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Division of Behavioral and Social Sciences and Education
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Motivation and Aging: Toward the Next Generation of Behavioral Interventions

Expert Meeting

June 18-19, 2012

Participant List

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Participant Biographies

John Cacioppo, Ph.D., is the Tiffany and Margaret Blake Distinguished Service Professor and Director of the Center for Cognitive and Social Neuroscience at the University of Chicago. Dr. Cacioppo earned his Ph.D. in Social Psychology from Ohio State University. He has written and/or coauthored 17 books and more than 400 chapters and articles. He is a member of the Society of Experimental Psychology; a past-president of the Association for Psychological Science; the Chair-Elect for the Psychology Section of the American Association for the Advancement of Science; the President of the Society for Social Neuroscience; a member of the Center for Scientific Review Advisory Council at the National Institutes of Health; and the recipient of various honors including the National Academy of Sciences Troland Research Award, the American Psychological Association Distinguished Scientific Contribution Award, the Society for Personality and Social Psychology Donald Campbell Award for Distinguished Scientific Contributions, the Society for Psychophysiological Research Award for Distinguished Scientific Contributions, and the Society for Personality and Social Psychology Theoretical Innovation Prize. Dr. Cacioppo's research concerns the behavioral and biological effects of social isolation, with an emphasis on underlying mechanisms.

Laura L. Carstensen, Ph.D., is Professor of Psychology and the Fairleigh S. Dickinson, Jr., Professor in Public Policy at Stanford University, where she is also founding director of the Stanford Center on Longevity. For more than twenty years her research has been supported by the National Institute on Aging; in 2005 she was honored with a MERIT award which extends this support another decade. Carstensen is best known for socioemotional selectivity theory, a life-span theory of motivation. Her most recent empirical research focuses on ways in which motivational changes influence cognitive processing and emotional experience. Carstensen is a fellow in a number of professional organizations including the American Psychological Society and the American Psychological Association. Her honors include Stanford University's Deans Award for Distinguished Teaching and the Richard Kalish Award for Innovative Research. In 2003, she was selected as a Guggenheim Fellow. Currently, she is a member of the MacArthur Foundation network on Aging Societies and the National Advisory Council on Aging. Carstensen received her B.S. from the University of Rochester and her Ph.D. in Clinical Psychology from West Virginia University.

Geoffrey Cohen, Ph.D., is the James March Chair of Organizational Studies in Education and Business and Professor of Psychology at Stanford University. Much of his research examines processes related to identity maintenance and their implications for social problems. One primary aim of his research is the development of theory-driven, rigorously tested intervention strategies that further our understanding of the processes underpinning social problems and that offer solutions to alleviate them. Two key questions lie at the core of his research: "Given that a problem exists, what are its underlying processes?" And, "Once identified, how can these processes be overcome?" One reason for this interest in intervention is his belief that a useful way to understand psychological processes and social systems is to try to change them. He also is interested in how and when seemingly brief interventions, attuned to underlying

psychological processes, produce large and long-lasting psychological and behavioral change. The methods that his lab uses include laboratory experiments, longitudinal studies, content analyses, and randomized field experiments. One specific area of research addresses the effects of group identity on achievement, with a focus on under-performance and racial and gender achievement gaps. Additional research programs address hiring discrimination, the psychology of closed-mindedness and inter-group conflict, and psychological processes underlying anti-social and health-risk behavior. Cohen received his Ph.D. in Psychology from Stanford University.

Carol S. Dweck, Ph.D., is a leading researcher in the field of motivation and is the Lewis and Virginia Eaton Professor of Psychology at Stanford. Her research focuses on why students succeed and how to foster their success. More specifically, her work has demonstrated the role of mindsets in academic success and has shown how praise for intelligence can undermine students' motivation and learning. Dr. Dweck has won the Distinguished Scientific Contribution award from the American Psychological Association, and has been elected to the American Academy of Arts and Sciences and to the National Academy of Sciences. Her book *Mindset* (published by Random House) has been widely acclaimed and has been translated into 20 languages. Dweck received her Ph.D. in Psychology from Yale University.

Jacquelynne S. Eccles, Ph.D., is the McKeachie/Pintrich Distinguished University Professor of Psychology and Education at the University of Michigan, as well as a Senior Research Scientist at the Institute for Social Research at the University of Michigan. She is Director of the Gender and Achievement Research Program at ISR and editor of *Developmental Psychology*. Over the past 30 years, Prof. Eccles has conducted research on a wide variety of topics including gender-role socialization, teacher expectancies, classroom influences on student motivation, and social development in the family and school context. In the 90s, Prof. Eccles served as Chair of the Advisory Committee for the Social, Behavioral and Economic Directorate at the National Science Foundation, and Chair of the MacArthur Foundation Research Network on Successful Pathways through Middle Childhood. She was Associate Editor of the journal *Child Development* and editor of the *Journal for Research on Adolescence*. She is past president of the Society for Research on Adolescence (SRA) and Division 35 of APA, and has served on the faculty at Smith College, the University of Colorado, and the University of Michigan. Her work has been honored by several awards including the Kurt Lewin Memorial Award for "outstanding contributions to the development and integration of psychological research and social action" from the Society for the Psychological Study of Social Issues and life time achievement awards from SRA, Division 15 of the American Psychological Association, the American Psychological Society, the Society for the Study of Human Development, and the Self Society. Eccles received her Ph.D. in Developmental Psychology from University of California, Los Angeles. She has received honorary degrees from the Catholic University of Louvain, Belgium and the University of Laval in Quebec City, Canada. Finally, she is a member of the National Academy of Education and is a World Scholar at the University of London.

David Laibson, Ph.D., is the Robert I. Goldman Professor of Economics at Harvard University. Laibson is also a member of the National Bureau of Economic Research, where he is Research Associate in the Asset Pricing, Economic Fluctuations, and Aging Working Groups. Laibson serves on several editorial boards, as well as the boards of the Health and Retirement Survey and the Pension Research Council. He is a recipient of a Marshall Scholarship and grants from the National Science Foundation, the MacArthur Foundation, the National Institute on Aging, the Sloan Foundation, the Social Security Administration, and the Financial Industry Regulatory Authority (FINRA). Laibson is a Fellow of the American Academy of Arts and Sciences and the Econometric Society. He is a recipient of the TIAA-CREF Paul A. Samuelson Award for Outstanding Scholarly Writing on Lifelong Financial Security. Laibson holds a degree from Harvard University (BA in Economics), the London School of Economics (MSc in

Econometrics and Mathematical Economics), and the Massachusetts Institute in Technology (PhD in Economics).

Margie E. Lachman, Ph.D., is the Minnie and Harold Fierman Professor of Psychology and Director of the Lifespan Developmental Psychology Lab at Brandeis University. She was editor of the *Journal of Gerontology: Psychological Sciences* (2000-2003), and has edited two volumes on midlife development. She is a fellow of the American Psychological Association, Division 20 and the Gerontological Society of America. Lachman's research is in the area of lifespan development with a focus on midlife and later life. With funding from NIA, her current work focuses on psychosocial and behavioral factors that can protect against, minimize, or compensate for declines in cognition and health. She is conducting studies to examine long-term predictors of psychological and physical health, laboratory-based experiments to identify psychological and physiological processes involved in aging-related changes, and intervention studies to enhance performance and promote adaptive functioning. Lachman was a member of the MacArthur Foundation Research Network on Successful Midlife Development and is currently collaborating on the longitudinal follow-up of the original MacArthur midlife sample (MIDUS). She has developed and tested interventions to enhance memory and physical activity, and one of the programs for increasing control over fall prevention won the Archstone Award for Excellence in Program Innovation from the American Public Health Association. Lachman has presented her research on the *NBC Today Show*, the *CBS Evening News*, and *CBS Sunday Morning*. In 2003, she received the Distinguished Research Achievement Award from the American Psychological Association, Division on Adult Development and Aging.

Carl W. Lejuez, Ph.D., is a Professor and Director of Clinical Training in the Clinical Psychology Program at the University of Maryland. He is the Director of the Center for Addictions, Personality, and Emotion Research (CAPER) which focuses on applying basic psychopathology findings from laboratory studies towards the development of novel assessment and treatment strategies in a range of clinical settings. Spanning the domains of addiction, personality pathology, and mood disorders, he is most interested in the common processes across these conditions. He is the Editor of the American Psychological Association Journal *Personality Disorders: Theory, Research, and Treatment*, and he serves on the editorial board of *Psychology of Addictive Behaviors*, *Experimental and Clinical Psychopharmacology*, *Clinical Psychology Review*, and the *Journal of Anxiety Disorders*. His work has been funded continuously by the National Institutes of Health (NIH) since 2003, primarily by the National Institute on Drug Abuse (NIDA). Dr. Lejuez is strongly committed to developing collaborative partnerships with community-based clinical settings and working to modify and disseminate empirically supported treatments to fit with the culture and practical realities of these settings. Specifically, he has utilized the Brief Behavioral Activation Treatment for Depression he developed with Derek Hopko (in line with other well established activation treatments for Lewinsohn and Jacobson among others) to address common pathological processes across disorders through a focus on targeted engagement in valued action. He has applied this approach in a range of clinical settings including depressed cancer survivors, adolescents and adults in residential drug treatment, college students with problem drinking patterns, and torture victims in Iraq.

Lynn M. Martire, Ph.D., is Associate Professor of Human Development & Family Studies at Penn State University. Dr. Martire's research focuses on understanding how family relationships affect, and are affected by, the health of individuals coping with our most deadly and disabling chronic illnesses. This work includes the development of behavioral interventions that are designed to: 1) benefit both patient and family member, and 2) yield findings that inform theory. Dr. Martire has been involved in the development and evaluation of family-oriented interventions for late-life knee arthritis, spinal cord injury, depression, and dementia. Her current observational research is aimed at identifying ways in which the spouse/intimate partner either positively or negatively influences health behaviors such as exercise and diet. In one project, electronic daily diaries and accelerometers are used to examine bidirectional associations between marital/spouse functioning and arthritis patients' mood, physical activity, and symptom severity. Dr. Martire's current intervention work is focused on the development of a couple-oriented behavioral intervention for multiple chronic conditions. Her research program has been

supported by the National Institute on Aging; National Heart, Lung, and Blood Institute; and the National Institute of Mental Health.

Lis Nielsen, Ph.D., is Chief of the Individual Behavioral Processes (IBP) Branch in the Division of Behavioral and Social Research (BSR) at the National Institute on Aging (NIA), National Institutes of Health (NIH). This branch develops research programs in the areas of health and behavior, cognitive and emotional functioning, technology and human factors, and integrative approaches to the study of social, psychological, genetic and physiological influences on health and well-being over the life course. Within the IBP Branch, Nielsen manages a portfolio of research in *Psychological Development and Integrative Science* that applies an integrative approach to the study of psychological aging and life course development, encompassing multidisciplinary research on the biological, social, and psychological determinants of social and emotional function, well-being and health. Since coming to NIA in 2005, Nielsen has developed new research initiatives in Neuroeconomics of Aging, Social Neuroscience of Aging, and Subjective Well-being at NIA, as well as trans-NIH initiatives for the NIH Basic Behavioral and Social Science Opportunity Network (OppNet) and the Science of Behavior Change (SOBC). Nielsen has a BA in Philosophy from Rhodes College, MA in Psychology (cand. Psych.) from the University of Copenhagen, and a PhD in Cognitive Psychology and Cognitive Science from the University of Arizona. She held an NIA-funded NRSA Post-Doctoral Fellowship in Psychology of Aging at Stanford University. Her scientific interests and research extend to the study of emotional function in aging, including age differences and age-related changes in the conscious experience of emotion, its physiological and neural correlates, and its functional role in guiding behavior.

David Reiss, M.D., graduated from Harvard College and Harvard Medical School, both *summa cum laude*. He completed a residency in psychiatry at the Massachusetts Mental Health Center and psychoanalytic training at the Washington Psychoanalytic Institute. He was clinical associate, section chief and acting Branch Chief in the Intramural Research Program of NIMH and then the Vivian Gill Distinguished Research Professor at the George Washington University School of Medicine becoming *emeritus* in 2007 when he retired after 35 years of service. He was appointed Clinical Professor of Child Psychiatry at Yale in 2008. His research on the interplay of family and genetic processes on human development has been continuously funded by NIH for 44 years. He is the recipient of numerous awards including an NIH MERIT award and the Adolf Meyer Award from the American Psychiatric Association and was editor-in-chief of *Psychiatry: Interpersonal and Biological Processes* for 14 years. He was also the principal in a landmark lawsuit, *Reiss et al vs Finch* (a cabinet member in the Nixon administration) securing the right of Federal employees to engage in political protest. Dr. Reiss's research has been recognized by an NIH MERIT Award, as well as major research awards from the National Council on Family Relationships, the American Psychiatric Association, and the Society for Prevention Research. He is a board certified psychiatrist and a psychoanalyst whose clinical experience ranges from emergency room interventions to family therapy to long term psychotherapy. Dr. Reiss serves as a consultant to BSR/NIA on lifespan studies, the integration of genetics and social and behavioral models, research on individual differences in personality and motivation and their relation to healthy aging, and on a project linking extremely adverse fetal and childhood environments to unfavorable trajectories of physical and mental health in aging.

Richard Suzman, Ph.D., is the Director of the Division of Behavioral and Social Research (BSR) at the National Institute on Aging (NIA), National Institutes of Health (NIH). BSR is organized into two branches – Individual Behavioral Processes and Population and Social Processes.

Dr. Suzman played a major role in developing the demography and economics of aging at NIA, and he has fostered interdisciplinary fields such as biodemography, behavioral economics, neuroeconomics, and social neuroscience. He built the research infrastructure for the study of population aging, including the Demography Centers (the winner of the 2008 Heidelberg Gold Medal). He also conceived and developed the Health and Retirement Study that has spawned over 30 comparable studies worldwide. Many of these

surveys pioneered the inclusion of cognitive and physiological measures of health as well as improved measures of economic wealth. He was instrumental in building the federal statistical system regarding aging. He is also recognized for the earliest efforts portraying the 85-plus population – the oldest old. He has a leadership position in three recent centrally-funded NIH-wide initiatives – the Science of Behavior Change, Behavioral Economics related to Comparative Effectiveness, and Health Economics.

Prior to his 1998 appointment to lead NIA's program of Behavioral and Social Research, Dr. Suzman was Chief of BSR's Demography and Population Epidemiology Branch and Director of the Office of the Demography of Aging. He helped found the Federal Forum on Aging-Related Statistics, a coordinating organization composed of over 35 Federal agencies. He transferred from the University of the Witwatersrand in Johannesburg to Harvard University, from which he obtained his undergraduate and graduate degrees. At Oxford University he received a Diploma of Social Anthropology. He was a Post Doctoral Fellow and Research Associate at Stanford University, where he also served briefly on the faculty. Prior to joining NIH he was a member of the UCSF Psychiatry Department. Dr. Suzman has edited several volumes, including *The Oldest Old* (Oxford University Press) and *Forecasting the Health of Elderly Populations* (Springer Verlag), and he has contributed chapters to textbooks including the *Oxford Textbook on Geriatric Medicine*, and *Harrison's Principles of Internal Medicine*. He was honored with a Presidential Rank Award and he also received the Population Association of America's biennial Robert J. Lapham Award for distinguished contributions to population research, application of demographic knowledge to improve the human condition, and service to the population-research profession.

Robert J. Waldinger, M.D., is Associate Professor of Psychiatry at Harvard Medical School and Director of the Laboratory of Adult Development at Massachusetts General Hospital in Boston. Dr. Waldinger received his undergraduate degree from Harvard College and his M.D. from Harvard Medical School. His research focuses on lifetime predictors of the quality of aging, studying 2 groups of men recruited as teenagers from Harvard College and from Boston inner city neighborhoods, and who have been part of the Study of Adult Development for 71 years. Currently the Study focuses on the social neuroscience of aging, including connections between late life relationship functioning and emotional and physical wellbeing. Plans are underway to study the 'baby boomer' children of these original participants, examining mechanisms linking childhood adversity with midlife metabolic dysregulation and health decline. Dr. Waldinger is a practicing psychiatrist, and he teaches psychiatry residents and medical students at Harvard Medical School. He is the author of numerous scientific papers as well as two books: *Psychiatry for Medical Students* (American Psychiatric Press, 1984, 1991, 1997), and *Effective Psychotherapy with Borderline Patients: Case Studies* (Macmillan, 1987). In addition to his research and teaching, he is in private practice in Newton, Massachusetts.

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Barbara Wanchisen received a B.A. in English and Philosophy from Bloomsburg University in Pennsylvania, an M.A. in English from Villanova University, and her Ph.D. in experimental psychology from Temple University. She is a long-standing member of the Psychonomic Society, the Association for Behavior Analysis, and the American Psychological Association. In January 2004, she became a Fellow of Division 25 (Behavior Analysis) of the American Psychological Association. She has served on the editorial boards of the *Journal of the Experimental Analysis of Behavior* and *The Behavior Analyst* while also serving as a guest reviewer of a number of other journals. From November 2001 until April 2008, Wanchisen was the executive director of the Federation of Behavioral, Psychological, & Cognitive Sciences in Washington, DC. In 2004, she was instrumental in the founding of the Federation's Foundation for the Advancement of Behavioral and Brain Sciences, a non-profit organization that assumed the educational mission of the Federation. Previously, Wanchisen was Professor in the Department of Psychology and Director of the college-wide Honors Program at Baldwin-Wallace College, near Cleveland, Ohio.

Melissa K. Welch-Ross, Ph.D., Deputy Board Director

Melissa Welch-Ross is deputy director of the Board on Behavioral, Cognitive, and Sensory Sciences (BBCSS) and the Board on Human Systems Integration (BOHSI). Previously, she served three years as senior program officer at the National Research Council, where she directed the study that produced the 2012 report *Improving Adult Literacy Instruction: Options for Practice and Research*. Prior to joining the National Academies, she served three years as a special expert in research and policy analysis at the U.S. Department of Health and Human Services in the Office of the Assistant Secretary for Planning and Evaluation, Division of Children and Youth Policy. She earlier launched and directed the Early Learning and School Readiness Research Program for the National Institute of Child Health and Human Development at the National Institutes of Health (NIH). She has held faculty appointments at George Mason University and Georgia State University, where she conducted longitudinal research on early memory development with funding from the NIH and published other experiments on social cognition and memory. In 2000, she was an Executive Branch Science Policy Fellow sponsored by the American Association for the Advancement of Science and Society for Research in Child Development. She has served terms as consulting editor for the flagship journals *Child Development* (2002-2007) and *Developmental Psychology* (1999-2004), and was lead editor of the 2007 Handbook on Communicating and Disseminating Behavioral Science. Welch-Ross received a Ph.D. in developmental psychology from the University of Florida.

Tina Winters, Associate Program Officer

Tina Winters returned to the Academies in 2011 to work with the Board on Behavioral, Cognitive, and Sensory Sciences and the Board on Human Systems Integration. Prior to rejoining the Academies, she worked on an initiative to disseminate information on innovative health care practices and a medical registry on islet cell transplantation. In her previous tenure at the Academies, she worked with the Committee on Social Science Evidence for Use and has supported numerous studies, including *Scientific Research in Education, Knowing What Students Know: The Science and Design of Educational Assessment, and the National Science Education Standards*.