gerontology*, DOI: 10.1177/0733464817705959
- Polenick, C. A., Birditt, K. S., & Zarit, S. H. (2018). Parental support of adult children and middle-aged couples' marital satisfaction. *The Gerontologist, 58*, 663-673. doi:10.1093/geront/gnx021
PMCID: PMC6044335
- Zarit, S. H. Bangerter, L. R., Liu, Y., & Rovine, M. (2017). Exploring the benefits of respite services to family caregivers: methodological issues and current findings. *Aging & Mental Health, 21*, 224-231. DOI: 10.1080/13607863.2015.1128881
- Zarit, S. H. (2017). Past is prologue: How to advance caregiver interventions. *Aging & Mental Health, https://doi.org/10.1080/13607863.2017.1328482*
- Huo, M., Kim, K., Zarit, S. H., & Fingerman, K. L. (2018). Grandparents' support of adult grandchildren. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences, 73*, 1006-1015. doi:10.1093/geronb/gbw208
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Presentations at Scientific and Professional Meetings since 2015:

- Liu, Y., Leggett, A. N., Kim, K., Polenick, C. A., McCurry, S. M., & Zarit, S. (2021, Nov.). Daily sleep, well-being, and Adult Day Services use among dementia care dyads. Gerontological Society of America.
- Connelly, C., Kim, K., Liu, Y., & Zarit, S. H. (2021, Nov.). Temporal patterns of behavioral and psychological symptoms of dementia throughout the day. Gerontological Society of America.
- Zarit, S. H. (2020, Nov.). Reflections on a career in research and education. Kleemeier Award Address, Gerontological Association of America, November, 2020.
- Zarit S. H. (2020, May). Practical and effective strategies for helping family caregivers of persons with ADRD. Alzheimer's Association Greater Pennsylvania Chapter.
- Kim, K., Stokes, J. E., Zarit, S. H., & Fingerman, K. L. (2019, Nov.). Middle-aged adults' bereavement responses to parent death: The role of pre-loss relationship quality. Symposium paper (Chairs: Jeffrey E. Stokes & Kyungmin Kim, "Bereavement in a family context"). Gerontological Society of America, Austin, TX.
- Wylie, M. J., Kim, K., Liu, Y., & Zarit, S. H. (2019, Nov.). Taking a break: Daily respite effects of adult day service as actual time away from caregiving. Symposium paper (Chair: Amanda N. Leggett, "The art of caring: Exploring how dementia care partners manage care challenges and find resilience"). Gerontological Society of America, Austin, TX.
- Chunga, R. E., Liu, Y., Kim, K., & Zarit, S. H. (2019, Nov.). Family caregivers' responses to daily behavior symptoms of dementia: The moderating role of relationship quality. Symposium paper (Chair: Amanda N. Leggett, "The art of caring: Exploring how dementia care partners manage care challenges and find resilience"). Gerontological Society of America, Austin, TX.
- Fauth, E., Johannesson, S., Ernsth-Bravell, M., Johansson, L., Malmberg, B., Johansson, B., & Zarit, S. (2019, June). A sustained and successful model in international gerontological education: A short study abroad course fostering

research collaboration and educational training for over a decade. Presented at the meetings of the International Association of Gerontology and Geriatrics, Gothenberg, Sweden.

- Polenick, C. A., Zarit, S. H., & Birditt, K. S. (2018, Nov.). Daily social interactions and biological stress reactivity: Are there age differences? Symposium paper (Chair: Birditt, K.S., "It's the Little Things That Count: Implications of Daily Experiences for Well-Being and Biological Indicators") to be presented at the 71st Annual Meeting of the Gerontological Society of America, Boston, MA.
- Beaulieu, C., Kim, K., Huo, M., Zarit, S. H., & Fingerman, K. L. (2018, Nov.). Adult grandchild support provided to grandparents. Poster to be presented at the 71st Annual Scientific Meeting of Gerontological Society of America (GSA). Boston, MA.
- Birditt, K., Kim, K., Loving, T., Fingerman, K. L., & Zarit, S. H. (2015, Nov.). Daily interactions with adult children: Implications of children's problems for parent's cortisol. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL.
- Kim, K., Zarit, S. H., Bangerger, L. R., Liu, Y., & Fingerman, K. L. (2015, Nov.) Caregiving transitions in the context of family. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL
- Heid, A. R., Zarit, S. H., & Fingerman, K. L. (2015, Nov.). The consequences of adult children's responses to perceived parent stubbornness. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL.
- Huo, M., Kim, K., Zarit, S. H., & Fingerman, K. L. (2015, Nov.) Family backup generators: Grandparental support of adult grandchildren. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL.
- Polenick, C. A., Zarit, S. H., Seidel, A. J., Bangerter, L. R., & Fingerman, K. L. (2015, Nov.). Effects of intergenerational support on partners' marital satisfaction in middle-aged couples. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL
- Polenick, C. A., Seidel, A. J., Birditt, K. S., Zarit, S. H., Fingerman, K. L. (2015, Nov.). *Filial obligation and marital satisfaction: Dyadic associations in middle-aged couples*. Poster presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL.
- Seidel, A. J., Yorgason, J., Polenick, C. A., Zarit, S. H., & Fingerman, K. L. (2015, Nov). *Are you sleeping? Cross Partner effects of support & worries regarding adult children on sleep*. Poster presented at the 77th Annual Conference of the National Council on Family Relations, British Columbia, Canada.
- Arai, Y, Noguchi, C., & Zarit, S. H. (2015, Sept.) Potentially harmful behaviors may be predicted by a caregiver burden scale. 9th International Congress of the Asian Society Against Dementia. Kumamoto, Japan.
- Liu, Y. Bangerter, L. R., Zarit, S. H., & Almeida, D. M. (2015, Aug). Intrinsic emotional fluctuation of daily negative affect: What it is, how it changes and why? American Psychological Association, Toronto, Ontario, Canada.
- Whitlatch, C. J., Zarit, S. H., Femia, E. E., Orsic-Jeras, S., & Szabo, S. (2015, Nov.). Workshop: The SHARE intervention for persons with early-stage dementia and their family care partners. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL

Zarit, S. H. (2015, Nov.). Discussant. Symposium: Adult day services: Serving diverse populations and measuring impact. Presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL

Whitlatch, C. J., & Zarit, S. H. (2015, Nov.). Organizer and discussant, Symposium: An intervention to support persons with early-stage dementia and their family care partners. Presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL

Zarit, S. H. (2015, Nov.). Discussant, Symposium: Depression in late-life: Exploring moderators of longitudinal risk. Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America, Orlando, FL

Professional Activities (since 2000):

Member, Advisory Board, Dementia Care Management Project, Presbyterian Senior Care, Oakmont, PA (2018—2020)

Member, International Advisory Board, Interdisciplinary Network for Dementia Using Current Technology (INDUCT), 2017—present)

Member, International Expert Panel, Doctoral Training Centre, Bradford University Dementia Studies Program, Bradford, UK (2015—2020)

Member, Board of Directors, National Adult Day Services Association (2012-2016)

Editor, *Aging and Mental Health* (2009-2017)

Associate Editor, *Aging and Mental Health* (1996-2009)

Member, Volunteer, Programs and Services Committee, Lewy Body Dementia Association (2014-present)

Chair, Publications Committee, Gerontological Society of America, 2002-2004.

Member, Publications Committee, Gerontological Society of America (1999 - 2002)

Chair, Behavioral and Social Sciences Division, Gerontological Society of America (2000 - 2001)

Chair Elect and Program Chair, Behavioral and Social Sciences Division, Gerontological Society of America (1999 - 2000)

Member, Board of Directors, The Alzheimer's Association (2000—2005)

Member, Medical and Scientific Advisory Committee, The Alzheimer's Association (2000—2003)

Chair, Committee on Aging, American Psychological Association (1998 - 2000)

Member, Committee on Aging, American Psychological Association (2000 - 2001)

Member, Program Committee, Gerontological Society of America (1999 - 2000)

Member, Scientific Advisory Board, The Lighthouse, Inc., New York (1996- 2005)

Member, Scientific Advisory Board, American Federation of Aging Research (1995- 2005)

Member, Editorial Board, *Journal of Gerontology: Psychological Sciences* (1991-1994; 1997-2000)