



First meeting of the NIA funded Stress Measurement Network

April 9, 2015, 9:30 am – 4 pm
Oakland, CA

AGENDA

9:30 am: Introduction, overview & history of the Network, and objectives for the meeting (Elissa Epel & Alexandra Crosswell)

9:45 am: Take-aways from previous meetings (Lis Nielsen)

10:00 am: Introduction of short “stress battery” concept & initial constructive feedback (George Slavich)

10:15 am: Perspectives on stress and stress assessment by Bruce McEwen

10:30 am: Presentations (momentary, daily, events/trauma; 5 min presentation, 5 min discussion): Teresa Seeman, Dave Almeida, Roxie Silver, Lisa Feldman Barrett

11:30 am—12:30 pm: Hosted lunch with attendees of the SAS Early Adversity pre-conference in Room OCC205

12:45 pm: Presentations (embodied stress, macro level factors; 5 min presentation, 5 min discussion): Tara Gruenewald, Pete Gianaros, Jim Smith, Ray Catalano, Carol Worthman

1:45 pm: Coffee & tea break

2:00 pm: Summary of themes from the day so far (Wendy, Elissa & Lis)

2:15 pm: Reflections on stress research and today’s themes by Sheldon Cohen

2:40 pm: Discussion of stress battery & stress reactivity probes (Stress Battery subcommittee)

3:40 pm: Subcommittee & pilot funds discussion (Wendy & Aric)

3:50 pm: Closing remarks (Network leadership)

7:15 pm: Hosted dinner at Desco (499 9th St, Oakland, CA 94607). Attendance is optional. Alcoholic drinks will have to be paid for separately as this dinner is funded by the NIA. Please RSVP if you’d like to attend to Alexandra.Crosswell@ucsf.edu.



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Co-Directors: Elissa Epel, Wendy Berry Mendes, Lis Nielsen

Associate Directors: Aric Prather & George Slavich

Executive Director: Alexandra Crosswell

Participants:

David Almeida, Penn State University

Kirstin Aschbacher, UCSF

Ray Catalano, UC Berkeley

Sheldon Cohen, Carnegie Mellon (by phone)

Tommy de Baca, UCSF*

Lisa Feldman Barrett, Northeastern University

Pete Gianaros, U. Pittsburgh

Tara Gruenewald, USC

Tom Kamarck, U. Pittsburgh (by phone)

Deborah Karasek, UC Berkeley*

Teresa Seeman, UCLA

Erika Siegel, Northeastern University*

Roxane Silver, UC Irvine

Jim Smith, RAND Corporation

Jinkook Lee, RAND

Cindy Leung, UCSF*

Ashley Mason, UC Berkeley*

Bruce McEwen, Rockefeller University (joining by phone)

Keely Muscatell, UCSF*

Eli Puterman, UCSF

Carol Worthman, Emory (joining by phone)

*postdoctoral scholar

Objective of the Meeting:

To engage in lively discussion about the best way to measure psychosocial stress in large population based studies. A Network subcommittee has put together an initial draft of a short stress measure. The purpose of the meeting is to build upon this “stress battery” and thus a portion of the day will focus on discussing what this measure should look like. Additionally, we hope Network members will identify how they can best contribute to Network aims and when relevant join a subcommittee. Bring your enthusiasm and open mind! We have grand aims that need your critical perspectives and contributions!

Guiding Questions for the Meeting:

- What are the best short measures of social, psychological, and environmental stress? (guided by what would affect long term health)
- What is the guiding model that is most encompassing to guide the selection of stress measures?
- If you had ten minutes with someone to assess stress...
 - What would you ask them by self-report?
 - What types of tests, challenges, or scenario stressors should they respond to?

How do we make our stress measure appropriate cross-culturally?



Stress Measurement Network Summary Statement

The goal of the NIH funded Stress Measurement Network is to promote better theory and measurement of psychosocial stress in population-based studies. Uncovering when and how psychosocial stress influences mental and physical health has been challenging in part because of the complexity of measuring stress. Stress exists within people, between people, and in the environment; it is the integration across these levels that may offer the fullest understanding and predictive power. With advances in technology, the potential to measure psychosocial stress across these levels has never been greater, yet there is little agreement on best practices to measure stress that would optimize precision in predicting health outcomes. The Network is focused on three primary initiatives, to be achieved through collaboration between experimental and population-based scientists: (1) conducting original research by funding pilot and validation studies to develop and refine stress measurement tools; (2) creating a “toolbox” of expert recommended stress measurement tools, which will include the development of brief measures of stress suitable for surveys, (3) harmonizing measures of stress across large scale studies, and facilitating the addition of new measures into ongoing population-based studies. Identifying high quality stress measurement tools to use in longitudinal, population-based studies will advance understanding of how different types of stress operate in a variety of intrapersonal and social contexts, ultimately informing the development of interventions at the individual, social and policy level.