

## Lizbeth ‘Libby’ Benson

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TSET Health Promotion Research Center, Stephenson Cancer Center  
University of Oklahoma Health Sciences Center  
Oklahoma City, Oklahoma 73104  
lizbeth-benson@ouhsc.edu

### Education

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- 2021 **PhD** Human Development and Family Studies, The Pennsylvania State University  
Dissertation title: Dynamics and development of emotion and physical activity in daily life and across the life span.  
Nilam Ram, PhD; Zita Oravecz, PhD; Timothy Brick, PhD; David Conroy, PhD
- 2016 **MS** Human Development and Family Studies, The Pennsylvania State University  
Master’s thesis title: Fusing biodiversity metrics into investigations of daily life and healthy aging: Illustrations and recommendations with emodiversity  
Nilam Ram, PhD and David Almeida, PhD
- 2011 **BA** with honors in Psychology, University of Wisconsin-Madison  
Senior honors thesis title: Six- and 14-month infants’ ability to differentiate dialects in their native language.  
Jenny Saffran, PhD, Kristin Shutts, PhD, and Jan Edwards, PhD

### Research and Professional Experience

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- 2021- **Postdoctoral Research Fellow**, University of Oklahoma Health Sciences Center
- 2014-2021 **Graduate Research Assistant**, Pennsylvania State University
- Dynamics and Development of Self-Regulation, R01 HD076994  
Nilam Ram, PhD; Pamela Cole, PhD
  - Intraindividual Study of Affect, Health, and Interpersonal Behavior,  
RC1 AG035645; Nilam Ram, PhD; David Conroy, PhD; Aaron Pincus, PhD
  - Wear-IT project, Zita Oravecz, PhD; Timothy Brick, PhD
  - Female Growth and Development Study, R01 AG059682  
Chad Shenk, PhD; Jennie Noll, PhD; Nilam Ram, PhD
  - Cognitive and Mobile Phenotyping Neurolab, Jon Hakun, PhD  
R00AG056670; U2C AG060408; R01AG055527
- 2011-2014 **Research Coordinator**, Positive Psychology Center, University of Pennsylvania,  
Martin Seligman, PhD; Laurence Steinberg, PhD; Margaret Kern, PhD
- RWJF Positive Health and Positive Health Army grants
  - John Templeton Foundation grants on (1) positive neuroscience, (2) creativity, (3) post-traumatic growth, and (4) prospection
  - World Well-being Project
- 2011 - **Research Consultant**, Steven A. Benson, PhD, Consulting and Clinical Psychology
- 2008-2011 **Undergraduate Research Assistant**
- Infant Learning Lab, Jenny Saffran, PhD
  - Adolescent Development Lab, Janet Shibley Hyde, PhD

## Publications

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- Geiger, N., Swim, J. K., **Benson, L.** (in press). Perceived co-benefits and harms of climate change policies predict policy support at both the individual and the policy levels. *Environmental Science and Policy*.
- Shenk, C., Felt, J., Ram, N., O'Donnell, K., Sliwinski, M., Pokhvisneva, I., **Benson, L.**, Meaney, M., Putnam, F., Noll, J. (in press). Cortisol Trajectories Measured Prospectively across Thirty Years of Female Development following Exposure to Childhood Sexual Abuse: Moderation by Epigenetic Age Acceleration at Midlife. *Psychoneuroendocrinology*.
- Van Doren, N., Dickens, C., **Benson, L.**, Brick, T. R., & Oravec, Z (in press). Capturing emotion coherence in daily life: using ambulatory physiological measures and ecological momentary assessments to examine within-person associations and individual differences. *Biological Psychology*.
- Kerr, M. L., Rasmussen, H. F., Smiley, P. A., Fanning, K. A., Buttitta, K. V., **Benson, L.**, & Borelli, J. L. (2021). Within- and between-family differences in mothers' guilt and shame: Caregiving, coparenting, and attachment. *Journal of Family Psychology*.
- Gatzke-Kopp, L., **Benson, L.**, Ryan, P., Ram, N. (2020). Attentional control moderates autonomic coordination within-individuals, but not between-individuals. *Psychophysiology*.
- Benson, L.**, English, T., Conroy, D. E., Pincus, A. L., Gerstorf, D., & Ram, N. (2019). Age differences in emotion regulation strategy use, variability, and flexibility: An experience sampling approach. *Developmental Psychology, Special Issue on New Perspectives on the Development of Emotion*. Impact factor: 2.934
- Ramsook, S., **Benson, L.**, Ram, N., Cole, P. (2019). Developmental changes in how anger is used to facilitate task completion. *International Journal of Behavioral Development*. Impact factor: 1.304
- Lougheed, J. P., **Benson, L.**, Cole, P., Ram, N. (2019). Multilevel survival analysis: Studying the timing of children's recurring behaviors. *Developmental Psychology*, 55(1), 53-65. doi:10.1037/dev0000619; Impact Factor: 2.934.
- Forgeard, M.J.C., & **Benson, L.** (2019). Extracurricular involvement and psychological adjustment in the transition from adolescence to emerging adulthood: The role of mastery and creative self-efficacy. *Applied Developmental Science*, 1-18. doi:10.1080/10888691.2017.1288124; Impact Factor: 1.581.
- Benson, L.**, Ram, N., Stifter, C. (2018). Using fishery models to examine self- and co-regulation processes across multiple timescales. *Structural Equation Modeling: A Multidisciplinary Journal*, 25(6), 906-923. doi:10.1080/10705511.2018.1491313; Impact Factor: 3.097.
- Benson, L.**, Ram, N. (2018). Biodiversity metrics in lifespan developmental methodology. In *Oxford Research Encyclopedia of Psychology*. Oxford University Press. doi:http://dx.doi.org/10.1093/acrefore/9780190236557.013.356
- Benson, L.**, Ram, N., Almeida, D. M., Zautra, A. J., & Ong, A. D. (2018). Fusing biodiversity metrics into investigations of daily life: Illustrations and recommendations with emodiversity. *The Journals of Gerontology: Series B*, 73(1), 75–86. doi:10.1093/geronb/gbx025; Impact Factor: 3.054.
- Ong, A. D., **Benson, L.**, Zautra, A. J., Ram, N. (2018). Emodiversity and biomarkers of inflammation. *Emotion*, 18(1), 3–14. doi:10.1037/emo0000343; Impact Factor: 3.039.

- Wood, J., Oravec, Z., Vogel, N., **Benson, L.**, Chow, S. M., Cole, P., ... & Ram, N. (2018) Modeling Intraindividual Dynamics Using Stochastic Differential Equations: Age Differences in Affect Regulation. *The Journals of Gerontology: Series B*, 73(1), 171–184. doi:10.1093/geronb/gbx013; Impact Factor: 3.054.
- Roepke, A.M., **Benson, L.**, Tsukayama, E., Yaden, D., Seligman, M.E.P. (2018). Prospective writing: Randomized controlled trial of an intervention for facilitating growth after adversity. *Journal of Positive Psychology*, 1–16. doi:10.1080/17439760.2017.1365161; Impact Factor: 2.594.
- Ram, N., **Benson, L.**, Brick, T.R., Conroy, D.E., Pincus, A.L. (2017). Behavioral landscapes and Earth Mover’s Distance: A new approach for studying individual differences in density distributions. *Journal of Research in Personality*, 69, 191-205. doi:10.1016/j.jrp.2016.06.010; Impact Factor: 2.850.
- Kern, M.L., **Benson, L.**, Larson, E., Bevans, K., Forrest, C., & Steinberg, L. (2016). The anatomy of developmental predictors of healthy lives study (TADPOHLS). *Applied Developmental Science*, 20(2), 135–145. doi:10.1080/10888691.2015.1095642; Impact Factor: 1.581.
- Kern, M.L., **Benson, L.**, Steinberg, L., & Steinberg, E. (2016). The EPOCH measure of adolescent well-being. *Psychological Assessment*. doi:10.1080/10888691.2015.1095642; Impact Factor: 3.371.

Selected Manuscripts Under Review and in Preparation (full rough drafts):

- Tornello, S., Riskind, R., **Benson, L.** (revise and resubmit). Children with transgender and gender nonbinary parents: Family processes and typical adjustment.
- Gilchrist, J., D., Ghouri, M., R., **Benson, L.**, Patte, K., A., Leatherdale, S., T. (under review). Reciprocal relationships between positive emotions and resilience predict flourishing among adolescents.
- Benson, L.**, Oravec, Z., Conroy, D., Brick, T., Ram, N. (in prep). A Bayesian multilevel vector autoregressive approach for examining bidirectional associations between emotion and physical activity in daily life.
- Benson, L.**, Ram, N., Conroy, D., Almeida, D. (in prep). Age variations in how physical activity attenuates affect reactivity to stressors: Findings from a measurement burst daily diary study spanning 20 years.
- Benson, L.**, Hakun, J., G. (in prep). Within-person variation in working memory moderates negative affect reactivity to stress exposure in daily life contexts.
- Hakun, J., G., **Benson, L.**, Fleming, A. (in prep). Self-regulation and shrinking the intention-behavior gap: Within-person and between-person considerations.
- Hakun, J., G., **Benson, L.**, (in prep). Momentary cognitive performance is associated with within-person variation in physical activity intensity and between-person differences in physical activity.

Other Publications:

- Benson, L.**, & Kern, M.L. (2013, summer). The Robert Wood Johnson Foundation’s Positive Health Project. *International Positive Psychology Association Newsletter*, 6(1).

**Grants**

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**Co-Investigator** (with PI Jenna Gilchrist), “Affective Adaptation During the Transition to University: A Dynamical Systems Approach” Insight Development Grant funded by the Social

Sciences and Humanities Research Council, Canada. June, 2021.

**Co-Investigator** (with PI Jenna Gilchrist, and co-investigators Chih-Hsiang Yang, Karen A. Patte, & Scott Leatherdale), “Well-Being among Upper School Students at Ridley College” Individual Partnership Engage Grant funded by the Social Sciences and Humanities Research Council, Canada. June, 2020.

**Methods Consultant** (with PI Saeideh Heshmati, Co-PI Sarah Pressman and Consultant Barbara Fredrickson), “A within-person approach to momentary love: Examining dynamic characteristics and processes using intraindividual variability in positivity resonance,” Proposal submitted to The John Templeton Foundation. Unfunded for August 2019 submission. Currently revising for next application cycle.

**Collaborator** (with PI Jenna Gilchrist, and collaborators David Conroy and Catherine Sabiston), “Broadening the Emotional Landscape among Adolescents Enrolled in Sport,” Insight Development Grant submitted to the Social Sciences and Humanities Research Council, Canada. Unfunded, June, 2019.

Ram, N., **Benson, L.** Cole, P., Brick, T., Conroy, D., Thayer, J., Schulkowsky, R., Baron, J. (June 2015 – June 2016). See, Hear, & Feel Your Health: Engagement Through Visual, Sonic, and Haptic Representations of Personalized Data Streams. CTSI Community Engagement Enhancement Grant. \$5,000

## Fellowships, Awards, Honors

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2019	Hintz Fellowship for Dissertation Research, the Pennsylvania State University \$6,000
2018	Innovative Research on Aging Award Recipient, Mather LifeWays Institute on Aging \$1,000
2016	National Science Foundation, Graduate Research Fellowship Honorable Mention
2015	Pennsylvania State University, College of Health and Human Development Professional Development Endowment Award \$500
2015	National Science Foundation, Graduate Research Fellowship Honorable Mention
2014-2015	University Graduate Fellowship, the Pennsylvania State University \$25,701/year
2014	NSF Graduate Research Fellowship Course, the Pennsylvania State University \$2,000
2014	Ford Endowment Award, the Pennsylvania State University \$2,000
2013	Honorable Mention Poster Award, 25 <sup>th</sup> APS Annual Convention
2010	Trewartha Honors Senior Thesis Grant, University of Wisconsin Madison \$1,000
2009-2011	Dean’s List, University of Wisconsin Madison
2009-2011	Psi Chi National Honors Society

## Presentations

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- Benson, L.,** Ram, N., Conroy, D Oravec, Z., Brick, T., Almeida, D. (2021, November). *Methodological considerations for studying associations between affective experiences and physical activity in daily life and across the life span.* Presented as part of a symposium at the Gerontological Society of America Annual Scientific Meeting, online.
- Lee, S. A., **Benson, L.,** O'Brien, E., Conroy, Almeida, D. (2021, November). *Positive events and physical activity in daily life for middle-aged and older adults.* Presented as part of a symposium at the Gerontological Society of America Annual Scientific Meeting, online.
- Benson, L.,** & Ong, A. D. (2020, November). *Positive emotion diversity buffers the association between stress and depressive symptoms.* Presented as part of a symposium at the Gerontological Society of America Annual Scientific Meeting, online.
- Benson, L.,** Oravec, Z., Brick, T. R., Ram, N. (2020, April). *Dynamic bidirectional associations among emotion and physical activity in daily life: A Bayesian multilevel vector autoregressive approach.* Flash talk presentation at the Society for Affective Science conference, San Francisco, CA.
- Geiger, N., Swim, J.K., & **Benson, L.** (2020, February). Lay evaluations of the three pillars of sustainability and climate policy. Presented at Society for Personality and Social Psychology Convention, Sustainability Preconference, New Orleans, LA.
- Benson L.,** Oravec, Z., Brick, T. R., Ram, N. (2020, February). *Dynamic bidirectional associations among emotion and physical activity in daily life: A Bayesian multilevel vector autoregressive approach.* Talk presented as part of the University of Maryland - Pennsylvania State University Graduate Student Mini Conference, College Park, MD.
- Gilchrist, J. D., **Benson, L.,** Conroy, D. E., Sabiston, C. M. (2019, June). *Emotion diversity in breast cancer survivors: Associations with mental and physical health.* North American Society for the Psychology of Sport and Physical Activity conference, Baltimore, MD.
- Benson, L.,** English, T., Conroy, D. E., Pincus, A. L., Gerstorff, D., & Ram, N. (2019, May). *Emotion experience and regulation in context: Stressors, social partners, and age.* Symposium organizer and paper presenter at the Association for Psychological Science conference, Washington DC.
- Benson, L.** (2019, April). *Using fishery models to examine self- and co-regulation processes across multiple time scales.* Talk delivered for the Quantitative Developmental Systems Colloquium, State College, PA.
- Benson, L.,** English, T., Conroy, D. E., Pincus, A. L., Gerstorff, D., & Ram, N. (2019, April). Age-related differences in emotion regulation strategy use, variability, and flexibility: An experience sampling approach. Talk presented at the 3<sup>rd</sup> Annual Graduate Research Symposium, State College, PA.
- Benson, L.,** English, T., Conroy, D. E., Pincus, A. L., Gerstorff, D., & Ram, N. (2019, March). *Age differences in reappraisal and suppression depend on relational and emotional contextual features of daily life social interactions.* Flash talk presentation at the Society for Affective Science conference, Boston, MA.
- Gatzke-Kopp, L., **Benson, L.,** Ryan, P., Ram, N. (2019, March). Autonomic coordination in children is dynamic, and modulated by cortical engagement. Paper presented in symposium at the SRCD Biennial Meeting, Baltimore, MD.

- Ramsook, K., **Benson, L.**, Ram, N., Cole, P. (2019, March). A Little Anger Goes a Long Way: Age-Related Change in Preschoolers' Persistence. Poster presented at the SRCD Biennial Meeting, Baltimore, MD.
- Benson, L.** (2018, April). *An update on: Using fishery models to examine self- and co-regulation processes across multiple time scales.* Talk delivered for the Quantitative Developmental Systems Colloquium, State College, PA.
- Benson, L.**, Ram, N. (2017, December). *Super-Tweeters: Text Time-Series Data.* Flash talk presented at the Using Twitter Data in Social, Demographic, and Behavioral Science Research conference, State College, PA.
- Ryan, P., **Benson, L.**, Ram, N., & Gatzke-Kopp, L. (2017, December). Cognitive control is associated with greater coordination between sympathetic and parasympathetic activity: Within-person evidence for the neurovisceral integration model. In *Psychophysiology* (Vol. 54, pp. S108-S108). 111 River St., Hoboken 07030-5774, NJ USA: Wiley.
- Benson, L.**, & Ram, N. (2018, November). *An end-to-end workflow pipeline: Merging data science and developmental science.* Talk delivered for the Quantitative Developmental Systems Colloquium, State College, PA.
- Benson, L.**, Ram, N., & Stifter, C. (2017, May). *Capturing developmental change in self- and co-regulation processes using dynamic systems models: Borrowing differential equations from ecology.* Symposium organizer and paper presenter at the Modern Modeling Methods conference, Storrs, CT.
- Benson, L.**, Ram, N., & Stifter, C. (2017, May). *Borrowing differential equations from ecology and using dynamic systems models to capture developmental change in self- and co-regulation processes.* Poster presented at the Association for Psychological Science convention, Boston, MA.
- Lougheed, J. P., **Benson, L.**, Cole, P. M., & Ram, N. (2017, May). *Examining emotion dynamics with survival analysis: An application to self-regulation in early childhood.* Symposium paper presented at the Association for Psychological Science convention, Boston, MA.
- Benson, L.** (2017, April). *Stirring up old ideas from a few legendary figures: Revisiting the general developmental model of age, period, and cohort in lifespan development.* Talk delivered for the Quantitative Developmental Systems Colloquium, State College, PA.
- Benson, L.** (2016, October). *Capturing developmental change in regulation processes using dynamic systems models: Borrowing differential equations from ecology.* Talk delivered for the Quantitative Developmental Systems Colloquium, State College, PA.
- Roepke, A. M., **Benson, L.**, Tsukayama, E., & Yaden, D. B. (2016, May). *Prospective writing intervention fosters posttraumatic growth by increasing attention to future possibilities.* Poster presented at the Association for Psychological Science Convention, Chicago, IL.
- Benson, L.**, Ram, N. (2015, December). *Emotion regulation strategies in daily life: Emotional, interpersonal, and well-being implications.* Talk presented at the Pennsylvania State University Mini-Conference on Intensive Longitudinal Methods, State College, PA.
- Benson, L.**, Ram, N., Ong, A.D., Zautra, A.J., Conroy, D.E., Pincus, A.L., Almeida, D.M. (2015, November). *Fusing biodiversity, biomarkers, and emotion into intensive longitudinal investigations of healthy aging.* Symposium paper presented at the Gerontological Society of America Annual Scientific Meeting, Orlando, FL.

- Benson, L.,** Forgeard, M.J.C. (2015, August). *Parenting for creativity: The role of mastery experiences in childhood*. Symposium presented at the American Psychological Association Convention, Toronto, CA.
- Benson, L.** (2015, July). *Quantitative psychology and emotions*. Invited talk delivered during STEAM-tacular, State College, PA.
- Benson, L.,** Ram, N., Almeida, D., Zautra, A., Conroy, D., Pincus, A., Ong, A. (2015, June). *Using diversity as a metric for capturing emotion experiences over time*. Symposium talk presented at the Society for Ambulatory Assessment: 4<sup>th</sup> Biennial Conference, State College, PA.
- Benson, L.,** Ram, N., Almeida, D., Zautra, A., Conroy, D., Pincus, Ong, A. (2015, March). *Examining links between emodiversity, well-being, and health*. Poster presented at the Health and Human Development and School of Nursing Interdisciplinary Research Forum, State College, PA.
- Benson, L.,** Ram, N., Almeida, D., Zautra, A., Conroy, D., Pincus, Ong, A. (2015, March). *Examining links between emodiversity, well-being, and health*. Poster presented at the Graduate Student Research Exhibition, State College, PA.
- Benson, L.,** Ram, N., Almeida, D., Zautra, A., Conroy, D., Pincus, Ong, A. (2015, March). *An emotion diversity perspective on experiential well-being*. Talk delivered for the Quantitative Developmental Systems Colloquium, State College, PA.
- Roepke, A. M., **Benson, L.,** Yaden, D. B., Tsukayama, E., & Seligman, M. E. P. (2015, February). *Randomized controlled trial of prospective writing, an intervention for facilitating growth after adversity*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Benson, L.,** Kern, M.L., & Steinberg, L. (2014, May). *Prospective links between adolescent perseverance and adult health: An integrative data analysis approach*. Poster presented at the Modern Modeling Methods conference, Storrs, CT.
- Benson, L.,** Kern, M.L., & Steinberg, L. (2013, June). *Deciphering prospective links between perseverance and health: An integrative approach*. Poster presented at the 3<sup>rd</sup> IPPA World Congress on Positive Psychology, Los Angeles, CA.
- Steinberg, E., Kern, M. L., Steinberg, L., & **Benson, L.** (2013, June). *Beyond depression: The EPOCH measure of adolescent flourishing*. Symposium presented at the International Positive Psychology Association Third World Congress, Los Angeles, CA.
- Forgeard, M.J.C., & **Benson, L.** (2013, May). *Extracurricular involvement and well-being: The mediating role of mastery and creative agency*. Poster presented at the 25<sup>th</sup> APS Annual Convention, Washington, D.C., USA.
- Benson, L.,** Kern, M.L., Steinberg, E., & Steinberg, L. (2013, April). *An Integrative Approach to Studying Positive Psychological and Physical Health from Adolescence into Adulthood*. Poster presented at SRCD 2013 Biennial Meeting, Seattle, WA.
- Kern, M.L., & **Benson, L.** (2012, March). *Positive adolescent health: What matters over time?* Symposium talk presented at the 14<sup>th</sup> Biennial Meeting of the Society for Research on Adolescence, Vancouver, Canada.
- Benson, L.,** Saffran, J., Shutts, K., & Edwards, J. (2011, May). *Six- and 14-month infants' ability to differentiate dialects in their native language*. Talk presented at the University of Wisconsin Undergraduate Research Symposium, Madison, WI.

## Workshops, Tutorials, and Supplementary Materials

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- Benson, L.** (2019, June). APA-ATI Intensive Longitudinal Data: Session E - Intraindividual Variability Metrics. <https://quantdev.ssri.psu.edu/tutorials/apa-ati-intensive-longitudinal-data-session-e-intraindividual-variability-metrics>
- Benson, L.** (2019, June). APA-ATI Intensive Longitudinal Data: Session E - Intraindividual Variability Metrics. <https://quantdev.ssri.psu.edu/tutorials/apa-ati-intensive-longitudinal-data-session-e-intraindividual-variability-metrics>
- Benson, L.** (2019, June). APA-ATI Intensive Longitudinal Data: Session V - Diff-Eq Models. <https://quantdev.ssri.psu.edu/tutorials/apa-ati-intensive-longitudinal-data-session-v-diff-eq-models>
- Benson, L.** (2017, August). Introductory R workshop. Invited by the Huck Life Science Graduate Advisory Committee. The Pennsylvania State University, State College, PA.
- Benson, L.,** & Ram, N. (2017). Intro - basic confirmatory factor analysis. <https://quantdev.ssri.psu.edu/tutorials/intro-basic-confirmatory-factor-analysis>
- Benson, L.,** & Wood, J. (2017) Intro to geospatial data and maps in R. <https://quantdev.ssri.psu.edu/tutorials/intro-geospatial-data-and-maps-r>
- Benson, L.** (2017). Using the qualtrics and boxr R packages. <https://quantdev.ssri.psu.edu/tutorials/using-qualtrics-and-boxr-r-packages>
- Benson, L.** (2017). Generating a custom color palette function in R. <https://quantdev.ssri.psu.edu/tutorials/generating-custom-color-palette-function-r>
- Benson, L.,** Ram, N., Almeida, D. M., Zautra, A. J., Ong, A. D. (2017). Emodiversity Supplementary Analyses - As U Live Data. <https://quantdev.ssri.psu.edu/tutorials/emodiversity-supplementary-analyses-u-live-data>
- Benson, L.,** Ram, N., Almeida, D. M., Zautra, A. J., Ong, A. D. (2017). Diversity-type intraindividual variability calculation. <https://quantdev.ssri.psu.edu/tutorials/diversity-type-intraindividual-variability-calculation>
- Lougheed, J. P., **Benson, L.** (2017). Part 1: How to format data for several types of survival analysis models. <https://quantdev.ssri.psu.edu/tutorials/part-1-how-format-data-several-types-survival-analysis-models>
- Lougheed, J. P., **Benson, L.** (2017). Part 2: Single-episode, discrete-time Cox regression model with time-invariant predictors. <https://quantdev.ssri.psu.edu/tutorials/part-2-single-episode-discrete-time-cox-regression-model-time-invariant-predictors>
- Lougheed, J. P., **Benson, L.** (2017). Part 3: Single-episode, discrete-time Cox regression model with time-varying predictors. <https://quantdev.ssri.psu.edu/tutorials/part-3-single-episode-discrete-time-cox-regression-model-time-varying-predictors>
- Lougheed, J. P., **Benson, L.** (2017). Part 4: Recurring-episode, discrete time Cox regression model with time-invariant predictors. <https://quantdev.ssri.psu.edu/tutorials/part-4-recurring-episode-discrete-time-cox-regression-model-time-invariant-predictors>
- Lougheed, J. P., **Benson, L.** (2017). Part 5: Recurring-episode, discrete time Cox regression model with time-varying predictors. <https://quantdev.ssri.psu.edu/tutorials/part-5-recurring-episode-discrete-time-cox-regression-model-time-varying-predictors>



**Benson, L.** (2015, November). Introductory R Workshop. Invited by the Student Chapter of the Institute for Operations Research and Management Sciences (informs). The Pennsylvania State University, State College, PA.

## Teaching

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- June, 2020     **TA, American Psychological Association Advanced Training Institute for the Analysis of Intensive Longitudinal Data: Experience Sampling and Ecological Momentary Assessment**  
Instructors: Kevin J. Grimm, PhD, Nilam Ram, PhD, Niall Bolger, PhD, and J-P Laurenceau, PhD  
<https://www.apa.org/science/resources/ati/analysis-longitudinal-data>
- Spring, 2020     **TA, Strategies for Data Analysis in Developmental Research (Multivariate Statistics)**  
Department of Human Development and Family Studies, the Pennsylvania State University, taught by Nilam Ram, PhD
- June, 2019     **TA, American Psychological Association Advanced Training Institute for the Analysis of Intensive Longitudinal Data: Experience Sampling and Ecological Momentary Assessment**  
Instructors: Kevin J. Grimm, PhD, Nilam Ram, PhD, Niall Bolger, PhD, and J-P Laurenceau, PhD  
Arizona State University, Tempe, AZ  
<https://www.apa.org/science/resources/ati/analysis-longitudinal-data>  
Developed and taught lab sections on intraindividual variability metrics, multilevel modeling and differential equation modeling; answered participant questions during independent work time
- 2017     **Created Course Content, HDFS Longitudinal Structural Equation Modeling - Graduate Level**  
Assisted Peter Molenaar, PhD in creating course content for Longitudinal Structural Equation Modeling graduate level course
- March, 2018     **Guest Lectures, HDFS Multivariate Statistics – Graduate Level**  
An end-to-end workflow pipeline: Merging data science and developmental science
- Nov., 2017     **Guest Lectures, HDFS Applied Statistics – Graduate Level**  
An end-to-end workflow pipeline: Merging data science and developmental science
- Fall 2015     **Graduate Instructor, Applied Statistics Laboratory – Graduate Level**  
Department of Human Development and Family Studies, the Pennsylvania State University, advised by Zita Oravec, PhD
- Fall 2015     **TA, Methods for Research in Human Development - Graduate Level**  
Department of Human Development and Family Studies, the Pennsylvania State University, taught by Zita Oravec, PhD
- 2013-2014     **Statistics Tutor, University of Pennsylvania**
- 2012     **Positive Psychology Recitation Leader**  
Department of Psychology, University of Pennsylvania  
Taught by Angela Duckworth, PhD

2011            **Child Psychology Teaching Fellow**  
Department of Psychology, University of Wisconsin-Madison  
Taught by Jenny Saffran, PhD

## **Volunteer and Service Work**

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2021            **Panelist** on Psychology Postdoctoral Fellowships for graduate students  
University of Alabama, Professor Summer Braun

2021            **Panelist** on Psychology career paths for students enrolled in Rose State Practicum  
Health Promotion Research Center, Professor Amy Cohn

2021            **Panelist** for an undergraduate Psychology class on Psychology career paths,  
Springfield College, Professor Kingsley Schroeder

2020-2022     **Guest Associate Editor** for a special issue in the *Journal of Social and Personal  
Relationships* on Integrating Multiple Time-Scales to Advance Relationship Science

2019-           **Ad Hoc Reviewer**  
Publons account:  
<https://publons.com/researcher/3070317/lizbeth-benson/peer-review/>  
Journals include: Emotion, The Journals of Gerontology: Social Sciences

2016-           **Graduate student reviewer in training**  
Served as a co-reviewer for several manuscripts under the guidance of Nilam Ram  
Journals include: Journal of Cognition and Development, Child Development  
Perspectives, Psychology and Aging, Journal of Research on Adolescence

2015-2020     President of the We R: R Users Group @ Penn State  
Officially recognized Penn State organization geared toward interdisciplinary  
collaborative teaching and learning of the R statistical and graphics platform

2014-           Graduate Women in Science Outreach Initiatives

2013-2014     Scienteer at iPraxis in Philadelphia, PA

2010-2011     Chair of the Psi Chi Brownbag & Research Fair Committee  
Department of Psychology, University of Wisconsin Madison

## **Workshops Attended**

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Levy, R. (2020, July). Bayesian Statistical Modeling: A First Course. The Center for Integrated Latent Variable Research (CILVR), University of Maryland.

26<sup>th</sup> Annual Association for Psychological Science Teaching Institute (2019, May). Association for Psychological Science Conference, Washington, DC.

Murphy, S. and Almirall, D. (2018, May). Just in Time Adaptive Interventions. Pre-conference workshop presented at the Modern Modeling Methods conference, Storrs, CT.

Boker, S. (2017, May). Dynamic Structural Equation Modeling (SEM). Pre-conference workshop presented at the Modern Modeling Methods conference, Storrs, CT.

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