

## Sae Hwang Han

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### Academic Employment

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- 2019 – **Assistant Professor**  
Department of Human Development and Family Sciences  
University of Texas at Austin
- 2019 – **Faculty Research Associate**  
Population Research Center, University of Texas at Austin  
Texas Aging & Longevity Center, University of Texas at Austin  
Center on Aging and Population Sciences, University of Texas at Austin

### Education

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- 2019 Ph.D., Gerontology, University of Massachusetts Boston, MA
- 2017 M.S., Gerontology, University of Massachusetts Boston, MA
- 2013 M.A., Child and Family Studies, Yonsei University, South Korea
- 2008 B.S., B.B.A., Yonsei University, South Korea

### Research Interests

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#### Social Determinants of Aging, Health, and Mortality

- Couple dynamics, health behaviors and health outcomes
- Health consequences of social and productive engagements
- Biopsychosocial models of aging and health

### Publications – Peer-Reviewed Journal Articles

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- Lee, H. J., **Han, S. H.**, & Boerner, K. (In press). Psychological and Physical Health in Widowhood: Does Marital Quality Make a Difference? *Research on Aging*.
- Han, S. H.**, Kim, K., & Burr, J. A. (2021). Activity limitations and depressive symptoms among older couples: The role of spousal care. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 76, 360-369. doi:10.1093/geronb/gbz161
- Huo, M., **Han, S. H.**, Choi, J., & Kim, K. (2020). Functional limitations, volunteering and diurnal cortisol patterns in older adults. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. Advance online publication. doi: 10.1093/geronb/gbaa104
- Wang, H., **Han, S. H.**, Kim, K., & Burr, J. A. (2020). Adult children's achievements and aging parents' psychological well-being in China. *Ageing & Society*. Advance online publication. doi:10.1017/S0144686X20001270

- Han, S. H.**, Roberts, J. S., Mutchler, J. E., Burr, J. A. (2020). Volunteering, polygenic risk for Alzheimer's disease, and cognitive functioning among older adults. *Social Science & Medicine*, 253, 112970. doi:10.1016/j.socscimed.2020.112970
- Burr, J. A., **Han, S. H.**, & Peng, C. (2020). Childhood friendship experiences and cognitive functioning in later life: The mediating roles of adult social disconnectedness and adult loneliness. *The Gerontologist*. Advance online publication. doi:10.1093/geront/gnaa055
- Han, S. H.**, Kim, K., & Burr, J. A. (2020). Stress-buffering effects of volunteering on daily well-being: Evidence from the National Study of Daily Experiences. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 75, 1731-1740. doi:10.1093/geronb/gbz052
- Han, S. H.**, Wu, B., & Burr, J. A. (2020). Edentulism, dental care service use, and trajectories of cognitive functioning among older adults. *Journal of Aging and Health*, 32, 744-752. doi: 10.1177/0898264319851654
- Han, S. H.**, Kim, K., & Burr, J. A. (2019). Social support and preventive healthcare behaviors among couples in later life. *The Gerontologist*, 59, 1162-1170. doi:10.1093/geront/gny144
- Han, S. H.**, Kim, K., & Burr, J. A. (2019). Friendship and depression among couples in later life: The moderating effects of marital quality. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 74, 222-231. doi:10.1093/geronb/gbx046
- Shih, Y., **Han, S. H.**, & Burr, J. A. (2019). Is spouses' insomnia a mechanism through which health is compromised? Evidence regarding insomnia and heart disease among couples. *Annals of Behavioral Medicine*, 53, 325-357. doi:10.1093/abm/kay0482019
- Nam, S., **Han, S. H.**, Gilligan, M. (2019). Internet use and preventive health behaviors among couples in later life: Evidence from the Health and Retirement Study. *The Gerontologist*, 59, 69-77. doi:10.1093/geront/gny044
- Han, S. H.**, Kim, K., & Burr, J. A. (2018). Stress-buffering effects of volunteering on salivary cortisol: Results from a daily diary study. *Social Science & Medicine*, 201, 120-126. doi:10.1016/j.socscimed.2018.02.011
- Burr, J. A., **Han, S. H.**, Lee, H. J., Tavares, J. L., & Mutchler, J. E. (2018). Health benefits associated with three helping behaviors: Evidence for incident cardiovascular disease. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 73, 492-500. doi:10.1093/geronb/gbx082
- Han, S. H.**, Tavares, J. L., Evans, M., Saczynski, J., & Burr, J. A. (2017). Social activities, incident cardiovascular disease, and mortality: Health behaviors mediation. *Journal of Aging and Health*, 29, 268-288. doi:10.1177/0898264316635565
- Burr, J. A., **Han, S. H.**, & Tavares, J. L. (2016). Volunteering and cardiovascular disease risk: Does helping others get "under the skin?" *The Gerontologist*, 56, 937-947. doi:10.1093/geront/gnv032

## Publications – Book Chapters

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- Burr, J. A., Mutchler, J. E., & **Han, S. H.** (2021). Volunteering and health in later life. In K. Ferraro & D. Carr (Eds.), *Handbook of aging and the social sciences* (9<sup>th</sup> ed.). San Diego, CA: Academic Press.
- Wang, H., **Han, S. H.**, Xu, P., Mutchler, J. E., Du, P., & Burr, J. A. (forthcoming). Family, Friendship, and Loneliness among Older Chinese Adults: Urban-Rural Comparisons. In M. Silverstein (Ed.), *Aging Families in China*. New York, NY: Routledge.
- Burr, J. A., & **Han, S. H.** (2018). Retirement. In M. Bornstein, M. Arterberry, K. L. Fingerma, & J. Lansford (Eds.), *The Sage encyclopedia of lifespan human development*. Thousand Oaks, CA: Sage Publications. doi:10.4135/9781506307633.n689
- Mutchler, J. E., **Han, S. H.**, & Burr, J. A. (2017). Productive aging. In H. M. Fillit, K. Rockwood, & J. Young (Eds.), *Brocklehurst's textbook of geriatric medicine and gerontology* (8<sup>th</sup> ed.). Philadelphia, PA: Elsevier Health Sciences.

## Manuscripts under Review

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- Han, S. H.** (*revise & resubmit*). Health consequences of retirement due to non-health reasons and poor health: The role of retirement patterns.
- Han, S. H.**, Kim, K., & Burr, J. A. (*revise & resubmit*). Take a sad song and make it better: Spousal activity limitations, caregiving, and depressive symptoms among couples.
- Peng, C., **Han, S. H.**, & Burr, J. A. (*under review*). Perceptions of childhood neighborhood social cohesion and cognitive functioning in later life.

## Manuscripts in Progress

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- Han, S. H.** (*in progress*). Paid work, formal volunteering, and mental health in old age: The moderating effects of socioeconomic status.
- Han, S. H.** (*in progress*). Health consequences of retirement among couples: The moderating effect of education.
- Kim, Y. & **Han, S. H.** (*in progress*). Childhood family environment, genetic risk for Alzheimer's disease and late life cognitive decline.
- Burr, J. A., **Han, S. H.**, & Shih, Y. (*in progress*). Cohort-sequential analysis of volunteering and informal helping: Evidence from the Health and Retirement Study.

## Presentations at Professional Meetings

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- Han, S. H.**, Kim, K., & Burr, J. A. (2020, November). Spousal activity limitations and depressive symptoms: Benefits of spousal caregiving and costs of spousal pain. *Poster to be presented at the 72<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America*. <https://www.eventscribe.net/2020/GSAAnnual/>
- Muñoz, E., Ng, Y. T., & **Han, S. H.** (2020, November). The effect of neighborhood cohesion across the lifespan on cognitive health. *Poster to be presented at the 72<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America*. <https://www.eventscribe.net/2020/GSAAnnual/>
- Proulx, C. M., Skoblow, H. F., & **Han, S. H.** (2020, November). Marital quality and mental health among caregiving dyads. *Symposium paper to be presented at the 72<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America*. Philadelphia, PA., United States. <https://www.eventscribe.net/2020/GSAAnnual/>
- Peng, C., **Han, S. H.**, & Burr, J. A. (2020, November). Perception of neighborhood characteristics during childhood and cognitive health among older adults in China. *Poster to be presented at the 72<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America*. <https://www.eventscribe.net/2020/GSAAnnual/>
- Kim, Y. K. & **Han, S. H.** (2020, Poster session canceled due to Covid-19). Childhood family environment, genetic risk for Alzheimer's disease and late life cognitive decline. *Poster accepted for presentation at the 128<sup>th</sup> American Psychological Association Annual Convention*. Washington, D.C., United States.
- Han, S. H.**, Roberts, J. S., Mutchler, J. E., & Burr, J. A. (2020, Conference Canceled due to Covid-19). Volunteering, polygenic risk for Alzheimer's disease, and cognitive decline among Older Adults. *Paper accepted for presentation at the Population Association of America 2020 Annual Meeting*. Washington D.C., United States.
- Peng, C., **Han, S. H.**, & Burr, J. A. (2020, Conference Canceled due to Covid-19). Childhood social isolation, adult social isolation, and cognitive functioning: Findings from the China Health and Retirement Longitudinal Study. *Paper accepted for presentation at the Population Association of America 2020 Annual Meeting*. Washington D.C., United States.
- Han, S. H.**, Kim, K., & Burr, J. A. (2019, November). Stress-buffering effects of volunteering on daily well-being: Evidence from the National Study of Daily Experiences. *Symposium paper presented at the 71<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America*. Austin, TX, United States.

- Han, S. H.**, Kim, K., & Burr, J. A. (2019, April). Functional Limitations, Spousal Care Arrangements, and Depressive Symptoms Among Couples. *Paper presented at the Population Association of America 2019 Annual Meeting*. Austin, TX, United States.
- Han, S. H.**, Kim, K., & Burr, J. A. (2018, November). Stress-buffering effects of volunteering on salivary cortisol: Results from a daily diary study. *Symposium paper presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Boston, MA, United States.
- Han, S. H.**, Roberts, J. S., Mutchler, J. E., & Burr, J. A. (2018, November). Volunteering, polygenic risk for Alzheimer's disease, and cognitive functioning among Older Adults. *Poster presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Boston, MA, United States.
- Burr, J. A., Wu, B., & **Han, S. H.** (2018, November). Oral health and trajectories of cognitive well-being among older adults. *Symposium paper presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Boston, MA, United States.
- Han, S. H.** (2018, November). Retirement transitions and subsequent self-rated health among married couples. *Symposium paper presented at the 80<sup>th</sup> Annual Conference of the National Council on Family Relations*. San Diego, CA, United States.
- Han, S. H.**, Mutchler, J. E., & Burr, J. A. (2018, April). Health consequences of retirement among couples: The moderating effect of education. *Paper presented at the Population Association of America 2018 Annual Meeting*. Denver, CO, United States.
- Wang, H., **Han, S. H.**, Xu, P., Mutchler, J. E., Peng, D., & Burr, J. A. (2017, December). Living arrangements and loneliness among older Chinese adults: Evidence from the Chinese Longitudinal Aging Social Survey. *Symposium paper presented at the International Conference on "Population Dynamics in Sustainable Development Era: Fertility Transition and Social Policies Response."* Beijing, China.
- Han, S. H.**, Kim, K., & Burr, J. A. (2017, November). Friends look out for each other: Social support and preventive healthcare behaviors among couples in later life. *Symposium paper presented at the 79<sup>th</sup> Annual Conference of the National Council on Family Relations*. Orlando, FL, United States.
- Han, S. H.**, Kim, K., & Burr, J. A. (2017, July). Subjective retirement transitions and depressive symptoms: An actor-partner interdependence model. *Poster presented at the 21st International Association of Gerontology and Geriatrics, World Congress of Gerontology and Geriatrics*. San Francisco, CA, United States.
- Burr, J. A., **Han, S. H.**, & Shih, Y. (2017, July). Cohort-sequential analysis of volunteering and informal helping: The Health and Retirement Study. *Symposium paper presented at the 21st International Association of Gerontology and Geriatrics, World Congress of Gerontology and Geriatrics*. San Francisco, CA, United States.
- Shih, Y., **Han, S. H.**, & Burr, J. A. (2017, July). Insomnia among couples, marital relationship quality, and the metabolic syndrome in later life. *Poster presented at the 21st International Association of Gerontology and Geriatrics, World Congress of Gerontology and Geriatrics*. San Francisco, CA, United States.
- Han, S. H.** (2016, November). Productive activities and mental health in old age: The moderating effects of socioeconomic status. *Paper presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. New Orleans, LA, United States.
- Han, S. H.**, Kim, K., & Burr, J. A. (2016, November). Within-person associations between social ties and depressive symptoms among older couples. *Symposium paper presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. New Orleans, LA, United States.
- Han, S. H.**, Tavares, J. L., Mutchler, J. E., & Burr, J. A. (2016, November). Volunteering and cognitive well-being in later life: Evidence from the Health and Retirement Study. *Poster presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. New Orleans, LA, United States.
- Nam, S. B., & **Han, S. H.** (2016, November). Internet use and psychological well-being among older adults and their spouses in the United States: A Longitudinal Dyadic Analysis. *Poster presented at the 78<sup>th</sup> Annual Conference of the National Council on Family Relations*. Minneapolis, MN, United States.

- Burr, J. A., **Han, S. H.**, Tavares, J. L., & Mutchler, J. E. (2016, April). Helping others, cardiovascular disease and mortality among middle-aged and older adults: The role of gender. *Paper presented at the Population Association of America 2016 Annual Meeting*. Washington D.C., United States.
- Han, S. H.**, Tavares, J. L., Evans, M., Saczynski, J., & Burr, J. A. (2015, November). Social engagement, cardiovascular disease, and mortality: Evidence from the Health and Retirement Study. *Poster presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Orlando, FL, United States.
- Han, S. H.**, Xu, P., & Kim, B. (2015, November). Productive activities and depression among Chinese and Korean older adults: Cross-national Comparison. *Poster presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Orlando, FL, United States.
- Lee, H. J., & **Han, S. H.** (2015, November). Transition to widowhood, marital relationships, and changes in depressive symptoms among older Americans. *Poster presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Orlando, FL, United States.
- Lee, H. J., & **Han, S. H.** (2015, November). Well-being in widowhood: Does pre-loss marital quality make a difference? *Paper presented at the 77<sup>th</sup> Annual Conference of the National Council on Family Relations*. Vancouver, British Columbia, Canada.
- Burr, J. A., **Han, S. H.**, & Tavares, J. L. (2014, November). Volunteering and cardiovascular disease risk: Does helping others get “under the skin?” *Poster presented at the 67<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. Washington D.C., United States.
- Han, S. H.**, & Jun, H. J. (2013, November) Paid work, volunteering, and mental health among young-olds from non-low-income and low-income households in South Korea. *Poster presented at the 66<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America*. New Orleans, LA, United States.
- Han, S. H.** (2012, July) Influence of volunteering on the trajectories of well-being in the later years of life. *Paper presented at International Conference on Geographies of Children, Young People, and Families*. Singapore.

### **Invited Presentation**

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- Wang, H., **Han, S. H.**, Kim, K., & Burr, J. A. (Invited; 2018, November). Implications of adult children’s successes and problems for aging parents’ well-being: A comparison of one-child families and multiple-children families in China. *Paper to be presented at the workshop “Aging Families in a Changing China: Social, Demographic, and Policy Considerations.”* Syracuse, NY, United States.

### **Additional Professional Training**

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- 2020      **MIDUS Gene Expression Workshop** (June 9–10; Instructor, Steve Cole, PhD): University of Wisconsin Madison. Wisconsin, Madison.
- 2019      **Write Winning Grant Proposals, Grant Writers’ Seminar & Workshops** (September 24): University of Texas at Austin.
- 2019      **Russel Sage Foundation Summer Institute on Biological Approaches in the Social Sciences** (July 10–14; Directed by Greg Miller, PhD, Thom McDade, PhD, & Emma Adam, PhD): Institute for Policy Research and School of Education and Social Policy, Northwestern University.
- 2018      **RAND Summer Institute** (July 9–12)  
The Mini-Medical School for Social Scientists (July 9–10); Demography, Economics, Psychology, and Epidemiology of Aging conference (July 11–12, 2018): Center for the Study of Aging, RAND Corporation.
- 2018      **Genomics for Social Scientists Summer Workshop** (June 18–22)  
Institute of Social Research. University of Michigan. Ann Arbor, Michigan

- 2017 **Longitudinal Data Analysis Using SEM** (June 22–23; Instructor: Paul Allison, PhD): Statistical Horizons. Boston, Massachusetts
- 2017 **Causal Inference/Estimating Treatment Effects Using Stata** (June 12–14; Instructor: David Drukker, PhD): ICPSR Summer Program in Quantitative Methods of Social Research. Ann Arbor, Michigan

## Grant Experience

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- Submitted **“Volunteering and Cognitive Functioning in Later Life: The Roles of Genetic Risks for Alzheimer's Disease and the Oxytocin Receptor Gene Polymorphism (R21 AG070887-01, 2020–2022)”**  
 Agency: National Institute of Aging (R21)  
 Direct costs: \$250,000  
 Not discussed

## Competitive Fellowships, Awards, and Honors

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- 2020 **MIDUS Gene Expression Workshop**, University of Wisconsin Madison (*Cancelled*)
- 2019 **Russel Sage Foundation Summer Institute**, Northwestern University; Travel grant
- 2018 **RAND Summer Institute**, Rand Corporation; Travel grant
- 2018 **Genomics for Social Scientists Summer Workshop**, University of Michigan; Travel grant
- 2018 **ABD to Career DOSS Grant**, UMass Boston
- 2016 **1<sup>st</sup> Place, Student Paper Competition**, Massachusetts Gerontology Association Annual Conference
- 2016 **Gerontology Scholarship Award**, UMass Boston.
- 2015 **Winner, Student/Postdoc International Research Project Competition**, UMass Boston
- 2014 **Sigma Phi Omega National Gerontology Honor Society**, UMass Gamma Upsilon Chapter

## Other Research Experience

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- 2013–2018 **Graduate Research Assistant** (Jeffrey A. Burr)
- 2017–2018 **Massachusetts Healthy Aging Collaborative**, funded and supported by Tufts Health Plan Foundation, Massachusetts Councils on Aging (PI: Elizabeth Dugan);  
 Role: Data management and analysis; report production
- 2018– **Aging Together: Relationship Dynamics between the Very Old and Their Old Children** (R21 AG054668, 2017–2019; PI: Kathrin Boerner; Agency: National Institute on Aging);  
 Role: Data management

## Teaching Experience

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- 2020– **Instructor**, University of Texas at Austin  
 2020, Spring, HDF 380K.2 “*Foundational Statistics*”  
 2020, Fall, HDF 305 “*Health and Development Across the Lifespan*”
- 2015–2018 **Graduate Teaching Assistant**, University of Massachusetts Boston  
 2016–18, Geron727 “*Research Practicum in Gerontology*” (Jeffrey A. Burr)  
 2015, Geron726 “*Current National Databases in Gerontological Policy Research*”

(Maximilliane E. Szinovacz)

## **Professional Activities & Memberships**

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### **Editorial Board**

*Research on Aging* (2019– )

### **Managing Editor**

*Research on Aging* (2018–2019)

### **Ad Hoc Manuscript Reviewer**

*Journal of Gerontology: Social Sciences*  
*Journal of Gerontology: Psychological Sciences*  
*The Gerontologist*  
*Research on Aging*  
*Journal of Applied Gerontology*  
*Journal of Aging and Social Policy*  
*Psychoneuroendocrinology*  
*American Journal of Preventive Medicine*  
*Journal of Health and Social Behavior*  
*Innovation in Aging*  
*Journal of Women & Aging*  
*Journal of Geriatric Psychiatry and Neurology*

### **Professional Memberships**

Gerontological Society of America (GSA; 2013 -)  
Population Association of America (PAA; 2014 -)

## **Department, School, and University Services**

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2020 Member, Faculty Search Committee, Department of Human Development and Family Sciences  
2019 Judge, Symposium for Undergraduate Research Exploration  
College of Natural Sciences, University of Texas at Austin  
2019 Reviewer, VPR Research & Creative Grants  
Office of the Vice President for Research, University of Texas at Austin

## **Other Work Experience**

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2008–2011 Hyundai E&C, Seoul, Korea  
Junior designer at planning department;  
Management of planning/designing apartments and community centers for children and older residents