

Sara E.L. Miller
Edna Bennett Pierce Prevention Research Center | Penn State University
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Education

2024-Present	Postdoctoral Fellow	Pennsylvania State University, University Park, PA Prevention and Methodology Training Program T32 funded by the National Institute on Drug Abuse
2019-2024	PhD	Pennsylvania State University, University Park, PA Human Development and Family Studies Dissertation: <i>Understanding Alcohol Use in Middle-Aged and Older Adults: A Daily Diary Study of Positive Experiences, Daily Stressors, and Trajectories of Alcohol Use Across Adulthood</i>
2019-2021	MS	Pennsylvania State University, University Park, PA Human Development and Family Studies Thesis: <i>Familial Predictors of Alcohol and Drug Use-Related Problems</i>
2016-2018	MPH	University of Michigan, Ann Arbor, MI Health Behavior and Health Education Specialization in Health over the Life Course
2013-2016	BS	University of Michigan, Ann Arbor, MI Neuroscience and Psychology, Cum Laude

Honors and Awards

1. Health and Human Development Endowed Graduate Fellowship (2024)
2. Nomination for the College of Health and Human Development Endowment Graduate Fellowship by the Department of Human Development and Family Studies (2023)
3. Joseph and Jean Britton Graduate Fellows Endowment (2023)
4. Pre-doctoral Fellow, Pathways T32 Training Program, funded by National Institute on Aging (2020-2022)
5. Joseph and Jean Britton Distinguished Graduate Fellowship (2019-2020)
6. Knoll Endowment Recipient (2019)
7. Phi Kappa Phi Love of Learning Award (2019)
8. Honor Society of Phi Kappa Phi (2018)
9. Psi Chi International Honor Society in Psychology (2016)
10. University Honors (2013-2016)

11. Honors College in the College of Literature, Science, and the Arts (2013-2014)

Research Interests

Understanding psychosocial and familial predictors of alcohol and other substance use among older adults and evaluating health consequences of alcohol use in later life.

Research Experience

- 8/2023 – 5/2024 **Project Coordinator**, *Addiction and Innovative Methods Lab*
Edna Bennett Pierce Prevention Research Center
The Pennsylvania State University, University Park, PA
Principal Investigator: Ashley Linden-Carmichael, PhD
- 9/2019 – 5/2024 **Graduate Research Assistant**, *MIDUS Lab*
Center for Healthy Aging
The Pennsylvania State University, University Park, PA
Principal Investigator: David Almeida, PhD
- 9/2023 – 12/2023 **Graduate Research Assistant**, *Addiction and Innovative Methods Lab*
Edna Bennett Pierce Prevention Research Center
The Pennsylvania State University, University Park, PA
Principal Investigator: Ashley Linden-Carmichael, PhD
- 8/2022 – 12/2022 **Research Assistant**, *Addiction and Innovative Methods Lab*
Edna Bennett Pierce Prevention Research Center
The Pennsylvania State University, University Park, PA
Principal Investigator: Ashley Linden-Carmichael, PhD
- 6/2018 – 7/2019 **Research Technician Associate**, *Child Health and Development Lab*
School of Public Health
The University of Michigan, Ann Arbor, MI
Principal Investigator: Alison Miller, PhD
- 9/2016 – 6/2018 **Research Assistant**, *Child Health and Development Lab*
School of Public Health
The University of Michigan, Ann Arbor, MI
Principal Investigator: Alison Miller, PhD
- 9/2014 – 5/2015 **Undergraduate Research Assistant**, *Department of Psychology*
The University of Michigan, Ann Arbor, MI
Principal Investigator: Amber Williams, PhD

Scholarly Publications

Peer-Reviewed Publications

1. Maggs, J.L., Staff, J.A., Mongilio, J.M., **Miller, S.E.**, Vuolo, B., Kelly, B.C. (2024). Risk Factors for E-Cigarette Ban Relaxation in Homes With Adolescents. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, S1054-139X(24)00242-8. DOI: 10.1016/j.jadohealth.2024.05.006
2. **Miller, S. E.**, Mogle, J. A., Linden-Carmichael, A. N., & Almeida, D. M. (2023). Within-person associations between alcohol use and memory lapses among middle-aged and older adults. *Drug and alcohol review*. DOI: 10.1111/dar.13721
3. Lehto, R., **Miller, S.E.**, Patano, A., Miller, M., Golstein, D. (2023) Support for Cancer Caregivers: An Experiential Mind-Body Approach to Self Care. *Clinical journal of oncology nursing*, 27(5), 459–462. DOI: 10.1188/23.CJON.459-462
4. Linden-Carmichael, A. N., Chiang, S. C., **Miller, S. E.**, & Mogle, J. (2023). A latent profile analysis of blackout drinking behavior among young adults. *Drug and alcohol dependence*, 248, 109905. DOI: 10.1016/j.drugalcdep.2023.109905
5. Linden-Carmichael, A. N., Mogle, J., & **Miller, S. E.** (2023). Associations between blackout drinking and self-reported everyday cognition among young adults. *Addictive behaviors*, 141, 107653. DOI: 10.1016/j.addbeh.2023.107653
6. **Miller, S. E.**, Hong, J. H., & Almeida, D. M. (2023). Sense of control and likelihood of prescription drug misuse 10-years later among middle-aged and older adults. *Aging & Mental Health*. DOI: 10.1080/13607863.2023.2165623
7. Stamates, A. L., Linden-Carmichael, A. N., **Miller, S. E.**, & Feldstein Ewing, S. W. (2022). Impulsivity typologies and simultaneous alcohol and cannabis use. *Experimental and clinical psychopharmacology*. DOI: 10.1037/pha0000608.
8. **Miller, S. E.**, Maggs, J.L., Eiden, R.D, & Almeida, D.M. (2022). Familial Predictors of Alcohol and Drug Use-Related Problems Among Middle-Aged and Older Adults. *Journal of Family Issues*. DOI: 10.1177/0192513X211064877
9. **Miller, S. E.**, Apsley, H. B., & Cross-Ramirez, M. (2021). Potential Benefits of Online Recovery Programs for Women During and After COVID-19. *Journal of Studies on Alcohol and Drugs*. DOI: 10.15288/jsad.2021.82.808
10. Lehto, R. H., Wyatt, G. K., Sender, J., & **Miller, S. E.** (2021) An Evaluation of Natural Environment Interventions for Informal Cancer Caregivers in the Community. *International Journal of Environmental Research and Public Health*. DOI: 10.3390/ijerph182111124
11. Apsley, H. B., Cross-Ramirez, M., & **Miller, S. E.** (2021). Within-Person Methodology to Study the Addiction Recovery Process of Women. *Journal of Addictive Diseases*. DOI: 10.1080/10550887.2021.1971023
12. Miller, A. L., **Miller, S. E.**, LeBourgeois, M. K., Sturza, J., Rosenblum, K. L., & Lumeng, J. C. (2019). Sleep duration and quality are associated with eating behavior in low-income toddlers. *Appetite*. DOI: 10.1016/j.appet.2019.01.006
13. Miller, A. L., **Miller, S. E.**, & Clark, K. M. (2018). Child, Caregiver, Family, and Social Contextual Factors to Consider when Implementing Parent-Focused Child Feeding Interventions. *Current Nutrition Reports*, 7(4), 303-309. DOI: 10.1007/s13668-018-0255-9
14. Lehto, R. H., **Miller, S. E.**, Flanigan, M., & Wyatt, G. (2018). Mental health in patients with advanced cancer at the end of life: evaluation of evidence and future directions. *Expert Review of Quality of Life in Cancer Care*. DOI: 10.1080/23809000.2018.1483192

Other Publications

1. **Miller, S.** (2021, April 22). *The Risks of Sharenting for Adolescents*. Society for Research on Adolescence. https://www.s-ra.org/index.php?option=com_dailyplanetblog&view=entry&year=2021&month=04&day=21&id=92:the-risks-of-sharenting-for-adolescents

Manuscripts Under Review

1. **Miller, S.E.**, Maggs, J.L., Cerino, E.S., Eiden, R.D., Gamaldo-Roddy, A., & Almeida, A.M. (Under Review). Longitudinal Changes in Alcohol Use Across 20 Years of Adulthood: A U.S. National Daily Diary Study.

Research Presentations

Poster Presentations

1. **Miller, S.**, & Almeida, D. Longitudinal Changes in Drinking Patterns over 20 Years: A Daily Diary Study. Gerontological Society of America. (Seattle, Washington). November 2024.
2. **Miller, S.**, & Almeida, D. Associations Between Daily Stressors and Alcohol Use in the MIDUS Study. Gerontological Society of America. (Tampa, Florida). November 2023.
3. Linden-Carmichael, A., Chiang, S.-C., **Miller, S.**, & Mogle, J. A latent profile analysis of blackout drinking behavior among young adults. Research Society on Alcoholism. (Bellevue, WA). June 2023.
4. **Miller, S.**, Mogle, J., Linden-Carmichael, A. N., & Almeida, D. Associations Between Daily Drinking and Daily Memory Lapses Among Middle-Aged and Older Adults in the MIDUS Study. Gerontological Society of America. (Indianapolis, Indiana). November 2022.
5. **Miller, S.**, Eiden, R., Maggs, J., & Almeida, D. Daily Marital Interactions and Daily Drinking Among Middle Aged and Older Adults. Research Society on Alcoholism. (Accepted- Not presented). June 2022.
6. **Miller, S.**, & Almeida, D. Protective Effects of Perceived Control on Prescription Drug Misuse 10-years Later in the MIDUS Study. Gerontological Society of America. (Virtual). November 2021.
7. Mogle, J., Linden-Carmichael, A. N., & **Miller, S.** Daily alcohol use covaries with daily concentration problems across the lifespan: Findings from the MIDUS Refresher. Gerontological Society of America. (Virtual). November 2021.
8. Linden-Carmichael, A. N., **Miller, S.**, & Mogle, J. Daily simultaneous alcohol and cannabis use: Associations with blackout drinking, adverse physical effects, and social consequences. Society for Study of Emerging Adulthood. (Virtual). November 2021.
9. **Miller, S.**, Maggs, J., & Almeida, D. Problem Drinking Predicts Functional Health and Mortality Risk 10 Years Later in the MIDUS Study. Gerontological Society of America. (Virtual). November 2020.

10. **Miller, S.**, Maggs, J., & Almeida, D. Gender and Age Differences in the Effects of Family Substance Use on Problem Drinking. Gerontological Society of America. (Virtual). November 2020.
11. Miller, A., **Miller, S.**, LeBourgeois, M., Sturza, J., Rosenblum, K., Lumeng, J. Sleep Health and Obesity-Related Eating Behaviors in Low-Income Toddlers. SRCD Biennial Meeting. March 2019.
12. Chaudhry, K.A., Bartholomew, C.P., Miller, A.L., Sonnevile, K.R., Leonard, K., **Miller, S.**, Guo, Y., Nichols, L., Chang, T. Attitudes Around Sexting Among Youth: A national text message survey. Society for Adolescent Health and Medicine. March 2019.
13. Lehto, R.H., **Miller, S.**, Flanigan, M., & Wyatt, G. Mental health at the end of life in patients with advanced cancer. MNRS 43rd Annual Research Conference. March 2019.

Teaching Experiences

Schreyer Institute:

- Completed New Instructor Orientation
- Completed Instructional Foundations Series
- Completed Essentials of Online Teaching for Graduate Students
- Completed Introduction to Canvas

Teaching Assistant:

- HDFS 249: Adult Development and Aging (Spring 2023)
- HDFS 129: Introduction to Human Development and Family Studies (Fall 2022)

Workshops and Training

- Latent Class Analysis, Statistical Horizons (2024)
- Monitoring the Future Workshop, University of Michigan (2022)
- Certificate in Gerontology, Washtenaw Community College (2022)
- Inter-University Consortium for Political and Social Research (ICPSR) Summer Program, University of Michigan (2021)
- Accounting Fundamentals I and II Certificates, Washtenaw Community College (2021)

Professional Affiliations

- Gerontological Society of America (2019-present)