

**Curriculum Vitae**  
Kira S. Birditt

**Office**

Aging & Biopsychosocial Innovations  
Institute for Social Research  
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**Date:** 6/07/2019**Education**

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- 2002      Ph.D., Human Development and Family Studies, Pennsylvania State University, State College, PA.  
Dissertation: Age and gender differences in reactions to interpersonal tensions: The daily experience of arguments and the avoidance of arguments. Chair: Karen Fingerma, Ph.D.
- 1998      M.S., Psychology, Western Washington University, Bellingham, WA.  
Thesis: Gender differences in indirect aggression: Self-report vs. behavior. Chair: Deborah Forgays, Ph.D.
- 1996      B.A., Psychology (magna cum laude), Western Washington University, Bellingham, WA.

**Honors**

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- 2013      Elected Fellow  
Gerontological Society of America
- 2009      Early Career Award  
Society for the Study of Human Development
- 2008-2013      K99/R00 Pathways to Independence Award  
National Institute on Aging
- 2001-2002      Albert and Lorraine Kligman Fellow  
Kligman Graduate Fellowship Endowment  
The Pennsylvania State University
- 1998-2001      Predoctoral Fellow  
National Institute on Aging Interdisciplinary Training Grant in Gerontology  
The Pennsylvania State University

**Professional Experience**

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- 2019- present      Director, Aging & Biospsychosocial Innovations Program  
Institute for Social Research, University of Michigan

- 2014- present Research Associate Professor, Survey Research Center  
Institute for Social Research, University of Michigan
- 2008- 2014 Research Assistant Professor, Life Course Development Program  
Institute for Social Research, University of Michigan
- 2004-2008 Elizabeth Douvan Research Fellow, Life Course Development Program  
Institute for Social Research, University of Michigan
- 2002-2004 NIA Postdoctoral Research Fellow, School of Social Work  
National Institute on Aging Training in Social Research on Applied Issues of Aging  
University of Michigan
- 1998-2002 Research Assistant (Karen L. Fingerman), Pennsylvania State University
- 1995-1996 Research Assistant (Deborah Kirby Forgays), Western Washington University

### Research Support

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- Principal Investigator *Racial Disparities in Health: The Roles of Stress, Social Relations and the Cardiovascular System* (Kayvan Najarian, Multiple PI), R01 (AG054371), National Institute on Aging, 09/01/16 - 08/30/21, Total award: \$3,657,227
- Principal Investigator *Social Networks and Well-being in Late Life: An In Depth Examination of Daily Mechanisms, Subcontract* (Fingerman, PI), R01 (UTA15-001096), National Institute on Aging, 09/15/2015 - 05/31/2020, Total award: \$504,567
- Co-Investigator *Multimorbidity Patterns in Middle-Aged and Older Couples: Implications for Psychological Well-Being and Health Behaviors* (Polenick, PI), R03 (AG057838) 12/1/2017 to 11/30/2019.
- Co-Investigator *Attachment Behaviors in Parent Child Dyads Coping with Early Stage Alzheimer's Disease and Related Dementias* (Monin, PI), R01 (AG058565-01A1), 02/15/2019 – 11/30/2023.
- Mentor *Couples Managing Early-Stage Dementia: Mutual Influences on Daily Stress, Self-Care, and Well-Being* (Polenick, PI), K01 (AG059829). National Institute on Aging, 7/1/2018 to 6/30/2023. Total award: 642,600.
- Principal Investigator *Cardiovascular and Hemodynamic Reactivity to Stress: Validity and Reliability of New Wearable Device for Assessing Stress Reactivity*, UCSF Stress Network NIA (R24AG048024), Total award: \$9952
- Principal *Cardiovascular Reactivity to Stress: Testing of a New Device for Assessing*

- Investigator *Vascular Resistance*, Collaborations on Applications of Cooperative Research in the Social Sciences, Office for the Vice President of Research, University of Michigan. Total award: \$49,751
- Co-Investigator *Humility and Forgiveness: The Role of Social Relations among Three Ethnic Groups*, (Antonucci, PI), John Templeton Foundation. 01/01/2015-12/31/2016. Total award: \$749,976
- Co-Investigator *Social Relations, Aging and Health: Competing Theories and Emerging Complexities* (Antonucci, PI), R01 (AG045423), National Institute on Aging. 08/01/2013- 07/31/18, Total award: \$3,861,155
- Principal Investigator *Family Exchanges Study II Subcontract* (Fingerman, PI), R01(AG027769), National Institute on Aging, 9/1/2011 – 8/31/16. Total award: \$2,476,004
- Principal Investigator *Early Years of Marriage Study: Tracking Project*, Office for the Vice President of Research, University of Michigan, 06/07/13- 06/30/14. Total award: \$9,317
- Principal Investigator *Promoting Well Being Across Adulthood: The Role of Conflict Avoidance*, K99/ROO (AG029879), National Institute on Aging, 8/15/08 – 7/31/13. Total award: \$940,424
- Principal Investigator *Early Years of Marriage Project, Spring/Summer Research Grants Program* Rackham Graduate School, University of Michigan, 05/01/11 – 08/30/11. Total award: \$6000
- Principal Investigator *The Psychology of Intergenerational Transfer Subcontract* (Fingerman, PI), R01 (AG027769), National Institute on Aging, 9/1/06 – 8/31/11. Total award: \$1,532,990
- Co-Investigator *Social Relations, Age, and Health* (Antonucci, PI), R01 (AG030569), National Institute on Aging, 04/01/2008 - 2/28/2011. Total award: \$623,200
- Co-Investigator *Social Relations and Mental Health: Competing Renewal*, (Antonucci, PI), R01 (MH066876). National Institute of Mental Health, 8/1/06 – 7/31/09. Total award: \$156,000

### Journal Articles

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\* undergraduate student, \*\* graduate student, \*\*\* post doctoral student

Huo, M., Fuentecilla, J. L., **Birditt, K. S.**, & Fingerman, K. L. (in press). Does empathy have a cost?: Older adults and social partners experiencing problems. *The Gerontologist*. Advance online publication. doi:10.1093/geront/gnz065

Huo, M., Fuentecilla, J. L., **Birditt, K. S.**, & Fingerman, K. L. (in press). Empathy and close social ties in late life. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. Advance online publication. doi:10.1093/geronb/gbz044

- Huo, M., Fuentecilla, J. L., **Birditt, K. S.**, & Fingerman, K. L. (in press). Older adults' empathy and daily support exchanges. *Journal of Social and Personal Relationships*. Advance online publication. <https://doi.org/10.1177%2F0265407519837372>
- Polenick C. A., Cotton B.P., Bryson W.C., & **Birditt K.S.** (in press). Loneliness and illicit opioid use among methadone maintenance treatment patients. *Substance Use and Misuse*.
- Birditt, K. S.**, Polenick, C. A., & Antonucci, T. C. (2019). Drinking together: implications of drinking partners for negative marital quality. *Journal of Studies on Alcohol and Drugs*, 80(2), 167-176. <https://doi.org/10.15288/jsad.2019.80.167>
- Birditt, K. S., Polenick, C. A.\*, Van Bolt, O.\* Kim, K., Zarit, S. H., & Fingerman, K. L. (2019). Conflict strategies in the parent-adult child tie: Generation differences and implications for well-being. *The Journals of Gerontology, Series B: Psychological Sciences*, 74(2), 232–241. doi:10.1093/geronb/gbx057 PMID: PMC6327660
- Huo, M., Graham, J. L., Kim, K., **Birditt, K. S.**, & Fingerman, K. L. (2019). Aging parents' daily support exchanges with adult children experiencing problems. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 74, 449–459. doi:10.1093/geronb/gbx079
- Kim, Y.,\* Kim, K., Boerner, K., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2019). Recent parental death and relationships between midlife adults and their own children. *Journal of Marriage and Family*, 81, 616–630. doi:10.1111/jomf.12549
- Manalel, J. A.\*\* , **Birditt, K. S.**, Orbuch, T. L., & Antonucci, T. C. (2019). Beyond destructive conflict: Implications of marital tension for marital well-being. *Journal of Family Psychology*. Advance online publication. doi: 10.1037/fam0000512
- Antonucci, T. C., Ajrouch, K. J., Webster, N. J., & **Birditt, K. S.** (2018). Social networks and forgiveness: The role of trust and efficacy. *Research in Human Development*, 15(1), 3-20. <https://doi.org/10.1080/15427609.2017.1415093>
- Birditt, K. S.**, Manalel, J. A., Sommers, H., Luong, G., & Fingerman, K. L. (2018). Better off alone: Daily solitude is associated with lower negative affect in more conflictual social networks. *The Gerontologist*. Advance online publication. <https://doi.org/10.1093/geront/gny060>
- Birditt, K.S.**, Sherman, C.W., Polenick, C.\*\*\*, Becker, L.\*, Webster, N., Ajrouch, K. & Antonucci, T. C. (2018). So close and yet so irritating: Negative relations and implications for well-being across adulthood. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. <https://doi.org/10.1093/geronb/gby038>
- Hartnett, C. S., Fingerman, K. L., & **Birditt, K. S.** (2018). Without the ties that bind: US young adults who lack active parental relationships. *Advances in Life Course Research*, 35, 103-113. <https://doi.org/10.1016/j.alcr.2018.01.004>
- Heid, A. R., Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2018). Relationship tensions and mood: Adult children's daily experience of aging parents' stubbornness. *Personal Relationships*, 25(1), 87-102. <https://doi.org/10.1111/perc.12229>

- Polenick, C. A.\*\*\*, Renn, B. N., & **Birditt, K. S.** (2018). Dyadic effects of depressive symptoms on medical morbidity in middle-aged and older couples. *Health Psychology, 37*(1), 28. <https://psycnet.apa.org/doi/10.1037/hea0000573>
- Polenick, C. A.\*\*\*, Sherman, C. W., **Birditt, K. S.**, Zarit, S. H., & Kales, H. C. (2018). Purpose in life among family care partners managing dementia: Links to caregiving gains. *The Gerontologist*. Advance online publication. <https://doi.org/10.1093/geront/gny063>
- Monin, J. K., Doyle, M., Van Ness, P. H., Schulz, R., Marottoli, R. A., **Birditt, K.**, ... & Kershaw, T. (2018). Longitudinal associations between cognitive functioning and depressive symptoms among older adult spouses in the Cardiovascular Health Study. *The American Journal of Geriatric Psychiatry, 26*(10), 1036-1046. <https://doi.org/10.1016/j.jagp.2018.06.010>
- Bangerter, L. R., Liu, Y., Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2017). Everyday support to aging parents: Links to middle-aged children's diurnal cortisol and daily mood. *The Gerontologist, 58*(4), 654-662. doi:10.1093/geront/gnw207
- Birditt, K. S.**, Wan, W.\*\*\*, Orbuch, T., & Antonucci, T. (2017). The development of marital tension: Implications for divorce among married couples. *Developmental Psychology, 53*(10), 1995-2006. <https://psycnet.apa.org/doi/10.1037/dev0000379>
- Birditt, K.S.**, Manalel, J.\*\*\*, Kyungmin, K., Zarit, S., & Fingerman, K. L. (2017). Daily interactions with aging parents and adult children: Associations with negative affect and diurnal cortisol. *Journal of Family Psychology, 31*(6), 699-709. doi:10.1037/fam0000317
- Birditt, K.S.**, Tighe, L.\*\*\*, Nevitt, M.\* & Zarit, S. (2017). Daily social interactions and the biological stress response: Are there age differences in links between social interactions and alpha-amylase. *The Gerontologist, 58*(6), 1114-1125. <https://doi.org/10.1093/geront/gnx168>
- Fingerman, K. L., Huo, M., Graham, J. L., Kim, K., & **Birditt, K. S.** (2017). A family affair: family typologies of problems and midlife well-being. *The Gerontologist, 58*(6), 1054-1064. <https://doi.org/10.1093/geront/gnx131>
- Fiori, K. L., Rauer, A. J., **Birditt, K. S.**, Brown, E., Jager, J., & Orbuch, T. L. (2017). Social network typologies of black and white married couples in midlife. *Journal of Marriage and Family, 79*(2), 571-589. doi:10.1111/jomf.12330
- Fiori, K. L., Rauer, A. J., **Birditt, K. S.**, Marini, C. M., Jager, J., Brown, E., & Orbuch, T. L. (2017). "I love you, not your friends" Links between partners' early disapproval of friends and divorce across 16 years. *Journal of Social and Personal Relationships, 35*(9), 1230-1250. doi:10.1177/0265407517707061
- Gürmen, M. S., Huff, S. C., Brown, E., Orbuch, T. L., & **Birditt, K. S.** (2017). Divorced yet still together: ongoing personal relationship and coparenting among divorced parents. *Journal of Divorce & Remarriage, 58*(8), 645-660. <https://doi.org/10.1080/10502556.2017.1355172>

- Huo, M., Graham, J. L., Kim, K., **Birditt, K. S.**, & Fingerman, K. L. (2017). Aging parents' daily support exchanges with adult children suffering problems. *The Journals of Gerontology: Series B*, 74(3), 449-459. <https://doi.org/10.1093/geronb/gbx079>
- Polenick, C. A. <sup>\*\*\*</sup>, **Birditt, K. S.**, & Zarit, S. H. (2017). Parental support of adult children and middle-aged couples' marital satisfaction. *The Gerontologist*, 58(4), 663-673. <https://doi.org/10.1093/geront/gnx021>
- Polenick, C. A. <sup>\*\*\*</sup>, Brooks, J. M., & **Birditt, K. S.** (2017). Own and partner pain intensity in older couples: longitudinal effects on depressive symptoms. *Pain*, 158(8), 1546-1553. doi:10.1097/j.pain.0000000000000949
- Polenick, C. A. <sup>\*\*\*</sup>, **Birditt, K. S.**, & Blow, F. C. (2017). Couples' alcohol use patterns in middle and later life: stability and influence across 16 years. *The American Journal of Geriatric Psychiatry*, 25(3), S88. <https://doi.org/10.1016/j.jagp.2017.01.128>
- Polenick, C. A. <sup>\*\*\*</sup>, Kales, H. C., & **Birditt, K. S.** (2017). Perceptions of purpose in life within spousal care dyads: associations with emotional and physical caregiving difficulties. *Annals of Behavioral Medicine*, 52(1), 77-87. <https://doi.org/10.1093/abm/kax005>
- Polenick, C. A. <sup>\*\*\*</sup>, Seidel, A. J., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2017). Filial obligation and marital satisfaction in middle-aged couples. *The Gerontologist*, 57(3), 417-428. doi:10.1093/geront/gnv138
- Wan, W. H. <sup>\*\*</sup>, Antonucci, T. C., **Birditt, K. S.**, & Smith, J. (2017). Work-hour trajectories and depressive symptoms among midlife and older married couples. *Work, Aging and Retirement*, 4(1), 108-122. <https://doi.org/10.1093/workar/wax028>
- Birditt, K. S.**, Cranford, J. A., Manalel, J. A. <sup>\*\*</sup>, & Antonucci, T. C. (2016). Drinking patterns among older couples: Longitudinal associations with negative marital quality. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 73(4), 655-665. doi:10.1093/geronb/gbw073
- Birditt, K. S.**, Kim, K., Zarit, S. H., Fingerman, K. L., & Loving, T. J. (2016). Daily interactions in the parent-adult child tie: Links between children's problems and parents' diurnal cortisol rhythms. *Psychoneuroendocrinology*, 63, 208-216. doi:10.1016/j.psyneuen.2015.09.027
- Birditt, K. S.**, Newton, N., Cranford, J., & Webster, N. (2016). Chronic stress and negative marital quality among older couples: Associations with waist circumference. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 74(2), 318-328. doi:10.1093/geronb/gbw112
- Fingerman, K. L., Huo, M., Kim, K., & **Birditt, K. S.** (2016). Coresident and noncoresident emerging adults' daily experiences with parents. *Emerging Adulthood*, 5(5), 337-350. doi:10.1177/2167696816676583
- Lee, J.E., Zarit, S. H., Rovine, M. J., **Birditt, K. S.**, Fingerman, K. L. (2016). The interdependence of relationships with adult children and spouses. *Family Relations*, 65(2), 342-353. doi:10.1111/fare.12188

- Polenick, C. A. <sup>\*\*\*</sup>, Fredman, S. J., **Birditt, K. S.**, & Zarit, S. H. (2016). Relationship quality with parents: Implications for own and partner well-being in middle-aged couples. *Family Process*, 57(1), 253-268. doi:10.1111/famp.12275
- Polenick, C. A., Zarit, S. H., **Birditt, K. S.**, Bangerter, L. R., Seidel, A. J., & Fingerman, K. L. (2016). Intergenerational support and marital satisfaction: Implications of beliefs about helping aging parents. *Journal of Marriage and Family*, 79(1), 131-146. doi:10.1111/jomf.12334
- Tighe, L. A. <sup>\*\*</sup>, **Birditt, K. S.**, & Antonucci, T. C. (2016). Intergenerational ambivalence in adolescence and early adulthood: Implications for depressive symptoms over time. *Developmental Psychology*, 52(5), 824-834. doi: 10.1037/a0040146
- Bangerter, L. R., Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2015). Perceptions of giving support and depressive symptoms in late life. *The Gerontologist*, 55(5), 770-779. doi:10.1093/geront/gnt210
- Birditt, K. S.**, Hartnett, C. S. <sup>\*\*\*</sup>, Fingerman, K. L., Zarit, S. H., & Antonucci, T. C. (2015). Extending the intergenerational stake hypothesis: Evidence of an intra-individual stake and implications for well-being. *Journal of Marriage and Family*, 77(4), 877-888. doi: 10.1111/jomf.12203
- Birditt, K. S.**, Nevitt, M. R. <sup>\*</sup>, & Almeida, D. M. (2015). Daily interpersonal coping strategies: Implications for self-reported well-being and cortisol. *Journal of Social and Personal Relationships*, 32(5), 687-706. doi:10.1177/0265407514542726
- Birditt, K. S.**, & Newton, N. <sup>\*\*\*</sup>, Cranford, J., & Ryan, L. (2015). Stress and negative relationship quality among older couples: Implications for blood pressure. *Journals of Gerontology: Psychological Sciences*, 71(5), 775-785. doi:10.1093/geronb/gbv023
- Fingerman, K. L., Kim, K., **Birditt, K. S.**, & Zarit, S. H. (2015). The ties that bind: Midlife parents' daily experiences with grown children. *Journal of Marriage and Family*, 78(2), 431-450. doi:10.1111/jomf.12273
- Fingerman, K. L., Kim, K., Davis, E. M., Furstenberg, F. F., **Birditt, K. S.**, & Zarit, S. H. (2015). "I'll give you the world": Socioeconomic differences in parental support of adult children. *Journal of Marriage and Family*, 77(4), 844-865. doi:10.1111/jomf.12204
- Fingerman, K. L., Kim, K., Tennant, P. S., **Birditt, K. S.**, & Zarit, S. H. (2015). Intergenerational support in a daily context. *The Gerontologist*, 56(5), 896-908. doi:10.1093/geront/gnv035
- Kim, K., Fingerman, K. L., **Birditt, K. S.**, & Zarit, S. H. (2015). Capturing between- and within-family differences in parental support to adult children: A typology approach. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 71(6), 1034-1045. doi:10.1093/geronb/gbv029
- Antonucci, T. C., Ajrouch, K. J., & **Birditt, K. S.** (2014). The convoy model: Explaining social relations from a multidisciplinary perspective. *The Gerontologist*, 54(1), 82-92. doi:10.1093/geront/gnt118

- Birditt, K. S.** (2014). Age differences in emotional reactions to daily negative social encounters. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 69(4), 557-566. doi:10.1093/geronb/gbt045
- Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2014). Discrepancy in reports of support exchanges between parents and adult offspring: Within-and between-family differences. *Journal of Family Psychology*, 28(2), 168-179. doi:10.1037/a0035735
- Sachs-Ericsson, N., Selby, E. A., Hames, J. L., Joiner, T. E., Fingerman, K. L., Zarit, S. H., **Birditt, K.S.** & Hilt, L. M. (2014). Transmission of parental neuroticism to offspring's depression: The mediating role of rumination. *Personality and Mental Health*, 8(4), 306-319. doi:10.1002/pmh.1268
- Cheng, Y. P., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2013). Young adults' provision of support to middle-aged parents. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 70(3), 406-416. doi:10.1093/geronb/gbt108
- Fingerman, K. L., Cheng, Y. P., Cichy, K. E., **Birditt, K. S.**, & Zarit, S. (2013). Help with "strings attached": Offspring perceptions that middle-aged parents offer conflicted support. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 68(6), 902-911. doi:10.1093/geronb/gbt032
- Hartnett, C. S.\*\*\*, Furstenberg, F. F., Fingerman, K. L., & **Birditt, K. S.** (2013). Parental support during young adulthood: Why does assistance decline with age? *Journal of Family Issues*, 34(7), 975-1007. doi:10.1177/0192513x12454657
- Jensen, A. C., Whiteman, S. D., Fingerman, K.L., & **Birditt, K. S.** (2013). "Life still isn't fair": Parental favoritism and magnitude of differential treatment between young adult siblings. *Journal of Marriage and the Family*, 75(2), 438-452. doi:10.1111/jomf.12002
- Kim, K., Eggebeen, D. J., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2013). Agreement between aging parent's bequest intention and middle-aged child's inheritance expectation. *The Gerontologist*, 53, 1020-1031. doi:10.1093/geront/gns147
- Birditt, K. S.**, & Antonucci, T. C. (2012). Till death do us part: Contexts and implications of marriage, divorce, and remarriage across adulthood. *Research in Human Development*, 9(2), 103-105. doi:10.1080/15427609.2012.680842
- Birditt, K. S.**, Antonucci, T. C., & Tighe, L.\* (2012). Enacted support during stressful life events in middle and older adulthood: An examination of the interpersonal context. *Psychology and Aging*, 27(3), 728-741. doi:10.1037/a0026967
- Birditt, K. S.**, Hope, S.\*\* , Brown, E., & Orbuch, T. (2012). Developmental trajectories of marital happiness over 16 years. *Research on Human Development*, 9(2), 126-144. doi:10.1080/15427609.2012.680844
- Birditt, K. S.**, Newton, N.\*\*\*, & Hope, S.\*\* (2012). Implications of marital/partner relationship quality and perceived stress for blood pressure among older adults. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 69(2), 188-198. doi:10.1093/geronb/gbs123



- Birditt, K. S.**, Tighe, L. A. \*, Fingerman, K. L., & Zarit, S. H. (2012). Intergenerational relationship quality across three generations. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 67(5), 627-638. doi:10.1093/geronb/gbs050
- Brown, E., **Birditt, K. S.**, Huff, S. C., & Edwards, L. E. (2012). Marital dissolution and psychological well-being: Race and gender differences in the moderating role of marital relationship quality. *Research on Human Development*, 9(2), 145-164. doi:10.1080/15427609.2012.681202
- Fingerman, K. L., Cheng, Y. P. \*, **Birditt, K. S.**, & Zarit, S. (2012). Only as happy as the least happy child: Multiple grown children's problems and successes and middle-aged parents' well-being. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 67(2), 184-193. doi:10.1093/geronb/gbr086
- Fingerman, K. L., Cheng, Y. P., Wesselman, E. D., Zarit, S., Furstenberg, F. F., & **Birditt, K. S.** (2012). Helicopter parents and landing pad kids: Intense parental support of grown children. *Journal of Marriage and Family*, 74(4), 880-896. doi:10.1111/j.1741-3737.2012.00987.x
- Fingerman, K. L., Sechrist, J., & **Birditt, K. S.** (2012). Changing views on intergenerational ties. *Gerontology*, 59(1), 64-70. doi:10.1159/000342211
- Lee, J. E., Zarit, S. H., Rovine, M. J., **Birditt, K.S.**, & Fingerman, K. L. (2012). Middle-aged couples' exchanges of support with aging parents: Patterns and association with marital satisfaction. *Gerontologist*, 58(1), 88-96. doi:10.1159/000324512
- Antonucci, T. C., **Birditt, K. S.**, Sherman, C. W., & Trinh, S. (2011). Stability and change in the intergenerational family: A convoy approach. *Ageing and Society*, 31(07), 1084-1106. doi:10.1017/S0144686X1000098X
- Birditt, K. S.**, Cichy, K., & Almeida, D. (2011). Age differences in exposure and reactivity to interpersonal tensions among black and white individuals across adulthood. *Race and Social Problems*, 3(3), 225-239. doi:10.1007/s12552-011-9058-y
- Fingerman, K. L., Pitzer, L. M., Chan, W., **Birditt, K. S.**, Franks, M. M., & Zarit, S. (2011). Who gets what and why? Help middle-aged adults provide to parents and grown children. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 66(1), 87-98. doi:10.1093/geronb/gbq009
- Fingerman, K. L., VanderDrift, L. E., Dotterer, A. M., **Birditt, K. S.**, & Zarit, S. H. (2011). Support to aging parents and grown children in Black and White families. *The Gerontologist*, 51(4), 441-452. doi:10.1093/geront/gnq114
- Kim, K., Zarit, S. H., Eggebeen, D. J., **Birditt, K. S.**, & Fingerman, K. L. (2011). Discrepancies in reports of support exchanges between aging parents and their middle-aged children. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 66(5), 527-537. doi:10.1093/geronb/gbr029

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## Chapters

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### Book review

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**Birditt, K. S.** (2017). Growing older together: Couple relationships and aging. *The Gerontologist*, 57(2), 381-382.

### Manuscripts in Preparation

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**Birditt, K.S.**, Polenick, C. A., Luong, G., Charles, S.T., & Fingerman, K. L. (revise and resubmit requested). *Daily interpersonal tensions and well-Being among older adults: Benefits of reappraisal and active coping*.

Fingerman, K. L., Huo, M., & **Birditt, K. S.** (under review). *The iphone, a recession, migration, same sex marriage and a decade in review of interrogational ties*.

**Birditt, K. S.** (in preparation). *Daily social interactions and heart rate: Potential clues regarding racial disparities in hypertension*.

**Birditt, K. S.**, Tighe, L. & Sastry, N. (in preparation). *I've got you under my skin: Implications of family conflict and support for children's cortisol rhythms*.

## Presentations

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- Polenick, C.A., **Birditt K.S.**, Turkelson A., Bugajski B., & Kales H.C. (2019, April). *Discordant chronic conditions among midlife and older couples: Links to depressive symptoms*. Poster presented at the Claude D. Pepper Older Americans Independence Centers (OAIC) Annual Meeting. Arlington, VA.
- Birditt, K.S.**, Antonucci, T. C., Gonzalez, R., & Najarian, K. (2018, November). *The stress and well-being in everyday life (SWEL) study: Opportunities, challenges and preliminary findings*. Symposium paper (Chairs: R. J. Thorpe and C. V. Hill, NIA health disparities research network: considering the influence of stress and resilience) presented at the Gerontological Society of America conference. Boston, MA.
- Birditt, K.S.**, Manalel, J. \*\*, Sommers H.\*, Luong, G., & Fingerman, K. (2018, November). *Better off alone: Daily solitude is associated with lower negative affect in more conflictual social networks*. Poster presented at the Gerontological Society of America conference. Boston, MA.
- Manalel, J. A.\*\*, **Birditt, K. S.**, & Antonucci, T. C. (2018, November). *Development of social networks from childhood to adulthood: Stability and change?* Paper presented at the Gerontological Society of America conference. Boston, MA.
- Polenick C.A., **Birditt K.S.**, Kales H.C. (2018, August). *Chronic health conditions, depressive symptoms, and functional disability in aging couples*. Poster presented at the 126th Annual Convention of the American Psychological Association. San Francisco, CA.
- Wang, H., Kim, K., Burr, J. A., Birditt, K., & Fingerman, K. L. (2018, November). *Daily worries about grown children and aging parents and sleep*. Poster presented at the 2018 Annual Scientific Meeting of Gerontological Society of America (GSA). Boston, MA.
- Graham, J. L., Huo, M., Birditt, K., Charles, S., & Fingerman, K. L. (2018, November). *Interpersonal tensions and pain among older adults: The mediating role of negative mood*. Poster presented at the 2018 Annual Scientific Meeting of Gerontological Society of America (GSA). Boston, MA.
- Huo, M., Graham, J. L., Zhang, S., Birditt, K. S. & Fingerman, K. L. (2018, September). *Does empathy have a cost?: Older adults and social partners having problems*. Poster presented at the Biannual Conference of the Developmental Methods. Whitefish, MT.
- Tighe, L. A., Birditt, K. S., & Fingerman, K. L. (2018, July). *Positive interactions with parents and cortisol among adult children: Benefits of living together and living apart*. Symposium paper presented at the annual meeting of the International Association for Relationship Research, Fort Collins, CO.
- Kim, Y., Kim, K., Boerner, K., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2017, November). *Effects of parent death on relationship quality with adult children*. Poster presented at the 79th Annual Conference of the National Council on Family Relations (NCFR). Orlando, FL.

- Seidel, A. J., Majeske, K., Polenick, C. A.<sup>\*\*\*</sup>, **Birditt, K. S.**, & Fingerman, K. L. (2017, November). *The influence of adult child support exchanges on the perspective of their parents' health*. Paper presented at the 79th Annual Conference of the National Council on Family Relations (NCFR). Orlando, FL.
- Bangerter, L. R., Liu, Y., Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2017, July). *Daily support to aging parents: Links to diurnal cortisol*. Symposium paper (Chair: L. R. Bangerter, Biological markers in family research) presented at the 21st International Association of Gerontology and Geriatrics (IAGG), World Congress of Gerontology and Geriatrics. San Francisco. CA.
- Birditt, K. S.**, Manalel, J. A.<sup>\*\*</sup>, Kim, K., Zarit, S. H., & Fingerman, K. L. (2017, July). *Daily interactions with aging parents and adult children: Implications for well-being and cortisol*. Symposium paper (Chair: L. R. Bangerter, Biological markers in family research) presented at the 21st International Association of Gerontology and Geriatrics (IAGG), World Congress of Gerontology and Geriatrics. San Francisco, CA.
- Fingerman, K. L., Huo, M., Kim, K., & **Birditt, K. S.** (2017, July). *Generational differences in perceptions of support exchanges*. Symposium paper (Chair: K. L. Fingerman, Multiple perspectives on family life) presented at the 21st International Association of Gerontology and Geriatrics (IAGG), World Congress of Gerontology and Geriatrics. San Francisco, CA.
- Graham, J. L., Kim, K., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2017, July). *Midlife adults' practical support to parents and grown children: Implications for physiological well-being*. Symposium paper (Chair: J. J. Sutor, Patterns and consequences of parent-adult child ties in diverse contexts) presented at the 21st International Association of Gerontology and Geriatrics (IAGG), World Congress of Gerontology and Geriatrics. San Francisco, CA.
- Polenick, C. A.<sup>\*\*\*</sup>, Brooks, J. M., & **Birditt, K. S.** (2017, July). *Longitudinal effects of own and partner pain intensity on depressive symptoms in aging couples*. Poster presented at the 21st IAGG World Congress of Gerontology and Geriatrics. San Francisco, CA.
- Polenick, C. A.<sup>\*\*\*</sup>, Renn, B. N., & **Birditt, K. S.** (2017, July). *Longitudinal effects of own and partner depressive symptoms on multimorbidity in aging couples*. Poster presented at the 21st IAGG World Congress of Gerontology and Geriatrics. San Francisco, CA.
- Polenick, C. A.<sup>\*\*\*</sup>, Brooks, J. M., & **Birditt, K. S.** (2017, June). *Longitudinal effects of own and partner pain intensity on depressive symptoms in aging couples*. Poster presented at the 25th annual Albert J. Silverman Research Conference; Department of Psychiatry, University of Michigan Health System. Ann Arbor, MI.
- Birditt, K. S.** & Polenick, C. A.<sup>\*\*\*</sup> (2017, May). *Alcohol consumption in the context of marriage: Implications for marital quality and health*. Invited paper presented in NIAAA symposium Alcohol Use and Older Adults at the American Psychiatric Association Annual Meeting. San Diego, CA.
- Hartnett, C. S., Fingerman, K. L., & **Birditt, K. S.** (2017, March). *Without the ties that bind: Young adults who lack active parental relationships*. Symposium paper presented at the 2017 Annual Population Association of America meeting. Chicago, IL
- Polenick, C. A.<sup>\*\*\*</sup>, **Birditt, K. S.**, & Blow, F. C. (2017, March). *Couples' alcohol use patterns in*

*middle and later life: Stability and influence across 16 years.* Poster presented at the Annual Meeting of the American Association of Geriatric Psychiatry. Dallas, TX.

- Polenick, C. A. <sup>\*\*\*</sup>, Kales, H. C., & **Birditt, K. S.** (2017, March). *Perceptions of purpose in life within spousal care dyads and caregiving difficulties.* Poster presented at the Annual Meeting of the American Association of Geriatric Psychiatry. Dallas, TX.
- Bangerter, L. R., Liu, Y., Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2016, November). *Health and disability in aging parents: Links to middle-aged children's diurnal cortisol and daily mood.* Symposium paper (Chairs: L. R. Bangerter & S. H. Zarit, Enduring ties: Perspectives on the relationships of middle-aged adults and their parents) presented at the 69th Annual Scientific Meeting of Gerontological Society of America (GSA). New Orleans, LA.
- Graham, J. L., Kim, K., **Birditt, K. S.**, Zarit, S. H. & Fingerman, K. L. (2016, November). *The experience of worry in parent-child relationships and daily physiological well-being.* Poster presented at the 69th Annual Scientific Meeting of Gerontological Society of America (GSA). New Orleans, LA.
- Hartnett, C., **Birditt, K.S.**, & Fingerman, K.L. (August, 2016). *Without the ties that bind: Estrangement between young adults and their parents.* Paper presented at the 111th Annual Meeting of the American Sociological Association of America. Seattle, WA.
- Birditt, K. S.**, Cranford, J., & Manalel, J. <sup>\*\*</sup> (July, 2016). *Dyadic patterns of alcohol consumption among older married couples: Implications for negative marital quality.* Paper presented at the Annual Meeting of the International Association for Relationship Research. Toronto, Canada.
- Fingerman, K. L., Kim, K., & **Birditt, K. S.** (May, 2016). *Parenting in the adult social world: Effects of grown children on well-being.* Invited symposium paper (Chairs: K. L. Fingerman, Adult Development in the Social World) presented at the 26th Annual Convention of the Association for Psychological Science. Chicago, IL.
- Hartnett, C., **Birditt, K.S.**, & Fingerman, K.L. (March, 2016). *Which young adults lack contact with parents?* Poster presented at the Annual Meeting of the Population Association of America. Washington DC.
- Birditt, K. S.**, Cranford, J., Manalel, J. <sup>\*\*</sup> & Wan, W. <sup>\*\*</sup> (January, 2016). *Alcohol consumption among older couples: Implications for negative marital quality.* Poster presented at the 17th Annual Meeting of the Society for Social and Personality Psychology (SPSP). San Diego, CA.
- Birditt, K.S.**, Kim, K., Zarit, S., Fingerman, K.L., & Loving, T. (November, 2015). *Daily interactions with adult children: Implications of children's problems for parents' cortisol.* Paper presented at the 68th Annual Scientific Meeting of Gerontological Society of America (GSA). Orlando, FL.
- Davis, E. M., Kim, K., **Birditt, K. S.**, & Fingerman, K. L. (November, 2015). *Marital quality, empty nest, and coresidence with grown children.* Poster presented at the 68th Annual Scientific Meeting of Gerontological Society of America (GSA). Orlando, FL.

- Polenick, C. A. <sup>\*\*\*</sup>, Seidel, A. J., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (November, 2015). *Filial obligation and marital satisfaction: Dyadic associations in middle-aged couples*. Poster presented at the 68th Annual Scientific Meeting of Gerontological Society of America (GSA). Orlando, FL.
- Birditt, K.S.**, Hartnett, C. <sup>\*\*\*</sup>, Fingerman, K., Zarit, S., & Antonucci, T. (2014, November). *Intergenerational relationship quality and well-being: An extension of the intergenerational stake*. Poster presented at the 67th Annual Scientific Meeting of Gerontological Society of America (GSA). Washington DC.
- Birditt, K.S.**, Newton, N., Ryan, L. (November, 2014). *Beneficial negativity? Negative marital quality and blood pressure among middle aged and older couples*. Poster Presented at the 67th Annual Scientific Meeting of Gerontological Society of America (GSA). Washington DC.
- Kim, K., Fingerman, K. L., Zarit, S. H., & **Birditt, K. S.** (2014, November). *Daily interactions of older parents with their adult children and implications for daily well-being*. Symposium paper (Chair: A. Heid, *New views on intergenerational support*) presented at the 67th Annual Scientific Meeting of Gerontological Society of America (GSA). Washington D.C.
- Lee, J. E., Zarit, S. H., Rovine, M. J., **Birditt, K. S.**, & Fingerman, K. L. (2014, November). *Interdependent lives of middle aged couples: Implications of exchanges of support with adult offspring*. Poster presented at the 67th Annual Scientific Meeting of Gerontological Society of America (GSA). Washington D.C.
- Birditt, K. S.**, Newton, N., & Ryan, L. (2014, May). *You're breaking my heart: Implications of negative marital quality for blood pressure*. Poster presented at the 26th annual meeting of the Association for Psychological Science. San Francisco, CA.
- Wan, W. H. <sup>\*\*</sup>, Antonucci, T. C., **Birditt, K. S.**, & Smith, J. (2014, May). *The spillover-crossover perspective of job stress and life satisfaction among older dual-earner couples*. Poster presented at the Work and Family Researchers Network Conference. New York, NY.
- Birditt, K. S.** (2013, November). *Implications of social networks and daily interactions for diurnal cortisol rhythms*. Symposium paper presented at 66th Annual Scientific Meeting of Gerontological Society of America (GSA). New Orleans, LA.
- Hartnett, C. S. <sup>\*\*\*</sup>, Fingerman, K. L., & **Birditt, K. S.** (2013, November). *Unraveling the ties that bind: Estrangement from parents in young adulthood*. Paper presented at the 66th Annual Scientific Meeting of Gerontological Society of America (GSA). New Orleans, LA.
- Jensen, A. C., Whiteman, S. D., Fingerman, K. L., & **Birditt, K. S.** (2013, November). *Correlates of parents' differential treatment across three generations*. Poster presented at the 75th Annual Conference of the National Council on Family Relations (NCFR). San Antonio, TX.
- Kim, K., Fingerman, K. L., Zarit, S. H., & **Birditt, K. S.** (2013, November). *Patterns of support exchanges between middle-aged adults and their aging parents*. Poster presented at the 66th Annual Scientific Meeting of Gerontological Society of America (GSA). New Orleans, LA.



- Kim, K., Fingerman, K. L., Zarit, S. H., & **Birditt, K. S.** (2013, November). *Within-family patterns of support given to and received from multiple adult children*. Paper presented at the 75th Annual Conference of the National Council on Family Relations (NCFR). San Antonio, TX.
- Wan, W. H. \*\*, Smith, J., & **Birditt, K. S.** (2013, November). *The importance of spousal work/life experiences on job stress among dual-working couples*. Symposium paper presented at the 66th Annual Scientific Meeting of Gerontological Society of America (GSA). New Orleans, LA.
- Wan, W. H. \*\*, Smith, J., & **Birditt, K. S.** (2013, November). *Work/life interaction on life satisfaction: A dyadic approach of examining dual-working couples*. Paper presented at the Biennial Meeting of the Society for the Study of Human Development. Fort Lauderdale, FL.
- Kim, K., Zarit, S. H., **Birditt, K. S.**, & Fingerman, K. L. (2013, June). *Why family members view intergenerational exchanges differently: Effects of generation, beliefs and quality of relationships*. Symposium paper (Chair: S. H. Zarit, Exchanges of support within families across the life span) presented at the 20th International Association of Gerontology and Geriatrics (IAGG), World Congress of Gerontology and Geriatrics. Seoul, Republic of Korea.
- Wan, W. H. \*\*, **Birditt, K. S.**, Antonucci, T. C., Orbuch, T. (2013, May). *Wives' and husbands' marital tension trajectories over 16 years*. Poster presented at the LIFE International PhD Program Spring Academy 2013. Ann Arbor, MI.
- Wan, W. H. \*\* & **Birditt, K. S.** (2013, January). *Trajectories of marital tension over 16 years*. Symposium paper presented at the Lifespan Social-Personality Preconference at the 14th Annual Meeting of The Society for Personality and Social Psychology. New Orleans, LA.
- Birditt, K. S.** (2012, November). *Negative side of positive interactions: Age differences in exposure and reactivity to positive daily interactions*. Symposium paper presented at the 65th Annual Scientific Meeting of Gerontological Society of America (GSA). San Diego, CA.
- Fiori, K., **Birditt, K.S.**, Brown, E., & Orbuch, T. (2012, November). *Social network typologies of Black and White married couples: Implications for positive and negative marital quality*. Symposium paper presented at the 65th Annual Scientific Meeting of Gerontological Society of America (GSA). San Diego, CA.
- Fiori, K., Brown, E., **Birditt, K. S.**, & Orbuch, T. (2012, November). *Race differences in interactions between spousal personality traits predicting marital well-Being 16 years later*. Symposium paper presented at the 65th Annual Scientific Meeting of Gerontological Society of America (GSA). San Diego, CA.
- Hartnett, C. \*\*\*, **Birditt, K. S.**, Fingerman, K., Zarit, S. (2012, November). *Intergenerational ambivalence: Is it distinct from negative relationship quality?*. Symposium paper presented at the annual meeting of the Gerontological Society of America. San Diego, CA.
- Wan, W. H. \*\*, **Birditt, K. S.**, & Antonucci, T. C. (2012, November). *Marital quality across time: The contexts of work, gender, and race*. Symposium paper presented at the 65th Annual Scientific Meeting of Gerontological Society of America (GSA). San Diego, CA.

- Wan, W. H. \*\*, Antonucci, T. C., & **Birditt, K. S.** (2012, July). *Effects of work on divorce: A longitudinal study over 16 years*. Symposium paper presented at the 22nd International Society for the Study of Behavioural Development Biennial Meeting. Edmonton, Canada.
- Birditt, K. S.** (2012, May). *Too much of a good thing? Daily positive interactions and well-being*. Paper presented at the 24th Annual Convention of the Association for Psychological Science (APS). Chicago, IL.
- Birditt, K. S.**, Hope, S. \*, Nevitt, M.\* (2012, January). *Age differences in daily interpersonal tensions: Implications for daily affect and cortisol*. Paper presented at the 13th Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.
- Wan, W.H. \*\*, **Birditt, K. S.**, & Antonucci, T. C. (2012, January). *Examining the associations between work characteristics and divorce over 16 years*. Poster presented at the Social-Personality Gerontology Preconference at the 13th Annual Meeting of Society of Personality and Social Psychology. San Diego, CA.
- Antonucci, T. C., Ajrouch, K., & **Birditt, K. S.** (2011, November). *Social relations and forgiveness*. Symposium paper presented at the 64th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Birditt, K. S.**, Hope, S. \*\*, Brown, E., & Orbuch, T. L. (2011, November). *Developmental trajectories of marital happiness and tension: Implications for depressive symptoms*. Symposium paper (Chair: **K. S. Birditt**, Till death do us part: Contexts and implications of marriage, divorce, and remarriage) presented at the 64th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Brown, E., & **Birditt, K. S.** (2011, November). *Marital dissolution and depressive symptoms: The moderating role of marital relationship quality*. Symposium paper (Chair: **K. S. Birditt**, Till death do us part: Contexts and implications of marriage, divorce, and remarriage) presented at the 64th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Chan, W., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2011, November). *The disenfranchised: Predictors of low levels of parental support among adult children*. Poster presented at the 64th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Cheng, Y., **Birditt, K. S.**, Zarit, S. H., Fingerman, K. L. (2011, November). *Do parents always fare better when receiving support: Parental health and support as moderators*. Poster presented at the 64th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Hope, S. \* & **Birditt, K. S.** (2011, November). *Relationship quality and health: An examination of possible behavioral and biological mechanisms*. Poster presented the 64th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Ajrouch, K.J., Sherman, C. W., **Birditt, K.S.**, Carter, R. & Antonucci, T.C. (2011, October). *Forgiveness, social relations, race and ethnicity: An exploratory study*. Symposium paper presented at the Biennial Conference of the Society for the Study of Human Development. Providence, RI.

- Birditt, K. S.** & Darany, A.\* (2011, October). *Rose colored glasses: Age differences in retrospective and daily reports of interpersonal tensions*. Symposium paper presented at the Biennial Conference of the Society for the Study of Human Development. Providence, RI.
- Cheng, Y.P., **Birditt, K. S.**, Zarit, S. H., & Fingerman, K. L. (2011, August). *Young adult offspring's support of middle-aged parents*. Symposium paper presented at the 119th Annual American Psychological Association Convention. Washington D. C.
- Birditt, K. S.**, Tighe, L.\* , & Sastry, N. (2011, May). "*I've got you under my skin*": *Implications of family conflict and support for children's cortisol rhythms*. Poster presented at the 23rd Annual Meeting of the Association for Psychological Science. Washington, DC.
- Birditt, K. S.**, Cichy, K., Wardjiman, E.\* , & Almeida, D. (2010, November). *Thorn in my side: Age and race differences in daily interpersonal tensions*. Symposium paper (Chair: **K. S. Birditt**, Racial differences and similarities in social relationships) presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.
- Chan, W., **Birditt, K.S.**, Zarit, S.H., & Fingerman, K.L. (2010, November). *Familial disenfranchisement: Middle-aged adults lack of support to offspring*. Poster presented at presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.
- Cheng, Y.P., Fingerman, K.L., **Birditt, K.S.**, & Zarit, S.H. (2010, November). *Young adult offspring's support of middle-aged parents*. Poster presented at presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.
- Fingerman, K. L., Vanderdrift, L. E., Dotterer, A., **Birditt, K. S.**, & Zarit, S. (2010, November). *Support of grown children and aging parents in Black and White families*. Symposium paper (Chair: **K. S. Birditt**, Racial differences and similarities in social relationships) presented at presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.
- Kim, K., Zarit, S.H., **Birditt, K.S.**, & Fingerman, K.L. (2010, November). *Giving and receiving the "right" help: Evaluations of aging parents and their middle-aged children on help given and received*. Poster presented at presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.
- Lee, J., Zarit, S.H., Rovine, M.J., **Birditt, K.S.**, & Fingerman, K. (2010, November). *Dimensions of the relationships between parents and their adult children: Implication for marital satisfaction*. Symposium paper (Chair: **K.S. Birditt**, Social relationship dynamics in aging related life conditions) presented at presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.
- Mingo, C. A., Lunsman, M., McIlvane, J. M., Brown, E., & **Birditt, K. S.** (2010, November). *An examination of daily stress and coping with arthritis among Black and White women*. Poster presented at presented the 63rd Annual Scientific Meeting of the Gerontological Society of America (GSA). New Orleans, LA.

- Birditt, K. S.**, Wardjiman, E. \*, & Almeida, D. (2010, August). *Bite your tongue or fight it out: Implications of conflict avoidance for daily well-being and cortisol*. Symposium paper presented at the 118th Annual Convention of the American Psychological Association. San Diego, CA.
- Fingerman, K. L., Cheng, Y. P., & **Birditt, K. S.** (2010, August). *Mixed blessings: Grown children's problems and successes and parental well-being*. Symposium paper (Chair: T. C. Antonucci, Social relationships and well-being) presented at the 118th Annual Convention American Psychological Association. San Diego, CA.
- Tighe, L. A. \*, **Birditt, K. S.**, & Antonucci, T. C. (2010, August). *Intergenerational ambivalence across the lifespan: A longitudinal study*. Poster presented at 118th Annual Convention of the American Psychological Association. San Diego, CA.
- Orbuch, T., **Birditt, K. S.**, Brown, E., & Marshall, V. (2010, July). *Marital conflict in early marriage and the implications for divorce among Black American and White American couples*. Paper presented at the Biennial Meeting of the International Association of Relationships Research. Herzlyia, Israel.
- Wardjiman, E. C. \*, **Birditt, K. S.**, & Almeida, D. (2010, May). *Daily interpersonal tensions and salivary cortisol: The role of personality traits*. Poster presented at the 22nd Annual Meeting of the Association for Psychological Science, Boston, MA.
- Fingerman, K. L., Cheng, Y., Vanderdrift, L., & **Birditt, K. S.** (2010, January). *Mixed blessings: Middle-aged parents' well-being and perceptions of how their grown children turned out*. Symposium paper (Chair: B. Campos, Taken for granted: the influence of family on social cognition, social behavior, and well-being) presented at 11th Annual Meeting of Society for Personality and Social Psychology. Las Vegas, NV.
- Birditt, K. S.**, Tighe, L. \*, & Fingerman, K. L. (2009, November). *It's a family affair: Ambivalence across three generations*. Symposium paper presented at the 62nd Annual Scientific Meeting of the Gerontological Society of America (GSA). Atlanta, GA.
- Birditt, K. S.**, Tighe, L. \*, & Antonucci, T. C. (2009, October). *Stormy weather: Social ties and support exchanged during stressful events*. Symposium paper presented at the Biennial Meeting of the Society for the Study of Human Development meeting. Ann Arbor, MI.
- Tighe, L. A. \*, **Birditt, K. S.**, & Fingerman, K. L. (2009, October). *The problem parent: Intergenerational transmission of problems across three generations*. Poster presented at the Biennial Meeting of the Society for the Student of Human Development. Ann Arbor, MI.
- Wardjiman, E. C. \*, **Birditt, K. S.**, & Almeida, D. (2009, October). *Daily interpersonal tensions and salivary cortisol: The role age and neuroticism*. Poster presented at the Biennial Meeting of the Society for the Study of Human Development. Ann Arbor, MI.
- Birditt, K. S.**, & Brown, E. (2009, July). *Keeping quiet or fighting it out: Marital conflict and well-being*. Symposium paper presented at the Annual Meeting of the International Association of Gerontology. Paris, France.

- Fingerman, K. L., Miller, L. M., Chan, W., Cheng, Y. P., **Birditt, K. S.**, & Zarit, S. (2009, May). *Giving to the generation below: Emotional reactions to helping family and well-being*. Symposium paper presented at the 21st Annual Meeting of the Association for Psychological Science. San Francisco, CA.
- Tighe, L. \*, **Birditt, K. S.**, & Antonucci, T. (2009, April). *It's a love/hate relationship: Adolescents' ambivalence towards their parents*. Poster presented at the Annual Meeting of the Society for Research on Child Development. Denver, CO.
- McIlvane, J. M., Lunsman, M., Mingo, C. A., **Birditt, K. S.**, & Brown, E. (2009, March). *African American and White women with daily stress and arthritis: Examining different contexts for coping*. Poster presented at the Annual Conference for the Association for Women in Psychology. Newport, RI.
- Birditt, K.S.**, Fingerman, K. L., & Zarit, S. (2009, January). *Loving the problem child: Parents' perceptions of adult children's problems, successes, and links with relationship quality*. Poster presented at the MacArthur Foundation: Intergenerational Issues in an Aging Society. Coral Gables, FL.
- Birditt, K. S.**, & Jacky, L. M. H. \*\* (2008, November). *Loving the problem child: Parental reports of ambivalence toward adult children*. Symposium paper presented at the 61st Annual Scientific Meeting of the Gerontological Society of America (GSA). National Harbor, MD.
- McIlvane, J. M., Lunsman, M., Mingo, C. A., & **Birditt, K.** (2008, November). *Daily stress and coping with arthritis: Effects of race and SES*. Symposium paper presented at the 61st Annual Scientific Meeting of the Gerontological Society of America (GSA). National Harbor, MD.
- Jackey, L. M. H. \*\*, **Birditt, K. S.**, & Antonucci, T. C. (2008, August). *Age and gender differences in longitudinal patterns of negativity*. Poster presented at the 116th Annual Meeting of the American Psychological Association. Boston, MA.
- Birditt, K. S.** (2008, July). *Avoidance in marriage: Dyadic perspectives and implications for well-being*. Symposium paper presented at the Biennial Meeting of the International Association of Relationships Research. Providence, RI.
- Birditt, K. S.**, Jackey, L. M. H. \*\*, Iglesias, H. F. \*\*, & Antonucci, T. C. (2007, November). *Older but not necessarily nicer: Longitudinal patterns of negativity in adulthood*. Symposium paper presented at the 60th Annual Scientific Meeting of the Gerontological Society of America (GSA). San Francisco, CA.
- Fingerman, K. L., Pitzer, L. M., Miller, L. M., & **Birditt, K. S.** (2007, November). *Parents' and offspring's perceptions of irritations*. Symposium paper presented at the 60th Annual Scientific Meeting of the Gerontological Society of America (GSA). San Francisco, CA.
- Miller, L. M., Seidel, A. J., Fingerman, K. L., Zarit, S. H., & **Birditt, K. S.** (2007, November). *Beliefs about helping grown offspring and parents*. Poster presented at the 60th Annual Scientific Meeting of the Gerontological Society of America (GSA). San Francisco, CA.

- Birditt, K. S.**, Miller, L. M. , Fingerman, K. L., & Lefkowitz, E. S. (2007, October). *Feeling conflicted: Interpersonal tensions and ambivalence in the parent adult-child relationship*. Symposium poster (Chair: **K.S. Birditt**, Crossing relationship boundaries: Social ties and stress across the lifespan) presented at the Society for the Study of Human Development. University Park, PA.
- Pitzer, L., Miller, L., Fingerman, K. L., **Birditt, K.**, & Mroczek, D. (2007, October). *Moderators of the association between relationship quality and well-being in the adult child and parent tie*. Poster presented at the Biennial Meeting of the Society for the Study of Human Development. University Park, PA.
- Antonucci, T. C., Fuller-Iglesias, H., & **Birditt, K. S.** (2007, August). *Are socially connected children happy in young adulthood?* Poster presented at the 115th Annual Meeting of the American Psychological Association. San Francisco, CA.
- Sellars, B., **Birditt, K. S.**, & Antonucci, T. C. (2007, April). *Social relations and health across nations and cultures*. Poster presented at the Society for Adult Development Meeting, Boston, MA.
- Birditt, K. S.**, Miller, L., Fingerman, K. L., & Lefkowitz, E. S. (2006, November). *If you only knew how irritating you are: Perceptions of tensions in the adult parent-child relationship*. Symposium paper (Chair: **K. S. Birditt**, “Sometimes love don’t feel like it should”: Irritations in close relations across the lifespan) presented at the 59th Annual Scientific Meeting of the Gerontological Society of America (GSA). Dallas, TX.
- Fiori, K. L., & **Birditt, K. S.** (2006, August). *Social integration and health: Understanding micro-level mechanisms in a lifespan context*. Paper presented at the 114th Annual Meeting of the American Psychological Association. New Orleans, LA.
- Antonucci, T. C., Akiyama, H., & **Birditt, K. S.** (2006, May). *Multigenerational relations of the older worker: Pathways to productivity*. In *Why workplace flexibility matters: A global perspective*. Poster presented at the Sloan International Conference. Chicago, IL.
- Skup, M. \*, **Birditt, K. S.**, & Antonucci, T. C. (2006, March). *The effect of negative interpersonal relationship on depressive symptoms: a comparison of pre-adolescents, adolescents, and young adults*. Poster presentation at the Society for Research on Adolescence conference. San Francisco, CA.
- Birditt, K. S.**, & Antonucci, T. C. (2005, November). *Deadly Irritations? Associations between interpersonal hassles and mortality*. Paper presented at the 58th Annual Scientific Meeting of the Gerontological Society of America (GSA). Orlando, FL.
- Skup, M. \*, **Birditt, K. S.**, & Antonucci, T. C. (2005, October). *The effect of negative interpersonal relationships on children’s depression: a cross-cultural comparison*. Poster presented at the Society for Human Development Conference. Asilomar, CA.
- Antonucci, T. C., **Birditt, K. S.**, & Fuller, H. (2005, August). *Do stressed mothers have unhappy children?* Paper presented at the 113th Annual Meeting of the American Psychological Association. Washington, D.C.

- Antonucci, T. C., & **Birditt, K. S.** (2005, April). *Social relationships and well-being among 8 to 12 year old Caucasian and African American children in the United States*. Paper presented at the Annual Meeting of the Society for Research on Child Development. Atlanta, GA.
- Birditt, K. S.**, & Akiyama, H. (2004, November). *Interpersonal stress across the lifespan: Implications of irritating relationships for psychological well-being*. Paper presented at the 57th Annual Scientific Meeting of the Gerontological Society of America (GSA). Washington, DC.
- Antonucci, T. C., & **Birditt, K. S.** (2004, August). *Lack of close social relationships and well-being across the lifespan*. Paper presented at the 112th Annual Meeting of the American Psychological Association. Honolulu, HI.
- Birditt, K. S.**, & Antonucci, T. C. (2003, November). *Social relationship profiles and well-being among married people*. Paper presented at the 56th Annual Scientific Meeting of the Gerontological Society of America (GSA). San Diego, CA.
- Antonucci, T. C., **Birditt, K. S.**, & Akiyama, H. (2003, September). *The effects of social relationships on health*. Paper presented at the Dynamic Processes of Aging Conference. Canberra, Australia.
- Birditt, K. S.**, Antonucci, T. C., & Akiyama, H. (2003, August). *An examination of the associations between socioeconomic status, relationships, and mortality*. Poster presented at the 111th Annual Meeting of the American Psychological Association. Toronto, Canada.
- Birditt, K. S.**, Fingerman, K. L., & Almeida, D. M. (2002, November). *Do we get better at picking our battles? Age differences in reactions to daily interpersonal tensions*. Poster presented at the 55th Annual Scientific Meeting of the Gerontological Society of America (GSA). Boston, MA.
- Hay, E. L., **Birditt, K. S.**, Cichy, K. E., & Fingerman, K. L. (2001, November). *The best of ties, the worst of ties: Age differences in close, problematic and ambivalent social ties*. Symposium paper (Chair: K. L. Fingerman, Complexities in socioemotional experiences across adulthood) presented at the 54th Annual Scientific Meeting of the Gerontological Society of America (GSA). Chicago, IL.
- Birditt, K. S.**, & Fingerman, K. L. (2001, August). *Age and gender differences in behavioral reactions to interpersonal problems*. Poster presented at the 109th Annual Meeting of the American Psychological Association. San Francisco, CA.
- Birditt, K. S.**, Fingerman, K. L., Kamp, C., & Lefkowitz, E. (2000, November). *When parents become peers: An assessment of filial maturity*. Poster presented at the 53rd Annual Scientific Meeting of the Gerontological Society of America (GSA). Washington D.C.
- Birditt, K. S.**, & Fingerman, K. L. (1999, November). *Age and gender differences in negative emotions in interpersonal relationships*. Poster presented at the 52nd Annual Scientific Meeting of the Gerontological Society of America (GSA). San Francisco, CA.
- Fingerman, K. L., & **Birditt, K. S.** (1999, November). *Age differences in the pool of living relatives and size of close and problematic social networks*. Paper presented at the 52nd Annual Scientific Meeting of the Gerontological Society of America (GSA). San Francisco, CA.

- Fingerman, K. L., Hay, E. L., Porfeli, E., Mayger, H., & **Birditt, K. S.** (1999, November). *Searching under the streetlight: Layperson's and researcher's conceptions of important social ties*. Symposium paper (Chair: K. L. Fingerman, Under researched topics in social support) presented at the 52nd Annual Scientific Meeting of the Gerontological Society of America (GSA). San Francisco, CA.
- Forgays, D. K., & **Birditt, K. S.** (1999, July). *Getting even: Is indirect aggression the preferred approach for women*. Presentation at the Stress and Anxiety Research Annual Conference. Krakow, Poland.
- Forgays, D. K., & **Birditt, K. S.** (1999, April). *The influence of gender and family context on parent-adolescent conflict*. Poster presented at the Society for Research on Child Development Meeting. Albuquerque, NM.
- Fingerman, K. L., Kleinbaum, S. M., & **Birditt, K. S.** (1998, November). *The downside of women's family relationships*. Symposium paper (Chair: V. H. Bedford, Women and emotions: Interdisciplinary perspectives) presented at the 51st Annual Scientific Meeting of the Gerontological Society of America meeting. Philadelphia, PA.
- Forgays, D. K., & **Birditt, K. S.** (1997, April). *What makes girls angry?* Poster presented at the Western Psychological Association Conference. Seattle, WA.

### Teaching Experience

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- 2003-present Mentor for Undergraduate Research Opportunity and Summer Research Institute interns  
University of Michigan
- 2007-2008 Adjunct Lecturer, Methods of Social Program Evaluation (SOCL 678)  
Department of Sociology, Anthropology, and Criminology  
Eastern Michigan University
- 1999 Graduate Assistant, Graduate Proseminar in Individual Development  
The Pennsylvania State University
- 1999 Teaching Assistant, Introduction to Human Development  
The Pennsylvania State University
- 1998 Teaching Assistant, Values and Ethics in Health and Human Development  
The Pennsylvania State University
- 1997-1998 Teaching Assistant, Experimental Psychology and Statistics II  
Western Washington University
- 1996-1997 Teaching Assistant, Experimental Psychology and Statistics I  
Western Washington University

### Editorial Experience

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#### Editorial Boards:

*Aging and Human Development*



*Gerontology, Behavioural Science Section*

**Edited Publications:**

Co-editor, *special issue of Research in Human Development*

**Ad Hoc Reviewer:**

*Aging and Human Development*

*Alcoholism: Clinical and Experimental Research*

*American Psychologist*

*Child Development*

*Communication Reports*

*Computers in Human Behavior*

*Current directions in Psychological Science*

*Developmental Psychology*

*Emotion*

*European Journal of Work and Organizational Psychology*

*Family process*

*Gerontologist*

*Gerontology*

*International Journal of Behavioral Development*

*International Perspectives in Psychology: Research, Practice, Consultation*

*International Psychogeriatrics*

*Journal of Aging and Human Development*

*Journal of Aging and Mental Health*

*JAMA: Psychiatry*

*Journal of Family Issues*

*Journal of Family Psychology*

*Journal of Happiness Studies*

*Journal of Health and Social Behavior*

*Journal of Marriage and the Family*

*Journal of Personal and Social Relationships*

*Journal of Social and Clinical Psychology*

*Journals of Gerontology: Psychological Sciences*

*Journals of Gerontology: Social Sciences*

*PLOS ONE*

*Psychology and Aging*

*Psychology of Women Quarterly*

*Psychoneuroendocrinology*

*Social Science and Medicine*

*Social Psychology Quarterly*

*Transportation Research: Psychology and Behaviour*

**Book Chapter Review:**

Fingerman, K. L., Berg, C., Smith, J., & Antonucci, T. C., (Eds.) (2011). *Handbook of life-span development*. New York: Springer Publishers.

**Grant Review:**

Graduate Women in Science Fellowship (May, 2019)

NIH Review: Prediction, Communication, and Intervention for Cancer Patients, Caregivers, and Communities ZRG1 RPHB-R (March, 2019)  
 NIH Social Personality and Interpersonal Processes Review Panel (June, 2018)  
 Research Grants Council (RGC) of Hong Kong (2018)  
 Swiss National Science Foundation, Croatian-Swiss Research Programme (2018)  
 Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Grant (2017)  
 Social Sciences and Humanities Research Council of Canada Major Collaborative Research Initiatives Program (2010, 2011)  
 NIH OppNet Self-Regulation Review panel (2011)  
 University of Michigan Injury Center 2011 Pilot Study Funding Competition  
 Michigan Center for Advancing Safe Transportation pilot grant applications (2010)

### **Service**

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SRC seminar series committee (Chair/2019 -2021)  
 SRO advisory committee (2019-2021)  
 Campbell, Herzog, Douvan, Awards committee (2019)  
 ISR Martin Luther King Event Planning committee (2018)  
 Director of Survey Research Operations search committee (2018)  
 SRC 3<sup>rd</sup> year review committee (2018)  
 Merit Raise Evaluation Committee (2017-2018, MREC)  
 Elizabeth Douvan Research Fellow Award Committee (2011 – 2018)  
 IRB-HSBS Advisory Committee 2015-2019  
 Survey Methodology Program Faculty Search Committee (2016, SSAC)  
 Faculty Promotion Committee for Research Associate Professor (2016, SSAC)  
 Senior Staff Advisory Committee, Survey Research Center (SSAC; 2014 – 2016)  
 FRF 2nd Year Review Committee 2014-15 (Chair/SSAC)  
 S.E.H. Research Assistant Professor Search 2015 (SSAC)  
 SRC Summer Internship Review Committee (2014)  
 ISR's Innovation in Social Research Fellowship (2009, 2010)  
 Reviewer for presentation and poster submissions for the International Society for the Study of Behavioral Development 2010 meeting.

### **Dissertation Committees**

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Jasmine Manalel, University of Michigan  
 Jamie Graham, University of Texas at Austin  
 Meng Huo, University of Texas at Austin  
 Yen Pi Cheng, University of Texas at Austin (also served on Masters Committee)  
 Wylie Wan, University of Michigan

### **Invited Lectures**

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*So Close but So Irritating: New findings regarding negative relationship quality.* Social/Personality brown bag. Psychology Department, Michigan State University, March 2019.

*Negative social relationships and health: The dark but not necessarily bad side of social relations.* Keynote address presented at the International Association for Relationship Research conference, July, 2018

*Cardiovascular health assessment in everyday life.* Presented in Technologies to Measure Behaviors and Health in Everyday Life Workshop. *University of Texas at Austin*, Invited Guest Lecture April, 2018.

*Negative social relationships and health: Current findings and new directions.* Center for Social Epidemiology and Population Health Seminar Series, School Public Health University of Michigan, Invited Guest Lecture February, 2018.

*How do relationships get under the skin: Incorporating new technology in data collection.* Survey Research Operations All Staff meeting, University of Michigan, Invited Guest Lecture June, 2017.

**Birditt, K. S. & Polenick, C. A. (2017, July).** *Alcohol consumption in the context of marriage: Implications for marital quality and health.* Invited paper presented in NIAAA symposium Alcohol Use and Older Adults at the American Psychiatric Association Annual Meeting, May 2017.

*Career pathways of research professors.* Developmental Psychology Proseminar, University of Michigan, Invited Guest Lecture, November, 2016.

*Negative social ties and health: An exploration of biological pathways.* Developmental Psychology brown bag, University of Michigan, Invited Guest Lecture, February, 2016.

*Building a Program of Research on Social Relationships and Biomeasures of Health and Stress,* The aging network, University of Texas, Austin, Invited Guest Lecture June, 2015.

*Alcohol Use among Older Couples: Implications for Biomeasures of Health.* Institute for Social Research, Population Neuroscience and Genetics Group Meeting, Invited Guest Lecture May, 2014.

*Social Relationships and Cortisol,* Institute for Social Research, ESIN & PRBA postdoctoral workgroup, Invited Guest Lecture, December, 2013.

*What you see is not what you get: Paradoxical findings regarding social relationships,* Institute for Social Research, SRC All Staff meeting, Invited Guest Lecture, October, 2013.

*Psychology and Aging,* Psychology Department at University of Michigan, Invited Guest Lecturer, April, 2010.

*Applied Psychosocial Aspects of Aging,* Gerontology Program at Eastern Michigan University, Invited Guest Lecturer, Fall, 2004.

*Age differences in conflict behaviors.* Kligman Scholars Conference at Pennsylvania State University, Invited Guest Lecturer, July, 2004.