

# ELANA M. GLOGER

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## EDUCATION

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- 2017-2024 **University of Kentucky**  
**PhD in Experimental Psychology**, May 2024  
*Mentors:* Suzanne C. Segerstrom, PhD, MPH, Kate A. Leger, PhD  
Dissertation: *The Effect of Cytomegalovirus Infection on Daily Stress Processes in Early Adulthood*  
**MS in Clinical Psychology**, May 2019  
Thesis: *Intelligence, Repetitive Thought, and Systemic Inflammation in the Midlife in the United States study*  
Concentration: Health Psychology, May 2021  
Certificate: Biostatistics, May 2022
- 2013-2017 **Ohio University, Cum Laude**  
**BA in Psychology with Honors**, May 2017  
Undergraduate Honors Thesis: *Individual differences in Dementia Worry and Caregiver Burden in caregivers of individuals with dementia.*  
*Thesis Advisor:* Julie Suhr, PhD  
**BS in Biological Sciences Pre-Professional**, May 2017  
Minor in Spanish

## PUBLICATIONS

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### Peer-reviewed Journal Articles:

- Gloger, E.M.**, Judge, S.J., Reed, R.G., Al-Attar, A., Presnell, S.R., Lutz, C.T., & Segerstrom, S.C. (2022). The role of IFN-gamma-producing senescent T cells in the social functioning of older adults. *Brain, Behavior, & Immunity – Health*, 25, 100512.
- Leger, K.A., **Gloger, E.M.**, Crofford, L.R., McDade, T.W., Segerstrom, S.C. (2022). Sleep Variability and Inflammation in Midlife and Older Women. *Psychosomatic Medicine*, 84(9), 1006-1012.
- Gloger, E.M.**, & Segerstrom, S.C. (2022). Repetitive thought, cognition, and systemic inflammation in the Midlife of the United States Study. *Psychology & Health*, 1-19.
- Leger, K.A., **Gloger, E.M.**, Maras, J., Marshburn, C.K. (2022). Lifetime discrimination and health: The mediating role of daily stress processes. *Health Psychology*, 41(5), 332.
- Vohs, K. D., Schmeichel, B. J., Lohmann, S., Gronau, Q., Finley, A. J.... **Gloger, E.M.**.... Wagenmakers, E.-J., & Albarracín, D. (2021). A multi-site preregistered paradigmatic test of the ego depletion effect. *Psychological Science*, 32(10), 1566-1581.
- Segerstrom, S.C., **Gloger, E.M.**, Hardy, J.K., & Crofford, L.R. (2020). Exposure and reactivity to repetitive thought in the neuroticism-distress relationship. *Cognitive Therapy and Research*, 44(3), 659-667.

**Gloger, E.M., & Suhr, J.A.** (2020). Correlates of poor sleep and subsequent misdiagnosis in college students presenting with cognitive complaints. *Archives of Clinical Neuropsychology*, 35(6), 692-670.

### **Book & Encyclopedia Chapters:**

**Gloger, E.M., Boggero, I.A., Segerstrom, S.C.** (2022). Human Psychoneuroimmunology. In H. Friedman (Ed.), *Encyclopedia of Mental Health* (3<sup>rd</sup> ed.).

**Gloger, E.M., Smith, G.T., Segerstrom, S.C.** (2020). Stress Physiology and Physiometrics. In D.F. Ragin & J. P. Keenan (Eds.), *Handbook of Research Methods in Health Psychology* (pp. 127-140). Routledge/Taylor & Francis Group.

## **MANUSCRIPTS UNDER REVIEW**

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Lawrence K.A., **Gloger E.M.**, Pinheiro C., Schmitt F., Fardo D., & Segerstrom S.C. (*revise and resubmit*). Polymorphisms in IL-1 $\beta$ , IL-6, and TNF $\alpha$  Cytokines Are Not Associated with Longitudinal Trajectories of Domain-Specific Cognitive Function in Non-Demented Older Adults. *Brain, Behavior, and Immunity – Health*.

## **MANUSCRIPTS IN PREPARATION**

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**Gloger, E.M., Reed, R.G., Miller, A., McDade, T., Segerstrom, S.C.** (*In prep*). The effect of Cytomegalovirus infection on daily stress processes in early adulthood.

**Gloger, E.M., Smith, A.L., Whitehurst, L.N., & Berry Mendes, W.** (*In prep*). Perceived stress and emotion regulation predict daily health indicators.

**Gloger, E.M., Leger, K.A.** (*In prep*). Stress variability, inflammation, & health: A longitudinal investigation of 20 years of MIDUS Data.

**Gloger, E.M., Smith, A.L., Whitehurst, L.N., & Mendes, W.B.** (*In prep*). Cognitive predictors of health outcomes: a phone app study of cognition, stress, and emotion.

## **RESEARCH SUPPORT**

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### **Ongoing:**

*Principal Investigator*, National Institute of Aging, F31 (**#AG082521-F31**)

**Project Title:** *The Effect of Cytomegalovirus Infection on Daily Stress Processes in Early Adulthood.*

**Funding:** \$47,694.

**Awarded:** 3/2023.

*Principal Investigator*, Network for Emotional Well-Being and Stress Measurement Network, Emotional Well-Being and Health Data Analysis Award.

**Project Title:** *Stress Variability, Inflammation, & Health: A Longitudinal Investigation of 20 years of MIDUS Data*

**Funding:** \$10,000.

**Awarded:** 12/2022.

**Not funded:**

Principal Investigator, National Institute of Aging, F32 (#AG087657-F32)

**Project Title:** *Lifetime Stress and Biological Aging in Midlife Adults: Protective Effects of Self-regulation.*

**Submitted:** 8/2023.

**Impact Factor:** 40.

**Resubmitted 4/2024.**

## HONORS AND AWARDS

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2023	Heritage Dissertation Award (\$2,000), Society for Personality and Social Psychology
2023	Gunto-Berger Outstanding Social Psychology Graduate Student, Department of Psychology, University of Kentucky
2022	Gunto-Berger Outstanding Social Psychology Graduate Student, Department of Psychology, University of Kentucky
2022	Trainee Scholar Award (\$500), American Psychosomatic Society
2021	Emerging Student Leader Award (\$500), Society for Health Psychology (APA Division 38)
2017	Psychology Outstanding Graduating Senior Award, Ohio University
2017	First Place in Psychology, Ohio University Student Research and Creative Activity Expo
2016-2017	Gaige Paulson Endowed Scholarship, Psychology Department, Ohio University
2016-2017	Merit Grant, Jewish Family Service Association of Cleveland
2016-2017	Faber-Rosen Scholarship, Jewish Family Service Association of Cleveland
2016-2017	Ruth Mathewson Scholarship Fund, Biological Sciences Department, Ohio University
2016-2017	Dean's Scholarship, Ohio University
2016-2017	President, Psi Chi Chapter of Ohio University
2016	Psi Chi Membership Scholarship, Ohio University
2016	Phi Beta Kappa, National Honors Society
2016	First Place in Psychology, Ohio University Student Research and Creative Activity Expo
2016	Psi Chi, The International Honors Society in Psychology
2015-2016	Psychology Research and Teaching Endowment Scholarship, Ohio University
2013-2017	Deans List, College of Arts and Sciences
2013	Alpha Lambda Delta, National Honors Society
2013	Ohio University College of Arts and Sciences Scholar

## PRESENTATIONS

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### **Oral Presentations:**

**Gloger, E.M.**, Leger, K.A., Maras, J., Marshburn, C.K., (2022, March). *Discrimination and Health: The Mediating Role of Daily Stress Processes*. Presented at the American Psychosomatic Society Annual Meeting, Long Beach, CA.

**Gloger, E.M.**, Leger, K.A., Crofford, L.J., Segerstrom, S.C., (2022, March). *Inflammation and Sleep Variability in Older Adult Women*. Presented at the American Psychosomatic Society Annual Meeting, Long Beach, CA.

**Gloger, E.M.**, Segerstrom, S.C. (2021, February). *Repetitive Thought, Cognition, and Systemic Inflammation in the Midlife in the United States Study*. 3-minute Flash Talk selected for presentation at the 2021 Society for Personality and Health Psychology Health Preconference.

### **Posters & Professional Development Seminar Presentations:**

- Gloger, E.M.**, Smith, A.L., Whitehurst, L.N., & Mendes, W.B. (2024, March). *Perceived stress and emotion regulation predict daily health indicators*. Poster presented at the American Psychosomatic Society 2024 Annual Meeting, Brighton, UK.
- Lawrence K.A., **Gloger E.M.**, Pinheiro C., Schmitt F.A., & Segerstrom S.C. (2023, November). Polymorphisms in Inflammatory Cytokines Not Associated with Cognitive Trajectories in Older Adults. Poster to be presented at the Gerontological Society of America 2023 Annual Scientific Meeting, Tampa, FL.
- Gloger, E.M.** (2023, October). *So, You Want to Write an NIH Grant?* Presented at the University of Kentucky Developmental, Social, Health Department Brown Bag.
- Gloger, E.M.**, Smith, P.J., & Segerstrom, S.C. (2023, March). *Longitudinal associations between systemic inflammation and cognition in older adults*. Poster presented at the American Psychosomatic Society 2023 Annual Meeting, San Juan, PR.
- Selected for Citation Poster Session for highly rated abstract by anonymous review.
- Gloger, E.M.**, Reed, R.G., Al-Attar, A., Presnell, S.R., Lutz, C.T., & Segerstrom, S.C. (2020, December). *The role of IFN-g-producing senescent T cells in social network size, diversity, and resources of older adults*. Poster presented at the American Psychosomatic Society 2020 Virtual Conference.
- Segerstrom, S.C., Judge, S.J., **Gloger, E.M.**, Adams, A.M. (2020, October). *Pre-registration*. Presented at the University of Kentucky Developmental, Social, Health Department Brown Bag.
- Gloger, E.M.** (2020, October). *Clinical Case Presentation*. Presented at the University of Kentucky Clinical Psychology Department Brown Bag.
- Gloger, E.M.**, Segerstrom, S.C. (2020, April). *Cognition, Repetitive Thought, and Systemic Inflammation in the Midlife in the United States Study*. Presented at the University of Kentucky Clinical Psychology Department Brown Bag.
- Gloger, E.M.**, Reed, R.G., Al-Attar, A., Presnell, S.R., Lutz, C.T., & Segerstrom, S.C. (2020, March). *The role of IFN-g-producing senescent T cells in the social functioning of older adults*. Poster accepted for presentation at American Psychosomatic Society Annual Meeting, Long Beach, CA. Conference cancelled.
- Pinheiro, C., **Gloger, E.M.**, Crofford, L.J., Segerstrom, S.C. (2020, March). *Eudaemonic well-being and heart rate variability among midlife and older women*. Poster accepted for presentation at the American Psychosomatic Society Annual Meeting, Long Beach, CA. Conference cancelled.
- Judge, S. T., Fister, G., **Gloger, E.M.**, Crofford, L. J., & Segerstrom, S. C. (2020, March). *Eudaemonic well-being and C-reactive protein*. Poster accepted for presentation at American Psychosomatic Society Annual Meeting, Long Beach, CA. Conference cancelled.
- Gloger, E.M.**, Segerstrom, S.C. (2019, March). *Intelligence, repetitive thought, and systemic inflammation in the Midlife in the United States study*. Poster presented at the American Psychosomatic Society 77<sup>th</sup> Annual Meeting, Vancouver, BC.
- Gloger, E.M.**, Segerstrom, S.C. (2018, May). *Research Proposal: Cognition, Repetitive Thought, and Systemic Inflammation in the Midlife in the United States Study*. Presented at the University of Kentucky Clinical Psychology Department Brown Bag.

**Gloger, E.M.**, Suhr, J.A., Smith, J., Callahan, L., Sammler, L. (2017, October). *Sluggish Cognitive Tempo is related to sleep difficulties*. Poster presented at the National Academy of Neuropsychology Annual Meeting, Boston, MA.

Smith, J., Suhr, J.A., **Gloger, E.M.**, Callahan, L., Sammler, L. (2017, October). *The relation of Sluggish Cognitive Tempo (SCT) to objective indicators of processing speed and working memory*. Poster presented at the National Academy of Neuropsychology Annual Meeting, Boston, MA.

Callahan, L., Suhr, J.A., **Gloger, E.M.**, Smith, J., Sammler, L. (2017, October). *Is Sluggish Cognitive Tempo related to depression, anxiety, and stress?* Poster presented at the National Academy of Neuropsychology Annual Meeting, Boston, MA.

**Gloger, E.M.** (2017, April). *Is Sluggish Cognitive Tempo related to sleep quality?* Poster presented at the Ohio University Research and Creative Activity Expo, Athens, OH.

- *Won First Place in Psychology*

Suhr, J. A., Kinzer, A., & **Gloger, E.M.** (2016, July). *Does subjective cognitive decline accurately reflect cognitive functioning?* Poster presented at the International Neuropsychological Society mid-year meeting, London, England.

**Gloger, E.M.**, & Kinzer, A. (2016, April). *The relationship between subjective cognitive decline, objective cognitive impairment, and dementia worry in older adults*. Poster presented at the Ohio University Research and Creative Activity Expo, Athens, OH.

- *Won First Place in Psychology*

### **Invited Presentations:**

**Gloger, E.M.** (2024, February). *Who Do You Want to Be? Treating Wellness as a Pre-requisite to Success*. Invited workshop symposium at the 2<sup>nd</sup> Annual Iowa State University Health and Wellness Symposium. Ames, IA.

**Gloger, E.M.** (2022, March). *Showing Up Unapologetically as Yourself in Academia: Allowing Personal Passions to Drive Academic Actions*. Invited Panelist Speaker at the Leadership Challenge Panel, University of Pittsburgh Department of Psychology. Presented virtually.

## **PROFESSIONAL DEVELOPMENT AND SERVICE**

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2023-2024	Graduate Student Liaison, Department of Psychology, Health area, University of Kentucky
2021-2024	Co-chair, Emerging Leaders Special Interest Group, American Psychosomatic Society
2020-2022	Twitter Initiative Lead, Emerging Leaders SIG, American Psychosomatic Society
2019-present	Abstract reviewer, American Psychosomatic Society 78 <sup>th</sup> - 81 <sup>st</sup> Annual Conference
2020	Guest Lecturer, PSY 399: Field Based/Community Based Education, <i>Grad School Q&amp;A</i>
2017-2020	Guest Lecturer, PSY 195: Orientation to Psychology, <i>Grad Student Panel</i>
2017-2020	Psychology PhD student participant, <i>University of Kentucky Psi Chi Graduate School Q&amp;A</i>
2019-2020	Graduate Student Rep. for Health, Department of Psychology, University of Kentucky
2019	RISE Award reviewer, Association for Psychological Science Student Caucus
2019	Chair, University of Kentucky APA Division 38 Health Psychology Symposia
2018-2019	Campus Representative, Society for Health Psychology (APA Division 38)
2018-present	Member, Emerging Leaders Special Interest Group, American Psychosomatic Society

### **AD HOC REVIEWING**

Intelligence

International Journal of Behavioral Medicine

Journal of Personality  
 Journal of Affective Disorders  
 Journal of Youth and Adolescence  
 Becoming a Health Psychologist (2019)

## PROFESSIONAL AFFILIATIONS

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2024-present American Psychological Association, Division 20, Student Member  
 2020-present Social Personality and Health Network, Student Member  
 2020-present Society for Personality and Social Psychology, Graduate Student Member  
 2019-present American Psychological Association of Graduate Students  
 2018-present Society for Biopsychosocial Science and Medicine, Associate Member  
 2018-present American Psychological Association, Division 38, Member

## DETAILED RESEARCH EXPERIENCE

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- 2023      **Wet Laboratory and ELISA Training**  
*Laboratory for Human Biology Research, Northwestern University, Evanston, IL*  
Advisor: Thomas McDade, PhD & Aaron Miller, PhD  
 Learned basic laboratory safety, proper pipetting technique (single channel, deep well, multi-channel, repeater), dilution and elution techniques. Executed standard ELISA protocol with dried blood spots for CMV antibody detection (Gold Standard Diagnostic #720-320). Utilized Gen 5 software to read ELISA plates.
- 2021-2022      **Graduate Research Assistant**  
*Whitehurst Research Lab, University of Kentucky, Lexington, KY*  
Advisor: Lauren N. Whitehurst, PhD  
 Conduct in-person research visits, SCID screening, ECG recording, and blood pressure readings for an investigation of vagal nerve stimulation and acute stress reactivity in young adults. Funded by Vorso Company, Redwood City, CA.
- 2018-2019      **Graduate Research Assistant**  
*Behavioral and Community Based Research Shared Resource Facility (BCBR-SRF), Markey Cancer Center, University of Kentucky, Lexington, KY*  
Advisor: Jamie Studts, PhD & Robin Vanderpool, DrPH, CHES  
 Collected data in REDCap. provided management and literature review for major NIH and internal grants and assisted in CE course development for physicians. Worked on billing accounts, promoting services at local health fairs, and attending biweekly staff meetings.
- 2017-2023      **Graduate Research Assistant, Cognitive Task Study; DAHLiA Study; Thought, Stress, and Immunity Study**  
*Psychoneuroimmunology Research Lab, University of Kentucky, Lexington, KY*  
Advisor: Suzanne C. Segerstrom, PhD, MPH  
 Coordinated scheduling of participants and conducted study protocol for replication project through the University of Minnesota. Data management and entry for a 9-wave, 200-participant, longitudinal NIH-funded study. Programmed REDCap online daily diary survey. Coordinated informed consent, 10-day diary schedules, and compensation for 200 participants. Organized and conducted bi-yearly research interviews, self-report questionnaires, suicide risk assessments, neuropsychological batteries, ECG recording, and blood pressure readings for 75 older adults in Kentucky.
- 2016-2017      **Research Coordinator, Sluggish Cognitive Tempo Study**  
*Clinical Neuropsychological Assessment Research Lab, Ohio University, Athens, OH*

Advisor: Julie Suhr, PhD

Scheduled participants, trained undergraduate research assistants, and presented study protocol. Administered health history, and extensive neuropsychological battery and self-report questionnaire to college-aged students in southern Ohio.

2015-2016

**Research Assistant, Program to Aid Career Exploration**

*Laboratory of Zincology and Neuroscience, Ohio University, Athens, OH*

Advisor: Yang Li, MD, PhD

Assisted in cell preservation and ran electrophysiology trials. Probed rat hippocampi with a stimulating needle and recorded action potential in conditions of oxygen, without oxygen, and with an experimental chemical to mirror the effects of stroke. Observed ELISA Assays and fluorescent dye techniques.

2014-2017

**Research Assistant, Self-Handicapping and ADHD Study, Dementia Caregiver Study**

*Clinical Neuropsychological Assessment Research Lab, Ohio University, Athens, OH*

Advisor: Julie Suhr, PhD

Presented research protocol to students concerned about ADHD symptoms. Administered computerized working memory task, self-handicapping scale, measures of ADHD symptomology, neuropsychological battery and recorded waist measurements and blood pressure for older adult caregivers of individuals with dementia in southern Ohio

## TEACHING EXPERIENCE

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2019-2020

**Teaching Assistant, University of Kentucky, Lexington, KY**

**Course:** *PSY 399: Field Based/Community Based Education*

Supervisor: David Susman, PhD

Planned and coordinated weekly guest speakers, led weekly seminar course, supervised intern responsibilities, and provided guidance and mentorship for highly competitive undergraduate psychology interns at the Jesse G. Harris Psychology Services Center at the University of Kentucky.

Spring  
2018

**Teaching Assistant, University of Kentucky, Lexington, KY**

**Course:** *PSY 215: Research Methods*

Supervisor: Andrea Friedrich, PhD

Developed an online course for the 6-week summer semester. Tasks included restructuring of previously offered course, new question and exam development, structuring of weekly assignments, structuring of grading, and developing materials that adhere to the new university aims for the Research Methods course.

Fall  
2017

**Teaching Assistant, University of Kentucky, Lexington, KY**

**Course:** *PSY 100: Intro to Psychology*

Supervisor: Jonathon Golding, PhD

Taught 4 lab courses, ~25 students each, once a week. Developed PowerPoint presentations and quiz questions weekly. Graded lab and lecture coursework and proctored exams throughout the semester. Additionally, attended biweekly meetings with the professor and other TAs.

2015-2016

**Learning Community Leader (Undergraduate TA), Ohio University, Athens, OH**

**Course:** *Getting into Medical School (2016), Optimizing Your Psychology Degree (2015)*

Supervisors: Susan Tice-Alicke, PhD & Ann LaComb, MA

Assisted in teaching first-year students how to transition to university life and gain crucial academic skills such as organization and planning. Taught at least one class without assistance per semester, planned events with the students to help them build relationships, and helped with scheduling and implementing a successful college career.

## MEDIA SPOTLIGHT

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- 2020 – 2023 **Host and Producer of *Dear Grad Student***: <https://deargradstudent.com>  
Podcast focused on celebrating, commiserating, and supporting students through grad school.
- 80,000+ downloads/listens
  - Top 5% Most Followed Podcasts on Spotify (2022), Top 10% Most Shared Globally on Spotify (2022)
  - Example Episodes:
    - **Ep. 17 Part 1 and Part 2**: *Disabled in Grad School: Ableism, Accessibility, & Burning It All Down*
    - **Ep. 23**: *Navigating Grad School as a Black Student: Gaslighting, Code-switching, and Choosing Hope*
    - **Ep.32**: *Unwritten Rules of Grad School: Being Uncomfortable, Tailoring Your Career, & Grounding Yourself*
    - **Ep. 55**: *Prioritizing YOU: Why Taking Care of Yourself is the Key to Success in Grad School*
    - **Ep. 62**: *The Hard Truth: Failure, Rejection, & Imposter Syndrome in Grad School and Beyond*

*Dear Grad Student: Elana Gloger, Health Psychology PhD Candidate.* Grad School Life Podcast by PhD Balance. March 9<sup>th</sup>, 2022. <https://www.phdbalance.com/post/ep-3-elana>

*Isolation in Grad School with Elana Gloger.* Grad Chat Podcast by PhD Balance. January 22<sup>nd</sup>, 2022. <https://podcasters.spotify.com/pod/show/grad-chat/episodes/Isolation-in-Grad-School-w-Elana-Gloger-e1d3sbp/a-a78m9tq>

*The Power of Parks, Leaves on a Stream, and Mario Kart with Elana Gloger.* Planthropology Podcast. January 11<sup>th</sup>, 2022. <https://www.planthropologypod.com/home/elanagloger>

*Elana Gloger on identity and podcasting.* LGBTQ+ STEMCast Podcast. July 27<sup>th</sup>, 2021. <https://podcasters.spotify.com/pod/show/lgbtqstemcast/episodes/Dear-Grad-Student-Elana-Gloger-on-identity-and-podcasting-e153qdf>