

Michelle L. Hostetler, PhD

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EDUCATION

Ph.D. (1995), Human Development and Family Studies, The Pennsylvania State University, University Park, PA.

M.S. (1988), Human Development and Family Studies, The Pennsylvania State University, University Park, PA.

B.S. (1985) with Honors and Distinction, Psychology, Indiana Univ., Bloomington, IN.

EMPLOYMENT HISTORY

ASSISTANT RESEARCH PROFESSOR OF HEALTH AND HUMAN DEVELOPMENT AND SENIOR RESEARCH ASSOCIATE, Bennett Pierce Prevention Research Center, Pennsylvania State University, University Park, PA (2018–present)

RESEARCH ASSOCIATE, Penn State Prevention Research Center, State College, PA (7/09-2018).

VICE PRESIDENT OF RESEARCH AND OPERATIONS, Diagnostics Plus, Inc., State College, Pa (6/05-4/09).

DIRECTOR OF RESEARCH AND OPERATIONS, Diagnostics Plus, Inc., State College, Pa (2/95-6/05).

PREVENTION RESEARCH CONSULTANT AND PROJECT MANAGER, Diagnostics Plus, Inc., State College, Pa (6/89-1/95).

PROJECT DIRECTOR, The Career Development and Substance Abuse Project, The Pennsylvania State University (8/85-5/90).

GRADUATE RESEARCH ASSISTANT, The Family Relationships Project, The Pennsylvania State University (12/87-8/89).

GRADUATE TEACHING ASSISTANT, The Pennsylvania State University, (8/85-5/88).

RESEARCH SKILLS

Extensive knowledge of SPSS and all Microsoft Office products. Experience in all phases of research: defining research objectives, defining research population, developing survey instruments, analyzing data, writing reports, preparing presentations and managing research projects and staff. Multivariate skills include Factor Analysis, Multiple Regression, MANOVA and Repeated MANOVA.

SELECTED PUBLICATIONS

Braaten, S.M., Nix, R.L., Gill, S., Hostetler, M.L., McNeil, C.B., Francis, L.A., Feinberg, M.E., Stifter, C.A. (2025). What makes home visits effective? An examination of therapeutic mechanisms in the Recipe 4 Success preventive intervention, *Early Childhood Research Quarterly*, 72, 112-121.

<https://doi.org/10.1016/j.ecresq.2025.02.012>

Park, Y. R., Nix, R. L., Francis, L. A., Gill, S., Feinberg, M. E., Hostetler, M. L., & Stifter, C. A. (2025). A preventive intervention promoting toddlers' self-regulation improves parental resilience in the future. *Family Relations*, 74(1), 270–287.

<https://doi.org/10.1111/fare.13118>

Nix, R. L., Gill, S., Hostetler, M. L., Feinberg, M. E., Francis, L. A., Stifter, C. A., McNeil, C. B., Kidder, S. M., Jones, D. E., Park, Y. R., Kim, C. N., Engbretson, A. G., Braaten, S. M., & Tamkin, V. L. (2024). Promoting toddlers' self-regulation and healthy eating habits among families living in poverty: A randomized controlled trial of Recipe 4 Success. *Child Development*, 95, 354-367. <https://doi.org/10.1111/cdev.14006>

Gedaly, L. R., Cifelli, J. A., Feinberg, M. E., & Hostetler, M. L. (2024). Parents' Family Coping Strategies during the Pandemic: Effects on Parent and Child Well-Being. *Journal of Family Issues*, 45(4), 873-889. <https://doi.org/10.1177/0192513X231162980>

Engbretson, A.M., Nix, R.L., Park, Y.R, Gill, S., Hostetler, M.L. (2023). Elaboration of parents' schemas of their children: Unique relations to sensitivity and learning support among families living in poverty. *Journal of Family Psychology*, Vol 37(3), 318-323

Kim, C.N., Nix, R.L., Gill, S. et al. Heterogeneous Effects of Depression on Parenting Competence and Child Behavior Among Families Living in Poverty. *Prev Sci* 24, 1–14 (2023). <https://doi.org/10.1007/s11121-022-01380-6>

Park, Y.R., Nix, R.L., Gill, S., & Hostetler, M.L. (2022). What kind of parenting is associated with early self-control among toddlers living in poverty? The importance of learning support. *Developmental Psychology*, Vol 58(3), Mar 2022, 425-437.

Feinberg, M. E., Gedaly, L., Mogle, J., Hostetler, M. L., Cifelli, J. A., Tornello, S. L., Lee, J.K., Jones, & D. E. (2022). Building long-term family resilience through universal prevention: 10-year parent and child outcomes during the COVID-19 pandemic. *Family Process*, 61(1), 76-90. <https://doi.org/10.1111/famp.12730>

Feinberg, M. E., Mogle, J., Lee, J.K., Tornello, S. L., Hostetler, M. L., Cifelli, J. A., Bai, S., & Hotez, E. (2021). Impact of the COVID-19 pandemic on parent, child, and family functioning. *Family Process* 61 (1), 361-374. <https://doi.org/10.1111/famp.12649>

Ammerman, R. T., Peugh, J. L., Teeters, A. R., Sakuma, K.-L. K., Jones, D. E., Hostetler, M. L., Van Ginkel, J. B., & Feinberg, M. E. (2021). Promoting parenting in

home visiting: A CACE analysis of Family Foundations. *Journal of Family Psychology*.
<http://dx.doi.org/10.1037/fam0000888>

Nix, R. L., Francis, L. A., Feinbeg, M. E., Gill, S., Jones, D. E., Hostetler, M. L., & Stifter, C. A. (2021). Improving toddlers' healthy eating habits and self-regulation: A randomized controlled trial. *Pediatrics*, 147(1). <https://doi.org/10.1542/peds.2019-3326>

Nix, R.L., Campbell, C., Cho, P., Evans, S., Feinberg, M.E., Francis, L.A., Gill, S., Homan, R., Hostetler, M.L., Kidder, S., Marshall, T. and McFalls, K. (2020). Embedding a Childhood Obesity Preventive Intervention within Early Head Start Home Visits. *Designing Evidence-Based Public Health and Prevention Programs: Expert Program Developers Explain the Science and Art*.

Feinberg, M.E., Boring, J., Le, Y., Hostetler, M.L., Karre, J., Irvin, J., & Jones, D.E. (2019). Supporting military family resilience at the transition to parenthood: A randomized pilot trial of an online version of Family Foundations. *Journal of Family Psychology*, 69(1), 109-124. <https://doi.org/10.1111/fare.12415>

Jones, D. E., Feinberg, M. E., Hostetler, M. L., Roettger, M. E., Paul, I. M., & Ehrenthal, D. B. (2018). Family and child outcomes 2 years after a transition to parenthood intervention. *Family Relations*, 67(2), 270–286. PMID: PMC6101046

Feinberg, M. E., Jones, D. E., Hostetler, M. L., Roettger, M. E., Paul, I. M., & Ehrenthal, D. B. (2016). Couple-Focused Prevention at the Transition to Parenthood, a Randomized Trial: Effects on Coparenting, Parenting, Family Violence, and Parent and Child Adjustment. *Prevention Science*, 17(6), 751-764.
doi: 10.1007/s11121-016-0674-z

Feinberg, M. E., Jones, D., Roettger, M., Hostetler, M., Sakuma, K., Paul, I. & Ethrenthal, D. (2016). Preventive Effects on Birth Outcomes: Buffering Impact of Maternal Stress, Depression, & Anxiety. *Maternal and Child Health Journal*, 20 (1): 56-65. doi: 10.1007/s10995-015-1801-3.

Hostetler, M. L., & Feinberg, M. E. (2014). Sibling Relationships During Childhood. In T. P. Gullotta, & Bloom, M. (Ed.), *Encyclopedia of Primary Prevention and Health Promotion Part II*. (2nd Ed.) (pp. 918-925). New York Springer.

Jones, D.E., M.E. Feinberg, and M.L. Hostetler (2014). Costs to implement an effective transition-to-parenthood program for couples: Analysis of the Family Foundations program. *Evaluation and Program Planning*, 44(0): p. 59-67.

Feinberg, M. E., Jones, D. E., Roettger, M. E., Solmeyer, A., & Hostetler, M. L. (2014). Long-term follow-up of a randomized trial of family foundations: Effects on children's emotional, behavioral, and school adjustment. *Journal of Family Psychology*, 28(6), 821-831. doi: <http://dx.doi.org/10.1037/fam0000037>

Feinberg, M.E., Sakuma, K.L, Hostetler, M, & McHale, S.M (2013). Enhancing Sibling Relationships to Prevent Adolescent Problem Behaviors: Theory, Design and Feasibility of Siblings Are Special. *Evaluation and Program Planning*, 36: 97-106.

Feinberg, M. E., & Hostetler, M. L. (2014). Parenting Issues for Adults. In T. P. Gullotta, & Bloom, M. (Ed.), *Encyclopedia of Primary Prevention and Health Promotion Part II*. (2nd Ed.) (pp. 1742-1752). New York: Springer US.

Feinberg, M. E., Solmeyer, A. R., Hostetler, M. L., Sakuma, K.-L., Jones, D., & McHale, S. M. (2013). Siblings Are Special: Initial Test of a New Approach for Preventing Youth Behavior Problems. *Journal of Adolescent Health*, 53(2), 166-173. doi: <http://dx.doi.org/10.1016/j.jadohealth.2012.10.004>

Hostetler, M.L., & Fisher, K. (1997). Project C.A.R.E. Substance Abuse Prevention Program for High-Risk Youth: A Longitudinal Evaluation of Program Effectiveness. *Journal of Community Psychology*, Vol. 25, No. 5, 397-419.

Crouter, A.C., Hawkins, A.J., & Hostetler, M.L. (1992). Seasonal Stability and Change in Dual-earner Husbands' Psychological Responses to Work and Family Roles. *International Journal of Behavioral Development*, Vol. 15, No. 4, 509-525.

Schulenberg, J. E., Shimizu, K., Vondracek, F. W., & Hostetler, M. (1988). Factorial invariance of career indecision dimensions across junior high and high school males and females. *Journal of Vocational Behavior*, 33(1), 63-81.

Shimizu, K., Vondracek, F. W., Schulenberg, J. E., & Hostetler, M. (1988). The factor structure of the Career Decision Scale: Similarities across selected studies. *Journal of Vocational Behavior*, 32(2), 213-225.

Vondracek, F. W., Hostetler, M., Schulenberg, J. E., & Shimizu, K. Dimensions of career indecision Y1 - 1990 Y2 - January. *Journal of Counseling Psychology*(1), 98.

Vondracek, F. W., Shimizu, K., Schulenberg, J., Hostetler, M., & Sakayanagi, T. (1990). A comparison between American and Japanese students' work values. *Journal of Vocational Behavior*, 36(3), 274-286.

SELECTED PREVENTION RESEARCH PROJECTS

Promotion of Coparenting at the Transition to Parenthood (funded by NIH)

2009-present, Research Associate/Project Coordinator (PI: Mark Feinberg)
Test of an intervention to promote healthy family functioning during the transition to parenthood. The intervention, integrated in childbirth class series, is grounded by a theory of coparenting as a key construct mediating and moderating risk factors for negative parenting and child behavior problems.

05/01/15–02/29/20

Promoting Self-Regulation Skills and Healthy Eating Habits in Early Head Start (funded by NIH)

2015-present, PI on Penn State Subcontract from the University of Wisconsin
This obesity prevention study will test the efficacy of a self-regulation skills and healthy eating habits intervention with a sample of early Head Start toddlers.

Pilot Study of Sibling Prevention Program (funded by NIH)

2009-2102 Research Associate/Project Coordinator (PI: Mark Feinberg)
Test of a universal program developed to enhance family protective factors near the end of elementary school, thereby buffering children from the elevated risks of substance use and associated problems that will soon emerge in early adolescence.

The Growing Tree in Ann Arbor, MI (funded by the Skillman Foundation).

1990-94 (Principal Investigator: Michelle Hostetler)
Five year longitudinal evaluation of a substance abuse prevention program for the children of substance abusers.

Project C.A.R.E. in Lancaster, PA (funded by the Center for Substance Abuse Prevention).

1990-93 (Principal Investigator: Michelle Hostetler)
Three year longitudinal outcome evaluation of a substance abuse prevention program designed to increase resiliency and decrease risk factors in high risk fourth graders and their parents.

The K-8 Leadership Project, State of Maine (funded by the State of Maine).

1990-94 (Principal Investigator: Michelle Hostetler)
A five year longitudinal outcome evaluation of the K-8 initiative for preventing substance use and abuse. Elementary school students and staff across the state are surveyed each year to determine the implementation and effectiveness of the initiative.

Blair County Community Development Approach to the Prevention of Drug and Alcohol Abuse, Blair County, PA.

1991 (Principal Investigator: Michelle Hostetler)
An impact evaluation of a community-based prevention approach. Community phone surveys were conducted in 1986 and 1991 and an analysis of impact was made.