The Prevention Science Institute at the University of Oregon is a multidisciplinary research institute. We focus on understanding human development, preventing behavioral health problems, and implementing effective interventions in community settings.

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The Prevention Science Institute (PSI) focuses on understanding human development, preventing behavioral health problems, and implementing effective interventions in community settings. Our core mission at PSI has not changed over the years, but we have evolved and are expanding in exciting ways. As we enter into our seventh year as an Institute, we reflect on past accomplishments and look toward future discoveries and innovations.

Through our work we make a difference in our community – locally in Oregon and beyond. We have created a solid foundation in research, training, collaboration, and grant stewardship. Through these collective efforts, we can use our science to better understand and improve the lives of children and their families.

As the new director of PSI, I am excited about where we are headed. Over the past year, PSI has seen growth in the number of faculty, staff, students, postdoctoral fellows, outside collaborations, and an ever-expanding grants portfolio that ultimately leads to greater discoveries that impact society. The PSI’s growth trajectory is encouraging and will provide continued opportunities for students and faculty alike who are committed to making a difference in peoples’ lives across the lifespan.

One of the core values of the PSI is collaboration. We are stronger when we work together. Throughout this report, you will find collaboration as a consistent theme. From student mentorships to team science, to coauthoring publications, the PSI scientists are proactive in partnering with others in their research. This is apparent not only in the research we conduct, but in the community partnerships that are critical to our work. Through these community partnerships, we are better able to create, evaluate, and implement interventions that will serve the needs of our communities.

Although we are forward thinking, I would be remiss if I did not reflect on the outstanding leadership and vision of our past director, Beth Stormshak, who galvanized our effort in the development of PSI in its current form. Under Beth’s leadership, we have solidified our identity as a multidisciplinary research institute committed to the science of prevention.

As we look toward the future, we are excited about where PSI is headed. I am thrilled to be able to present this report to you as a reflection of the myriad of contributions made by PSI faculty, students, postdocs, and staff.

With gratitude,

Laura Lee McIntyre
Director, Prevention Science Institute

The Family Check-Up: In our Local Community

The Family Check-Up (FCU) is a brief, family-centered intervention designed to support parents at managing problem behavior, mental health issues, and achievement difficulties in their children ages 2-17.

The FCU was developed at the University of Oregon in 1995 as part of a large grant focused on reducing risk behavior and preventing substance use in middle school youth. Since that time, the FCU has been studied in over 20 different federal grants and implemented across many different settings, including schools, community mental health agencies, and early childhood centers.

Currently, the FCU is being studied in several projects at the Prevention Science Institute, including Dr. Beth Stormshak’s new study in Portland where children and families will be randomly assigned to receive the FCU during the transition to middle school. These families were previously enrolled in an FCU study during the kindergarten years. The project will allow Dr. Stormshak and her team to examine the benefits of early vs. later prevention for families during critical developmental transitions, such as the transition to middle school. Dr. Stormshak has also adapted the FCU to an online version which has now been tested in a randomized trial, with results indicating that treatment leads to improvements in children’s emotional problems, parenting self-efficacy, and parenting confidence.

One of the ways the FCU is delivered is through the Child and Family Center Clinic (CFC) at the Prevention Science Institute. The CFC provides training opportunities for graduate students and services to the community to support family management skills and prevent problem behavior. The CFC serves 50-75 families per year. The clinic provides PSI with the opportunity to give back to the community, while providing training to students interested in prevention.

Beth Stormshak, PhD
Philip H. Knight Chair, Department Head and Professor, Department of Counseling Psychology and Human Services

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ECHO GRANT: CREATING PARTNERS

DR. LESLIE LEVE STUDIES THE INFLUENCES OF GENES AND THE ENVIRONMENT

In 2016, when the National Institutes of Health awarded $144 million in new grants, it brought a network of collaborators together for one purpose: to study environmental influences on child health and development. With this funding, 71 cohort studies became part of the Environmental influences on Child Health Outcomes (ECHO) Program. Through careful selection, ECHO’s design leveraged nationwide research from pre-existing studies of mothers and children to aid understanding in five key areas of child development: upper and lower airways, obesity, neurodevelopment, positive health, and pre- and perinatal outcomes. The Prevention Science Institute houses three of the studies chosen to be part of ECHO.

These three studies are part of Dr. Leslie Leve’s Early Growth and Development Study (EGDS). Within ECHO, EGDS will not only contribute its own valuable data, but due to its unique design, it will help sharpen and clarify the results of other ECHO studies as well.

For the past 17 years, Dr. Leve has researched the interplay between the environment and genes on child development. Unlike the other studies chosen to be part of ECHO, EGDS follows two cohorts of children adopted at birth. As the children grow up in their adoptive parents’ homes, it allows Dr. Leve and her colleagues Jenae Neiderhiser at The Pennsylvania State University and Jody Ganiban at George Washington University to examine how the rearing environments that children grow up in can offset, or exacerbate, genetic influences on child development.

When combined with data from Leve’s third cohort, which includes siblings of the adoptees raised in the birth home, these data will help shed light on competing hypotheses about genetic and environmental influences that may come from other ECHO partners. Without this unique sibling-adoption design, answering these questions would be impossible.

Moreover, without the partnerships and collaborations created through ECHO, answering some of the child development questions that require big data would be impossible as well. These ECHO connections foster relationships where a natural exchange of ideas occur. In an interview, Dr. Leve recently stated, “Bringing together people who historically come from very different scientific backgrounds can help us refine our questions in new ways that really add to the science.”

Dr. Leslie Leve is PSI’s Associate Director. Her research examines how the rearing environments that children grow up in can offset, or exacerbate, genetic influences on child development.

People who historically come from very different scientific backgrounds can help us refine our questions in new ways that really add to the science.”

Here at the PSI, collaboration is not a value that stops with Dr. Leve’s participation in ECHO. It is a recognizable quality across every level of the organization. From grant submissions to publications, the PSI seeks to support and involve the scientists, staff, and other faculty in an integrative process working toward the best possible results. Whether it is co-authoring papers, mentoring students across disciplines, collaborating with other universities, or creating partnerships in the community, the PSI integrates its research into a larger academic and community context.

As the PSI grows, collaboration and cooperation will remain a valued aspect of how research is conducted. These core values will enable us to create better, stronger, and more rigorous research partnerships that help improve the well-being of children and families across Oregon and the nation.

ECHO PARTNERS ACROSS U.S. AND PUERTO RICO

50,000 CHILDREN IN ECHO

1,500 CHILDREN EGDS CONTRIBUTES TO ECHO

People who historically come from very different scientific backgrounds can help us refine our questions in new ways that really add to the science.”

- DR. LESLIE LEVE

Associate Director of PSI, Associate Vice President for Research

88 EGDS PUBLICATIONS TO DATE

31 DIFFERENT INSTITUTIONS ON EGDS PUBLICATIONS

75 UNIQUE AUTHORS ON EGDS PUBLICATIONS
Health Promotion & Obesity Prevention Highlights

THE HEALTH PROMOTION & OBESITY PREVENTION (HPOP) INITIATIVE AT THE UNIVERSITY OF OREGON (UO) INCLUDES SEVERAL FACULTY MEMBERS, THREE OF WHOM ARE HOUSED AT THE PREVENTION SCIENCE INSTITUTE (PSI).

Each HPOP faculty member’s program of research centers around the common goals of reducing the risk for obesity and promoting the health behaviors of individuals, families, and communities.

An interdisciplinary approach to the study of obesity - a complex phenomenon determined by biological, psychological, environmental, and cultural factors - is vital to the creation of effective, sustainable preventive and intervention efforts in our community. The following article highlights some of the work that PSI HPOP faculty have conducted over the past year.

Elizabeth Budd, PhD
Evergreen Assistant Professor, Department of Counseling Psychology and Human Services

Dr. Liz Budd’s program of research in early chronic disease prevention focuses on the policy, sociocultural, and environmental influences on physical activity and healthy eating. Dr. Budd and HPOP colleague Dr. Nichole Kelly, are now starting development and pilot testing of a brief workplace intervention to reduce weight stigmatization. The intervention will take place at the UO and aims to reduce implicit and explicit biases based on weight, increase empathy toward others, decrease internalization of body weight stigma, as well as increase knowledge of the factors contributing to weight that are outside of one’s immediate control. They received a $28,000 grant through the UO Office of the Vice President of Research and Innovation, as well as a $3,780 grant from the Andrea Wiggins Fund and Baney Fund for Faculty Outreach to support the project.

Nicole Giuliani, PhD
Evergreen Assistant Professor, Department of Special Education and Clinical Sciences

Dr. Nicole Giuliani’s program of research focuses on self-regulation ability and brain activity, child self-regulation ability, self-reported health behaviors, and academic and socioemotional school readiness in a diverse group of eighty preschoolers and their mothers. This project is being supported with a $39,967 New Investigator Grant from the Medical Research Foundation of Oregon.

Nichole Kelly, PhD
Evergreen Assistant Professor, Department of Counseling Psychology and Human Services

Dr. Nichole Kelly’s program of research focuses on self-regulation ability and brain activity, child self-regulation ability, self-reported health behaviors, and academic and socioemotional school readiness in a diverse group of eighty preschoolers and their mothers. This project is being supported with a $39,967 New Investigator Grant from the Medical Research Foundation of Oregon.

A $1,514,069 grant from the National Institutes of Health will support this work.
Dr. De Anda says that the interdisciplinary and collaborative environment central to PSI is what drew her to work here. As an early career faculty, she gains access to a number of PSI mentors and senior scholars with successful research programs. Dr. De Anda provides a valuable program of research to the PSI that will continue to make an impact in children and families in Oregon and nationwide.

Samantha Shune, PhD focuses on understanding swallowing among healthy older adults and across various clinical populations. Impairments in swallowing, or dysphagia, can result from various age-related disorders, such as stroke and dementia. Eating is a critical activity of daily life, incorporating two of the most fundamental human needs: nutrition and interpersonal involvement. Her work aims to develop more holistic, ecologically valid approaches to managing swallowing- and eating-related impairments that can improve life expectancy and quality of life for both patients and their caregivers.

Dr. Shune has a comprehensive, family centered approach to dysphagia management that aligns well with PSI’s focus on prevention and intervention implementation in community settings. Her work echoes the core mission of PSI in improving the lives and well-being of individuals and families throughout the lifespan.

Lauren Cycyk, PhD, focuses on supporting the dual language development of young children primarily from Spanish-speaking homes with or at-risk for difficulties with communication. Her research addresses identification of social, cultural, and environmental factors that influence early development of Spanish and English. She also focuses on the development of effective early language interventions that are linguistically- and culturally-responsive and the professional training of practitioners who support children with communication disabilities from diverse backgrounds.

PSI’s history of supporting research in both child development and supporting families with children at-risk or with disabilities was a good fit for Dr. Cycyk’s interests. Through the mentorship of senior faculty members and the existing PSI infrastructure, Dr. Cycyk capitalizes on the available resources to advance her program of research to benefit young children with or at-risk for communication disorders from culturally- and linguistically-diverse backgrounds.

PSI scientists translate their research into clinical practice

Dr. De Anda says that the interdisciplinary and collaborative environment central to PSI is what drew her to work here. As an early career faculty, she gains access to a number of PSI mentors and senior scholars with successful research programs. Dr. De Anda provides a valuable program of research to the PSI that will continue to make an impact in children and families in Oregon and nationwide.

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Parents of children with disabilities often experience heightened stress that can be debilitating to themselves and their families. This intervention study provides 10-weeks of free services to high risk families in Portland and Southern California.

In order to impact a broader swath of the population, community collaborations are necessary. Dr. McIntyre works closely with a team of 10 faculty and staff from the PSI Portland location and a team of researchers at Southern California’s Loma Linda University to engage in this research. Early intervention programs, school districts, Head Start, Oregon Health & Science University, Inland Regional Center in California, and Loma Linda University Children’s Hospital are the tip of the iceberg when it comes to collaborators. With these collaborations in place, Dr. McIntyre’s grant could provide a cost-effective intervention for implementation across the United States to benefit children and families nationwide.

Partnerships like Dr. Tanner-Smith and Dr. McIntyre have created, allow PSI scientists to broaden the scope of their research and obtain access to populations that would otherwise be difficult to reach.
### SELECTED PUBLICATIONS FY 2019


### SEE ALL 165 PUBLICATIONS FROM FY 2019 AT PSI.UOREGON.EDU

### CORE ADMINISTRATIVE STAFF & GRADUATE EMPLOYEES

**Core Staff**

- Michelle Baumann, Office Specialist
- Kate Harvey, Human Resources & Office Manager
- Megan Hailey, M.Ed, Outreach Specialist
- Derek Kosty, Institute-Wide Methodologist
- Richard Nelson, IT Consultant
- Rebecca Roby, M.S.W., Assistant Director for Finance and Administration
- Jennifer Volpi, M.P.H., M.A., Pre-award Research Support Manager

**Graduate Employees**

- Anna Cahn, M.S., R.D.N.
- Lucia Cardenas, M.S.
- Camille Cioffi, M.S.
- Peter Ehlinger
- Austin Folger
- Claire Guidinger, M.A.
- Ellie Harrington, M.S.
- Gabrielle Luther
- Anna Cecilia McWhirter, M.Ed.
- Anna Cahn, M.S., R.D.N.
- Luc Williams, M.A.
- Gina Williamson
- Kyndi Woodlee, M.S.

**Incoming Faculty, Fall 2019**

- Wendy Hadley, PhD, Julie and Keith Thomson Faculty Chair and HEDCO Clinic Director
- Anna Cecilia McWhirter, M.Ed.
- Lindsey Nichols, M.S.
- Nicholas Parr, M.S., M.P.H.
- Jonathan Pedrza, M.A.
- Heather Terral
- Shaina Trevino, M.S.
- Gina Williamson
- Kyndi Woodlee, M.S.
PSI FACULTY

Nicholas Allen  
Ann Swindells Professor, Department of Psychology; Director, Center for Digital Mental Health

Elizabeth Budd  
Evergreen Assistant Professor, Department of Counseling Psychology and Human Services

Allison Caruthers  
Senior Research Associate, Project Director, Prevention Science Institute Portland

Krista Chronister  
Professor, Department of Counseling Psychology and Human Services

Jessica Cronce  
Associate Professor, Department of Counseling Psychology and Human Services

Lauren Cyzyk  
Assistant Professor, Department of Special Education and Clinical Sciences

Brian Danaher  
Research Professor, Prevention Science Institute

Todd Darlington  
Research Associate, Prevention Science Institute

Stephanie De Anda  
Assistant Professor, Department of Special Education and Clinical Sciences

David DeGarmo  
Associate Research Professor, Prevention Science Institute

Nicole Giuliani  
Evergreen Assistant Professor, Department of Special Education and Clinical Sciences

Randy Kamphaus  
Professor and Dean, College of Education

Nichole Kelly  
Evergreen Assistant Professor, Department of Counseling Psychology and Human Services

Atika Khurana  
Associate Professor, Department of Counseling Psychology and Human Services

Derek Kosty  
Research Scientist, Prevention Science Institute

Leslie Leve  
Associate Director, Prevention Science Institute; Alumni Faculty Professor, College of Education; Associate Vice President for Research, Office of the Vice President for Research and Innovation

Laura Lee McIntyre  
Director, Prevention Science Institute; Professor and Head, Department of Special Education and Clinical Sciences

Kevin Moore  
Senior Research Associate, Prevention Science Institute

Fred Sabb  
Assistant Vice President, Research Facilities; Director, Robert and Beverly Lewis Center for Neuroimaging

John Seeley  
Professor, Department of Special Education and Clinical Sciences

Stephanie Shire  
Assistant Professor, Department of Special Education and Clinical Sciences

Samantha Shune  
Assistant Professor, Department of Special Education and Clinical Sciences

McKay Moore Sohlberg  
Professor, Department of Special Education and Clinical Sciences; Co-Director, Brain Injury and Concussion Clinic

Beth Stormshak  
Philip H. Knight Chair, Department Head and Professor, Department of Counseling Psychology and Human Services

Emily Tanner-Smith  
Associate Professor, Department of Counseling Psychology and Human Services; Associate Dean for Research, College of Education

POST-DOCTORAL FELLOWS

Chris Fleming  
Post-Doctoral Scholar

Amanda Griffin  
Post-Doctoral Research Fellow

Daniel Swan  
Post-Doctoral Scholar

Hannah Tavalire  
Post-Doctoral Scholar

To view more about our researchers and the PSI, please visit us at:

psi.uoregon.edu