

Advisory Board Report 2016-2017

The primary goal of the grant (Community Involvement and Well-being) was to present data at national conferences in order to enhance and expedite the research process. I work off of two key data sets 1) Family Exchange Study – an extensive dataset and 2) Community Involvement and Well-being - collected here at Penn State York. Key to effective collaboration for the two datasets I use is periodic in-person meetings with collaborators. These data rely on complex statistical procedures to account for the interdependence of family relationships and in-person meetings are key to completing the research. These research meetings are planned to coordinate with the two major conferences at which the data are presented, the National Council on Family Relations and the Gerontological Society of America conferences. Two conference proposals were submitted to these conferences and research meetings were held at these conferences.

From the conference proposals, two manuscripts were developed. One focuses on the moderating effect social support has on the relationship between depressive symptoms and sleep. The other focuses on the influence mindfulness has on health behaviors in couples. Both of these manuscripts are currently under review. Further, we also submitted an article on marriage relationships and sleep for the Focus on the Family section of a national outlet for family professionals. Finally, one of the manuscripts developed from a last year's presentations was published and picked up by Reuter's News, NBC and CBS across the United States, England, and Australia regarding the affect worrying about adult children affects married couples sleep. We also brain stormed ideas for the current proposals under review at these conferences and additional manuscripts in preparation. Attending the meetings were very productive and the Advisory Board grant was critical to moving the research and writing process along in an efficient manner.