

# ARIC A. PRATHER, PH.D.

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## CURRICULUM VITAE

University of California, San Francisco  
Department of Psychiatry and Behavioral Sciences  
675 18<sup>th</sup> St, Room 5127, San Francisco, CA 94107

Phone: 415.476.7758  
aric.prather@ucsf.edu  
@AricPrather

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## CURRENT POSITION

Professor  
Department of Psychiatry and Behavioral Sciences, UCSF School of Medicine  
*Licensed Clinical Psychologist: PSY 25943*

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## EDUCATION

Institution: University of Pittsburgh  
Degree: Ph.D., conferred 2010  
Major: Clinical and Biological & Health Psychology

Position: Predoctoral Clinical Psychology Intern, 2009-2010  
Institution: Duke University Medical Center  
Track: Medical Psychology/Behavioral Medicine

Institution: University of California, Berkeley  
Degree: B.A., conferred 2001  
Major: Psychology

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## OTHER PROFESSIONAL POSITIONS:

2022-now Director (Interim), UCSF Center for Health and Community  
2021-now Member, Environmental Research and Translation for Health (EaRTH) Center  
2021-now Member, Bakar Aging Research Institute  
2020-now Associate member, Bakar ImmunoX  
2018-now Director, UCSF Behavioral Sleep Medicine Research Program  
2016-now Co-Director, UCSF Aging, Metabolism, and Emotion (AME) Center  
2014-now Associate Director, UCSF Center for Health and Community  
2014-now Associate Director, NIA Stress Measurement Network  
2013-now Director, Biobehavioral Measurement Core (CTSI Consultation Service)

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## FELLOWSHIPS

2010-2012 Robert Wood Johnson Foundation Health and Society Scholars Program  
2006-2008 NHLBI Cardiovascular Behavioral Medicine Predoctoral Fellowship  
2004-2006 NIMH Health Psychology Predoctoral Fellowship

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## HONORS AND AWARDS

2021	Bakar Aging Research Institute (BARI) Investigator Award
2020	National Academy of Medicine Healthy Longevity Catalyst Award
2019	Elected Fellow, Academy of Behavioral Medicine Research
2019	Excellence in Health Psychology Research by an Early Career Professional, Society for Health Psychology (APA Division 38)
2018	Herbert Weiner Early Career Award, American Psychosomatic Society
2017	“4P” Early Career Stage Clinical Investigator Award, Sleep Research Society
2016	UCSF Tauber Research Scholar
2015	Travel Award, AGS-NIA Sleep, Circadian Rhythms and Aging Conference
2015	Robert Ader New Investigator Award, Psychoneuroimmunology Research Society
2015	NIH Early Career Reviewer Program
2013-2017	NIH Clinical Loan Repayment Program (funded by NHLBI)
2011	RAND Summer Institute Travel Scholarship
2011	Academy of Behavioral Medicine Research, Young Scholar Award
2011	Psychoneuroimmunology Research Society Trainee Scholar Award
2010	Dean’s Tuition Scholarship, University of Pittsburgh
2009	Bassell Award for Excellence in Clinical Psychology, University of Pittsburgh
2007	E.B. Huey Research Award, Department of Psychology, University of Pittsburgh
2007	Western Psychiatric Institute and Clinic Outstanding Research Poster Award, University of Pittsburgh
2007, 2009	Bassell Student Publication Award, University of Pittsburgh
2005	David A. Lazovik Research Award, University of Pittsburgh
2001	Stanley Fellowship Scholar, University of California, San Francisco
1999-2001	Cal Alumni Leadership Scholarship, University of California, Berkeley
2001	Psi Chi National Honor Society, University of California, Berkeley

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## **RESEARCH SUPPORT**

### **ONGOING**

2022-2023	Eisai, Ltd. Investigator Initiated Study <i>Effects of Lemborexant versus placebo on total daytime sleep in shift workers: a randomized controlled trial</i> Role: Principal Investigator
2021-2022	Research Evaluation & Allocation Committee (REAC) Grant (UCSF, Internal) <i>Insomnia and atherosclerosis: investigating a neuro-immune pathway</i> Role: Co-Principal Investigator (MPI: Prather/Seo)
2020-2024	NIH/NIMHD <i>Data Science Training to Advance Behavioral and Social Science Expertise in Health Research (DaDATABASE) (T32MD015070)</i> Role: Co-Principal Investigator (MPI: Prather/Glymour/Brown)
2019-2024	NIH/National Institute on Aging (NIA) <i>Advancing psychosocial and biobehavioral stress measurement to understanding aging (R24AG048024)</i> Role: Co-Investigator; Associate Director (MPI: Epel/Mendes)
2021-2025	NIH/NHLBI

- Obesity stigma and health behavior: an experimental approach* (R01HL158555)  
Role: Co-Investigator (Subcontract-PI) (PI: Tomiyama)
- 2021-2025 NIH/National Institute on Aging (NIA)  
*Advancing Psychosocial & Biobehavioral Approaches to Improving Emotional Well-Being* (U24AG072699)  
Role: Co-Investigator (MPI: Epel/Mendes)
- 2018-2023 NIH/National Heart, Lung, & Blood Institute (NHLBI)  
*Examining the reciprocal effects of racial discrimination and sleep on cardiovascular functioning: An experimental approach* (R01HL142051).  
Role: Principal Investigator
- 2020-2022 NIH/NIMH  
*Sleep disturbance and inhibitory control as proximal predictors of suicidal ideation and behavior: A daily diary and actigraphy study of young adults*  
Role: Consultant (PI: Hoyt)
- 2018-2023 NIH/National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)  
*Tissue-specific insulin resistance in obstructive sleep apnea: role of hypoxia* (R01DK117953).  
Role: Co-Investigator (MPI: Schwartz/Krystal)
- 2017-2022 NIH/National Institute for Nursing Research (NINR)  
*Resilience skills self-management for chronic pain* (R01NR017096)  
Role: Co-Investigator (Subcontract Principal Investigator) (MPI: Hassett/Williams)
- 2017-2022 NIH/National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)  
*Sleep Disturbance in Rheumatoid Arthritis: Phenotypes, Causes, and Impact* (R01AR072040)  
Role: Co-Investigator (PI: Katz)

**COMPLETED (last 5 years)**

- 2018-2021 NIH/National Heart, Lung, & Blood Institute (NHLBI; Supplement Grant)  
*Cumulative stress burden and Alzheimer's disease risk in urban African American adults* (R01HL131531)  
Role: Co-Investigator (Subcontract Principal Investigator) (PI: Troxel)
- 2019-2020 University California Office of the President  
*Stress Free UC Health and Nutrition Project*  
Role: Principal Investigator
- 2019-2020 NIH/National Institute on Aging  
*Burden, depression, and health in dementia caregivers: the role of emotions* (R56AG041762)  
Role: Co-Investigator (PI: Levenson)
- 2017-2019 Headspace Science grant  
*Biological health assessment for UCSF wellness pilot project*

- Role: Principal Investigator
- 2018-2019 NIH/National Institute on Aging (NIA; Supplement Grant)  
*Enhancing Cognitive Control in Older Adults with Complementary Interventions*  
(R01AG049424)  
Role: Co-Investigator (PI: Gazzaley)
- 2014-2019 NIH/National Institute on Aging (NIA)  
*Advancing psychosocial and biobehavioral stress measurement to understanding aging*  
(R24AG048024)  
Role: Co-Investigator; Associate Director (MPI: Epel/Mendes)
- 2017-2018 University of California Office of the President (UCOP) Healthy Campus Network Grant  
*Testing the effects of a digital stress reduction platform on stress and metabolic health among University staff*  
Role: Principal Investigator
- 2017-2018 UCSF-Resource Allocation Program: Innovation Award in Prematurity Research  
*Identifying biological drivers of preterm birth among women with insomnia*  
Role: Principal Investigator
- 2017-2018 UC Health Psychology Consortium Research Grant  
*Risk and resilience among Latino/a first-year students: the role of sleep and perceived discrimination*  
Role: Co-Principal Investigator (Co-PI: Major)
- 2012-2017 NIH/National Heart, Lung, and Blood Institute (NHLBI)  
Mentored Clinical Scientist Career Development Award (K08HL112961)  
*Sleep as a novel pathway linking chronic psychological stress and inflammation*  
Role: Principal Investigator
- 2016-2017 Robert Wood Johnson Foundation Health Disparities Seed Funding Program  
*Does chronic stress accelerate the epigenetic clock?*  
Role: Principal Investigator

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## PUBLICATIONS

- Newman, D.B. Gordon, A.M., **Prather, A.A.**, Mendes, W.B. (accepted) Examining daily associations among sleep, stress, and blood pressure across adulthood. *Annals of Behavioral Medicine*
- Prather, A.A.** (accepted). Sleep and affect: introduction to the special issue. *Affective Science*.
- Newman, D.B., Epel, E.S., Coccia, M., Puterman, E., **Prather, A.A.** (accepted) Asymmetrical effects of sleep and emotions in daily life. *Affective Science*.
- Crosswell, A.D., Epel, E.S., Mendes, W.B., **Prather, A.A.**, and the Stress Measurement Network (in press). Improving the language specificity of stress in psychological and population health science. *Psychosomatic Medicine*
- Whitehurst, L., Subramoniam, A., Krystal, A.D., **Prather, A.A.** (2022). Links between brain and body during sleep: implications for memory processing. *Trends in Neuroscience*, 45, 212-223.

- Meinhausen, C, **Prather, A.A.**, Sumner, J.A. (in press) PTSD, sleep, and cardiovascular disease risk: a mechanism-focused narrative review. *Health Psychology*
- Krystal, A.D., Ashbrook, L.H., **Prather, A.A.** What is Insomnia? (2021). *JAMA*, 326, 2444.
- Felder, J.N., Epel, E.S., Neuhaus, J., Krystal, A.D., **Prather, A.A.** (in press) Randomized controlled trial of digital cognitive behavior therapy for prenatal insomnia symptoms: Effects on postpartum insomnia and mental health. *SLEEP*.
- Karasek, D., Baer, R.J., McLemore, M.R., Bell, A.J., Blebu, B.E., Casey, J.A., Coleman-Phox, K., Costello, J.M., Felder, J.N., Flowers, E., Fuchs, J.D., Gomez, A.M., Karvonen, K., Kuppermann, M., Liang, L., McKenzie-Sampson, S., McCulloch, C.E., Oltman, S.P., Pantell, M.S., Piao, X., **Prather, A.A.**, Schmidt, R.J., Scott, K.A., Spellen, S., Stookey, J.D., Tesfalul, M., Rand, L., Jelliffe-Pawlowski, L.L. (2021). The association of COVID-19 infection in pregnancy with preterm birth: A retrospective cohort study in California. *Lancet Regional Health Am*, 2, 100027.
- Crosswell, A.D., Sagui-Henson, S., **Prather, A.A.**, Coccia, M., Irwin, M.R., Epel, E.S. (2022) Psychological resources and biomarkers of health in the context of chronic parenting stress. *International Journal of Behavioral Medicine*, 29, 175-187.
- Prather, A.A.** & Carroll, J.E. (2021). Associations between sleep duration, shift work, and infectious illness in the United States: data from the National Health Interview Survey *Sleep Health*, 7, 638-643.
- Carroll, J.E. & **Prather, A.A.** (2021). Sleep and biological aging: a short review. *Current Opinion in Endocrine and Metabolic Research*, 18, 159-164.
- Mayer, S.E., Surachman, A., **Prather, A.A.**, Puterman, E., Delucchi, K.L., Irwin, M.R., Danese, A., Almeida, D., Epel, E.S. (in press). The long shadow of childhood trauma for depression in midlife: Examining daily psychological stress processes as a persistent risk pathway. *Psychological Medicine*.
- Protsenko, K., Yang, R., Nier, B., Reus, V., Hammamieh, R., Wu, G., Hough, C., Epel, E.S., **Prather, A.A.**, Jett, M., Gautam, A., Mellon, S., Wolkowitz, O.M. (2021). "GrimAge," an epigenetic predictor of mortality, is accelerated in MDD. *Translational Psychiatry*, 6, 193.
- Palma-Gudiel, H., **Prather, A.A.**, Lin, J., Guintivano, J., Xia, K., Rubinow, D.R., Wolkowitz, O.M., Epel, E.S., Zannas, A.S. (2021). HPA axis regulation and epigenetic programming of immune-related genes in healthy mid-life women. *Brain, Behavior, & Immunity*, 92, 49-56.
- Hamlat, E.J., **Prather, A.A.**, Horvath, S., Belsky, J., Epel, E.S. (2021). Early life adversity, pubertal timing, and epigenetic age acceleration in adulthood. *Developmental Psychobiology*, 63, 890-902.
- Weiss, J., Puterman, E., **Prather, A.A.**, Ware, E.B., Rehkopf, D.H. (2020). Data-driven classification of dementia among older adults in the United States. *PLOS ONE*, 15, e0239994.
- Protsenko, K., Rehkopf, D., **Prather, A.A.**, Epel, E.S., Lin, J. (2020). Are long telomeres better than short?: Relative contributions of genetically predicted telomere length to neoplastic and non-neoplastic disease risk and population health burden. *PLOS ONE*, 15, e0240185.

- Pantell, M.S., Adler-Milstein, J. Wang, M., **Prather, A.A.**, Adler, N.E., Gottlieb, L.M. (2020) A Call for Social Informatics. *Journal of American Medical Informatics Association*, 27, 1798-1801.
- Sandifer, P.A., Knapp, L.C., Lichtveld, M.Y., Manley, R.E., Abramson, D., Caffey, R., Cochran, D., Collier, T.K., Ebi, K., Engel, L., Farrington, J.W., Finucane, M., Hale, C., Halpern, D., Harville, E., Hart, L.B., Hswen, Y., Kirkpatrick, B., McEwen, B., Morris, J.G., Orbach, R., Palinkas, L., Partyka, M., Porter, D.W., **Prather, A.A.**, Rowles, T., Scott, G.I., Seeman, T., Solo-Gabriele, H., Svendsen, E., Tincher, T., Trtanj, J., Walker, A.H., Yehuda, R., Yip, F., Yoskowitz, D., Singer, B.H. Framework for a Community Health Observing System for the Gulf of Mexico Region: Preparing for Future Disasters (2020). *Frontiers in Public Health*, 8, 578463.
- Jelliffe-Pawlowski, L., Rand, L., Scott, K.A., Kuppermann, M., Baer, R., Bell, A., Bandoli, G., Costello, J., Diamond-Smith, N., Epel, E., Jackson, R., Jiang, F., Karasek, D., Lindan, C., O’Leary, A., Olgin, J., Oltman, S.P., Pantell, M., Paquette, A., Parikh, N., Peyser, N., Piao, X., **Prather, A.A.**, Rutherford, G., Ryckman, K.K., Steurer-Muller, M., Stookey, J.D., Srinivasa, G., Wright, H., McCulloch, C.E., Piening, B., Rogers, E., Chambers, C. (in press). Examining the Impact of the 2019 Novel Coronavirus and Pandemic-Related Hardship on Adverse Pregnancy and Infant Outcomes: Design and Launch of the HOPE COVID-19 Study. *Reproductive Medicine*.
- Gordon, A.M., **Prather, A.A.**, Dover, T., Espino-Perez, K., Small, P., Major, B. (2020). Anticipated and experienced ethnic discrimination and global sleep quality: a prospective study. *Personality and Social Psychology Bulletin*, 46, 1724-1735.
- Patterson, S.L., Sagui-Henson, S., **Prather, A.A.** (2020). Measures of psychosocial stress and stressful exposures. *Arthritis Care & Research*, 72 S10, 676-685.
- Martinez-Miller, E.E., Robinson, W.R., Avery, C.L., Yang, Y., Haan, M.N., **Prather, A.A.**, Aiello, A.E. Acculturation, cognitive performance and decline, and incident dementia/CIND: The Sacramento Area Latino Study of Aging. (2020). *American Journal of Epidemiology*, 189, 1292-1305.
- Hatch, G., Ashbrook, L., **Prather, A.A.**, Krystal, A.D. (2020). Is cellular energy monitoring more responsive to hypoxia than pulse oximetry? *Sleep and Breathing*, 24, 1633-1643.
- Jansen, E., **Prather, A.A.**, Leung, C.W. (2020). Associations between sleep duration and dietary quality: results from a nationally representative survey of U.S. adults. *Appetite*, 153, 104748.
- Dolsen, M., **Prather, A.A.**, Lamers, F., Penninx, B.W.J.H. Suicidal ideation and suicide attempts: associations with sleep duration, insomnia, and inflammation (2021). *Psychological Medicine*, 51, 2094-2103.
- Prather, A.A.**, Pressman, S.D., Miller, G.E., Cohen, S. Temporal links between self-reported sleep and antibody responses to the influenza vaccine. (2021) *International Journal of Behavioral Medicine*, 28, 151-158.
- Felder, J.N., Epel, E.S., Neuhaus, J., Krystal, A.D., **Prather, A.A.** (2020). Digital cognitive behavioral therapy for prenatal insomnia symptoms: a randomized controlled trial. *JAMA Psychiatry*, 77, 484-492.
- Prather, A.A.** (2020). Better together: sleep, circadian genes, and immunity. *Brain, Behavior, and Immunity*. 87, 201-201. Invited commentary on: [doi: 10.1016/j.bbi.2020.01.001](https://doi.org/10.1016/j.bbi.2020.01.001)

- Rej, P.H., Bondy, M.H., Lin, J., **Prather, A.A.**, Kohrt, B.A., Worthman, C.M., Eisenberg, D.T.A. Telomere length analysis from minimally-invasively collected samples: methods development and meta-analysis of validity of different sampling techniques (2021). *American Journal of Human Biology*, 3, e23410.
- Felder, J.N., Hartman, A., Epel, E.S., **Prather, A.A.** (2020). Pregnant patient perceptions of provider detection and treatment of insomnia. *Behavioral Sleep Medicine*, 18, 787-796.
- Chambers, B., Arabia, S., Arega, H., Altman, M., Berkowitz, R., Feuer, S., Franck, L., Gomez, A., Kober, K., Pacheco-Werner, T., Paynter, R., **Prather, A.A.**, Spellen, S., Stanley, D., Jelliffe-Pawlowski, L., McLemore, M. (2020). Exposures to Structural Racism and Racial Discrimination among Pregnant and Early Postpartum Black Women living in Oakland, California. *Stress and Health*, 36, 213-219.
- Haspel, J., Anafi, R., Brown, M.K., Cermankian, N., Depner, C., Desplats, P., Gelman, A.E., Haack, M., Jelic, S., Kim, B.S., Laposky, A.D., Lee, Y.C., Mongodin, E., **Prather, A.A.**, Prendergast, B., Reardon, C., Shaw, A.C., Sengupta, S., Szentirmai, E., Thakkar, M., Walker, W.E., Solt, L.A. Perfect timing: circadian rhythms, sleep, and immunity- an NIH workshop summary. (2020) *JCI Insight*, 5, e131487.
- De Marchis, E.H., Hessler, D., Fichtenberg, C., Adler, N.E., Elena, B., Cohen, A.J., Doran, K.M., Ettinger de Cuba, S., Fleegler, E.W., Lewis, C.C., Lindau, S.T., Tung, E.L., Huebschmann, A.G., **Prather, A.A.**, Raven, M., Gavin, N., Jepson, S., Johnson, W., Ochoa, E., Olson, A.L., Sandel, M., Sheward, R.S., Gottlieb, L.M. (2019). Part I: A Quantitative Study of Social Risk Screening Acceptability in Patients and Caregivers. *American Journal of Preventive Medicine*, 57, S25-S37.
- Ross, K.M., Dunkel Schetter, C., McLemore, M.R., Chambers, B.D., Paynter, R.A., Baer, R., Feuer, S.K., Flowers, E., Karasek, D., Pantell, M., **Prather, A.A.**, Ryckman, K., Jelliffe-Pawlowski, L. (2019). Socioeconomic status, preeclampsia risk and gestational length in black and white women. *Journal of Racial and Ethnic Health Disparities*, 6, 1182-1191.
- Cabeza de Baca, T., Chayma, K., Redline, S., Slopen, N., Matsushita, F., **Prather, A.A.**, Williams, D., Buring, J., Zaslavsku, A., Albert, M. (2019). Sleep debt: the impact of sleep deprivation on cardiovascular health in older women. *SLEEP*, 42, 1-8.
- Cabeza de Baca, T., **Prather, A.A.**, Lin, J., Sternfeld, B., Adler, N., Epel, E.S., Puterman, E. (2020) Chronic psychosocial and financial stress accelerate 5-year telomere shortening: Findings from the Coronary Artery Risk Development in Young Adults Study. *Molecular Psychiatry*, 25, 1141-1153.
- Carroll, J.E., Irwin, M.R., Seeman, T., Diez-Roux, A., **Prather, A.A.**, Olmstead, R., Epel, E.S., Lin, J., Redline, S. (2019). Sleep apnea, nighttime arousals, and leukocyte telomere length: The Multi-Ethnic Study of Atherosclerosis (MESA). *SLEEP*, 42, 1-10.
- Miller, E.E., **Prather, A.A.**, Robinson, W.R., Avery, C.L., Yang, C.Y., Haan, M.N., Aiello, A.E. US Acculturation and Poor Sleep among Adult Latinos in the Sacramento, California Region (2019). *SLEEP*, 42, 1-14.
- Dolsen, M.R., Crosswell, A.D., **Prather, A.A.** (2019). Links between stress, sleep, and inflammation: are there sex differences? *Current Psychiatry Reports*. 21, 8.

- Gordon, A.M., Del Rosario, K., Flores, A., Mendes, W.B., **Prather, A.A.** (2019). Bidirectional links between social rejection and sleep. *Psychosomatic Medicine*, *81*, 739-748,
- Krystal, A.D., **Prather, A.A.**, Ashbrook, L. (2019). The assessment and management of insomnia: an update. *World Psychiatry*, *18*, 337-352.
- Krystal, AD., **Prather, A.A.** (2019). Sleep pharmacogenetics: the promise of precision medicine. *Sleep Medicine Clinics*, *14*, 317-331.
- Pantell, M., **Prather, A.A.**, Downing, J., Gordon, N., Adler, N.E. (2019). Social and behavioral risk factors collected in a clinical population predict onset of hypertension and diabetes. *JAMA Network Open*, *2*, e193933
- Ramirez, F.D., Chen, S. Langan, S.M., **Prather, A.A.**, McCulloch, C.E, Kidd, S., Cabana, M.D., Chren, M., Abuabara, K. (2019). Association of atopic dermatitis with sleep quality in children. *JAMA Pediatrics*, *173*, e190025.
- Ramirez, F.D., Chen, S. Langan, S.M., **Prather, A.A.**, McCulloch, C.E, Kidd, S., Cabana, M.D., Chren, M., Abuabara, K. (2019). Assessment of sleep disturbances and exhaustion in mothers of children with atopic dermatitis. *JAMA Dermatology*, *155*, 556-563.
- Krause, A., **Prather, A.A.**, Wager, T., Lindquist, M., Walker, M.P. (2019). The pain of sleep loss: a brain-body characterization in humans. *Journal of Neuroscience*, *39*, 2291-2300.
- Mayer, S.E., **Prather, A.A.**, Puterman, E., Lin, J., Arenander, J, Coccia, M, Shields, G.S., Slavich, G.M., Epel, E.S. (2019). Cumulative Lifetime Stress Exposure and Leukocyte Telomere Attrition. *Psychoneuroendocrinology*, *104*, 210-218.
- Ellis, E.M., **Prather, A.A.**, Grenen, E., Ferrer, R.A. (2019). Direct and indirect associations among emotion regulation strategies and biomarkers of disease. *Psychology and Health*, *34*, 336-354.
- Cohen, S., Murphy, M., **Prather, A.A.** Ten surprising facts about stressful life events and disease risk (2019). *Annual Review of Psychology*, *70*, 577-597.
- Bostock, S., Crosswell, A., **Prather, A.A.**, Steptoe, A. Mindfulness on-the-go: Effects of a mindfulness meditation app on work-related stress (2019). *Journal of Occupational Health Psychology*, *24*, 127-138.
- Straus, L., Kuffer, A., **Prather, A.A.**, Inslicht, S., Richards, A., Shigenaga, J., Madden, E., Metzler, T., Neylan, T., O'Donovan, A. (2019). Altered overnight proinflammatory cytokines in men and women with post-traumatic stress disorder. *Psychoneuroendocrinology*, *102*, 114-120.
- Lin, J., Sun J., Wang, S., Milush, J.M., Baker, C.A.R., Coccia, M., Effros, R., Puterman, E., Blackburn, E., **Prather, A.A.**, Epel, E.S. (2018) In vitro proinflammatory gene expression predicts in vivo telomere shortening: a preliminary study. *Psychoneuroendocrinology*, *96*, 179-187.
- Prather, A.A.**, Epel, E.S., Parra, E.P., Coccia, M., Puterman, E., Aiello, A.E., Dhabhar, F.S. Chronic caregiving stress and cellular markers of T cell aging (2018). *Brain, Behavior, & Immunity*, *73*, 546-549.



- Mason, A.E., Hecht, F.M., Duabenmier, J., Sbarra, D.A., Lin, J., Moran, P.J., Schleicher, S., Acree, M., **Prather, A.A.**, Epel, E.S. Weight loss maintenance and cellular aging in the Supporting Health through Nutrition and Exercise (SHINE) study (2018). *Psychosomatic Medicine*, 80, 609-619.
- Epel, E.S., Crosswell, A., Mayer, S.E., **Prather, A.A.**, Slavich, G.M., Puterman, E., Mendes, W.B. More than a feeling: A unified view of stress measurement for population science (2018). *Frontiers of Neuroendocrinology*, 49, 146-169.
- Picard, M., **Prather, A.A.**, Puterman, E., Cuillerier, A., Coccia, M., Aschbacher, K., Burelle, Y., Epel, E.S. A mitochondrial health index sensitive to caregiving stress and mood (2018). *Biological Psychiatry*, 84, 9-17.
- Epel, E.S. & **Prather, A.A.** (2018). Stress, telomeres, and psychopathology: towards a deeper understanding of a triad of early aging. *Annual Review of Clinical Psychology*, 14, 371-397.
- Wojcicki, J., **Prather, A.A.**, Epel, E., Wang, D., Dubal, D.B. (2018). Cord blood klotho levels are inversely related to leptin in healthy latino neonates at risk for obesity. *Journal of Pediatric Endocrinology and Metabolism*, 31, 515-520.
- Felder, J.N., Epel, E.S., Coccia, M., Puterman, E., **Prather, A.A.** (2018). Effects of daily maladaptive coping on nightly sleep in mothers. *Psychology & Health*, 33, 144-157.
- Shardell, M., Semba, R.D., Kalyani, R.R., Bandinelli, S., **Prather, A.A.**, Chia, C.W., Ferrucci, L. (2017). Plasma klotho and frailty in older adults: Findings from the InCHIANTI Study. *Journal of Gerontology: Medical Sciences*. doi: 10.1093/gerona/glx202
- Gordon, A., Mendes, W.B., **Prather, A.A.** (2017). The social side of sleep: elucidating the links between sleep and social processes. *Current Directions in Psychological Science*, 26, 470-475.
- Prather, A.A.**, Gottlieb, L., Guise, N.B., Koonce, T.Y., Kusnoor, S.V., Stead, W.W., Adler, N.E. (2017). National Academy of Medicine social and behavioral measures: associations with self-reported health. *American Journal of Preventive Medicine*, 53, 449-456.
- Felder, J.N., Baer, R.J., Rand, L., Jelliffe-Pawlowski, L.L., **Prather, A.A.** (2017). Sleep disorder diagnosis during pregnancy and risk of preterm birth. *Obstetrics & Gynecology*, 130, 573-581.
- Cabeza de Baca, T., Epel, E.S., Robles, T.F., Coccia, M., Gilbert, A., Puterman, E., **Prather, A.A.** (2017). Sexual intimacy in couples is associated with longer telomere length. *Psychoneuroendocrinology*, 81, 46-51.
- Felder, J.N., Laraia, B., Coleman-Phox, K., Bush, N.R., Suresh, M., Thomas, M., Adler, N.E., Epel, E.S., **Prather, A.A.** (2017). Poor Sleep Quality, Psychological Distress, and the Buffering Effect of Mindfulness Training During Pregnancy. *Behavioral Sleep Medicine*. DOI:10.1080/15402002.2016.1266488
- Adler, E., Dhruva, A., Moran, P.J., Daubenmier, J., Acree, M., Epel, E.S., Bacchetti, P., **Prather, A.A.**, Mason, A., Hecht, F.M. (2017). The Impact of a Mindfulness Intervention on Sleep Quality Among Adults with Obesity: A Randomized Controlled Trial. *Journal of Alternative and Complementary Medicine*, 23, 188-195.
- Swartz, J.R., **Prather, A.A.**, Hariri, A.R. (2017). Threat-related amygdala activity is associated with

- peripheral CRP concentration in men but not women. *Psychoneuroendocrinology*. 78, 93-96.
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Commentary: Irwin, M.R. (2012). Sleep and infectious disease risk. *SLEEP*. 35, 1025-1026.

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- Prather, A.A.**, Marsland, A.L., Hall, M., Neumann, S.A., Muldoon, M.F., Manuck, S.B. (2009) Normative variation in self-reported sleep quality and sleep debt is associated with stimulated pro-inflammatory cytokine production. *Biological Psychology*, 82, 12-17.
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- Marsland, A.L., **Prather, A.A.**, Petersen, K.A., Cohen, S., Manuck, S.B. (2008). Antagonistic characteristics are positively associated with inflammatory markers independently of trait negative emotionality. *Brain, Behavior, and Immunity*, 22, 753-761.
- Prather, A.A.**, Marsland, A.L., Muldoon, M.F., Manuck, S.B. (2007). Positive affective style covaries with stimulated IL-6 and IL-10 production in a middle-aged community sample. *Brain, Behavior, and Immunity*, 21, 1033-1037.
- Marsland, A.L., Gianaros, P.J., **Prather, A.A.**, Jennings, R.J., Neumann, S.A., Manuck, S.B. (2007). Stimulated production of pro-inflammatory cytokines covaries with heart rate variability. *Psychosomatic Medicine*, 69, 709-716.

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## MANUSCRIPTS UNDER REVIEW

- Felder, J.N., Baer, R.J., Rand, L., Ryckman, K.K., Jelliffe-Pawłowski, L., **Prather, A.A.** Adverse infant birth outcomes among women with a diagnosis of sleep apnea or insomnia during pregnancy. *Under revision at Sleep Health*
- Mak, H.W., Gordon, A.M., **Prather, A.A.**, Epel, E.S., Mendes, W.B. Acute and chronic stress associations with blood pressure: An ecological momentary assessment study on an app-based platform. *Under revision at Psychosomatic Medicine*.
- Ajith, A., Troxel, W.M., Rosso, A., Dubowitz, T., **Prather, A.A.**, Haas, A., Ghosh-Dastidar, B., Weinstein, A.M., Butters, M.A., Gary-Webb, T.L. Food insecurity and telomere length in a low-income predominantly black sample.
- Radin, R.M., Epel, E.S., Mason, A.E., Vaccaro, J., Fromer, E., Guan, J., **Prather, A.A.** Impact of a randomized clinical trial of work stress and health outcomes among adults with overweight.

Troxel W.M., Madrigano, J., Haas, A., Dubowitz, T., Rosso, A.L., **Prather, A.A.**, Ghosh-Dastidar, B., Weinstein, A.M., Butters, M.A., Presto, A.A., Gary-Webb, T.L. Examining the association between neighborhood conditions, discrimination and telomere length in residents from racially-segregated, urban neighborhoods

Spiegel, K., Rey, A.E., Ayling, K., Benedict, C. Lange, T., Prather, A.A., Taylor, D.J., Irwin, M.R., Van Cauter, E. Impact of sleep duration on the antibody response to vaccination: a meta-analysis

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## BOOK CHAPTERS

**Prather, A.A.** (forthcoming). Cytokines, Host Defense, and Sleep. In Krieger & Avidan (Eds.), *Atlas of Clinical Sleep Medicine, 3<sup>rd</sup> Edition*. Elsevier.

Gordon, A. M., Mendes, W. B., **Prather, A. A.** (2019). Sleep and Social Processes. In Krizan, Z., (Ed.), *Sleep, Personality, and Social Behavior* (pp. 3-12). Springer

**Prather, A.A.** (2019). Sleep, stress, and immunity. In Grandner, M. (Ed.), *Sleep and Health* (pp. 319-330). Academic Press.

**Prather, A.A.**, Epel, E.S. (2016). Working as a psychologist in a medical school: high risk, high reward!. In Sternberg, R. (Ed.) *Career Paths in Psychology (3<sup>rd</sup> Edition)* (pp. 73-86). American Psychological Association: Washington, DC.

**Prather, A.A.** (2016). Neuroendocrine and neuroimmunological mechanisms of emotion. In Barrett, L.F., Lewis, M., Haviland-Jones (Eds.). *Handbook of Emotions (4<sup>th</sup> Edition)* (pp. 634-652). Guilford Press: New York.

Epel, E.S., **Prather, A.A.**, Puterman, E., Tomiyama, A.J. (2016). Eat, drink, and be sedentary: a review of health behaviors' effects on emotion and emotion regulation. In Barrett, L.F., Lewis, M., Haviland-Jones (Ed). *Handbook of Emotions (4<sup>th</sup> Edition)* (pp. 685-706). Guilford Press: New York.

Adler, NE & **Prather, A.A.** (2015) Determinants of Health and Longevity. In Kaplan R., Spittel, M., David, D. (Eds), *Emerging behavioral and social science perspectives on population health*. Rockville, MD: Agency for Healthcare Research and Quality.

**Prather, A.A.**, Aschbacher, K., Lustig, R.H., Epel, E.S. (2013) Obesity and Immunosenescence: psychological, behavioral, and biochemical pathways. In Bosch, J.A., Phillips, A.C., & Lord, J.M. (Eds): *Immunosenescence: behavioral and psychosocial determinants* (pp. 145-158). Springer: New York.

**Prather, A.A.** (2012) Sickness Behavior. In Gellman and Turner (Eds). *Encyclopedia of Behavioral Medicine*. Springer: New York.

**Prather, A.A.** & Marsland, A.L. (2008). Immunological Functioning II: Field Measures and Viral Challenge. In L.J. Lueken & L.C. Gallo (Eds.), *Handbook of physiological research methods in health psychology* (pp. 235-256). Sage Press.

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## BOOK REVIEWS

**Prather, A.A.** (2016). The sleep revolution: transforming your life, one night at a time. *Sleep Health*.

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## **BLOG POSTS**

**Prather, A.A.** (2019, December). Stress is a key to understanding some social determinants of health. *Health Affairs*.

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## **INVITED PRESENTATIONS (last 5 years)**

**Prather A.A.** (2019, October). *Sleep, Stress, and Immunity: A Bedtime Story*. Department of Psychology Clinical Science Colloquium, UC Berkeley, Berkeley, CA.

**Prather A.A.** (2019, October). *Causes and Consequences of Insufficient Sleep: A Biopsychosocial Approach*. Health Psychology Seminar Series, UCLA, Los Angeles, CA.

**Prather A.A.** (2019, October). *Sleep, Stress, and Cellular Aging: A Bedtime Story*. Integrative Dermatology Symposium, San Diego, CA.

**Prather A.A.** (2019, September). *Sleep, Stress, and Immunity: A Bedtime Story*. Department of Psychology Colloquium, Carnegie Mellon University, Pittsburgh, PA

**Prather, A.A.** (2019, May). *Insufficient sleep and susceptibility to infectious illness*. NIH workshop on Sleep Insufficiency, Circadian dysfunction, and Immunity, Bethesda, MD.

**Prather, A.A.** (2019, January). *Stress, Stress Reduction, and Health: Implications for the UCSF Community*. Grand Rounds for the UCSF Department of Occupational and Environmental Medicine.

**Prather, A.A.** (2018, March). *Causes and (immunologic) consequences of insufficient sleep*. American Psychosomatic Society, Louisville, KY.

**Prather, A.A.** (2018, March). *Sleep, inflammation, & metabolism: sleep worthy connections*. UCSF Osher Mini Medical School.

**Prather, A.A.** (2017, March). *Psychoneuroimmunology: a short course*. Kaiser Permanente, Oakland, CA.

**Prather, A.A.** (2017, February). *Towards a longer healthspan*. Century Club of California. San Francisco, CA.

**Prather, A.A.** (2016, May). *Behaviorally assessed sleep and susceptibility to the common cold*. UCSF CTSI Inter-School Journal Club. Invited expert. San Francisco, CA.

**Prather, A.A.** (2016, April). *Sleep-Immune Connections: From Host Defense to Silent Inflammation*. Interdisciplinary Autoimmune Summit. New York City, NY.

**Prather, A.A.** (2016, March). *Bad days and nights: dissecting the sleep-stress cycle*. Google Sleepposium, Mountain View, CA.

- Prather, A.A.**, Puterman, E., Coccia, M., Arenander, J., Epel, E.S. (2015, September). *Bad days and nights: illuminating the biological consequences of the sleep-stress nexus*. Annual meeting of the Society for Experimental Social Psychology. Denver, CO.
- Prather, A.A.** (2015, September). *Biobehavioral correlates of obesity: the influences of sleep and psychological stress*. UCSF Diabetes Center Retreat, Santa Cruz, CA.
- Prather, A.A.** (2015, July). *Promoting a longer healthspan: psychological, behavioral, and biological pathways*. AspenBrainLab Meeting. Aspen, CO.
- Prather, A.A.** (2015, June). *No Rest for the Weary: chronicles of sleep, stress and the aging immune system*. Robert Ader New Investigator Award Address, Annual meeting of the Psychoneuroimmunology Research Society (PNIRS). Seattle, WA.
- Prather, A.A.** (2015, May). *No Rest for the Weary: sleep, stress and the aging immune system*. Colloquium at the UCLA Cousins Center for Psychoneuroimmunology. Los Angeles, CA.
- Prather, A.A.** (2015, April). *Sick and Tired: the impact of sleep on health through the lens of psychoneuroimmunology*. Health Psychology Colloquium at the University of California, Irvine. Irvine, CA.
- Prather, A.A.** (2015, March). *No Rest for the Weary: sleep, stress and the aging immune system*. Collaborative Research Center Meeting on Plasticity and Sleep. Tubingen, Germany.
- Prather, A.A.**, Cribbet, M., Kline, C., Okun, M. Beatty, D. (2015, March). *Sleepless in Savannah: APS 2015 sleep measurement workshop*. Annual meeting of the American Psychosomatic Society, Savannah, GA.
- Prather, A.A.**, Flores, A., Mendes, W.B. (2015, February). *Counting Black Sheep: the effects of race-based social stress on sleep behavior*. Social Psychology Health Network Pre-Conference; annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

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## PRESENTATIONS (LAST 5 YEARS)

- Prather, A.A.** (2018, May). Left out and left awake: the effects of social rejection on sleep. Paper presentation at the Association for Psychological Science annual meeting, San Francisco, CA.
- Prather, A.A.** (2017, June). *Sleep and susceptibility to infectious illness: moderators and mechanisms*. Paper presentation at the SLEEP annual meeting, Boston, MA.
- Granados, K., Rojo-Wissar, D.M., Chakravorty, S., **Prather, A.A.**, Carrazco, N., Alfonso-Miller, P., Gehrels, J., Grandner, M.A. (2016, June). *Adverse Childhood Exposures Associated with Adult Insomnia Symptoms*. Poster presentation at the SLEEP annual meeting, Denver, CO.
- Okuagu A., Perlis, M.L., Ellis, J.A., **Prather, A.A.**, Carrazco N., Alfonso-Miller, P., Gehrels J., Grandner, M.A. (2016, June) *Does Thinking Keep People Awake? Or Does It Matter What They Are Thinking About? Self-Directed Cognitions Associated With Insomnia and Insufficient Sleep*. Poster presented at the SLEEP annual meeting, Denver, CO.

- Prather, A.A.**, Dubal, D.B., Arenander, J., Gilbert, A., Coccia, M., Epel, E.S. (2016, March). Longevity factor klotho and sleep disturbance in women under chronic psychological stress. Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
- Prather, A.A.**, Deverts, D.J., Adler, N.E., Hall, M.H., Cohen, S. (2016, March) Sleep habits and susceptibility to upper respiratory illness: the moderating role of subjective socioeconomic status. Paper presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
- Prather, A.A.**, Brondolo, E., Bayer, K., Liu, C., Giscombe, C.W. (2015, August). *Stress as a key contributor to health disparities in the United States*. Co-chair of a collaborative symposium at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Gilbert, A., Epel, E., Arenander, J., Shoup, D.D., **Prather, A.A.** (2015, April). *The effects of a mindfulness-based intervention on subjective and objective sleep in high and low stress mothers*. Poster presented at the annual meeting for Society for Affective Science, Oakland, CA.
- Greenberg, B., Duldulao-Lee, J.T., Flores, A., Mendes, W.B., **Prather, A.A.** (2015, April). *The effects of race-based social rejection on task-related and nocturnal autonomic functioning*. Poster presented at the annual meeting for Society for Affective Science, Oakland, CA.
- Prather, A.A.**, Gorka, A.X., Cabeza de Baca, T., Nikolova Y., Hariri, A.R. (2015, March). *Reward-related ventral striatum activation and negative affect: the moderating effects of sleep*. Paper presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.
- Prather, A.A.**, Epel, E.S., Arenander, J., Broestl, L., Garay, B., Wang, D., Dubal, D.B. (2014, December) *Longevity factor klotho and psychological stress*. Poster presented at the Bay Area Aging Meeting, San Francisco, CA.
- Flores, A., **Prather, A.A.**, Mendes, WB (2014, May). *Social dominance moderates the relationship between discrimination and sleep*. Poster presented at annual meeting for Association for Psychological Science, San Francisco, CA.
- Prather, A.A.**, Leung, C., Adler, N.A., Epel, E.S., Ritchie, L., Laraia, B. (2014, March). *Short and sweet: short sleep duration is associated with increased sugar sweetened beverage consumption in the United States*. Poster presented at the American Heart Association, Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism Session, San Francisco, CA.
- Prather, A.A.**, Gurfein, B., Moran, P., Daubenmier, J., Acree, M., Bacchetti, P., Lin, J., Blackburn, E., Epel, E.S., Hecht, FM. (2014, March). *Poorer sleep quality is associated with shorter CD8+ T lymphocyte telomere length in a sample of obese men and women*. Paper presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- Prather, A.A.** (2013, June). *Wide awake and aging: associations of sleep with markers of immunosenescence*. Paper presented at the annual meeting of the Academy of Behavioral Medicine Research, Monterey, CA.
- Prather, A.A.**, Puterman, E., Epel, E.S., Dhabhar, F.S. (2013, March). *Poor sleep and visceral adiposity potentiates the effects of stress-induced cytokine reactivity*. Paper presented at the annual meeting of the American Psychosomatic Society, Miami, FL.



Keller, S., Areander, J., Epel, E.S., **Prather, A.A.** (2013, March). *Dispositional mindfulness moderates the association between maternal caregiving stress and depressive symptoms*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Kurtzman, L., Epel, E.S., Areander, J., Koslov, K., **Prather, A.A.**, Puterman, E. (2013, March). *Does ruminating elevate metabolic risk in response to daily stress?* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

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## TEACHING EXPERIENCE

Fall 2017      **Lecturer:** Health and the Individual block; Emotion, Stress, Cognition, & PNI (October 23, 2017). University of California, San Francisco School of Medicine.

Spring 2017    **Course Director/Lecturer:** Inquiry Immersion: Sleep.

Fall 2016      **Lecturer:** Malignancies Core; Psychosocial responses to Cancer (December 1, 2016). University of California, San Francisco School of Medicine.

**Lecturer:** Malignancies Core; Psychosocial interventions in Cancer (December 1, 2016). University of California, San Francisco School of Medicine.

**Lecturer:** Health and the Individual block; Emotion, Stress, Cognition, & PNI (November 14, 2016). University of California, San Francisco School of Medicine.

**Lecturer:** Infection, Immunology, & Inflammation Core; Psychoneuroimmunology (September 7, 2016). University of California, San Francisco School of Medicine.

Fall 2015      **Lecturer:** Malignancies Core; Psychosocial responses to Cancer (October 27, 2015). University of California, San Francisco School of Medicine.

**Lecturer:** Malignancies Core; Psychosocial interventions in Cancer (December 9, 2015). University of California, San Francisco School of Medicine.

**Lecturer:** Organs Core; Psychosocial predictors of cardiovascular disease (December 9, 2015). University of California, San Francisco School of Medicine.

**Lecturer:** Infection, Immunology, & Inflammation Core; Psychoneuroimmunology (September 1, 2015). University of California, San Francisco School of Medicine.

Fall 2014      **Lecturer:** Organs Core; Psychosocial predictors of cardiovascular disease (December 8, 2014). University of California, San Francisco School of Medicine.

**Lecturer:** Infection, Immunology, & Inflammation Core; Psychoneuroimmunology (September 3, 2014). University of California, San Francisco School of Medicine.

Spring 2014    **Small Group Instructor:** Social Behavioral Science  
University of California, San Francisco School of Medicine

Fall 2013      **Small Group Instructor:** Social Behavioral Science  
University of California, San Francisco School of Medicine

**Lecturer:** Organs Core; Psychosocial predictors of cardiovascular disease (December 3, 2013). University of California, San Francisco School of Medicine.

**Lecturer:** Infection, Immunology, & Inflammation Core; Psychoneuroimmunology (September 4, 2013). University of California, San Francisco School of Medicine.

Spring 2013 **Small Group Instructor:** Brain, Mind, and Behavior  
University of California, San Francisco School of Medicine.

Spring 2009 **Teaching Fellow:** Research Methods, Laboratory Section  
University of Pittsburgh, Department of Psychology  
Instructor: Barbara Kucinski, Ph.D.

Fall 2008 **Teaching Fellow:** Research Methods, Laboratory Section  
University of Pittsburgh, Department of Psychology  
Instructor: Barbara Kucinski, Ph.D.

Fall 2008 **Teaching Assistant:** Learning and Motivation  
University of Pittsburgh, Department of Psychology  
Instructor: Barbara Kucinski, Ph.D.

Summer 2008 **Teaching Fellow:** Sensation and Perception  
University of Pittsburgh, Department of Psychology  
Instructor: Aric A. Prather, M.S.

Summer 2004 **Teaching Fellow:** Research Methods, Laboratory Section  
University of Pittsburgh, Department of Psychology  
Instructor: Barbara Kucinski, Ph.D.

Spring 2004 **Teaching Assistant:** Introduction to Psychology  
University of Pittsburgh, Department of Psychology  
Instructor: Cynthia Lausberg, Ph.D.

Fall 2003 **Teaching Assistant:** Introduction to Psychology  
University of Pittsburgh, Department of Psychology  
Instructor: Barbara Kucinski, Ph.D.

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## **PROFESSIONAL ACTIVITIES**

### **Ad hoc reviewer**

AIDS, Annals of Behavioral Medicine, American Journal of Epidemiology, American Journal of Hypertension, Behavioral Sleep Medicine, Biological Psychiatry, Biological Psychology, Brain, Behavior, and Immunity, Cortex, Emotion Review, Health Psychology, International Journal of Behavioral Medicine, Journal of the American Medical Association (co-reviewer), JAMA Psychiatry, JAMA Pediatrics, JAMA Neurology, Journal of Psychosomatic Research, PLoS ONE, Psychological Science, Progress in Neuro-Psychopharmacology & Biological Psychiatry, Psychosomatic Medicine, Psychoneuroendocrinology, Psycho-oncology; SLEEP, Sleep Health, Sleep Medicine, World Journal of Biological Psychiatry

### **Editorial Board Member**

2022-present Associate Editor; Health Psychology  
2020 Affective Science; Guest Editor, Special Issue: Sleep and Affect  
2018-present Cultural Diversity and Ethnic Minority Psychology  
2019-2022 Affective Science  
2019-present Annals of Behavioral Medicine  
2018-2020 Psychological Science  
2017-2020 Associate Editor; Sleep Health: Journal of the National Sleep Foundation,  
2017-2022 Psychosomatic Medicine

### **NIH reviewer**

Standing Member: Biobehavioral Mechanisms of Emotion, Stress, and Health (2020-2024)  
Ad Hoc Reviewer: Behavioral Medicine, Interventions, Outcomes Study Section (2020, June)  
Ad hoc Reviewer: Cancer, Heart, and Sleep Epidemiology Panel B (2016, February)  
Ad hoc Reviewer: Biobehavioral Mechanisms of Emotion, Stress, and Health (2018, October)  
Ad hoc Reviewer: Special Emphasis Panel; Caregiving and Alzheimer's Disease (2019, January)  
Ad hoc Reviewer: Special Emphasis Panel: US-China Collaborations (2019, June)  
Ad hoc Reviewer: Special Emphasis Panel: Mechanisms and Consequences of Sleep Disparities (2019, November)

### **NSF reviewer**

Ad hoc Reviewer (2016, September)

### **Association Service**

Working group member, Psychology and Biology in COVID-19; American Psychological Society (2021-2022)  
Marian R. Stuart Grant Review Committee, American Psychological Foundation (2021)  
Topic Area Chair: Stress; Society for Behavioral Medicine Annual Meeting (2020-2023)  
Program Committee Member, Psychoneuroimmunology Research Society (2019-present)  
Awards Committee Member, American Psychosomatic Society (2018-2021)  
Program Committee Member, Society for Affective Science (2017-2019)  
Committee member, Society for Neuroscience Sleep and Circadian Biology Data Blitz Program Committee (2016-2019)  
Editor, American Psychosomatic Society Newsletter (2014-2018)  
APA Stress and Health Disparities working group member (2013-2018)  
Sleep Research Society; Scientific Review Committee Member (2014-2017)  
Program Committee Member- American Psychosomatic Society (2007-2009; 2013-2016)  
Chairperson, Media Relations Subcommittee (2008-2009)  
Trainee Representative (2007-2009)  
Abstract Reviewer- SLEEP (2015-present)  
Abstract Reviewer- Meeting for the American Psychosomatic Society (2006-present)  
Website Committee Member, American Psychosomatic Society (2008-2012)  
Abstract Reviewer- Meeting for the American Psychological Association, Division 38 (2010-present)

### **Association Membership**

Fellow, Academy of Behavioral Medicine Research  
American Psychosomatic Society  
Sleep Research Society  
Psychoneuroimmunology Research Society  
Society for Behavioral Medicine

## **Paid Consulting**

Lumos Labs (February 2015-May 2015).  
NeuroGeneses; Advisor (May 2020-present)  
Fitbit (2020-2021)

## **University Service**

### University of California, San Francisco

UCSF IT Governance Steering Committee; Faculty At Large, School of Medicine (2022-2025)  
UCSF 2130T Research Transition committee (2020-2022)  
UCSF Healthy Campus Network working group (2017-2018)  
UCSF Precision Medicine Initiative; Committee member and Operations director: Social and Behavioral Science Discovery Platform (2015-present)  
Bridges Medical Curriculum; Committee member and Content leader: Health and the Individual Block (2015-2017)  
Marcus Program in Precision Medicine Innovation reviewer (2016-present)  
Future of UCSF/UCSF 2.0; Committee member: Bringing Precision to the Full Spectrum of Health Group (2015-2017)  
Co-organizer: Interdisciplinary Sleep Breakfast (Fall/Spring, 2014-present)  
UCSF Resource Allocation Program; Health Policy and Social Sciences Committee (2014-present)  
UCSF Psychology & Medicine Postdoctoral Training Program: Leadership Board and Admissions Committee (2012-present)  
Health Psychology Space Committee Member, Department of Psychiatry, University of California, San Francisco (2013-2018)

### University of Pittsburgh

Departmental Fiscal and Budget Student Representative, Department of Psychology, University of Pittsburgh, (2005-2009)  
Search Committee Member; Behavioral Genetics faculty position, Department of Psychology, University of Pittsburgh (2007-2008)  
Chairperson, University of Pittsburgh-Carnegie Mellon University Psychology Student Symposium, University of Pittsburgh (2005-2006)  
Biological and Health Psychology Program Graduate Student Representative, Department of Psychology, University of Pittsburgh (2005- 2006)  
Departmental Colloquium Student Representative, Department of Psychology, University of Pittsburgh, (2005-2006)  
Chairperson, Admissions Housing, Department of Psychology, University of Pittsburgh (2004-2006)  
Clinical Psychology Program Graduate Student Representative, Department of Psychology, University of Pittsburgh (2004-2005)