

Katharine H. Zeiders, PhD
 Norton School of Family and Consumer Sciences
 Family Studies and Human Development
 University of Arizona
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ACADEMIC DEGREES

PhD	Family and Human Development, Arizona State University Dissertation: <i>Environmental risks, HPA axis functioning, and Mental Health Symptomatology in Mexican American Youth</i> Advisor: Dr. Mark W. Roosa	2011
MS	Family and Human Development, Arizona State University Thesis: <i>Bicultural Stress and Latino Adolescent Depression: Examining Parental Warmth as a Protective Factor</i> Advisor: Dr. Adriana J. Umaña-Taylor	2007
BS	Family and Human Development, Arizona State University	2005

MILITARY SERVICE

U.S. Air Force Active Duty—Air Traffic Controller (AFSC 1C131)	1998 – 2002
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POSITIONS

Post-doctoral Research Fellow , Northwestern University; Human Development and Social Policy	2011 – 2012
Post-doctoral Research Fellow , Arizona State University, The Sanford School of Social and Family Dynamics	2012 – 2014
Assistant Professor , University of Missouri-Columbia, Human Development and Family Science	2014 – 2016
Assistant Professor , University of Arizona, School of Family and Consumer Sciences	2016 – 2019
Associate Professor , University of Arizona, School of Family and Consumer	2019 – present

RESEARCH (author h-index: 30; author h-10 index 48¹)

PUBLICATIONS (60 published/in-press articles, 2 invited book chapters/entries)

**indicates that a majority of work on manuscript conducted during graduate school.*

ARTICLES IN REFEREED JOURNALS

1. Carbajal, S., **Zeiders, K. H.**, & Landor, A. M. (*in press*). Unpacking biculturalism: Latinx college students' academic and psychosocial functioning. *Emerging Adulthood*.
2. **Zeiders, K. H.**, Umaña-Taylor, A. J., Carbajal, S., & Pech, A. (*in press*). Police discrimination among Black, Latina/x/o, and White adolescents: Examining frequency and relations to academic functioning. *Journal of Adolescence*.

3. Hoyt, L.T., **Zeiders, K.H.**, Chaku, N, Niu, L., Cook, S. (*in press*). Identifying diurnal cortisol profiles among young adults: Physiological signatures of mental health trajectories. *Psychoneuroendocrinology*.
4. Dull, B., Hoyt, L. T., Grzanka, P. R., & **Zeiders, K. H.** (*in press*). Can White guilt motivate action? The role of civic beliefs. *Journal of Youth and Adolescence*.
5. Davenport, M. A., Landor, A. M., **Zeiders, K. H.**, Sarsar, E. D., & Flores, M. (*in press*). Within-person associations between racial microaggressions and sleep among African American and Latinx young adults. *Journal of Sleep Research*.
6. Seaton, E. K. & **Zeiders, K. H.** (*in press*). Daily racial discrimination experiences, racial identity and diurnal cortisol patterns among Black adults. *Cultural Diversity and Ethnic Minority Psychology*.
7. **Zeiders, K. H.**, Umaña-Taylor, A. J., Fuentes, S., Updegraff, K. A., Bayless, S. D., & Jahromi, L. B. (2021). Latina/o youths' discrimination experiences in the U.S. Southwest: Estimates from three studies. *Applied Developmental Science, 25*, 51-61.
8. Grzanka, P. R., **Zeiders, K. H.**, Spengler, E. S., Hoyt, L. T., & Toomey, R. B. (2020). Do beliefs about sexual orientation predict voting behavior? Results from the 2016 Presidential election. *Psychology of Sexual Orientation and Gender Diversity, 7*, 241-252.
9. **Zeiders, K. H.**, Nair, R. L., Hoyt, L. T., Pace, T. W. W., & Cruze, A. (2020). Latino early adolescents' psychological and physiological response during the 2016 U.S. presidential election. *Cultural Diversity and Ethnic Minority Psychology, 26*, 169-175.
10. McDermot, E. R., Umaña-Taylor, A. J., & **Zeiders, K. H.** (2019). Profiles of coping with ethnic-racial discrimination and Latino adolescents' adjustment. *Journal of Youth and Adolescence, 48*, 908-923.
11. Kim, S. Y., Chen, S., Hou, Y., **Zeiders, K. H.**, & Calzada, E. (2019). Parental socialization profiles in Mexican-origin families: Considering cultural socialization and general parenting practices. *Cultural Diversity and Ethnic Minority Psychology, 25*, 439-450.
12. *Rodríguez De Jesús, S. A.*, Updegraff, K. A., Umaña-Taylor, A. J., McHale, S. M., & **Zeiders, K. H.** (2019). Mexican-origin adolescents' cultural orientations and values: Do older sisters and brothers matter? *Child Development, 6*, e675-e678.
IF: 4.20; IF-5: 5.86; CC: 0
13. **Zeiders, K.H.**, Bayless, S. D., *Derlan, C. L.*, Umaña-Taylor, A. J., Updegraff, K. A., & Jahromi, L. B. (2019). Discrimination and ethnic-racial identity: Understanding direction of effects using within- and between-person analyses. *Child Development, 90*, 373-385. doi:10.1111/cdev.12978
IF: 4.20; IF-5: 5.86; CC: 1
14. **Zeiders, K. H.**, Landor, A. M., Flores, M., & Brown, A. (2018). Microaggressions and diurnal cortisol: Examining within-person associations among African American and Latino young adults. *Journal of Adolescent Health, 63*, 482-488.
IF: 3.97; IF-5: 4.29; CC: 0
15. Kim, S. Y., Zhang, M., **Zeiders, K. H.**, Sim, L., & Gleason, M. E. (2018). Acute salivary cortisol response among Mexican American adolescents in immigrant families. *Cultural Diversity and Ethnic Minority Psychology, 24*, 510-520.
IF: 2.04; IF-5: 2.62; CC: 0
16. Updegraff, K. A., Umaña-Taylor, A. J., **Zeiders, K. H.**, *Bravo, D.*, & Jahromi, L. B. (2018) Familism values across the transition to adolescent motherhood: Links to family functioning and Mexican-origin adolescent mothers' adjustment. *Development and Psychopathology, 30*, 1589-1609.
IF: 3.24 IF-5: 5.15; CC: 0

17. White, R. M.B., **Zeiders, K. H.**, & Safa, M. D. (2018) Neighborhood structural characteristics and Mexican-origin adolescents' development. *Development and Psychopathology*, 30, 1679-1698. IF: 3.24 IF-5: 5.15; CC: 0
18. Hoyt, L. T., **Zeiders, K. H.**, Chaku, N., Toomey, R. B., & Nair, R. L. (2018). Young adults' psychological and physiological reactions to the 2016 U.S. presidential election: The role of gender, race/ethnicity, and political views. *Psychoneuroendocrinology*, 92, 162-169. doi:10.1016/j.psyneuen.2018.03.011. IF: 4.79 IF-5: 5.38; CC: 0
19. Jahromi, L. B., **Zeiders, K. H.**, Updegraff, K. A., and Umaña-Taylor, A.J. (2018). Coparenting conflict and academic readiness in children of teen mothers: Effortful control as a mediator. *Family Process*, 57, 462-476. doi:10.1111/famp.12290 IF: 2.42; IF-5: 2.58; CC: 0
20. Carlo, G. White, R. M. B., Streit, C., Knight, G. P., & **Zeiders, K. H.** (2018). Longitudinal relations among parenting styles, prosocial behaviors, and academic outcomes in U.S. Mexican adolescents. *Child Development*, 89, 577-592. doi:10.1111/cdev.12761 IF: 4.20; IF-5: 5.86; CC: 1
21. **Zeiders, K. H.**, Causadias, J. M., White, R. M. B. (2018). The health correlates of culture: Examining the associations between ethnic-racial identity and diurnal cortisol slopes. *Journal of Adolescent Health*, 62, 349-351. doi:10.1016/j.jadohealth.2017.09.020 IF: 3.97; IF-5: 4.29; CC: 0
22. **Zeiders, K. H.** (2017). Discrimination, daily stress and sleep quality, and Mexican-origin adolescents' internalizing symptoms. *Cultural Diversity and Ethnic Minority Psychology*, 23, 570-575. doi:10.1037/cdp0000159 IF: 2.04; IF-5: 2.62; CC: 0
23. **Zeiders, K. H.**, Updegraff, K. A., Kuo, S. I., Umaña-Taylor, A. J., & McHale, S. M. (2017). Perceived discrimination and Mexican-origin young adults' sleep duration and variability: Examining the moderating role of cultural orientations. *Journal of Youth and Adolescence*, 46, 1851-1861. doi:10.1007/s10964-016-0544-9 IF: 3.28; IF-5: 3.96; CC: 2
24. White, R. M. B., Updegraff, K. A., Umaña-Taylor, A. J. & **Zeiders, K. H.**, Perez-Brena, N., & Burleson, E. (2017). Neighborhood and school ethnic structuring and cultural adaptations among Mexican-origin adolescents. *Developmental Psychology*, 53, 511-524. doi:10.1037/dev0000269 IF: 3.23; IF-5: 4.65; CC: 4
25. Wheeler, L. A., **Zeiders, K. H.**, Updegraff, K. A., Umaña-Taylor, A.J., Rodríguez de Jesús, S. & Perez-Brena, N. J. (2017). Mexican-origin youths' risk behaviors from adolescence to young adulthood: The role of familism values. *Developmental Psychology*, 53, 126-137. doi:10.1037/dev0000251 IF: 3.23; IF-5: 4.65; CC: 2
26. **Zeiders, K. H.**, Umaña-Taylor, A. J., Updegraff, K. A., Jahromi, L. B., & White, R. M. B. (2016). Discrimination and acculturation stress: A longitudinal study of children's well-being from prenatal development to 5 years of age. *Journal of Developmental and Behavioral Pediatrics*, 37, 557-564. doi:10.1097/DBP.0000000000000321 IF: 2.39; IF-5: 2.95; CC: 4

27. Jahromi, L. B., Umaña-Taylor, A.J., Updegraff, K. A., & **Zeiders, K. H.** (2016) Trajectories of developmental functioning among children of adolescent mothers: Factors associated with risk for delay. *American Journal on Intellectual and Developmental Disabilities*, 121, 346-363. doi:10.1352/1944-7558-121.4.346
IF: 1.67; IF-5: 2.52; CC: 2
28. Hoyt, L. T., **Zeiders, K. H.**, Ehrlich, K. B., & Adam, E. K. (2016). Positive upshots of cortisol in everyday life. *Emotion*, 16, 431-445. doi: 10.1037/emo0000174
IF: 3.25; IF-5: 4.27; CC: 10
29. Bravo, D., Umaña-Taylor, A. J, **Zeiders, K. H.**, Updegraff, K. A., & Jahromi, L. B. (2016). Incongruent teen pregnancy status attitudes, coparenting conflict, and social support among Mexican-origin adolescent mothers. *Journal of Marriage and Family*, 78, 531-545. doi:10.1111/jomf.12271
IF: 2.238; IF-5: 2.997; CC: 2
30. Killoren, S. E., **Zeiders, K. H.**, Updegraff, K. A., & Umaña-Taylor, A. J (2016). The sociocultural context of Mexican-origin pregnant adolescents' attitudes toward teen pregnancy. *Journal of Youth and Adolescence*, 45, 887-899. doi:10.1007/s10964-015-0387-9
IF: 3.28; IF-5: 3.96; CC: 3
31. Grzanka, P. R., **Zeiders, K. H.**, & Miles, J. R. (2016). Beyond “born this way”? Reconsidering sexual orientation beliefs and attitudes. *Journal of Counseling Psychology*, 63, 67-75. doi:10.1037/cou0000124
IF: 2.52; IF-5: 4.09; CC: 6
32. **Zeiders, K. H.**, Updegraff, K. A., Umaña-Taylor, A. J. McHale S., & Padilla, J. (2016). Familism values, family time, and Mexican-origin young adults' depressive symptoms. *Journal of Marriage and Family*, 78, 91-106. doi:10.1111/jomf.12248
IF: 2.24; IF-5: 3.00; CC: 9
33. Umaña-Taylor, A.J., Updegraff, K. A., Jahromi, L. B., & **Zeiders, K. H.** (2015). Trajectories of ethnic-racial identity and autonomy among Mexican-origin adolescent mothers in the U.S. *Child Development*, 6 2034 – 2050. doi:10.1111/cdev.12444
IF: 3.79; IF-5: 5.81; CC: 15
34. Adam, E. K., Heissel, J. A., **Zeiders, K. H.**, Richerson J. A., Brodish, A., Ross, E. C., Ehrlich, K. B., Levy, D. J., Kemeny, M. E., Malanchuk, O., Peck, S., Fuller-Rowell, T. and Eccles, J. (2015). Developmental histories of perceived racial discrimination and diurnal cortisol profiles in adulthood: A 20-year prospective study. *Psychoneuroendocrinology*, 62, 279-291. doi:10.1016/j.psyneuen.2015.08.018
IF: 4.70; IF-5: 5.18; CC: 34
35. **Zeiders, K. H.**, Umaña-Taylor, A. J., Jahromi, L., & Updegraff, K. A. (2015). Grandmothers' familism values, adolescent mothers' parenting efficacy, and children's well-being. *Journal of Family Psychology*, 29, 624-634. doi:10.1037/fam0000103
IF: 1.67; IF-5: 2.65; CC: 5
36. **Zeiders, K. H.**, Umaña-Taylor, A. J., Updegraff, K. A., & Jahromi, L. (2015b). An idiographic and nomothetic approach to the study of Mexican-origin adolescent mothers' socio-cultural stressors and adjustment. *Prevention Science*, 16, 386-396. doi:10.1007/s11121-014-0502-2
IF: 2.93; IF-5: 3.59; CC: 8

37. **Zeiders, K. H.**, Umaña-Taylor, A. J., Updegraff, K. A., & Jahromi, L. (2015a). Acculturative and enculturative stress, depressive symptoms, and maternal warmth: Examining within-person associations among Mexican-origin adolescent mothers. *Development and Psychopathology*, 27, 293-308. doi:10.1017/S0954579414000637
IF: 3.65; IF-5: 5.74; CC: 15
38. *Kou, S. I.*, Updegraff, K. A., **Zeiders, K. H.**, McHale, S. M., Umaña-Taylor, A. J., & *Rodríguez, S. A.* (2015) Mexican American adolescents' sleep patterns: Contextual correlates and implication for health and adjustment in young adulthood. *Journal of Youth and Adolescence*, 44, 346-361. doi:10.1007/s10964-014-0156-1
IF: 3.56; IF-5: 3.82; CC: 16
39. White, R. M. B., **Zeiders, K. H.**, Knight, G. P., Roosa, M. W., & Tein, J. Y. (2014). Mexican origin youths' trajectories of perceived peer discrimination from middle childhood to adolescence: Variation by neighborhood ethnic concentration. *Journal of Youth and Adolescence*, 43, 1700-1714. doi:10.1007/s10964-014-0098-7
IF: 2.78; IF-5: 3.55; CC: 27
40. Updegraff, K., McHale, S. M., **Zeiders, K. H.**, Umaña-Taylor, A.J., *Perez-Brena, N. J.*, Wheeler, L. A., & *Rodríguez, S. A.* (2014). Mexican-American adolescents' gender role attitude development: The role of adolescents' gender and nativity and parents' gender role attitudes. *Journal of Youth and Adolescence*, 43, 2041-2053. doi:10.1007/s10964-014-0128-5
IF: 2.78; IF-5: 3.55; CC: 14
41. **Zeiders, K.H.** Hoyt, L. T., & Adam, E. K. (2014). Associations between self-reported discrimination and diurnal cortisol rhythms among young adults: The moderating role of racial-ethnic minority status. *Psychoneuroendocrinology*, 50, 280-288. doi:10.1016/j.psyneuen.2014.08.023
IF: 4.94; IF-5: 5.66; CC: 44
42. Whiteman, S., **Zeiders, K. H.**, Killoren, S., Updegraff, K. A., & *Rodríguez, S. A.* (2014). Sibling influence in Mexican-origin adolescents' deviant and sexual risk behaviors: The role of sibling modeling. *Journal of Adolescent Health*, 54, 587-592. doi:10.1016/j.jadohealth.2013.10.004
IF: 3.61; IF-5: 4.05; CC: 16
43. Doane, L. D. & **Zeiders, K. H.** (2014). Contextual moderators of momentary cortisol and negative affect in adolescents' daily lives. *Journal of Adolescent Health*, 54, 536-542. doi:10.1016/j.jadohealth.2013.10.007
IF: 3.61; IF-5: 4.05; CC: 27
44. **Zeiders, K. H.**, Updegraff, K., Umaña-Taylor, A. J., Wheeler, L. A., *Perez-Brena, N. J.*, & *Rodríguez, S. A.* (2013). Mexican-origin youths' trajectories of depressive symptoms: The role of familism values. *Journal of Adolescent Health*, 53, 648-654. doi:10.1016/j.jadohealth.2013.06.008
IF: 2.75; IF-5: 3.75; CC: 24
45. Nair, R. L., White, R. M. B., Roosa, M. W., & **Zeiders, K. H.** (2013). Cultural stressors and mental health symptoms among Mexican Americans: A prospective study examining the impact of the family and neighborhood context. *Journal of Youth and Adolescence*, 42, 1611-1623. doi:10.1007/s10964-012-9834-z
IF: 2.31; IF-5: 3.01; CC: 25
46. White, R. M. B., **Zeiders, K. H.**, Gonzales, N. A., Tein, J. & Roosa, M. W. (2013). Cultural values, U.S. neighborhood danger, and Mexican American parents' parenting. *Journal of Family*

Psychology, 27, 365 – 375. doi:10.1037/a0032888
IF: 1.58; IF-5: 2.54; CC: 33

47. Umaña-Taylor, A. J., **Zeiders, K. H.**, & Updegraff, K. A. (2013) Family ethnic socialization and ethnic identity: A family-driven, youth-driven, or reciprocal process? *Journal of Family Psychology*, 27, 137-146. doi:10.1037/a0031105
IF: 1.58; IF-5: 2.54; CC: 63
48. ***Zeiders, K. H.**, Roosa, M. W., Knight, G. K., & Gonzales, N. A. (2013). Mexican American adolescents' profiles of risk and mental health: A person-centered longitudinal approach. *Journal of Adolescence*, 36, 603-612. doi:10.1016/j.adolescence.2013.03.014
IF: 1.64; IF-5: 2.29; CC: 24
49. ***Zeiders, K. H.**, Umaña-Taylor, A. J., & Derlan, C.L. (2013). Trajectories of depressive symptoms and self-esteem in Latino youth: Examining the role of gender and discrimination. *Developmental Psychology*, 5, 951-963. doi:10.1037/a0028866
IF: 3.78; IF-5: 5.16; CC: 66
50. White, R. M. B., Roosa, M. W., & ***Zeiders, K. H.** (2012). Neighborhood and family intersections: Prospective implications for Mexican American adolescents' mental health. *Journal of Family Psychology*, 26, 793-804. doi:10.1037/a0029426
IF: 1.89; IF-5: 2.95; CC: 30
51. Roosa, M. W., O'Donnell, M., Cham, Heining, Gonzales, N. A., ***Zeiders, K. H.**, Tein, J., Knight, G. P., & Umana-Taylor, A. (2012). A prospective study of Mexican American adolescents' academic success: Considering family and individual factors. *Journal of Youth and Adolescence*, 41, 307-319. doi:10.1007/s10964-011-9707-x
IF: 2.70; IF-5: 3.08; CC: 30
52. ***Zeiders, K. H.**, Doane, L. D., & Roosa, M. W. (2012) Perceived ethnic discrimination and diurnal cortisol: Examining relations among Mexican American adolescents. *Hormones and Behavior*, 61, 541 – 548. doi:10.1016/j.yhbeh.2012.01.018
IF: 3.74; IF-5: 4.01; CC: 55
53. ***Zeiders, K. H.**, Doane, L. D., & Adams, E. K. (2011). Reciprocal relations between objectively measured sleep patterns and diurnal cortisol rhythms in late adolescence. *Journal of Adolescent Health*, 48, 566-571. doi:10.1016/j.jadohealth.2010.08.012
IF: 3.33; IF-5: 4.02; CC: 42
54. ***Zeiders, K. H.**, Roosa, M. R., & Tein, J. (2011). Family structure and family processes in Mexican American families. *Family Process*, 50, 77-91. doi:10.1111/j.1545-5300.2010.01347.x
IF: 1.73; IF-5: 1.95; CC: 50
55. Roosa, M. W., ***Zeiders, K. H.**, Knight, G. P., Gonzales, N. A., Tein, J.-Y., Saenz, D., O'Donnell, M., & Berkel, C. (2011). A test of the Social Development Model during the transition to junior high with Mexican American adolescents. *Developmental Psychology*, 47, 527-537. doi:10.1037/a0021269
IF: 3.21; IF-5: 5.12; CC: 37
56. Gonzales, N. A., Cox, S., Roosa, M. W., White, R. M. B., Knight, G.P., ***Zeiders, K.H.** & Saenz, D. (2011) Economic hardship, neighborhood context, and parenting: Prospective effects on Mexican American adolescent's mental health. *American Journal of Community Psychology*, 47, 98-113. doi:10.1007/ss10464-010-9366-1
IF: 1.74; IF-5: 2.71; CC: 106

57. White, R. M. B., Umaña-Taylor, A. J., Knight, G. P., ***Zeiders, K. H.** (2011) Language measurement equivalence of the Ethnic Identity Scale with Mexican American Early Adolescents. *Journal of Early Adolescence*, 31, 817-852. doi:10.1177/0272431610376246
IF: 2.30; IF-5: 2.47; CC: 13
58. Berkel, C., Knight, G. K., ***Zeiders, K. H.**, Tein, J., Roosa, M. W., Gonzales, N. A., & Saenz, D. (2010). Discrimination and adjustment for Mexican American adolescents: A prospective examination of the benefits of culturally-related values. *Journal of Research on Adolescence*, 20, 893 - 915. doi:10.1111/j.1532-7795.2010.00668.x
IF: 1.49; IF-5: 2.50; CC: 155
59. Roosa, M., White, R. M. B., ***Zeiders, K. H.**, & Tein, J. Y. (2009). An examination of the role of perception in neighborhood research. *Journal of Community Psychology*, 37, 327-341. doi:10.1002/jcop.20298
IF: 1.05; IF-5: 1.51; CC: 43
60. Alfaro, E. A., Umaña-Taylor, A. J., Gonzales-Backen, M., Bámaca, M. Y., & ***Zeiders, K. H.** (2009) Latino adolescents' academic success: The role of discrimination, academic motivation, and gender. *Journal of Adolescence*, 32, 941-962. doi:10.1016/j.adolescence.2008.08.007
IF: 1.80; IF-5: 2.79; CC: 156

INVITED ENCYCLOPEDIA ENTRIES

1. **Zeiders, K.H.**, Cruze, A., & Delgado, M. Y. (*in press*). *Familism*. In MacMillan Encyclopedia of Intimate and Family Relationships: An Interdisciplinary Approach.

BOOK CHAPTERS

1. Delgado, M. Y., Nair, R. L., **Zeiders, K. H.**, & Jones, S. (2019). Latino adolescents' experiences with ethnic discrimination: Moderating factors and mediating mechanisms. In H. E. Fitzgerald, D. J. Johnson, D. B. Qin, F.A. Villarruel, & J. Norder (Eds) *Handbook on Children and Prejudice*.

MANUSCRIPTS UNDER REVIEW/REVISIONS AT REFEREED JOURNALS

1. Brown, A., Landor, A. M., **Zeiders, K. H.**, & Sarsar, E. (*under review*). Exploring the associations between discrimination, coping, skin tone, and psychosocial health of young adults of color.
2. Brown, A., Landor, A. M., & **Zeiders, K. H.** (*under review*). Weathering racism and colorism: Exploring concurrent and short-term longitudinal associations between discrimination, colorism, psychosocial health, and minority emerging adults' relationship satisfaction.
3. Wang, J. Yan, J., Osman, K., **Zeiders, K. H.**, Shen, Y., Victory, M., Kim, S.Y. (*under review*). The phenotypic, psychological, and social interplays of skin color and developmental outcomes among Mexican-origin adolescents. *Revise and resubmit*.
4. Brown, A. M., Counts, S., Siddharth, S., & **Zeiders, K. H.**, (*under review*). "First to be Fired, Last to be Hired": Racial and Ethnic Disparities in Employment-Seeking in the Aftermath of COVID-19.
5. Kim, S. Y, Wen, W., Chen, S. & **Zeiders, K. H.** (*under review*). Mexican-origin youths' language brokering for mothers and fathers: daily experiences and youths' diurnal cortisol slopes. *Revise and resubmit*.

6. Chaku, N. Curtis, C. A., Hoyt, L. T., **Zeiders, K. H.**, Niu, L. Sarsar, E. & Nair, R. L. (*under review*). Civic engagement, discrimination, and sleep health among Black, Indigenous, and youth of color.
7. Brown, A., **Zeiders, K. H.**, Sarsar, E. Hoyt, L. T., & Nair, R. L. (*under review*). Election distress and emerging adults' psychological well-being in the Trump era.
8. Thomas, R. Delgado, M. Y., Nair, R. L., Wheeler, L. A., **Zeiders, K. H.**, & Perez-Brena, N. J. (*under review*). Examining the associations between Latinx adolescents' coping and school functioning. *Revise and resubmit*.
9. Updegraff, K. A., Kuo, S. I., McHale, S. M., **Zeiders, K. H.**, Wheeler, L. A., & Umaña-Taylor, A. J. (*under review*). How much sleep is enough? Curvilinear associations between Mexican-origin adolescents' sleep and adjustment.
10. McDermott, E. R., **Zeiders, K. H.**, Landor, A. M., Carbajal, S. (*under review*). Coping with ethnic-racial discrimination: Short-term longitudinal relations between discrimination and coping strategies among Black and Latinx college students. *Revise and resubmit*.
11. Berkley, S., Landor, A. M., **Zeiders, K. H.**, & Brown, A. M. (*under review*). Short-term weekly effects of ethnic-racial discrimination on academic outcomes: Examining ethnic-racial socialization and ethnic-racial identity as culturally- responsive familial and individual resources.
12. Parks, S. J., **Zeiders, K. H.**, Yoo H. C., & Delgado, M. Y. (*under review*). White adults' color-evasive racial attitudes and racism emotionality: Understanding patterns and correlates. *Revise and resubmit*.
13. Pace, T. W. W., **Zeiders, K. H.**, Cook, S., Sarsar, E., Hoyt, L. T., Mirin, N., Wood, E. P., Tater, R. & Davidson, R. (*under review*). Feasibility, acceptability, and preliminary efficacy of an app-based meditation intervention to improve firefighter well-being during and after the COVID-19 Pandemic.
14. Seaton, E. & **Zeiders, K. H.** (*under review*). Daily and macro racism: The moderating role of ethnic-racial identity on diurnal cortisol slopes among Black adults. *Social Science and Medicine*.

ALL SPONSORED RESEARCH ACTIVITY

EXTERNALLY FUNDED RESEARCH

National Institutes of Health (National Institute of Minority Health and Health Disparities)

Title: Socio-cultural Stress Profiles, Stress Responses, and Health in Mexican American Adolescents

Amount: \$457, 615

Award#: 1R21MD-012706-01A1

Dates: 9/23/2019 – 6/30/2021

Role: Co-I

National Science Foundation (Developmental Science; Division of BCS)

Title: Collaborative Research: Puberty and Sociocultural Experiences in Mexican-Origin Boys.

Amount: \$599,929

Award# BCS1917702

Dates: 6/31/2019 – 6/31/2021

Role: Co-PI (with Dr. Ada Wilkinson-Lee)

National Science Foundation (Developmental Science; Division of BCS)

Title: Collaborative Research: Stress, Academic Outcomes, and Health Outcomes among Language Brokers

Amount: \$34,053

Award# BCS1651138

Dates: 6/15/2017 – 5/31/2020

Role: PI

INTERNALLY FUNDED RESEARCH

1. **Zeiders, K. H.** (PI), Pace, T. W., Cook, S. & Hoyt, L. T. *Stress and Coping among Firefighters on the Frontlines of the COVID-19 Pandemic: Testing a mindfulness Intervention*. College of Agriculture and Life Sciences COVID-10 Pilot Project, University of Arizona (\$25,700).
2. **Zeiders, K. H.** (PI). *Immigrant Families Stress During the 2016 Presidential Election*. University of Arizona Faculty Seed Grant (\$9,070), June 2017 – June 2018.
3. **Zeiders, K. H.** (Co-PI) & Landor, A. M. *Understanding the Impact of Discrimination Experiences on the Health Behaviors and Interpersonal Relationships of African American and Latino Emerging Adults: A Weekly Diary*. University of Missouri Research Council Grant (\$9,600), June 2016 – June 2017.
4. **Zeiders, K. H.** (PI). *Diurnal Cortisol in Mexican American Adolescents*. Arizona State University Dissertation Award (\$1,831). July 2009 – July 2010.

PRESENTATIONS

INVITED PRESENTATIONS

1. Sarsar, E., **Zeiders, K. H.**, Pace, T.W.W., Cook, S.H., & Hoyt, L.T. (2021, September). *Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic*. Poster presentation at the 2021 International Society of Psychoneuroendocrinology conference, virtual meeting.
2. **Zeiders, K. H.**, Pace, T. W., Sarsar, E., Cook, S. & Hoyt, L. T. (2021, April). *Pilot testing an app-based meditation intervention among firefighters during the Covid-19 pandemic*. Presented at the University of Arizona, College of Agriculture and Life Sciences Dean Advisory Panel.
3. Sarsar, E., **Zeiders, K. H.**, Pace, T. W. & Cook, S. (Nov, 2020) *Pilot testing an app-based meditation intervention among firefighters during the Covid-19 pandemic*. Presented at the University of Arizona Health Sciences Center COVID-19 Symposium.
4. **Zeiders, K. H.** (2017, October). *Young adults' psychological and physiological response to the 2016 U.S. Presidential election*. Invited talk: College of Agricultural and Life Sciences Frontiers in Science Lecture series. University of Arizona, Tucson, AZ.
5. **Zeiders, K. H.** (2015, November). *Sociocultural stressors, physiology, and Latino youth and family well-being*. Invited talk to the Developmental Psychology Brown Bag series, University of Missouri.

6. **Zeiders, K. H.**, (March, 2015). *Parenting and academia: Discussion about the challenges and opportunities*. Student and Early Career Council Coffee hour. Society for Research on Child Development.
7. **Zeiders, K. H.** (2014, October). *Latino/a families: Understanding culturally relevant challenges and resources*. Presented at the NACCS Midwest FOCO: Latinas & Latinos in the Midwest: Past, Present, & Future Conference, Kansas City, MO.
8. **Zeiders, K. H.** (August, 2014). *Sociocultural stressors and Latino youth adjustment*. Invited talk to the Center for Families across Culture series, University of Missouri

REFEREED CHAIRED SESSIONS AT NATIONAL AND INTERNATIONAL CONFERENCES

1. Cook, S., & **Zeiders, K. H.**, (April, 2021). The Construction of the Other Pre-conference. The Society for Research on Child Development virtual conference. Invited co-moderators of break out rooms.
2. Yoo, H.C., & **Zeiders, K. H.** (March, 2019). White Young Adults' Ideologies, Attitudes and Responses to Racism. Paper Discussion Symposium Co-Chair at the 2019 Society for Research on Child Development Biennial Meeting, Baltimore, MD.
3. Perez-Brena N. & **Zeiders, K. H.** (April, 2017). Person-Centered Approaches to Understanding Context and Development in Latino Youth. Paper Discussion Symposium Co-Chair at the 2017 Society for Research on Child Development Biennial Meeting, Austin, TX
4. **Zeiders, K. H.** (March, 2016). Discrimination Sleep and Youths' Well-Being. Paper Discussion Symposium Chair at the 2016 Society for Research on Adolescence, Baltimore, MD.
5. White, R. M., B., & **Zeiders, K. H.** (March, 2014). Cultural Values and Youth Adjustment: Longitudinal Examinations of Mediating Processes and Moderating Factors. Paper Discussion Symposium Co-Chair at the 2014 Society for Research on Adolescence Biennial Meeting, Austin, TX
6. Doane, L.D. & **Zeiders, K.H.** (March, 2012). Health Disparities in Disadvantaged Adolescents: Exploring the Physiological Pathways of Interpersonal and Environmental Stressors. Paper Discussion Symposium Co-Chair at the 2012 Society for Research on Adolescent Development Biennial Meeting, Vancouver, Canada.

REFEREED PRESENTED AT NATIONAL/INTERNATIONAL CONFERENCES

Numbered since starting Assistant Professor position

1. Smith, J., Brown, A. M., Landor, A. M., **Zeiders, K. H.** (2021). Examining racial socialization, racial discrimination, and skin tone as predictors of intergroup contact in African American and Latinx young adults. Poster accepted for presentation at the *National Council on Family Relations Conference*, virtual due to COVID-19.
2. Brown, A. M., Landor, A. M., **Zeiders, K. H.** (2021). "Colorizing friendship": The association between racial discrimination, within-group discrimination, and skin tone and minority college students' interracial friendships. Paper accepted for presentation at the *National Council on Family Relations Conference*, virtual due to COVID-19.
3. Berkel, S. Landor, A. M., **Zeiders, K. H.**, Davenport, M. Racial microaggressions and sleep among African American and Latinx young adults: Examining ethnic-racial socialization as a moderator. Poster presentation at the National Council on Family Relations 2021 Biennial Conference.

4. Sarsar, E., **Zeiders, K. H.**, Pace, T.W.W., Cook, S.H., & Hoyt, L.T. (September, 2021). Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. Poster presentation at the 2021 International Society of Psychoneuroendocrinology conference, virtual meeting
5. Sarsar, E. **Zeiders, K. H.**, Landor, A. M., & Osman, K. (April, 2021). Within-person association between racial microaggressions and mental health among emerging adults. Poster presented at the Society of Child Development conference, virtual format.
6. Carbajal, S., Delgado, M. Y., Nair, R. L., & **Zeiders, K. H.** (April, 2021). Bicultural competence, gender and psychosocial functioning among Latinx early adolescents. Poster presented at the Society of Child Development conference, virtual format.
7. Osman, K. **Zeiders, K. H.**, Landor, A. M., & Sarsar, E. (April, 2021). Racial microaggressions and alcohol consumption among African American and Latinx Emerging adults. Poster presented at the Society of Child Development conference, virtual format.
8. Dull, B.D., Hoyt, L.T., **Zeiders, K.H.**, Grzanka, P.R. (May, 2020). Pathways to civic action for racially privileged emerging adults: Social responsibility as a moderator. Poster presented at the Association for Psychological Science Annual Meeting, Chicago, IL (Virtual poster session).
9. Dull, B., Hoyt, L. T., **Zeiders K. H.**, & Grzanka, P. (2020, March). Racial privilege and civic engagement: Can white guild motivate action? Poster presented at The Society of Research on Adolescence, San Diego, CA.
10. Niu, L., Hoyt, L. T., Shane, J. & **Zeiders, K. H.** (2020, March). Past, present, and future subjective social status: Associations with young adults' well-being. Paper accepted to The Society of Research on Adolescence, San Diego, CA.
11. Austin, M. W., Toomey, R. B., Hoyt, L T., & **Zeiders, K. H.** (2020, March). Profiles of prejudicial and affirmative groups beliefs and their contribution to college students' health. Paper accepted to The Society of Research on Adolescence, San Diego, CA.
12. Hoyt, L. T., Chaku, N., **Zeiders, K. H.**, Tynes, M., & Smith P. (2020, March). Psychobiological functioning during a period of heightened sociopolitical stress: implications for young adult health. Paper accepted to The Society of Research on Adolescence, San Diego, CA.
13. Brown, A., M., Landor, A. M., & **Zeiders, K. H.** (2019, October). Coping with double jeopardy: The association between racial discrimination, aggressive coping, skin tone, and psychosocial health. Paper presented at the National Conference for Family Relations. Fort Worth, TX
14. Berkel, S., M., Landor, A. M., & **Zeiders, K. H.** (2019, October). Seeing racism and colorism as trauma: Investigating the effects of skin tone and racial socialization on relations between discrimination and street code. Paper presented at the National Conference for Family Relations. Fort Worth, TX
15. Davenport, M., Landor, A. M., & **Zeiders, K. H.** (2019, October). The blacker the berry the poorer the sleep: Investigating the influence of skin tone and racial discrimination on psychological health. Paper presented at the National Conference for Family Relations. Fort Worth, TX.
16. Coulter, K. Cruze, A. N., Thomas, R., Carbajal, S., Delgado, M. Y., Nair, R. L., & **Zeiders, K. H.** (2019, March). Multiple contextual identities of Latinx adolescents: Examining ethnic and STEM identities. Poster presented at Society for Research on Child Development. Baltimore, MD
17. White, R. M. B., **Zeiders, K. H.**, & Safa, M. D. (2019, March). The role of neighborhood context in shaping diverse youth development. Paper presented at the Society for Research on Child Development. Baltimore, MD.

18. Berkley, S. Landor, A. M., & **Zeiders, K. H.** (2019, March). Ethnic-racial socialization, identity, and self-esteem: Analyzing a structural model for African American and Latino students. Poster presented at Society for Research on Child Development. Baltimore, MD
19. Brown, A. M., Landor, A. M., & **Zeiders, K. H.** (2019, March). “Judging a book by its cover”: White phenotype, discrimination and psychosocial health. Poster presented at Society for Research on Child Development. Baltimore, MD.
20. **Zeiders, K. H.**, Umaña-Taylor, A. J., Martinez-Fuentes, S. Updegraff, K. A., Bayless, S. D., & Jahromi, L. (2019, March). Latina/o youths’ ethnic-racial discrimination experiences in the U.S. southwest. Paper presented at the Society for Research on Child Development. Baltimore, MD.
21. **Zeiders, K. H.**, Yoo, H. C., Parks, S. J., Cruze, A., Delgado, M. Y., & Toomey, R. B. (2019, March). Color-blind racial attitudes and psychosocial cost of racism to White young adults. Paper presented at the Society for Research on Child Development. Baltimore, MD.
22. **Zeiders, K. H.**, Nair, R. L., Hoyt, L. T., & Pace, T. W. W. (2018, Sept). Latino adolescents’ psychological and physiological response to the 2016 U.S. presidential election. Paper presented at the International Society of Psychoneuroendocrinology. Newport Beach, CA.
23. **Zeiders, K. H.**, Hoyt, L., T., & Chaku, N. (2018, April). Youths’ physiological and psychological reactions to the 2016 U.S. presidential election. Paper presented at the Society for Research on Adolescence. Minneapolis, MN.
24. Chaku, N., Hoyt, L. T., **Zeiders, K. H.**, & McKay, T. (2018, April). Young adults’ experiences of discrimination and sleep quality in the context of the 2016 presidential election. Paper presented at the Society for Research on Adolescence. Minneapolis, MN.
25. Landor, A. M., & **Zeiders, K. H.** Skin tone, skin tone satisfaction, and ethnic-racial identity: Implications for African American and Latino young adults’ health. Paper presented at the Society for Research on Adolescence. Minneapolis, MN.
26. Updegraff, K. A., **Zeiders, K. H.**, Umaña-Taylor, A. J., & Cahill, K. (2018, April). Mexican-origin adolescents’ gender role attitudes and educational outcomes. Paper presented at the Society for Research on Adolescence. Minneapolis, MN.
27. Shramko, M. **Zeiders, K. H.**, Hoyt, L. T., & Toomey, R. B. (2018, April). Civic engagement and the 2016 Presidential Election: Trajectories of climate and civic development of diverse university students. Poster presented at the Society for Research on Adolescence. Minneapolis, MN.
28. Landor, A. M., **Zeiders, K. H.**, Davis, A., & Streit, C. (2017, April). Development and validation of a within-group discrimination scale for African American and Latino young adults. Poster presented at the Society for Research on Child Development. Austin, TX.
29. **Zeiders, K. H.**, Davis, A., Carlo, G., Schwartz, S., & Castillo, L. G. (2017, April) Latino Young Adults’ Co-Occurrence of Stressors and Well-Being: A Person-Centered Approach. Paper presented at the Society for Research on Child Development. Austin, TX.
30. **Zeiders, K. H.**, & Landor, A. M. (2017, April). Microaggressions and Diurnal Cortisol: Weekly Association Among African American and Latino Young Adults. Paper presented at the Society for Research on Child Development. Austin, TX.
31. Updegraff, K., Kuo, S.I., **Zeiders, K. H.**, Wheeler, L., McHale, S. Umana-Taylor, A. J. (2017, April). Sleep and Adjustment among Mexican-origin Adolescents: Testing Curvilinear Associations. Paper presented at the Society for Research on Child Development. Austin, TX.

32. Sim, L., S. Y. Kim, M. Zhang, & **Zeiders, K. H.** (2017, April). Acute Salivary Cortisol Response to a Translating Activity in Mexican-American Adolescent Language Brokers. Paper presented at the Society for Research on Child Development. Austin, TX.
33. Chen, S., Kim, S. Y., **Zeiders, K. H.**, & Hou, Y. (2017, April). Parenting profiles of Mexican Americans as indicated by general parenting dimensions and parental cultural socialization. Poster presented at the Society for Research on Child Development, Austin, TX.
34. **Zeiders, K. H.** (2016, March). Longitudinal relations between discrimination, daily sleep quality and stress, and Mexican-origin youths' internalizing symptoms. Paper presentation at the Society for Research on Adolescence Biennial Conference.
35. **Zeiders, K. H.**, Updegraff, Kuo, S. I., & Umaña-Taylor, A. J. (2016, May). Ethnic discrimination and Mexican-origin young adults' sleep patterns and depressive symptoms: The role of cultural orientations. Paper presentation at the Society for Research on Adolescence Biennial Conference.
36. Rodríguez De Jesús, S. A., Updegraff, K. A., **Zeiders, K. H.**, McHale, S. M., & Umaña-Taylor, A. J. (2015, November) Mexican-origin siblings' intimacy and familism values from adolescence to young adulthood. Paper presentation at the National Council for Family Relations. Vancouver, BC.
37. Hoyt, L. T., **Zeiders, K. H.**, Ehrlich, K. B., & Adam, E. K. (2015, May). Transactions among emotion and cortisol activity in naturalistic setting. Paper presentation at the Association for Psychological Science 27th Annual Convention. New York, NY.
38. **Zeiders, K. H.**, Umaña-Taylor, A. J, Updegraff, K. A., & Jahromi, L. B. (2015, March). Family sociocultural stressors, parenting behaviors, and children's well-being: A longitudinal examination from pregnancy to IF-5s postpartum. Paper presentation at the Society for Research on Child Development, Philadelphia, PA.
39. Jahromi, L. B., Umana-Taylor, A. J., Updegraff, K. A., & **Zeiders, K. H.** (2015, March). Trajectories of developmental functioning among children of adolescent mothers: Factors associated with delay and recovery. Poster presentation at the Society for Research on Child Development, Philadelphia, PA.
40. Carlo, G., White, R. M. B., Streit, C., **Zeiders, K. H.**, & Knight, G. K. (2015, March). Longitudinal relations among parenting styles, prosocial behaviors, and academic achievement in Mexican American youth. Poster presentation at the Society for Research on Child Development, Philadelphia, PA.
41. Jahromi, L. G., **Zeiders, K. H.**, Umana-Taylor, K. A., & Umana-Taylor, A. J. (2015, March). Effortful control mediates the link between coparenting conflict and academic readiness for children of teen mothers. Paper presentation at the Society for Research on Child Development, Philadelphia, PA.
42. Derlan, C. L., Umaña-Taylor, A. J, **Zeiders, K. H.**, Updegraff, K. A., & Jahromi, L. B. (2015, March). Examining the prospective association between ethnic discrimination and ethnic-racial identity using a within-person approach. Poster presentation at the Society for Research on Child Development, Philadelphia, PA.
43. Grzanka, P. R., Miles, J. R., & **Zeiders, K. H.** (2015, November). The limits of "born this way": Reconsidering sexual orientation beliefs and attitudes. Poster session presented at the National Multicultural Conference and Summit, Atlanta, GA
44. White, R. M. B., Updegraff, K. A., Umaña-Taylor, A. J, **Zeiders, K. H.**, Perez Brena, N., & Burleson, E. (November, 2014). Mexican-origin Youths' cultural trajectories in community and

family contexts. Paper presentation at the 76th annual National Council on Family Relations Conference, Baltimore, MD

45. **Zeiders, K. H.**, Umaña-Taylor, A. J, Jahromi, L. B., & Updegraff, K. A. (2014, November). Intergenerational benefits of familism values for Mexican-origin families. Poster presentations at the 76th annual National Council on Family Relations Conference, Baltimore, MD.

PRESENTATIONS LISTED BELOW THE LINES OCCURRED PRIOR TO ASSISTANT PROFESSORSHIP AND ARE NOT NUMBERED

Zeiders, K. H., Updegraff, K. A., Umaña-Taylor, A. J, McHale, S. M., & Padilla, J. (2014, March) Familism values, family time, and youths' adjustment: Examining longitudinal relations among Mexican American youth. Paper presented at the Society for Research on Adolescence Conference, Austin, TX.

Zeiders, K. H., Hoyt, L. T., & Adam, E. K. (2014, March). Associations between Everyday Discrimination and Diurnal Cortisol Rhythms: The Moderating Role of Racial-Ethnic Minority Status. Paper presented at the Society for Research on Adolescence Conference, Austin, TX.

Zeiders, K. H., Umaña-Taylor, A.J., Updegraff, K.A., & Jahromi, L.B. (2014, March). Cultural adaptation stress, depressive symptoms, and maternal warmth: Examining within-person relations among Mexican-origin adolescent mothers. Paper presented at the Society for Research on Adolescence Conference, Austin, TX.

Doane, L. D. & **Zeiders, K. H.** (2014, March) Momentary Negative Affect and Cortisol in Adolescence: The Moderating Role of Perceived Discrimination. . Paper presented at the Society for Research on Adolescence Conference, Austin, TX.

Rodríguez, S. A., **Zeiders, K. H.**, Updegraff, K. A., McHale, S. M., Umaña-Taylor, A. J., & Padilla, J. (2014, March).The role of siblings in Mexican American youths' cultural socialization in young adulthood. Paper presented at the Society for Research on Adolescence Conference, Austin, TX.

White, R. W., **Zeiders, K. H.**, Roosa, M. W., & Gonzales, N. A. (2014, March). Exploring the Enclave Paradox: Neighborhood Ethnic Concentration and Mexican American Adolescent Trajectories of Discrimination. Paper presented at the Society for Research on Adolescence Conference, Austin, TX.

Wheeler, L. A., **Zeiders, K. H.**, Updegraff, K. A., Umaña-Taylor, Rodriguez, S. A., & Perez-Brena, N. J. (2014, March). Familism values linked with Mexican-origin youths' trajectories of risk taking behavior from adolescence to early adulthood. Poster presented at the Society for Research on Adolescence Conference, Austin, TX.

Updegraff, K. A., Perez-Brena, N., Wheeler, L., Umaña-Taylor, A. J, Rodriguez, S. A., Zeiders, K. H., & Kuo, S. (2014, March). Mothers' and fathers' involvement in Mexican American youth's romantic relationships. Poster presented at the Society for Research on Adolescence Conference, Austin, TX.

Harvey-Mendoza, E.C., Umaña-Taylor, A.J., Derlan, C. L., **Zeiders, K. H.**, Updegraff, K.A., Jahromi, L.B. (2014, March). Contextual influences on Mexican-origin teen mothers' values and ethnic identity. Poster presented at the Society for Research on Adolescence Conference, Austin, TX.

Doane, L. D., & **Zeiders, K. H.** (2013, October). Vulnerability and protective factors that moderate momentary emotion-cortisol associations in adolescence. Paper presented at the APA annual convention, Honolulu, HI.

- Zeiders, K. H.**, Roosa, M. W., Knight, G. P., & Gonzales, N. A. (2013, November). Longitudinal implications of risk profiles for Mexican-origin Youth. Paper presented at the 75th annual National Council on Family Relations Conference, San Antonio, TX.
- Derlan, C. L., Umaña-Taylor, A. J., Updegraff, K. A., Jahromi, L. B., & **Zeiders, K. H.** (2013, November). *Values and stressors as predictors of ethnic socialization behaviors*. Paper presented at the 75th annual National Council on Family Relations Conference, San Antonio, TX.
- Bravo, D., Umaña-Taylor, A., **Zeiders, K. H.**, Updegraff, K., Jahromi, L., Harvey-Mendoza, E. (2013, November). Implications of Mother-Adolescent Relationships across Economic Hardship Classes. Poster presented at the annual 75th National Council on Family Relations Conference, San Antonio, TX.
- Harvey-Mendoza, E.C., Bravo, D.Y., **Zeiders, K.H.**, Umaña-Taylor, A.J., Updegraff, K.A., Jahromi, L.B. (2013, November). Language competency pressures among Mexican-origin mother-daughter dyads. Paper presented at the 75th annual National Council on Family Relations Conference, San Antonio, TX.
- Zeiders, K. H.**, Updegraff, K., Umaña-Taylor, A. J. (2013, March) Mexican American Youth's Trajectories of Depressive Symptoms: The Role of Familism Values. Poster presented at the 2013 Society for Research on Child Development biannual meeting. Seattle, WA.
- Umaña-Taylor, A. J., Zeiders, K. H., & Updegraff, K. (2012, October). Family ethnic socialization and ethnic identity: A family-driven, youth-driven, or reciprocal process? Paper presented at the 2012 National Conference of Family Relations. Phoenix, AZ.
- White, R. M. B., **Zeiders, K. H.**, Gonzales, N. A., Tein, J., Roosa, M. W., & Knight, G. K. (2012, October). A person-centered Approach to Socialization Among Mexican-American Families. Paper presented at the 2012 National Conference of Family Relations. Phoenix, AZ.
- Zeiders, K. H.**, Doane, L. D., & Roosa, M. W. (2012, March). Perceived discrimination, diurnal cortisol profiles, and gender: Examining relations among Mexican American adolescents. Paper presented at the 2012 Society for Research on Adolescence biannual meeting. Vancouver, Canada.
- White, R. M. B., **Zeiders, K. H.**, Gonzales, N. A., Tein, J., & Roosa, M. W. (2012, March). Adolescent adjustment and Mexican origin parents' parenting styles. Paper to be presented at the 2012 Society for Research on Adolescence biannual meeting. Vancouver, Canada.
- Tein, J. Y., Knight, G.K., Roosa, M. W., **Zeiders, K. H.**, & White, R. M. B. (2012, February). Testing Measurement Equivalence and Stability in Longitudinal Data. Paper to be presented at 2012 SRCD Themed Meeting: Developmental Methodology.
- White, R. M. B., **Zeiders, K. H.**, Gonzales, N. A., Tein, J., & Roosa, M. W. (2011, November). Neighborhood variability of Mexican origin parents' parenting styles. Paper presented at the annual meeting of the National Conference of Family Relations, Orlando, Florida.
- Simon, C.D., **Zeiders, K.H.**, Doane Sampey, L., & Adam, E.K. (2011, October). Modeling day-to-day changes in diurnal cortisol rhythms using 3-level lagged multilevel models reveals reciprocal relations among sleep, cortisol, affect and wellbeing. Paper presented in the session, Statistical approaches to characterize stress using salivary cortisol, at the annual American Public Health Association Meeting, Washington, D.C.
- Zeiders, K. H.**, & Umaña-Taylor, A. J. (2011, March). Latino adolescent trajectories of self-esteem and depression. Examining variation by individual and cultural factors. Paper presented at the biannual meeting of the Society for Research on Child Development, Montreal, Canada.

- Zeiders, K. H.,** Doane, L. D., & Adam, E. K. (2011, March). Reciprocal relations between objectively measured sleep and diurnal cortisol in late adolescents. Paper presented at the biannual meeting of the Society for Research on Child Development, Montreal, Canada.
- Zeiders, K. H.,** Roosa, M. W., White, R. M. B., & Nair, R. L. (2011, March). Trajectories of discrimination in Mexican American youth. Paper presented at the biannual meeting of the Society for Research on Child Development, Montreal, Canada.
- Zeiders, K. H.,** Adam, E. K., & Doane, L. D. (2010, March). Objectively measured sleep and cortisol diurnal rhythms in late adolescents. Poster presented at biannual meeting of the Society of Research on Adolescence, Philadelphia, PA.
- Zeiders, K. H.,** & Roosa, M. W. (2010, March). A person centered approach to understanding Mexican American adolescent stressors. Poster presented at biannual meeting of the Society of Adolescent Research, Philadelphia, PA.
- Zeiders, K. H.,** Roosa, M. W., & Tein, J. (2009, November). Mexican American single parent families and the role of familism. Poster presented at the annual meeting of National Conference of Family Relations, San Francisco, CA.
- Roosa, M. W., **Zeiders, K. H.,** & O'Donnel, M. (2009, November). Family, school and peer factors and the conduct problems of Mexican American adolescents: A test of the social development model. Paper presented at the annual meeting of National Conference of Family Relations, San Francisco, CA.
- White, R. M. B., Umaña-Taylor, A. J., Knight, G. P., & **Zeiders, K. H.** (2009, March). Language Measurement Equivalence of the Ethnic Identity Scale with Mexican American Early Adolescents. Poster presentation at the annual meeting of the Society of Research on Child Development.
- Zeiders, K. H.,** Roosa, M. W., Nair, R.L., & White, R. M. B. (2008, October). Comorbidity of Depression and Obesity among Mexican Americans: An Investigation of Direction of Effects. Paper presentation presented at the annual meeting of the American Public Health Association, San Diego, CA.
- Nair, R. L., Roosa, M. W., White, R.M.B., **Zeiders, K. H.,** Knight, G., Gonzales, N., & Saenz, D (2008, October). Cultural stressors, support, and psychopathology among Mexican American adolescents: A prospective mediated moderational model. Poster presentation at the annual meeting of the American Public Health Association, San Diego, CA.
- White, R. M.B., Roosa, M. W., Gonzales, N., Knight, G., Saenz, D., Nair, R. L., & **Zeiders, K. H.** (2008, October). A prospective model of neighborhood disadvantage and Mexican American adolescent mental health. Poster presentation at the annual meeting of the American Public Health Association, San Diego, CA.
- White, R. M. B., Roosa, M. W., Nair, R. L., **Zeiders, K. H.,** Gonzales, N., Knight, G., & Saenz, D. (2008, October). Importance of context in understanding mental health outcomes among Mexican American adolescents. Paper presentation at the annual meeting of the American Public Health Association, San Diego, CA.
- Zeiders, K. H.,** Roosa, M. W., White, R. M.B., Nair, R. L., Gonzales, N., Knight, G. & Saenz, D. (2008, March). Overweight Status and Depression: Associations among Mexican American Adolescents. Poster presentation presented at the annual meeting of the Society of Research on Adolescence, Chicago, IL.
- White, R. M.B., Roosa, M. W., Gonzales, N. A., Knight, G. P., Saenz, D., Nair, R., & **Zeiders, K. H.** (2008, March) Neighborhood contexts and Mexican American adolescent internalizing disorders. Poster presentation at Society of Research on Adolescence, Chicago, IL.

- Nair, R. L., Roosa, M. W., White, R. M.B., **Zeiders, K. H.**, Burrell, G., Knight, G.P., Gonzales, N. A., & Saenz, D. (2008, March). Profiles of risk among Mexican American adolescents: Relations with mental health and academic outcomes. Poster presentation at Society of Research on Adolescence, Chicago, IL.
- Zeiders, K. H.**, Roosa, M.W., Nair, R. L., & White, R. M. B. (2007, November). Mexican Americans' Experiences with Discrimination: Examining Protective Factors. Paper presentation to be presented at the annual meeting of the National Council on Family Relations, Pittsburg, PA.
- White, R. M. B., Roosa, M.W., Saenz, D., Gonzalez, N., Knight, G., Nair, R. L., **Zeiders, K. H.**, & Burrell, G. (2007, November). Variations of risk and resilience for mental illness among Mexican Origin Mothers and Fathers. Paper presented at the annual meeting of the American Public Health Association, Washington D.C.
- Nair, R. L., Roosa, M. W., **Zeiders, K. H.**, & White, M. B. R. (2007, June). Cultural stressors, academic performance, internalizing/externalizing symptomatology: The moderating role of family and community. Poster presented at the biennial meeting of the Society for Community Research and Action, Pasadena, CA.
- Zeiders, K. H.**, & Updegraff, K. (2007, March). Mexican origin adolescents' experiences with discrimination: Examining family relationship qualities as protective factors. Poster presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.
- Alfaro, E. C., & Gonzales-Backen, M., Umaña-Taylor, A. J., Bámaca, M. Y., & **Zeiders, K. H.** (2006, November). Discrimination, familism, and Latino adolescents' academic success. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.
- Bámaca, M. Y., **Zeiders, K. H.**, Umaña-Taylor, A., J., Alfaro, E. C., & Gonzales-Backen, M. (2006, November). Latino adolescents' depression: The influence of stress and parental support. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.
- Bámaca, M. Y., Umaña-Taylor, A. J., Alfaro, E. C., & **Zeiders, K. H.** (2006, March). The role of acculturation, parent-adolescent conflict, and attachment to parents on Latino adolescents' depressive symptomatology. Poster presented at the 2006 Society for Research on Adolescence Biennial Conference, San Francisco, CA

NON-REFEREED PAPERS PRESENTED AT CONFERENCES

Note: Undergraduate student names are underlined and in italics; graduate students are in italics only.

1. **Zeiders, K. H.**, Hoyt, L. T., *Chaku, N.*, Toomey, R. B., & Nair, R. L. (2018, March). Young adults' physiological and psychological reactions to the 2016 U.S. presidential election. Poster presentation for the University of Arizona, College of Agriculture and Life Science Poster Forum.
2. *Evelyn SarSar*, **Zeiders, K. H.**, & Landor, A. M (October, 2019) The role of racial microaggression on academic belonging among African American and Latino/a college students. Poster presentation at the Graduate Student Poster Symposium, The University of Arizona.
3. *Cruz Castorena, D.*, *Carbajal, S.*, & **Zeiders, K. H.** (August, 2020). The role of family and friendship support on emerging adults' mental health and self-compassion. Poster presentation at the 2020 Ronald E. McNair Achievement Program
4. *Evelyn SarSar*, **Zeiders, K. H.**, & Landor, A. M (May, 2020) The role of racial microaggression on academic belonging among African American and Latino/a college students. Poster presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
5. *Molina, K. A.*, Sarsar, E., Carbajal, S., **Zeiders, K. H.**, & Landor, A. M. (May, 2020) Traditional gender role attitudes and mental health among Latinx and African American young adults. Poster

- presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
6. Castorena, D. C., Sarsar, E., Carbajal, S., **Zeiders, K. H.**, & Landor, A. M. (May, 2020) The role of friendship quality and romantic relationship satisfaction on mental health and academic aspirations. Poster presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 7. Kubela, A., Sarsar, E., Carbajal, S., **Zeiders, K. H.**, & Landor, A. M. (May, 2020) Traumatic life events and quality of romantic relationships. Poster presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 8. Tsosie, A., **Zeiders, K. H.**, Pech, A. S., Nair, R. L., & Hoyt, L. T. (April, 2018). The role of family and friend support in Latino adolescents' ethnic identity development. Poster presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 9. Rivero, A., **Zeiders, K. H.**, Pech, A. S., Nair, R. L., & Hoyt, L. T. (April, 2018). The 2016 presidential election's impact on adolescents' anxiety and somatic symptoms. Poster presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 10. Garcia, G. E. **Zeiders, K. H.**, Pech, A. S., Nair, R. L., & Hoyt, L. T. (April, 2018). Parent/youths' traditional gender role attitudes and mental health. Poster presentation at the 2018 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 11. Brangwin, E., Etscheid, C., Garcia, G., Koleski, A., Wilson, E., **Zeiders, K. H.**, Toomey, R., & Hoyt, L.T. (April, 2017). Race/ethnic differences in academic belonging among university undergraduate students. Poster presentation at the 2017 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 12. Etscheid, C., Toomey, R. B., **Zeiders, K. H.**, & Hoyt, L. T. (April, 2017). The association between perceived discrimination and sleep quality among college students. Poster presentation at the 2017 Francis McClelland Institute Student Poster Colloquium, University of Arizona.
 13. Turner, K. A., Bibbs, D. L., Slaughter, C. D., **Zeiders, K. H.**, Landor, A. M., & Davis, A. N. (April, 2016). Correlations between discrimination and Latino and African American college students' academic aspirations, expectations, and satisfaction. Poster presentation at the 2016 University of Missouri Undergraduate Research & Creative Achievements Forum. ** Award for Excellence in Undergraduate Research—Honorable Mention**
 14. Janssen, J., Holloway, K., Slaughter, C. D., **Zeiders, K. H.**, Landor, A. M., & Davis, A. N. (April, 2016). Does love have color? A study exploring openness to interracial relationships and discrimination experiences. Poster presentation at the 2016 University of Missouri Undergraduate Research & Creative Achievements Forum.

IMPACT (PUBLICATIONS CITED IN POLICY BRIEFINGS OR MEDIA/NEWS OUTLETS)

1. Hoyt, L. T., **Zeiders, K. H.**, Chaku, N., Toomey, R. B., & Nair, R. L. (*in press*). Covered in PsyPost: <http://www.psypost.org/2018/04/study-anti-trump-young-adults-faced-spike-stress-hormone-cortisol-election-day-2016-51036>.
2. **Zeiders, K. H.**, Umaña-Taylor, A. J., Updegraff, K. A., Jahromi, L. B., & White, R. M. B. (2016) covered University of Arizona news. <https://uanews.arizona.edu/story/how-children-inherit-discriminations-effects>; The Daily Wildcat <http://www.wildcat.arizona.edu/article/2016/10/s-inherit-ethnic-discrimination-effects>
3. Grzanka, P. R., **Zeiders, K. H.**, & Miles, J. R., & (2) covered in The University of Tennessee News and events (http://tntoday.utk.edu/2016/01/04/study-born-way-beliefs-key-reducing-homophobia/?utm_source=newsletter&utm_medium=email&utm_content=Study%3A%20%27B)

orn%20This%20Way%27%20Beliefs%20May%20Not%20Be%20the%20Key%20To%20Reducing%20Homophobia&utm_campaign=tntoday) ; Medical Daily (<http://www.medicaldaily.com/born-way-if-people-believe-theres-gay-gene-why-does-homophobia-persist-367910>); Second Nexus (<http://secondnexus.com/social/born-this-way-may-be-the-wrong-song/>) Huffington Post (http://www.huffingtonpost.com/entry/born-this-way-sexual-orientation_us_56ba4b59e4b0b40245c465f0)

4. Adam, E. K., Heissel, J. A., **Zeiders, K. H.**, Richerdson J. A., Brodish, A., Ross, E. C., Ehrlich, K. B., Levy, D. J., Kemeny, M. E., Malanchuk, O., Peck, S., Fuller-Rowell, T. and Eccles, J. (2015) covered in Mother Jones (<http://www.motherjones.com/environment/2015/09/experiencing-racial-discrimination-causes-poor-health>); Boston Globe (https://www.bostonglobe.com/lifestyle/health-wellness/2015/09/18/facing-prejudice-may-harm-health/sZ4zaME9sC4KuD5Tu4WBJJ/story.html?p1=Article_Recomme) and The Seattle Medium (<http://seattlemedium.com/study-racism-has-long-term-health-impacts-on-blacks/>)
5. White, **Zeiders**, Knight, Roosa, & Tein (2014) covered in Migration Policy Institute report, The Educational, Psychological, and Social Impact of Discrimination on the Immigrant Child <http://www.migrationpolicy.org/research/educational-psychological-and-social-impact-discrimination-immigrant-child>
6. **Zeiders, K.H.** Hoyt, L. T., & Adam, E. K. (2014). Covered in the Journalist's Resource (<https://journalistsresource.org/studies/society/race-society/racial-discrimination-health-effects>) and the American Council on Science and Health (<http://www.acsh.org/news/2017/01/23/murky-history-nature-and-nurture-debate-10756>).
7. **Zeiders**, Doane & Roosa (2013) covered in Migration Policy Institute report, The Educational, Psychological, and Social Impact of Discrimination on the Immigrant Child <http://www.migrationpolicy.org/research/educational-psychological-and-social-impact-discrimination-immigrant-child>; Covered in Medical Press: https://medicalxpress.com/news/2015-01-discrimination-bad-health-kids.html?src_id=alt and The Conversation: <http://theconversation.com/discrimination-is-bad-for-your-health-and-your-kids-too-36054>
8. **Zeiders, K. H.**, Doane, L. D., & Adams, E. K. (2011). Covered in the Huffington Post Blog: http://www.huffingtonpost.com/emma-adam/stress-hormone-health_b_7506776.html

TEACHING

COURSES TAUGHT (4 DISTINCT COURSES TAUGHT)

UNIVERSITY OF ARIZONA

Special Topics in Human Development "Stress" (FSHD 607)	Fall, 2020
Research Methods II (FSHD 507B)	Spring, 2019
Intermediate Statistics (FSHD 537B)	Spring, 2018
Sociocultural Context and Development (FSHD 447A)	Spring 2017, Fall 2017

UNIVERSITY OF MISSOURI

Research Methods (HDFS 2200)	Spring, 2015, 2016; Fall 2014, 2015
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Multicultural Children and Families (HDFS 2300)

Fall 2014, 2015

STUDENTS

THESIS COMMITTEE CHAIR

1. Selena Carbajal, PhD Family Studies and Human Development, expected graduation 2023
2. Evelyn SarSar, PhD Family Studies and Human Development, expected graduation 2024
3. Kayla Osman, PhD Family Studies and Human Development, expected graduation 2025

DISSERTATION COMMITTEE MEMBER

1. Maura Shramko, PhD Family Studies and Human Development, University of Arizona 2018
2. Minyu Zhang, PhD Human Development and Family Studies, University of Texas, 2020

COMPREHENSIVE EXAM COMMITTEE MEMBER

1. Maura Shramko, Family Studies and Human Development, 2017

MASTER'S OR APPLIED PROJECT COMMITTEE MEMBER

1. Gaby Kline (Master's Thesis, May 2015). M.S. in HDFS, University of Missouri. *Committee Member*
2. Ebonie Hawthorne (Master's Thesis, December, 2015). MA in Youth Development, University of Missouri. *Committee Member*
3. Brittany Smith (Applied project, December, 2015) as part of MA in Family and Community, University of Missouri, *Committee Member*
4. Theresa Hines (Applied project, August, 2015) as part of MA in Youth Development, University of Missouri, *Committee Member*
5. Donal Buckner (Applied project, August, 2015), as part of the certificate in Youth Development, University of Missouri, *Committee Member*
6. Zhenqiang Zhao (Master's Thesis, Proposed April, 2019) as part of the MS in Family Studies and Human Development. University of Arizona, *Committee Member*

UNDERGRADUATE MCNAIR SCHOLARS

1. Daniela Cruz Casterona, McNair Mentor, 2019-2020

UNDERGRADUATE COMMITTEE MEMBER

1. Devon O. Lathrop (Undergraduate Honors Thesis, Nov, 2012). B. S. in Psychology, Arizona State University. *Committee Member*

UNDERGRADUATE RESEARCH ASSISTANTS (U OF A)

Alexandra Kubela, Spring 2020

Elizabeth Elias, Spring 2020

Daniela Cruz Castorena, Fall 2019, Spring 2020

Rachel Perez, Fall 2019, Spring 2020
 Kevin Molina, Fall 2019, Spring 2020
 Alicia Tsosie, Spring 2018
 Avelina Rivero, Spring 2018
 Guillermo Garcia, 2017 – 2018
 Syliva Castillo, Fall 2017
 Erika Silver, Fall 2017
 Emily Wilson, Spring 2017
 Alison Koleski, Spring 2017

UNDERGRADUATE RESEARCH ASSISTANTS (MIZZOU)

Deidra Bibbs 2015-2016
 Kate Holloway 2014-2016
 Symone Lenoir 2014-2015
 Kristen Turner 2014-2016
 Jayley Jansen 2015- 2016
 Kimberly Taylor 2015-2016
 Asantewa Darkwa, 2015-2016

HONORS AND AWARDS

Pre-Doctoral Fellowship Recipient, National Institute for Mental Health T32 training grant, Arizona State University	2009 –2010
University of Missouri Honorary Coach (student-nominated award from outstanding faculty)	2016
National Council for Family Relation’s Aging and Families Focus Group Paper Runner-up	2014
T. Denny Sanford School Student Innovation Research Award	2010
Graduate and Professional Student Association Dissertation Award	2009
T. Denny Sanford School Intensive Summer Interdisciplinary Training Fellowship	2009
Arizona State University Conference Travel Grant	2008
Graduate Student Research Poster Competition, 2nd place, Arizona State University	2006

SERVICE AND OUTREACH (for period at Assistant rank 2014 – present)

NATIONAL/INTERNATIONAL SERVICE

Reviewer, Submissions for the Biennial Meeting of the Society for Research on Adolescence	2009 – present
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EDITORIAL BOARDS

Journal of Youth and Adolescence (Editorial Board Member)	2018 – present
Developmental Psychology (Editorial Board Member)	2016 – present
Journal of Research on Adolescence (Editorial Board Member)	2015 – present

AD HOC REVIEWER FOR SCHOLARLY JOURNALS

**Journals listed in alphabetical order; date is most recent review*

<i>American Psychologist</i>	2017
<i>Applied Developmental Psychology</i>	2018
<i>Applied Developmental Science</i>	2016
<i>BMC Public Health</i>	2020
<i>Child Development</i>	2018

<i>Child Development Perspectives</i>	2016
<i>Cultural Diversity and Ethnic Minority Psychology</i>	2019
<i>Development and Psychopathology</i>	2019
<i>Developmental Psychological Review</i>	2019
<i>Emerging Adulthood</i>	2017
<i>Frontiers in Psychology</i>	2019
<i>Journal of Adolescence</i>	2015
<i>Journal of Adolescent Health</i>	2017
<i>Journal of Immigrant and Minority Health</i>	2013
<i>Journal of Latino/a Psychology</i>	2017
<i>Journal of Marriage and Family</i>	2015
<i>Perspectives in Psychological Science</i>	2020
<i>Psychoneuroendocrinology</i>	2018
<i>Physiology & Behavior</i>	2012
<i>Research on Human Development</i>	2019
<i>Social Science and Medicine</i>	2015
<i>Stress</i>	2019
<i>Nature Scientific Report</i>	2019
<i>Youth & Society</i>	2013

UNIVERSITY SERVICE

Member, HDFS Undergraduate Committee, University of Missouri	2014 – 2016
Member, HDFS Space Committee, University of Missouri	2014 – 2016
Member, HDFS Diversity and Inclusion Committee, University of Missouri	2015 – 2016
Member, FSHD Graduate Committee, University of Arizona	2016 – present
Member, FSHD Graduate Recruitment and Admissions Committee, University of Arizona	2016 – present
Co-Chair, Francis McClelland Latino Family Consortium, University of Arizona	2016 – present
Chair, Francis McClelland Youth Award Committee, University of Arizona	2017 – present