

## **Hye Won Chai**

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### **EDUCATION**

**Dual-title Ph.D. in Human Development and Family Studies & Demography,**  
The Pennsylvania State University (2014 - 2020)  
*Areas of Concentration:* Individual Development, Family Studies, Demography  
*Advisor:* David M. Almeida, Ph.D.

**M.A., Child and Family Studies** (Major: Family Studies),  
Yonsei University, South Korea, August 2013  
*Thesis:* The Effects of Social Network Indicators on Life Satisfaction: A Comparison between  
the Middle-Aged, the Young-Old and the Old-Old  
*Thesis Advisor:* Hey Jung Jun, Ph.D.

**B.A., Political Science and International Studies; B.S., Child and Family Studies**  
Yonsei University, South Korea, February 2011

### **RESEARCH AREAS OF INTEREST**

Demography of aging and families, Intergenerational relationships, Cardiovascular health-related consequences of family and social relationships in later life, Aging and health

### **AWARDS & FUNDING**

Research Assistantship in Demography, Fall 2016, Spring 2018, Spring 2020

Oneness Mission Club Honors Scholarship,  
Oneness Mission Club, August/December 2016 & August 2012

Professional Development Endowment,

College of Health and Human Development, Pennsylvania State University, February 2016

Korean Honor Scholarship,  
The United States Embassy of the Republic of Korea, September 2015

Britton Distinguished Graduate Fellowship,  
College of Health and Human Development, Pennsylvania State University, September 2014  
– August 2015

College of Human Ecology Graduate School Honor Scholarship,  
College of Human Ecology, Yonsei University, South Korea, September 2011

## RESEARCH EXPERIENCE

Postdoctoral Fellow, Population Research Center, The University of Texas at Austin, August  
2020 – Present  
(PI: Debra Umberson)

Research Assistant, Midlife in the United States (MIDUS) National Experiences of Daily  
Experiences (NSDE), January 2017 – August 2020  
(PI: David Almeida)

Research Assistant in Demography Program, The Pennsylvania State University, August -  
December 2016 (Advisor: David Eggebeen)

Research Assistant, Department of Human Development and Family Studies, The  
Pennsylvania State University, August 2014 – 2020 (Advisor: David Eggebeen, David Almeida)

Assistant Researcher, *Human Life Research Center*, Yonsei University, Seoul, South Korea,  
February 2013 - July 2014

Research Assistant, *Family Studies & Gerontology Research Lab*, Yonsei University, Seoul,  
South Korea, August 2011 - August 2013

## PUBLICATIONS

### Peer-Reviewed Journal Publications

Lee, S., Joo, S., **Chai, H.**, & Jun, H. (*In press*). Patterns of multimorbidity trajectories and their  
correlates among Korean older adults. *Age and Aging*.

Charles, S., Mogle, J., **Chai, H.**, & Almeida, D. M., (*In press*). The mixed benefits of a stressor-  
free life. *Emotion*.

**Chai, H.**, Ayanian, J. Z., & Almeida, D. M. (2020). Non-spousal family support, marital status, and heart problems in adulthood. *Psychology and Health*.  
<https://doi.org/10.1080/08870446.2020.1809660>

**Chai, H.**, Zarit, S. H., & Fingerman, K. L. (2020). Revisiting intergenerational contact and relationship quality in later life: Parental characteristics matter. *Research on Aging*, 42(5-6), 139-149. <https://doi.org/10.1177/0164027519899576>

Joo, S., **Chai, H.\***, Jun, H., & Almeida, D. M. (2020). Daily stressors facilitate giving and receiving of emotional support in adulthood. *Stress and Health*, 36(3), 330-337.  
<https://doi.org/10.1002/smi.2927>

\* Corresponding author

**Chai, H.** & Jun, H. (2017). The relationship between ties with adult children and life satisfaction among the middle-aged, the young-old, and the oldest-old Korean adults. *The International Journal of Aging and Human Development*, 85(4), 354-376.

Joo, S., Jun, H., & **Chai, H.** (2013). A longitudinal interaction between Korean elderly couples on marital satisfaction. *Family and Culture*, 25(4), p.91-119. [In Korean]

### **Manuscripts Under Review**

**Chai, H.**, Jester, D. J., Lee, S., Joo, S., Umberson, D. J. & Almeida, D. M. (under review). Sleeping it off: Does Sleep Quality Moderate the Association Between Family Bereavement and Heart Rate Variability?

### **Manuscripts in Preparation**

**Chai, H.**, Joo, S., Sprague, B. N., Verdery, A. M., Linden-Carmichael, A., & Almeida, D. M. (in preparation). Physical Activity and Grip Strength across Adulthood: Using a Time-Varying Effects Modeling.

Joo, S., **Chai, H.**, Kong, J., & Almeida, D. M. (in preparation). The effects of early parental loss on grip strength among Korean men and women in middle and later life.

### **Project Reports**

Jun, H., Joo, S., **Chai, H.**, Lee, E., & Hwang, J. (2014). Electronic Device Use of Korean Youth, *Daejun Office of Education*

Jun, H., Kim, E., Min, S., Min, S., Park, E., Shin, H., Jung, I., & **Chai, H.** (2012). Genetic and Environmental Factors affecting Aggressive and Problematic Behaviors of Children, *Samsung*

*Welfare Foundation*

Jun, H., Cho, G., Park, M., Kim, S., Han, S., & **Chai, H.** (2011). Future Prospects on the Changes of Korean Family Structure in the Era of Low Fertility and the Aging, *Korean Institute for Health and Social Affairs*

**PRESENTATIONS****Paper Presentations**

**Chai, H.**, Joo, S., Lee, S., & Almeida, D. M. (2020, November). *Daily emotional well-being and cardiometabolic syndrome in adulthood: The role of sleep deficiency*. Paper presented at the 71<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA.

Joo, S., Lee, S., **Chai, H.**, Jun, H., & Almeida, D. M. (2020, November). *When stress gets on your nerves: Associations among stress severity, sleep, and headache in daily life*. Paper presented at the 71<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA.

Lee, S., Joo, S., **Chai, H.**, Jun, H., & Almeida, D. M. (2020, November). *The relationship between experiences of daily events and sleep duration in adulthood*. Paper presented at the 71<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA.

**Chai, H.** & Almeida, D. M. (2019, May). *“I have a hole in my heart”: Loss, daily experiences, and cardiovascular health outcomes*. Paper presented at the annual MIDUS Meeting, Madison, WI.

Almeida, D. M., **Chai, H.**, Joo, S., Sin, N., & Charles, S. T. (2018, November). *Living a stressor-free daily life: Prevalence and psychosocial correlates*. Paper presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Joo, S., **Chai, H.**, Jun, H., & Almeida, D. M. (2018, November). *Daily stress facilitates engagement in emotional support exchange throughout adulthood*. Paper presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Joo, S., **Chai, H.**, Kong, J., & Almeida, D. M. (2018, November). *The effects of early paternal loss on grip strength among Korean men and women in middle and later life*. Paper presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

**Chai, H.**, Joo, S., & Almeida, D. M. (2018, May). *Playing with Time: Examining Relationships and Health using MIDUS*. Paper presented at the annual MIDUS Meeting, Madison, WI.

**Chai, H.**, Joo, S., & Almeida, D. M. (2018, March). *Lagged associations between daily physical symptoms and stress in later life*. Paper presented at the 76<sup>th</sup> Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.

**Chai, H.**, Joo, S., & Almeida, D. M. (2017, November). *Ties with children and life satisfaction among Korean retirees: How parental education level matters*. Paper presented at the Research Network on Education, Family, and Inequality in Korea Conference, Philadelphia, PA.

**Chai, H.** & Zarit, S. (2016, November). *Contact and relationship quality between middle-aged adult children and aging parents: The role of parental needs*. Paper presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Joo, S., Jung, H., & **Chai, H.** (2016, November). *Cross-sectional and longitudinal associations between marital satisfaction and life satisfaction among Korean elderly couples*. Paper presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Kim, J. & **Chai, H.** (2016, July). *Intergenerational transmission of educational homogamy in Korea*. Paper presented at the 6<sup>th</sup> Annual Symposium on Korea Inequality Research, Seoul, Korea.

**Chai, H.** & Eggebeen, D. (2016, May). *Longitudinal change in parent-child relationship satisfaction among Korean retirees*. Paper presented at the Pennsylvania State University Mini-Conference on Multivariate/Longitudinal Methods, University Park, PA.

Jun, H., Wassel, J. I., Cho, K., & **Chai, H.** (2012, November). *The effects of childhood social conditions on mental and physical health of South Korean older adults*. Paper presented at the 65<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

**Chai, H.**, Jun, H., & Joo, S. (2012, July). *Trajectories of emotion regulation across early adolescence and its effect on externalizing and internalizing problems*. Paper presented at the 3rd International Conference on Geographies of Children, Young People and Families, National University of Singapore, Singapore.

Joo, S., Jun, H., & **Chai, H.** (2012, July). *Parental monitoring, self-control, and aggression prevent deviant behaviour during adolescence: A Korean longitudinal study*. Paper presented at the 3rd International Conference on Geographies of Children, Young People and Families, National University of Singapore, Singapore.

### Poster Presentations

Lee, S., Joo, S., Lee, K., **Chai, H.**, Jun, H., & Almeida, D. M. (2020, November). *The stress-buffering effect of daily physical activity on negative and positive affect*. Poster presented at the 71<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, PA.

**Chai, H.**, Joo, S., & Almeida, D. M. (2020, April). *The associations among familial bereavement, cardiovascular health, and demographic characteristics of the bereaved*. Poster presented at the 2020 Annual Meeting of the Population Association of America, Washington, DC. [Conference canceled]

**Chai, H.**, Jester, D. J., Lee, S., Joo, S., & Almeida, D. M. (2019, November). *Bereavement*,

*sleep, and heart rate variability: Gender differences.* Poster presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.

Joo, S., **Chai, H.**, & Jun, H. (2019, November). *Mediating effect of grip strength trajectory on the association between exercise and weakness: A dyadic approach.* Poster presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.

Lee, S., Jun, H., Joo, S., & **Chai, H.** (2019, November). *Identifying the trajectories of multimorbidity and their correlates among Korean older adults.* Poster presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Austin, TX.

**Chai, H.**, Joo, S., Verdery, A. M., & Almeida, D. M. (2019, April). *Life course trajectories of grip strength by gender, marital status, and time use: An examination using Time-Varying Effect Models.* Poster presented at the 2019 Annual Meeting of the Population Association of America, Austin, TX.

Kang, J., **Chai, H.**, Sliwinski, M. J., & Almeida, D. M. (2018, November). *Family support moderates the 10-year association between heart rate recovery and cognitive function.* Poster presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Lee, S., Jun, H., Joo, S., **Chai, H.**, Sin, N. L., & Almeida, D. M. (2018, November). *The interplay between daily positive events and daily stress severity on inflammation in adulthood.* Poster presented at the 69<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

**Chai, H.** & Almeida, D. M. (2018, April). *Family support decreases the risk of diagnosis of a heart problem across adulthood.* Poster presented at the 2018 Annual Meeting of the Population Association of America, Denver, CO.

**Chai, H.** & Joo, S. (2017, July). *Ties with adult children and parent-child relationship satisfaction among Korean retirees: Using a panel model.* Poster presented at the IAGG 2017 World Congress of Gerontology and Geriatrics, San Francisco, CA.

**Chai, H.** & Eggebeen, D. (2017, April). *The association between couple relationship quality and parent-child relationship quality among middle-aged Baby Boomers: The moderating effect of union type.* Poster presented at the 2017 Annual Meeting of the Population Association of America, Chicago, IL.

**Chai, H.**, Jun, H., & Eggebeen, D. (2016, April). *The relationship between ties with adult children and life satisfaction among the middle-aged, young-old, and the oldest-old Korean Adults.* Poster presented at the 2016 Annual Meeting of the Population Association of America, Washington, D.C.

Lee, S., Jun, H., Joo, S., & **Chai, H.** (2015, November). *The effect of income satisfaction on marital satisfaction among Korean middle-aged married couples: The mediating roles of coping behaviors.* Poster presented at the 67<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

**Chai, H.**, & Eggebeen, D. (2015, November). *Cohabitation among middle aged baby boomers and exchanges of support with adult children and aging parents*. Poster presented at the 67<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

**Chai, H.**, Jun, H., & Joo, S. (2014, November). *Exploring the determinants of post-retirement parent-adult child contact*. Poster presented at the 2014 Annual Conference of the National Council on Family Relations, Baltimore, MD.

Joo, S., Jun, H., & **Chai, H.** (2014, November). *Does retirement reinforce the family satisfaction which existed before retirement?* Poster presented at the 2014 Annual Conference of the National Council on Family Relations, Baltimore, MD.

**Chai, H.**, Jun, H., & Joo, S. (2014, November). *Exposure versus cumulative effect of social participation during post-retirement adjustment stages*. Poster presented at the 66<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Joo, S., Jun, H., & **Chai, H.** (2014, November). *Pre-retirement family relationships and post-retirement adaptation: Their trajectories and linkages*. Poster presented at the 66<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

Joo, S., Jun, H., & **Chai, H.** (2013, November). *Exploring predictors for cognitive function using Korean national longitudinal data: From the mid aged to the late elderly*. Poster presented at the 65<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

**Chai, H.**, Jun, H., & Joo, S. (2013, April). *A longitudinal study on the role of successful aging in life satisfaction of Korean Elders: Comparing young-old, middle-old, and the oldest-old*. Poster presented at the 34<sup>th</sup> Annual Scientific Meeting of the Southern Gerontological Society, Charlotte, NC.

Joo, S., Jun, H., **Chai, H.**, Kim, M. Y., & Wassel, J. I. (2013, April). Cohort differences in successful aging: Physical health. Poster presented at the 34<sup>th</sup> Annual Scientific Meeting of the Southern Gerontological Society, Charlotte, NC.

Jun, H., Kim, E., Min, S., Min, S., Park, E., Shin, H., Jung, I., & **Chai, H.** (2012, June). *The interaction effect of family environment factors and SLC6A4 gene on the externalizing behavioral problems of preschool children*. Poster presented at the Spring Conference of the Korean Association of Family Relations, Ewha Womens University, Seoul, South Korea.

## TEACHING EXPERIENCES

### Teaching

- Fall 2019 HDFS 249N, Adult Development and Aging
  - A class of 48 students

## **Teaching Assistant**

- Spring 2019 HDFS 249N, Adult Development and Aging
- Fall 2017 HDFS 312W, Empirical Inquiry  
(responsible for leading a lab of 20 students and grading writing assignments)
- Spring 2017 HDFS 312W, Empirical Inquiry
- Spring 2017 HDFS 490, Introduction to Internship Experience
- Fall 2016 HDFS 490, Introduction to Internship Experience
- Spring 2016 HDFS 455, Development and Administration of Human Services Organizations

## **PROFESSIONAL DEVELOPMENT AND TRAINING**

Teaching in HDFS, 1 credit HDFS course on teaching (Fall 2017, Instructor: Sherry Corneal)

Online Teaching Certificate, The Pennsylvania State University (May, 2017)

Workshop on using Mixture Model for Person-Centered Approach for Developmental Research, Korea Institute of Child Care and Education, Seoul, South Korea (December 22, 2015)

## **STATISTICAL SKILLS**

Statistical Programs: *SPSS, R, MPLUS, SAS, STATA*

Statistical Methods: longitudinal analysis, multilevel modeling, structural equation modeling, event history analysis, panel models, latent class analysis, time-varying effects model (TVEM)

## **AFFILIATIONS & SERVICE**

### **Affiliations**

Gerontological Society of America, Emerging Scholar and Professional Organization (ESPO)



The Population Association of America

## **Editorial Experiences**

### Reviewer

- International Journal of Aging and Human Development
- Asian Population Studies
- The Journals of Gerontology: Social Sciences
- Mentored review for Psychoneuroendocrinology
- Psychology and Health

## **Service**

(September, 2017 – May, 2018) Diversity Committee Chair to the Department of Human Development and Family Studies Steering Committee

(September, 2016 – May, 2017) Community Service Chair to the Department of Human Development and Family Studies Steering Committee

(September, 2015 – May 2016) Department Representative to the Graduate and Professional Student Association

## **OTHER EXPERIENCES**

Intern, *Media for Humanity*, New York (June, 2009 – August, 2009)

- Assisted research on child abuse in American families
- Community reach out (volunteering and fundraising) for disadvantaged neighborhood and teen-aged mothers

Intern, *Official Development Assistance (ODA) Watch*, Seoul, South Korea (February, 2011 – August, 2011)

- Assisted implementing a summer education program on “Community-Led Development Assistance”

Committee Chair, *Yonsei-Good Neighbors Youth Global Leadership Camp Organizing Committee*, Good Neighbors & Yonsei Leadership Center, Yonsei University, Korea (March, 2010 – December, 2010)

- In charge of developing education materials and programs for the *Youth Global Leadership Camp*
- In charge of running education programs at the *Youth Global Leadership Camp* for high school students

## REFERENCES

**David Almeida**, Ph.D., Professor of Human Development and Family Studies  
Department of Human Development and Family Studies, Pennsylvania State University  
119 Health and Human Development Building, University Park, PA 16802  
E-mail: dma18@psu.edu

**David Eggebeen**, Ph.D., Professor Emeritus of Human Development and Sociology  
Department of Human Development and Family Studies, Pennsylvania State University  
119 Health and Human Development Building, University Park, PA 16802  
E-mail: e5x@psu.edu

**Steven Zarit**, Ph.D., Distinguished Professor Emeritus of Human Development and Family Studies  
Department of Human Development and Family Studies, Pennsylvania State University  
119 Health and Human Development Building, University Park, PA 16802  
E-mail: SZarit@psu.edu