

ANNA K. HOCHGRAF

Department of Human Development and Family Studies ♦ The Pennsylvania State University ♦
119 Health and Human Development Building ♦ University Park, PA 16802 ♦ akh7@psu.edu

EDUCATION

Ph.D., Human Development and Family Studies **June 2022**
M.S., Human Development and Family Studies **December 2017**

The Pennsylvania State University

Advisor: Susan M. McHale, Ph.D.

Concentrations: Family Studies, Prevention and Intervention

Dissertation: Comorbidity Between Body Dissatisfaction and Substance Use: A Daily Diary
Study of Alcohol, Nicotine Vaping, and Cigarette Use Among Young Adults

B.A., Psychology (major) and Public Health (minor) **May 2014**

Overall GPA: 4.0/4.0

Summa Cum Laude, Psychology Honors

The College of William and Mary

Honors Advisor: Meghan M. Sinton, Ph.D.

PROFESSIONAL POSITIONS

National Research Service Award Postdoctoral Fellow **August 2022 - July 2024**
Research on Eating and Activity for Community Health (REACH) Applied Epidemiology T32
School of Public Health, The University of Minnesota

HONORS AND AWARDS

Edna Bennett Pierce Prevention Research Center Peterson Graduate Fellowship **May 2021**
Best Research Article, Society for the Study of Emerging Adulthood **September 2019**
Early Career Prevention Network Travel Award, Society for Prevention Research **May 2019**
Health and Human Development College Endowment Award **December 2017**
College of Health and Human Development Grant Writing Scholarship **August 2017**
Stanley B. Williams Award for Outstanding Psychology Major **April 2014**
Phi Beta Kappa Society, Alpha Chapter of Virginia **December 2013 - Present**
Psi Chi International Honor Society **March 2012 - Present**
Alpha Lambda Delta Honor Society **April 2011 - Present**
Phi Eta Sigma Honor Society **April 2011 - Present**
Recognized by the Math Department for outstanding performance **December 2010**

RESEARCH FUNDING

Ruth L. Kirschstein National Research Service Award **August 2020 - July 2022**
National Institute on Drug Abuse (F31 DA051118; Role: PI; \$72,888)

Hintz Graduate Education Enhancement Fellowship (\$3,834)	February 2020
Wohlwill Award (\$291)	February 2020
Prevention and Methodology Training Program Fellowship National Institute on Drug Abuse (T32 DA017629; Role: Predoctoral Trainee; \$51,140)	September 2018 - June 2020
Translational Science Fellowship, Penn State CTSI National Center for Advancing Translational Sciences (TL1 TR002016; Role: Predoctoral Fellow; \$5,961)	June - August 2018
Pennsylvania State University Graduate Fellowship (\$54,000)	August 2016 - May 2018
Honors Research Fellowship The Charles Center, The College of William and Mary (\$2,500)	May 2013 - May 2014
Research Stipend, Department of Psychology, Yale University (\$3,000)	June - August 2012

PUBLICATIONS

*Authors contributed equally.

Published

- Hochgraf, A. K.**, Son, D., Updegraff, K. A., McHale, S. M., & Umaña-Taylor, A. J. (in press). Daily links between Latinx siblings' relationship qualities and mood. *Child Development*. <https://doi.org/10.1111/cdev.13777>
- Lisse, A.*, **Hochgraf, A. K.***, & McHale, S. M. (in press). Weight concerns in Black youth: The role of body mass index, gender, and sociocultural factors. *Journal of Research on Adolescence*. <http://doi.org/10.1111/jora.12692>
- Savage, J. S., **Hochgraf, A. K.**, Loken, E., Marini, M. E., Craig, S. J. C., Makova, K. D., Birch, L. L., Paul, I. M. (2021). INSIGHT responsive parenting educational intervention for firstborns is associated with growth of secondborn siblings. *Obesity*, 30, 183-190. <https://doi.org/10.1002/oby.23301>
- Linden-Carmichael, A. N., **Hochgraf, A. K.**, Cloutier, R. M., Stull, S. W., & Lanza, S. T. (2021). Associations between simultaneous alcohol and cannabis use and next-day negative affect: The role of sex and trait anxiety. *Addictive Behaviors*, 123. <https://doi.org/10.1016/j.addbeh.2021.107082>
- Hochgraf, A. K.**, Lanza, S. T., Fosco, G. M., & McHale, S. M. (2021). The developmental course of the link between weight concerns and cigarette use across adolescence: Differences by gender. *International Journal of Eating Disorders*, 54, 1793-1799. <https://doi.org/10.1002/eat.23586>
- Sun, X.*, Updegraff, K. A.*, McHale, S. M., **Hochgraf, A. K.**, Gallagher, A. M., Umana-Taylor, A. J. (2021). Implications of COVID-19 school closures for sibling dynamics among Latinx children in the U.S.: A prospective, daily diary study. *Developmental Psychology*. <https://doi.org/10.1037/dev0001196>

- Hochgraf, A. K., Fosco, G. M., Lanza, S. T., & McHale, S. M.** (2021). Developmental timing of parent-youth intimacy as a protective factor for adolescent adjustment problems. *Journal of Family Psychology, 35*(7), 916–926. <https://doi.org/10.1037/fam0000864>
- Hochgraf, A. K.* & Ruggiero, C.*** (2021). An ecological framework and novel methodologies to address the intersection of families and food. In L. Francis, S. M. McHale, V. King, & J. E. Glick (Eds.), *Families, food, and parenting: Integrating research, practice, and policy*. New York, NY: Springer. <https://www.springer.com/gp/book/9783030564575>
- Hochgraf, A. K. & McHale, S. M.** (2020). Honey, do I look fat? Perceptions of spouses' weight and weight concerns predict marital relationship quality. *Journal of Social and Personal Relationships, 37*, 865-884. <https://doi.org/10.1177/0265407519880961>
- Hochgraf, A. K., McHale, S. M., & Fosco, G. M.** (2019). Interparental conflict and gender moderate the prospective link between parents' perceptions of adolescents' weight and weight concerns. *International Journal of Eating Disorders, 52*, 904-913. <https://doi.org/10.1002/eat.23093>
- Lefkowitz, E. S., Wesche, R., Picci, G., & **Hochgraf, A. K.** (2018). Daily associations between kissing and affect during the transition from adolescence to young adulthood. *Journal of Research on Adolescence, 28*, 779-785. <https://doi.org/10.1111/jora.12422>
- Hochgraf, A. K., McHale, S. M., & Fosco, G. M.** (2018). Parent responsiveness and gender moderate bidirectional links between self-esteem and weight concerns during adolescence. *Journal of Family Psychology, 32*, 828-834. <https://doi.org/10.1037/fam0000434>
- Kahn, R.E., Chiu, P. H., Deater-Deckard, K., **Hochgraf, A. K.**, King-Casas, B., & Kim-Spoon, J. (2018). The interaction between punishment sensitivity and effortful control for emerging adults' substance use behaviors. *Substance Use and Misuse, 53*, 1299-1310. <https://doi.org/10.1080/10826084.2017.1407790>
- Hochgraf, A. K., Kahn, R. E., & Kim-Spoon, J.** (2017). The moderating role of emotional reactivity in the link between parental hostility and eating disorder symptoms in early adolescence. *Eating Disorders, 25*, 420-435. <https://doi.org/10.1080/10640266.2017.1347417>

Under Review/In Preparation

- Hochgraf, A. K., Fosco, G. M., Lanza, S. T.** (under review). Age-varying associations between attempts to lose weight and nicotine vaping across adolescence: Results from a nationally representative sample.
- Hochgraf, A. K., Lanza, S. T., Fosco, G. M., Field, A., & McHale, S. M.** (in prep). Daily associations between body dissatisfaction and nicotine vaping among young adults during the COVID-19 pandemic.

CONFERENCE PRESENTATIONS

- Hochgraf, A. K., Lanza, S. T., Fosco, G. M., & McHale, S. M.** (2022, May). Body dissatisfaction as a novel day-level risk factor for nicotine vaping among young adults

- during the COVID-19 pandemic [Paper presentation]. Society for Prevention Research Annual Meeting, Seattle, WA.
- Hochgraf, A. K.,** Lanza, S. T., Fosco, G. M., & McHale, S. M. (2022, March). Links between body dissatisfaction and nicotine vaping at the daily timescale [Paper presentation]. Human Development and Family Studies Mini Conference, University Park, PA.
- Hochgraf, A. K.,** Lanza, S. T., Fosco, G. M., & McHale, S. M. (2022, March). Age-varying associations between attempts to lose weight and nicotine vaping across adolescence: Results from a nationally representative sample [Paper presentation]. In A. K. Hochgraf (Chair), *Insights into Developmental Timing and Prevention of Adolescent Adjustment and Behavioral Problems from Time-Varying Effect Modeling* [Symposium]. Society for Research on Adolescence Biennial Meeting, New Orleans, LA.
- Hochgraf, A. K.** (2022, March). Symposium Chair, *Insights into Developmental Timing and Prevention of Adolescent Adjustment and Behavioral Problems from Time-Varying Effect Modeling*. Society for Research on Adolescence Biennial Meeting, New Orleans, LA.
- Hochgraf, A. K.,** McHale, S., Updegraff, K., & Umana-Taylor, A. (2021, April). Links between cultural orientations, weight concerns, and development of depressive symptoms among Latinx youth. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Virtual.
- Sun, X., Updegraff, K. A., McHale, S. M., **Hochgraf, A. K.,** Gallagher, A. M., Umana-Taylor, A. J. (2021, April). Implications of COVID-19 school closures for sibling dynamics among Latinx children: A daily diary study. [Paper presentation]. In E. Lefkowitz (Chair), *Individual and Family Functioning in Vulnerable Populations During the COVID-19 Pandemic*. Society for Research in Child Development Biennial Meeting, Virtual.
- Hochgraf, A. K.,** Fosco, G. M., Lanza, S. T., & McHale, S. M. (2021, March). Age-varying links between parent intimacy and youth adjustment: Differential patterns according to gender and adjustment problem [Paper presentation]. In A. K. Hochgraf (Chair), *Examining Developmental Links between Family Processes and Adolescent Adjustment using Innovative Methods* [Symposium]. Society for Research on Adolescence Biennial Meeting, Virtual. (conference rescheduled from March, 2020)
- Hochgraf, A. K.** (2021, March). Symposium Chair, *Examining Developmental Links between Family Processes and Adolescent Adjustment using Innovative Methods*. Society for Research on Adolescence Biennial Meeting, Virtual.
- Hochgraf, A. K.,** Lanza, S. T., & McHale, S. M. (2019, May). Gender differences in the time-varying association between cigarette use and weight concerns across adolescence [Poster presentation]. Society for Prevention Research Annual Meeting, San Francisco, CA.
- Savage, J. S., **Hochgraf, A. K.,** Loken, E., Marini, M. E., Birch, L. L., Paul, I. M. (2019, June). INSIGHT Responsive Parenting Intervention for firstborns impacts growth for first and secondborns [Paper presentation]. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic.
- Hochgraf, A. K.** & McHale, S. M. (2018, May). Honey, do I look fat? Longitudinal links between perceptions of spouses' weight, weight concerns, and marital love [Paper

- presentation]. Pennsylvania State University Mini-Conference on Multivariate/Longitudinal Methods, University Park, PA.
- Hochgraf, A. K.**, McHale, S. M., & Fosco, G. M. (2018, April). Bidirectional links between self-esteem and weight concerns in adolescence and the moderating roles of parent responsiveness and youth gender [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.
- Brieant, A., Holmes, C., Lee, J., **Hochgraf, A. K.**, Omohundro, H., Pereira, K., King-Casas, B., & Kim-Spoon, J. (2017, April). Positive and negative affect and adolescent adjustment: Moderation effects by prefrontal functioning [Poster presentation]. Society for Research in Child Development Biennial Conference, Austin, TX.
- Peviani, K., Kahn, R., **Hochgraf, A. K.**, Omohundro, H., Pereira, K., Bickel, W., King-Casas, B., and Kim-Spoon, J. (2017, April). The indirect effect of parent delay discounting on adolescent delay discounting through household chaos [Poster presentation]. Society for Research in Child Development biennial conference, Austin, TX.
- Lefkowitz, E., Wesche, R., **Hochgraf, A. K.**, Picci, G. (2017, April). Daily associations between kissing and affect [Paper presentation]. Society for Research in Child Development Biennial Conference, Austin, TX.
- Hochgraf, A. K.**, Kahn, R., & Kim-Spoon, J. (2016, March). An investigation of the role of emotional reactivity in the link between parental hostility and distorted body image [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
- Kahn, R. E., Lauharatanahirun, N., **Hochgraf, A. K.**, King-Casas, B., & Kim-Spoon, J. (2016, March). Clarifying the role of pubertal development in the association between reward sensitivity and risk-taking indicators [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
- Kim-Spoon, J., **Hochgraf, A. K.**, King-Casas, B., & Bell, M. A. (2016, March). Effortful control vs. executive functioning related to psychopathology in childhood and adolescence [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
- Walters, J., Holmes, C. J., **Hochgraf, A. K.**, & Kim-Spoon, J. (2015, March). Adolescent religious motivation predicts internalizing and externalizing problems via emotional lability and emotion regulation [Poster presentation]. Society for Research in Child Development, Philadelphia, PA.
- Hochgraf, A. K.** (2014, February). The skinny on regulating media images to prevent eating disorders [Poster presentation]. In J. Zeman (Chair), *Undergraduate Science Research Symposium*. The College of William and Mary, Williamsburg, VA.

INVITED PRESENTATIONS

- Hochgraf, A. K.** (2022, April). Cultivating effective mentor-mentee relationships to promote the responsible conduct of research. Family P.O.W.E.R. Lab Professional Development Meeting, Pennsylvania State University.

- Hochgraf, A. K.** (2021, April). Ethical issues pertaining to co-authorship. Family P.O.W.E.R. Lab Professional Development Meeting, Pennsylvania State University.
- Hochgraf, A. K.,** Linden-Carmichael, A., & Lanza, S. T. (2020, February). Effects of simultaneous alcohol and marijuana use on same- and next-day negative affect: Differences based on sex and trait anxiety [Paper presentation]. In A. Linden-Carmichael (Chair), *Daily Diary Findings of Alcohol, Marijuana, and Polysubstance Use: The Role of Cannabis Mode of Administration, Affect, and Mental Health Symptomatology*. The Methodology Center, Pennsylvania State University, University Park, PA.
- Hochgraf, A. K.** (2019, November). Applying for F31 funding. Prevention and Methodology Proseminar, Pennsylvania State University.
- Hochgraf, A. K.** (2019, October). Development and consequences of weight concerns during adolescence. Prevention and Methodology Proseminar, Pennsylvania State University.

RESEARCH EXPERIENCE

- The Daily Reflections Study, Pennsylvania State University** (PI: Anna Hochgraf)
National Research Service Award (F31) Predoctoral Fellow **August 2020 - July 2022**
- Family P.O.W.E.R. Lab, Pennsylvania State University** (PI: Greg Fosco)
National Research Service Award (F31) Predoctoral Fellow **August 2020 - July 2022**
Predoctoral PAMT (T32) Fellow **September 2018 - June 2020**
- Addiction and Innovative Methods Lab, Pennsylvania State University** (PI: Stephanie Lanza)
National Research Service Award (F31) Predoctoral Fellow **August 2020 - July 2022**
Predoctoral PAMT (T32) Fellow **September 2018 - June 2020**
- Center for Childhood Obesity Research, Pennsylvania State University** (Director: Jennifer Savage Williams)
Data Analyst, *INSIGHT/SIBSIGHT Studies* (R01) **May 2018 - August 2021**
- Family Relationships Project, Pennsylvania State University** (PI: Susan McHale)
Graduate Research Assistant **August 2016 - Present**
- JK Lifespan Development Lab, Virginia Tech** (PI: Jungmeen Kim-Spoon)
Research Coordinator, *Adolescent Brain Study* (R01) **June 2015 - July 2016**
Research Assistant, *Adolescent Brain Study* (R01) **June 2014 - June 2015**
- The Skinny on Regulating Media Images to Prevent Eating Disorders, The College of William and Mary** (PI: Anna Hochgraf)
Psychology Honors Fellow **May 2013 - April 2014**
- Cognition and Development Lab, Yale University** (PIs: Frank Keil & Kristi Lockhart)
Undergraduate Research Assistant/Summer Intern **June 2012 - August 2012**
- Psychology Department, The College of William and Mary** (PI: Meghan Sinton)
Undergraduate Research Assistant, *Reflections Body Image Program* **August 2011 - May 2013**
- Department of Counselor Education, Radford University** (PI: Wendy Eckenrod-Green)

Undergraduate Research Assistant

May 2011 - August 2011

TEACHING EXPERIENCE

Guest Lectures, The Pennsylvania State University

Eating and Weight Disorders (NUTR 410): Body Dissatisfaction in Eating Disorders
September 2020

Adolescence (HDFS 239): Psychosocial Problems in Adolescence: Eating and Body Image Pathology
November 2018

Resolving Human Development and Family Problems (HDFS 414): Family Systems Theory: Applications to Therapy, Prevention, and Research
April 2018

Graduate Teaching Assistant, The Pennsylvania State University

Resolving Human Development and Family Problems (HDFS 414)
Proctored exams and graded assignments
Spring 2018

Empirical Inquiry in Human Development (HDFS 312)
Taught a quantitative human development research methods lab to undergraduates
Proctored exams and graded assignments
Fall 2017

Undergraduate Teaching Assistant and Peer Advisor, The College of William and Mary

Peer Advising Program
Summer 2012 - Spring 2014
Guided incoming freshmen and transfer students through the process of selecting classes
Taught an online class for freshmen and transfer students

Tutor, The College of William and Mary

Tribe TutorZone
Summer 2013 - Spring 2014
Statistics, Cognitive Psychology, Research Methods, Social Psychology, Sensation and Perception, Public Health, Epidemiology

Professional Development Related to Teaching

Essentials of Online Teaching for Graduate Students
Completed a five-week course designed to foster online teaching skills
Summer 2020

Schreyer Institute for Teaching Excellence Workshops
Advancing DEIA in Teaching and Learning
January 2022
Turning Potential Disruptions into Teaching Opportunities
September 2021
Teaching So All Your Students Are Included
February 2020
How to Plan a Class Session
January 2020
Preparing Your Teaching Demo for a Job Interview
January 2020

Department Assistant, HDFS, Penn State World Campus
Transferred online courses from Angel to Canvas
Updated course content and formatting
Summer 2017

MENTORING EXPERIENCE

Honors Thesis (Caitlin Geaman)	August 2021 – March, 2022
Honors Thesis and McNair Research Project (Adenique Lisse)	Summer 2019 - May 2020
Mentor to First-Year Doctoral Students	Fall 2017 - Present

SERVICE

Ad hoc Reviewer	January 2019 - Present
<i>International Journal of Eating Disorders</i>	
<i>Eating and Weight Disorders</i>	
<i>Current Psychology</i>	
<i>Cultural Diversity and Ethnic Minority Psychology</i>	
<i>BMC Public Health</i>	
Panelist, Professional Development Brownbag on Applying for Funding Human Development and Family Studies, Pennsylvania State University	February 2022
Panelist, Panel on Grad Student Funding Mechanisms Psychology Department, Virginia Tech	April 2021
Panelist, Graduate Student Milestone Meetings Human Development and Family Studies, Pennsylvania State University	February 2021
Moderator, <i>The What, Why, and How of Implementation Science</i> Workshop sponsored by the Social Science Research Institute, Pennsylvania State University	December 2020
Steering Committee Member Human Development and Family Studies, Pennsylvania State University	May 2018 - May 2019
Graduate Student Council Representative College of Health and Human Development, Pennsylvania State University	May 2018 - May 2019

DIVERSITY, EQUITY, AND INCLUSION TRAINING

Advancing DEIA in Teaching and Learning Schreyer Institute for Teaching Excellence Conference	January 2022
APA Apology to Communities of Color American Psychological Association, Essential Science Conversations	December 2021
Subtle Slights and the Impact of Bias on Cultural Identity and Mental Wellbeing Human Development and Family Studies Department Workshop	October 2021
Reducing Racism and Promoting Antiracism Edna Bennett Pierce Prevention Research Center Seminar	April 2021
Teaching So All Your Students Are Included Schreyer Institute for Teaching Excellence Workshop	February 2020
Ethical Considerations for Surveys, Polls, and Focus Groups Office for Research Protections Training, Pennsylvania State University	September 2020

PROFESSIONAL MEMBERSHIPS

Society for Research in Child Development
Society for Research on Adolescence
Society for Prevention Research

CERTIFICATIONS

Graduate Student Online Teaching Certificate (*Penn State World Campus*)
CITI Training
NIH Clinical Research Training
REDCap Training
Eating Disorder Examination Training (*led by Dr. Marion Tanofsky-Kraff*)
Certified fMRI operator (*conferred by Virginia Tech Carilion Research Institute*)
MRI safety training (*conferred by Virginia Tech Carilion Research Institute and Penn State*)
Reflections: Body Image Project Peer Leader Training

TECHNICAL SKILLS

Data analysis in SAS, R Studio, Mplus (including multilevel modeling, time-varying effect modeling, multilevel structural equation modeling, regression)
Data management
Grant writing
Study design
Participant recruitment and retention
Data collection (interviews, surveys, neurocognitive and behavioral tasks, fMRI)
Online survey design and administration (Qualtrics Survey Software, REDCap, SurveyMonkey)
Data entry software (Remark Office OMR software)
MRI operation (Siemens 4T scanner)