

Mengya Xia

Department of Human Development and Family Studies
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Education

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| 2018 | Ph.D., Human Development and Family Studies, Pennsylvania State University (expected Spring, 2018) |
| 2012 | M.Ed., Basic Psychology, Wuhan University |
| 2010 | B.S., Psychology, Wuhan University |
| | B.E., Computer Science and Technology, Wuhan University |

Honors and Awards

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| 2016-2017 | Prevention and Methodology Training (PAMT) Fellowship |
| 2016 | William P. Douglas and Joyce Hodgins Douglas Research Endowment Honors Thesis, <i>Study on Chinese College Students: the Relationships among Autonomy, Well-being, and Parental Control</i> , Wuhan University |
| 2012 | Hu Qiuyuan & Jing Xiaoru Scholarship, Wuhan University |
| 2011 | Graduate Student Basic Scholarship, Wuhan University |
| 2011 | Graduate Fellowship, Wuhan University |
| 2010 | Excellent Individual in Social Practice, Wuhan University |
| 2008 | Outstanding Scholarship, Wuhan University |
| 2007 | The Scholarship for Freshmen, Wuhan University |

Research Interests

- Influences of triadic family dynamics on individual's well-being, such as substance use, internalizing problem, and positive development
- LPA/LCA, MLM, dynamical systems models, and other intensive longitudinal data design that can be applied to studies family system dynamics
- The design, mechanisms, and factors influencing implementation of family-centered prevention programs for individuals' well-being

Manuscripts Published and Submitted

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- Feinberg, M.E., **Xia, M.**, Fosco, G.M., & Chow, S. (Revise and Resubmit). Dynamical Systems Modeling of Couple Interaction: A New Method for Assessing Intervention Impact Across the Transition to Parenthood. *Prevention Science*.
- Fosco, G.M., Van Ryzin, M., **Xia, M.**, & Feinberg, M.E. (2016). Trajectories of Adolescent Hostile-Aggressive Behavior and Family Climate: Longitudinal Implications for Young Adult Romantic Relationship Competence. *Developmental Psychology*, 52(7), 1139-1150.
- Xia, M.**, Fosco, G.M., & Feinberg, M.E. (2016). Examining Reciprocal Influences Among Family Climate, School Attachment, and Academic Self-Regulation: Implications for School Success. *Journal of Family Psychology*, 30, 442-452.
- Kaufman, E., **Xia, M.**, Fosco, G.M., Yaptangco, M., Skidmore, C.R. & Cowell, S.E. (2016). The Difficulties in Emotion Regulation Scale Short Form (DERS-SF): Validation and Replication in Adolescent and Adult Samples. *Journal of Psychopathology and Behavioral Assessment*, 38, 443-455.
- Fosco, G.M., **Xia, M.**, Lynn, M.G., & Grych, J.H. (2015, online first). Triangulation and Parent-Adolescent Relationships: Implications for Adolescent Dating Competence and Abuse. *Journal of Research on Adolescence*.
- Zhang, C., & **Xia, M.** (2012). Psychological Theory Research on the Causes of Suicide. *Theory Monthly*, 12, 163-167. (in Chinese)
- Xia, M.** (2011). The Assumption about Human Nature and Management Mode on the Background of the Spirit in the Age of Globalization. *Technological Development of Enterprise*, 30(5), 172-177. (in Chinese)

Manuscripts in Progress

- Xia, M.**, Fosco, G.M., & Feinberg, M.E. (In preparation). A Developmental Perspective of Family Influences to Romantic Relationships: Effects of Family and Individual Variables. *Journal of Youth and Adolescence*.
- Lydon, D.M., **Xia, M.**, & Fosco, G.M. (In preparation). Affect Network Density During Adolescence: Teasing Apart Process and Examining Associations with Symptoms of Depression and Anxiety.
- Xia, M.**, Weymouth, B., Bethany, B.C., Fosco, G.M., Lippold, M.A., & Feinberg, M.E. (In preparation). Exploring Influence of Triadic Family Relationship Profiles on

Adolescents' Early Substance Initiation.

Xia, M., Fosco, G.M., Bethany, B.C., & Grych, J.H. (In preparation). Profiles of Triadic Family Relationships: Predictors and Implications for Adolescent Friendship Quality.

Xia, M., Fosco, G.M., & Feinberg, M.E. (In preparation). Examining Intergenerational Links between Parent and Adolescent Self-Esteem: A Family Process Model.

Conference Presentations

Xia, M., & Fosco, G.M. (April, 2017). What Makes Adolescents Feel Loved by Their Parents? Daily Dynamics Among Support, Conflict, and Relationship Quality. Poster, Society for Research in Child Development, Austin, TX.

Lydon-Staley, D., **Xia, M.**, & Fosco, G.M. (April, 2017). Emotion Network Density and Association with Symptoms of Psychopathology in Adolescents. Paper presentation, Society for Research in Child Development, Austin, TX.

Xia, M., Fosco, G.M., & Feinberg, M.E. (March, 2016). Examining Intergenerational Links between Parent and Adolescent Self-Esteem: A Family Process Model. Poster, Society for Research on Adolescence, Baltimore, MD.

Xia, M., Fosco, G.M., Bethany, B.C., & Grych, J.H. (March, 2016). Profiles of Triadic Family Relationships: Predictors and Implications for Adolescent Friendship Quality. Poster, Society for Research on Adolescence, Baltimore, MD.

Xia, M., Fosco, G.M., & Feinberg, M.E. (March, 2015). A Developmental Perspective of Family Influences to Romantic Relationships: Effects of Family and Individual Variables. Paper presentation, Society for Research in Child Development, Philadelphia, PA.

Xia, M., Fosco, G.M., & Feinberg, M.E. (March, 2015). Examining the Interplay between Family Climate, School Attachment, and Academic Self-Regulation: Implications for School Success. Poster, Society for Research in Child Development, Philadelphia, PA.

Mak, H., Fosco, G.M., **Xia, M.**, & Grych, J.H. (March, 2015). Children's Patterns of Emotion Regulation during Interparental Conflicts: Implication for Children's Adjustment. Poster, Society for Research in Child Development, Philadelphia, PA.

Xia, M., Fosco, G.M., & Grych, J.H. (March, 2014). Initial Investigation on

Adolescent's Schematic Representation of Interpersonal Conflict: Implications for Adolescent Outcomes. Poster, Society for Research on Adolescence, Austin, TX.

Xia, M., Lynn, M., Fosco, G.M., & Grych, J.H. (April, 2013). Transmission of Relationship Dysfunction: Examining Mechanisms Linking Triangulation into Parental Discord and Adolescent Romantic Relationships. Poster, Society for Research in Child Development, Seattle, WA.

Zhang, C, & **Xia, M.** (October, 2011). Assessment of Belonging in Non-profit Organization: Development of School Belongingness Scale in Chinese Public University Students. Paper presentation, the 1st International Conference of the Public Human Resource Management, Wuhan, CHN.

Xia, M. (September, 2011). Review and prospect on the research of Chinese "self": a cultural perspective. Paper presentation in the symposium, *Conflict and Adjustment in Multiple Values*, the 7th Chinese Psychologist Conference, Taipei, Taiwan.

Xia, M. (November, 2010). The Characteristics of the School Belonging and its Relation to Activity Engagement. Paper presentation in the symposium, *School Psychology*, the 13th National Academic Congress of Psychology, Shanghai, CHN.

Research Experience

- 2012 - Present Graduate Research Assistant, Department of Human Development and Family Studies, Penn State University
Advisor: Gregory M. Fosco, PhD, Sy-Miin Chow, PhD
- Family Life Optimizing Well-Being (FLOW Study)
 - Mindfulness Enhanced Strengthening Families Program (MSFP)
 - Computational Family Systems: Dynamics of Symbiosis
 - Understanding Fathers in Family Interventions: An Examination of Participation, Engagement, and Outcomes
 - PROSPER
- 2010 - 2012 Graduate Research Assistant, Department of Psychology, Wuhan University
Advisor: Chunmei Zhang, PhD
- Research on Current Situation of Wuhan Migrant Children's Urban Adaptability
 - Western Psychological Study on Autonomy
 - Tracking Study on College Students' Sense of Belonging
 - Assessment of Escaping and Suicidal Tendencies of Offenders in

Prisons

- 2009 - 2010 Undergraduate Research Assistant, Department of Psychology, Wuhan University
Advisor: Chunmei Zhang, PhD
- Tracking Study on College Students' Sense of Belonging
 - Assessment of Escaping and Suicidal Tendencies of Offenders in Prisons

Teaching Experience

- 2016 Spring Lab Instructor, Department of Human Development and Family Studies, Penn State University
- HDFS 312W Empirical Inquiry in Human Development
- 2015 Summer Co-Instructor, Department of Human Development and Family Studies, Penn State University
- HDFS 239 Adolescent Development
- 2014 - Present Graduate Teaching Assistant, Department of Human Development and Family Studies, Penn State University
- HDFS 418 Family Relationships
 - HDFS 411 The Helping Relationship
 - HDFS 315 Family Development
 - HDFS 310M Seminar in Honors—Research Methods
 - HDFS 239 Adolescent Development
 - HDFS 229 Infant Development

Specialty Training

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| Penn State Certificate for Online Teaching | August 2015 |
| The 20th Annual Graduate Student Summer Methods Workshop
Presenters: Kenneth A. Bollen, Ph.D., Tim F. Liao, Ph.D., David Johnson, Ph.D., & Sy-Miin Chow, Ph.D. | June 2013 |
| The Latent Profile Analysis Statistics Workshop
Presenter: Bethany Bray, Ph.D. | May 2013 |
| Method Courses Training in HDFS, Penn State <ul style="list-style-type: none">• Longitudinal Structural Equation Modeling• Person-Specific and EMA Data Analysis | 2012-2015 |

- Dynamic Systems Analysis for Behavioral Sciences
- An Introduction to Latent Class/Profile Analysis
- Introduction to Time-Varying Effect Modeling

Professional Activities

Ad hoc Reviewer:

- Journal of Family Psychology
- Journal of Marriage and Family
- Stress & Health

Professional Service

- 2015: Review Panel, Society for Research on Adolescence

Memberships

- Society for Research in Child Development
- Society for Research on Adolescence

Service Related Activities

- Member, Diversity Committee, Department of Human Development and Family Studies, Penn State, 2013 – 2014
- Wind Chime Team Member, The Sci-Art Collaboration Graduate Student Exhibition, Penn State, 2013

Methodology Skills

- Proficient with SPSS, AMOS, Mplus, SAS, R, & Qualtrics Survey Software
- Expertise in Structural Equation Modeling (SEM) and Latent Profile Analysis (LPA)
- Experience with Multilevel Modeling (MLM), Dynamical System Modeling, Daily Data Analysis

References

Gregory M. Fosco, Ph.D., Pennsylvania State University	gmf19@psu.edu 814-865-5622
Bethany C. Bray, Ph.D., Pennsylvania State University	bcbray@psu.edu 814-865-1225
Sy-Miin Chow, Ph.D. Pennsylvania State University	symiin@psu.edu 814-867-2131
Chunmei Zhang, Ph.D., Wuhan University	zhangcm@whu.edu.cn (86)13477085409