

Elizabeth Teas, PhD

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EDUCATION

- PhD, May 2023 **Dual Title in Human Development & Family Science and Gerontology, Purdue University, West Lafayette, IN**
Dissertation – *A Life Course Perspective on Social Connectedness and Adult Health*
Chair: Dr. Elliot Friedman
- MS, August 2019 **Kinesiology and Health, Miami University, Oxford, OH**
Health Promotion Concentration
Thesis – *Motivation Matters: Exploring the Relationships Among Well-Being, Motivation, and Inflammation in Older Adults*
Chair: Dr. Jay Kimiecik
- BS, May 2014 **Global Business & Political Science, The University of Texas at Dallas, Richardson, TX**
Collegium V Honors; *summa cum laude*
Thesis – *Business Relocation: Evolving, Investing, and Competing*
Bill Archer Fellowship Program, Washington, D.C.
International Education of Students (IES) Abroad, Barcelona, Spain

PROFESSIONAL EXPERIENCE

- June 2023 – Present **Research Scientist**
Far Harbor, LLC, Austin, TX
- May 2020 – May 2021 **Graduate Research Assistant**
Purdue University, West Lafayette, IN
- Aug. 2017 – Jan. 2019 **Graduate Research/Teaching Assistant**
Miami University, Oxford, OH
- Nov. 2015 – April 2017 **Managing Consultant**
Strategic Partnerships, Inc., Austin, TX
- June 2014 – Nov. 2015 **Regional Admissions Representative**
The University of Texas at Dallas, Richardson, TX
- Jan. 2014 – April 2014 **Generation Progress Policy Analyst**
Center for American Progress, Washington, D.C.
- May 2013 – Aug. 2013 **Economic Development Research Assistant**
Dallas Regional Chamber, Dallas, TX

FUNDED RESEARCH GRANTS & FELLOWSHIPS

National Institutes of Health F31 – F31AG072824, Teas, E. (PI)

May 2021 – May 2023

A Life Course Perspective on Social Connectedness and Adult Health: This project used an interdisciplinary approach to examine whether social connectedness across the life course predicts functional capacity in later life by promoting physical activity and/or reducing inflammatory biomarkers, and whether socioeconomic status modifies these pathways.

Results demonstrated whether, when, and how life-course social connectedness predicts functional capacity ten years later and generated theory- and intervention- relevant insights into the successful maintenance of health, independence, and function across the lifespan.

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

Aug. 2020 – May 2021

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

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

May 2020 – Aug. 2020

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

Purdue Lynn Fellowship, Center on Aging and the Life Course

Aug. 2019 – May 2020

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

Miami University Graduate School Scholar Fellowship

Jan. 2019 – May 2019

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

PEER-REVIEWED PUBLICATIONS*

13. Friedman, E., Franks, M., **Teas, E.**, Thomas, P. (2023). Social connectedness, functional capacity, and longevity: A focus on positive relations with others. *Social Science & Medicine*, 340 (2024). doi:10.1016/j.socscimed.2023.116419.
12. Friedman, E. & **Teas, E.** (2023). Self-rated health and mortality: Moderation by purpose in life. *International Journal of Environmental Research and Public Health*, 20(12), 6171. doi:10.3390/ijerph20126171
11. Richards, E., Christ, S.L., Rietdyk, S., **Teas, E.**, & Franks, M. (*In press*). Association of Physical Activity and Gait Speed: Does Context Matter? *American Journal of Lifestyle Medicine*. doi:10.1177/15598276231157311
10. **Teas, E.**, Marceau, K., & Friedman, E. (2023). Life-course social connectedness: Comparing data-driven and theoretical classifications as predictors of functional limitations in adulthood. *Advances in Life Course Research*, 55, 1-14. doi:10.1016/j.alcr.2023.100529
9. Ward, R. M., Steers, M-L. N., Guo, Y., **Teas, E.**, & Crist, N. (2022). Posting alcohol-related content on social media: Comparing posters and non-posters. *Alcohol*, 104, 23-30. doi:10.1016/j.alcohol.2022.08.001
8. **Teas, E.**, Kimiecik, J., Ward, R.M., & Timmerman, K. (2022). Intuitive eating and biomarkers related to cardiovascular disease in older adults. *Journal of Nutrition Education and Behavior*, 54 (5), 412-421. doi:10.1016/j.jneb.2022.01.010
7. **Teas, E.**, Friedman, E., & Amireault, S. (2022). Purpose in life and personal growth: The unique and joint contribution of physical activity and basic psychological needs. *Applied Psychology: Health and Well-Being*, 1–24. doi:10.1111/aphw.12347

6. **Teas, E.**, Robertson, O., Marceau, K., & Friedman, E. (2021). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. *Psychosomatic Medicine*, 83(7), 724-732. doi:10.1097/PSY.0000000000000972
5. Steers, M-L.N., Ward, R.M., Neighbors, C., Tanygin, A.B., Guo, Y., & **Teas, E.** (2021). Double vision on social media: How self-generated alcohol-related posts moderate the relationship between viewing others' posts and drinking. *Journal of Health Communication*, 26(1), 12-18. doi:10.1080/10810730.2021.1878311
4. **Teas E.** & Friedman, E.M. (2021). Sleep and functional capacity in older adults: Cross-sectional associations among self-report and objective assessments. *Sleep Health*, 7(2):198-204. doi:10.1016/j.sleh.2020.12.001
3. Kimiecik, J. & **Teas, E.** (2020). Express your self: Exploring the nature of the expressive self and the health and well-being consequences of its restriction within a market society. *Journal of Humanistic Psychology*. doi:10.1177/0022167820966154
2. Kimiecik, J., Ward, R.M., & **Sohns, E.** (2019). Back to basics: Tracing health and risk behaviors back to well-being. *American Journal of Health Studies*, 34(1), 11-22. doi: 10.47779/ajhs.2019.28
1. Newman, T. J., Okamoto, K., Kimiecik, C., **Sohns, E.**, Burns, M., & Magier, E. (2019). The role of social workers in sport: Shared values, interprofessional collaborations, and unique contributions. *Journal of Sport Psychology in Action*, 10(3), 160-173. doi:10.1080/21520704.2019.1642270

*Last name changed from Sohns to Teas in 2019.

SKILLS

Statistical Software

- Stata, Mplus, SPSS, SAS

Data Visualization

- Stata, Tableau, Google Drawings

Grant Writing Experience

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

Graduate-Level Methods Coursework

- 2017 – Behavior Statistics II
- 2017 – Research Foundations in Kinesiology & Health
- 2018 – Structural Equation Modeling
- 2019 – Statistical Approaches/ANOVA for Development and Family Researchers
- 2020 – Regression
- 2020 – Categorical Data Analysis
- 2021 – Advanced Structural Equation Modeling
- 2021 – Multilevel Modeling

Data Collection/Project Management

- 2018 – 2019: Under Dr. Kyle Timmerman, I helped manage an NIH AREA (R15) grant. My responsibilities primarily included subject recruitment, data collection (e.g., administering surveys, conducting performance-based tests), and advanced laboratory techniques (e.g., ELISAs).
Project: Influence of Aerobic Training and Weight Loss on Skeletal Muscle Inflammatory Markers and Muscle Protein Balance in Older Adults

- 2018 – 2019: I designed and validated survey instruments, recruited and scheduled participants, oversaw data collection by undergraduate students, and organized storage of data.
Project: Motivation Matters: Exploring the Relationships Among Well-Being, Motivation, and Inflammation in Older Adults
- 2022: I collaborated with Dr. Melissa Franks and Dr. Libby Richards to design a novel survey instrument, assisted with IRB materials, and administered surveys to participants.
Project: Women’s Heart Health Following Cardiac Rehabilitation

ACADEMIC/CONFERENCE PRESENTATIONS

^U*Undergraduate student*

33. **Teas, E.,** Marceau, K., Friedman, E. (2023, March). Physical activity mediates the association between life-course social connectedness and later-life functional limitations. Poster presented at the Annual Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
32. ^UVoss, L., **Teas, E.,** Friedman, E. (2022, November). Chronic conditions and mortality: Moderation by self-rated health. Poster presented at the Annual Meeting of the Gerontological Society of America, Indianapolis, IN.
31. **Teas, E.,** Friedman, E., Marceau, K. (2022, November). Comparing data-driven and theory-driven approaches to classify social relationships across the life course. Poster presented at the Annual Meeting of the Gerontological Society of America, Indianapolis, IN.
30. ^UMcClellan, A., Conroy, C., ^UMandrell, A., Warren, V., **Teas, E.,** Timmerman, K. (2022, June). Habitual physical activity is associated with prescription medication use in older adults. Poster presented at the Annual American College of Sports Medicine meeting, San Diego, CA.
29. **Teas, E.** (2022, April). A life course perspective on social connectedness and adult health. Invited talk at the Purdue University Center on Aging and the Life Course 10th Annual Scholars in the Spotlight/Spring Luncheon.
28. ^UVoss, L., **Teas, E.,** Friedman, E. (2022, April). Chronic conditions and mortality: Moderation by self-rated health. Poster presented at the Purdue University 2022 Spring Undergraduate Research Conference.
27. **Teas, E.,** Marceau, K., Friedman, E. (2022, March). Comparing data-driven and theory-driven approaches to classify social relationships across the life course. Poster presented at the Purdue College of Health and Human Services Spring Research Day, West Lafayette, IN.
26. **Teas, E.,** Marceau, K., Friedman, E. (2022, March). Life course social connectedness, marital transitions, and physical activity in later life. Ignite research talk (oral presentation) at the Annual American Academy of Health Behavior meeting in Key Largo, FL. – ***High Honors Abstract Award***
25. **Teas, E.,** Robertson, O., Marceau, K., Friedman, E. (2021, November). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. Poster presented at the Purdue College of Health and Human Sciences Fall Research Day, West Lafayette, IN.
24. ^UVoss, L., **Teas, E.,** Friedman, E. (2021, November). Health perceptions and longevity in adults with chronic illness. Research presentation at the Purdue University 2021 Fall Undergraduate Research Expo, Virtual.
23. **Teas, E.,** Robertson, O., Marceau, K., Friedman, E. (2021, November). Not seeing double: Discordance in disease, function, and their longitudinal associations in monozygotic twins. Poster presented at the Annual Meeting of the Gerontological Society of America, Virtual.
22. **Teas, E.,** Friedman, E., Amireault, S. (2021, June). Aging and thriving: The differential roles of physical activity and basic psychological needs. Oral presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Virtual.

21. Steers, M-L., N., Ward, R.M., Guo, Y, **Teas, E.**, & Crist, N. (2021, February). Motivations for not posting alcohol-related content to social media scale. Poster presented at the Annual Meeting of the of the Society for Personality and Social Psychology, Virtual Convention.
20. Friedman, E., & **Teas, E.** (2020, November). Does poor sleep quality predict functional limitations? Poster presentation at the Annual Meeting of the Gerontological Society of America, Virtual.
19. **Teas, E.** & Friedman, E. (2020, November). Do control beliefs moderate the relationship between function and physical activity? Poster presentation at the Annual Meeting of the Gerontological Society of America, Virtual.
18. Richards, L., Franks, M., Christ, S., Rietdyk, S., **Teas, E.** (2020, October). Concordance of objectively measured physical activity and sedentary behavior between partners. Oral presentation at the American Public Health Association Annual Meeting, Virtual.
17. **Teas, E.**, Kimiecik, J., Ward, R.M., Timmerman, K. (2019, November). What's motivation got to do with it? Using latent profile analysis for biomarkers and physical activity in older adults. Poster presentation at the Annual Meeting of the Gerontological Society of America, Austin, TX.
16. Kimiecik, J., **Sohns, E.** (2019, October). The fantastic four: Superheroes of the self that provide psychological energy for sustainable physical activity. Lecture at the 34th Annual Association for Applied Sport Psychology Conference, Portland, OR.
15. ^UWillette, A., ^UConroy, C., Timmerman, K., **Sohns, E.** (2019, April). Relationships among physical activity, body composition, and cardiometabolic risk factors in older adults. Poster presented at the 25th Annual Miami University Undergraduate Research Forum, Oxford, OH.
14. **Sohns, E.**, Timmerman, K., Ward, R.M., Kimiecik, J. (2019, April). Heart and soul: Examining blood lipids, psychological well-being, and motivation in older adults. Poster presented at the 43rd Annual Ohio Association of Gerontology and Education Conference, Oxford, OH.
15. Kimiecik, J., **Sohns, E.**, Kimiecik, C. (2019, March). Play your way to optimal well-being. Educational session presented at the 10th Anniversary Conference on the Value of Play: Play for Life, Clemson, SC.
12. Ward, R.M., Guo, Y., Speed, S., Sherrard, L., **Sohns, E.** (2019, March). Examining alcohol-related blackouts and sexual assault in the context of drinking to cope. Poster presented at American Academy of Health Behavior 2019 Annual Scientific Meeting, Greenville, SC.
11. **Sohns, E.**, Ward, R.M., Kimiecik, J. (2019, March). College students' physical activity, diet, and alcohol and marijuana use: Using structural equation modeling to assess multiple health behaviors. Poster presented at American Academy of Health Behavior 2019 Annual Scientific Meeting, Greenville, SC.
10. **Sohns, E.**, Ward, R.M., Timmerman, K., Kimiecik, J. (2018, November). Motivation moves: Examining older adults' physical activity and motivation for exercise. Poster presented at the Gerontological Society of America Conference, Boston, MA.
9. ^USmith, V. Volk, G.A. **Sohns, E.** ^UConroy, C.R., ^UBartram, R.E., ^UHeindl, C.R., Timmerman, K. (2018, November). Predictors of clinical measures of insulin resistance. Poster presented at the 46th Midwest Chapter of the American College of Sports Medicine Annual Meeting, Grand Rapids, MI.
8. ^UFrindt, K.M., Volk, G.A., ^UHeaven, S., **Sohns, E.**, ^UPeleckas, E., Warren, V, ^UZiazaris, M., Timmerman, K.L. (2018, November). Associations among objectively and subjectively measured physical activity in older adults. Poster presented at the 46th Midwest Chapter of the American College of Sports Medicine Annual Meeting, Grand Rapids, MI.

7. **Sohns, E.** (2018, November). Aging and active: Examining catalysts for exercise among older adults. Oral presentation at the 10th Annual Miami University Graduate Research Forum, Oxford, OH.
6. Kimiecik, J. & **Sohns, E.** (2018, November). Enhance the experience with life to optimize and sustain the experience of exercise. In “Exercise Psychology in Practice: Theory-based Perspectives to Transforming Exercise Behavior” webinar. Society for Sport, Exercise & Performance Psychology, APA Division 47.
5. **Sohns, E.**, Ward, R. M., & Kimiecik, J. (2018, June). The relationship between Eudaimonic well-being, motivation, and alcohol consumption among college students. Poster presented at the Research Society on Alcoholism Annual Conference, San Diego, CA.
4. Kimiecik, J. & **Sohns, E.** (2018, May). The expressive self and my health: Utilizing a Carrere process to examine the truth. Topic presented at the 3rd Annual Carrere Exchange Conference and Retreat, Oxford, OH.
3. **Sohns, E.** (2018, March). A filtered reality. Paper competitively selected to present at the 15th Annual Miami English Graduate and Adjunct Association (MEGAA) Symposium – Resist & Revise, Oxford, OH.
2. **Sohns, E.**, Kimiecik, J., Ward, R.M. (2017, November). The relationship between Eudaimonic well-being, motivation, and exercise among college students. Poster presented at the 9th Annual Miami University Graduate Research Forum, Oxford, OH.
1. **Sohns, E.** (2014, May). Business relocation: Evolving, investing, and competing. Undergraduate poster presented and defended at The University of Texas at Dallas Honors College, Richardson, TX.

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

TEACHING & MENTORING EXPERIENCE

Fall 2022	<p>Co-Instructor, Adult Development Purdue University, West Lafayette, IN As co-instructor, I helped revise the syllabus for the course, updated course content, assisted students with class work, implemented ungrading practices, and lectured.</p>
Fall 2022	<p>Mentored five undergraduate students during lab meetings focused on developing research questions on self-rated health and mortality</p>
Fall 2021 – Spring 2022	<p>Mentored one undergraduate student on reading scientific literature, developing research questions, and analyzing data. This work resulted in projects presented at the Fall 2021 and Spring 2022 Purdue Undergraduate Research Forums as well as the 2022 GSA meeting</p>
Spring 2019	<p>Instructor, Jogging & Marathon Training Classes Miami University, Oxford, OH</p>
Fall 2018	<p>Mentored two undergraduate students in successful applications for an Undergraduate Research Award (\$1000) and an Inter-Disciplinary Engagement Award (\$500) related to research on older adults</p>
Fall 2017 – Spring 2018	<p>Instructor, Functional Anatomy Lab Miami University, Oxford, OH</p>
Fall 2011 – Fall 2013	<p>Peer-Led Team Learning (PLTL) Leader – Differential & Integral Calculus The University of Texas at Dallas</p>

MERIT AND TRAVEL AWARDS

Purdue Human Development & Family Science – Outstanding Doctoral Student Award, 2023

The HDFS department selected one PhD student within the department based on research excellence, outstanding ability in scholarly activities, service to their department, and promise for a productive career in their field.

High Honors Abstract Award – American Academy of Health Behavior, 2022

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

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

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

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

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

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

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

Miami University Graduate School's Thesis & Dissertation Research Program, 2018 (**\$300**)

SERVICE

Departmental/University Service

2021 – Present

Purdue HHS's Diversity, Equity and Inclusion Science Consortium
Supporting Member

2020 – Present

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

2021 – 2022

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

Fall 2021

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

2019 – 2021

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

2019 – 2020

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

Conference Abstract Reviewing

2020 – Present

Gerontological Society of America

Other Service

2016 – Present

Archer Fellow Scholarship Reviewer

AD HOC REVIEWER

Journal of Aging & Health

Journal of Gerontology: Social Sciences

PROFESSIONAL MEMBERSHIPS AND CIVIC EXPERIENCE

2023 – Present	Member, American Psychosomatic Society
2021 – Present	Member, American Academy of Health Behavior
2018 – Present	Member, Gerontological Society of America
2014 – Present	Lifetime Member, Girl Scouts of America
2013 – Present	Member, Beta Gamma Sigma International Honor Society
2012 – Present	Member, Phi Kappa Phi Honor Society
2018 – 2019	Member, Research Society on Alcoholism
2016 – 2017	Events Committee Chair, Austin Young Women's Alliance
2015 – 2017	Austin Chapter Co-Chair, Archer Fellow Alumni Association

OTHER HONORS AND AWARDS

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