

LAURA ZETTEL-WATSON, Ph.D.
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EDUCATION

- Ph.D. 2004 Psychology & Social Behavior, University of California, Irvine
Dissertation Title: "Aging alone: Do the social support resources of never-married individuals place them at risk?"
- B.A. 1997 Psychology, University of Michigan, Ann Arbor

GRANTS, AWARDS, AND HONORS

2010-2011

- Faculty-Student Research and Creative Activities Grant, Faculty Development Center (FDC) - \$900 to support research with undergraduate William Moreno

2009-2010

- General Faculty Research Award, Auxiliary Services Corporation, CSUF
- Faculty-Student Research and Creative Activities Grant, FDC - \$500 to support research with undergraduate Jordan Aquino

2008-2009

- Summer Research Stipend Award, School of Humanities & Social Sciences, CSUF
- Faculty Recognition Award – Service to the University, CSUF

2007-2008

- Outstanding Teacher Scholar Award for Collaborative Teaching, School of Humanities & Social Sciences, CSUF
- Summer Stipend Award, CSU Special Fund for Research, Scholarship, and Creative Activity
- Assigned Time (3 WTU course release) for Spring '08, School of Humanities & Social Sciences, CSUF
- Instructionally Related Research Award (3 WTU course release), Department of Psychology, CSUF

2006-2007

- Summer Stipend Award, CSU Special Fund for Research, Scholarship, and Creative Activity

- Instructionally Related Research Award (3 WTU course release), Department of Psychology, CSUF
- Faculty-Student Research and Creative Activities Grant, FDC - \$1000 to support research with undergraduate Katara Harwood

2005-2006

- Faculty Development Grant, FDC
- Summer Stipend Award, CSU Special Fund for Research, Scholarship, and Creative Activity

2004-2005

- Dissertation Fellowship, University of California, Irvine (UCI), Office of Research & Graduate Studies
- Most Promising Future Faculty Member, UCI, university-wide award
- Excellence in Teaching & Teaching Assistant Mentoring, UCI, Division of Undergraduate Education, university-wide award

2003-2004

- Grant, Anthony Marchionne Foundation, \$25,000. "Aging Alone: Are Single Older Adults at Risk?" Co-Principal Investigator with Karen S. Rook.
- Dissertation Research Fellowship, UCI, School of Social Ecology
- Excellence in Teaching & Teaching Assistant Mentoring, UCI, Division of Undergraduate Education, university-wide award

RESEARCH INTERESTS

Marital Status Differences in Later Life
Social Relationships & Health
Adult Development and Aging

Death, Dying, and Bereavement
Psychosocial Aspects of Fibromyalgia

PUBLICATIONS

Zettel-Watson, L., Rakovski, C. C., Levine, B. Rutledge, D. N., & Jones, C. J. (In Press). Impact of employment and caregiving roles on the well-being of people with Fibromyalgia Syndrome. *Journal of Musculoskeletal Pain*.

Zettel-Watson, L., & Rook, K. S. (2008). Friendships: Later life. In D. Carr (Ed.), *Encyclopedia of the Life Course and Human Development*. Detroit, MI: Gale.

Zettel-Watson, L., & Britton, M. (2008). The impact of obesity on the social participation of older adults. *Journal of General Psychology*, 135, 409-423.

- Zettel-Watson, L., Ditto, P. H., Danks, J. H., & Smucker, W. D. (2008). Actual and perceived gender differences in the accuracy of surrogate decisions about life-sustaining medical treatment among older spouses. *Death Studies, 32*, 273-290.
- Rook, K., Mavandadi, S., Sorkin, D., & Zettel, L. (2007). Optimizing social relationships as a resource for health and well-being in later life. In C. M. Aldwin, C. L. Park, & Spiro, A. III (Eds), *Handbook of Health Psychology and Aging* (pp. 210-239). New York: Guilford.
- Rook, K.S., & Zettel, L.A. (2005). The purported benefits of marriage viewed through the lens of physical health. *Psychological Inquiry, 16*(2/3), 116-121.
- Zettel, L.A., & Rook, K.S. (2004). Substitution and compensation in the social networks of widowed women. *Psychology and Aging, 19*, 433-443.
- Rook, K.S., Sorkin, D.H., & Zettel, L.A. (2004). Stress in social relationships: Coping and adaptation across the life span. In F.R. Lang & K.L. Fingerman (Eds.) *Growing together: Personal relationships across the lifespan* (pp. 210-239). Cambridge, UK: Cambridge University Press.
- Rook, K.S., Zettel, L.A., & Sorkin, D.H. (2002). Commentary: Older adults' social relationships: Strengths and vulnerabilities. *International Society for the Study of Behavioural Development Newsletter, 41* (1), 20.

PRESENTATIONS

- Jones, C. J., Rutledge, D. N., Aquino, J. K., Zettel-Watson, L., Cantero, P., Espinoza, A., Leal, F., Prado, B., Valencia, C., & Weiss, J. W. (2010, September). *Typology of chronic pain among overweight Mexican Americans*. Poster presented at the American Academy of Pain Management's 21st Annual Clinical Meeting, Las Vegas, NV.
- Roberson, I., Shimizu, R., Zettel-Watson, L., Rutledge, D. N., Jones, C. J., & Cherry, B. J. (2010, April). *Cognitive performance in older adults with and without fibromyalgia*. Poster presented at the Cognitive Aging Conference, Atlanta, GA.
- Rutledge, D., Jones, C. J., Cherry, B., Zettel-Watson, L., Lopez, L., & Cayetano, R. (2009, November). *Self-assessed physical function levels of older persons with/without Fibromyalgia*. Poster presented at the 62nd Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.
- Zettel-Watson, L., Bateham, A., Diosdado, S., Shimizu, R., Oliveros, J., Cherry, B., Rutledge, D., & Jones, C. J. (2009, November). *The impact of social support on functionality of older adults with and without Fibromyalgia*. Poster presented at the 62nd Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.
- Shimizu, R., Diosdado, S., Cherry, B., Zettel-Watson, L., Rutledge, D., & Jones, C. J. (2009,

- October). *Impact of Fibromyalgia ADL pain on cognitive performance*. Poster presented at the 20th Annual Clinical Meeting of the American Academy of Pain Management, Phoenix, AZ.
- Chang, J. C., & Zettel-Watson (2009, August). *Extroversion and self-esteem in friendships among college students*. Poster presented at the 117th Annual Scientific Meeting of the American Psychological Association, Toronto.
- Chang, J. C., & Zettel-Watson (2009, April). *Close friends, frequency of contact, and self-esteem among college students*. Poster presented at the 89th Annual Scientific Meeting of the Western Psychological Association, Portland, OR.
- Cherry, B. J., Jones, C. J., Rutledge, D. N. , Weiss, J., Barakat, B. K., Zettel-Watson, L., Mouttapa, M., Just, N., & Aquino, J. (2009, March). *Physical and cognitive performance in Fibromyalgia and normal aging*. Poster presented at the 19th Annual Rotman Research Institute Conference, Toronto.
- Romo, D., & Zettel-Watson, L. (2008, November). *Attitudes toward death, marital quality, and adjustment to widowhood*. Poster presented at the 61st Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.
- Harwood, K. L., & Zettel-Watson, L. (2008, April). *College students' attitudes about politically charged topics: The role of gender*. Poster presented at the 88th Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Robison, M. M., & Zettel-Watson, L. (2008, April). *The effects of positive and negative social support on emotional and physical health in college students*. Poster presented at the 88th Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Sutherland, M., Zettel-Watson, L., & Blandon-Gitlin, I. (2008, April). *Incrementally consuming attention: A calibrated anagram set*. Poster presented at the 88th Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Zettel-Watson, L. A., & Jacoby, D. L., (2008, April). *Impact of marital history on social integration and grief recovery among recent widow(er)s*. Poster presented at the 88th Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Romo, D., & Zettel-Watson, L. (2007, November). *Perception of death: Pre-loss attitudes and adjustment to widowhood*. Poster presented at the 60th Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Britton, M., & Zettel-Watson, L. (2007, May). *The effects of obesity on social participation in an older adult population*. Poster presented at the 87th Annual Scientific Meeting of the Western Psychological Association, Vancouver, BC.

- Harwood, K., & Zettel-Watson, L. (2007, May). *College students' attitudes toward physician-assisted suicide: The role of age, gender, education and religion*. Poster presented at the 87th Annual Scientific Meeting of the Western Psychological Association, Vancouver, BC.
- Morillas, A., Zettel-Watson, L. (2007, May). *The impact of living situation and instrumental dependence on the psychological well-being of widowed older adults*. Poster presented at the 87th Annual Scientific Meeting of the Western Psychological Association, Vancouver, BC.
- Zettel-Watson, L.A. (2006, November). Symposium discussant. In A. Bishop & P. Martin (Chairs), *Vulnerabilities and strengths of unmarried survivors in late and very late life*. Symposium conducted at the 59th Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Zettel-Watson, L. A., & Jacoby, D. L., (2006, November). *Impact of marital history on later life marriages*. Poster presented at the 59th Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- August, K., Zettel, L., Rook, K., & Newsom, J. (2005, November). *The impact of gender and life stress on older adults' reactivity to negative social exchanges*. Poster presented at the 58th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.
- Zettel, L.A., & Rook, K.S. (2004, November). Social support of the never-married in later life. In D. Chiraboga & L. A. Zettel (Chairs), *The never-marrieds in later life: Potentials, problems, and paradoxes*. Symposium conducted at the 57th Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.
- Zettel, L.A., & Rook, K.S. (2003, November). *Quality of social support: Are the never-married at a disadvantage?* Poster presented at the 56th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Zettel, L.A., & Rook, K.S. (2002, November). Old vs. new friends: Implications for older adults' emotional health. In J. Reinhardt (Chair), *Longitudinal perspectives on social support*. Symposium conducted at the 55th Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Zettel, L.A., Horn, M.C., Mavandadi, S., & Charles, S. (2002, April). *Depressive symptomatology among Mexican-Americans: Investigating age and ethnic differences*. Poster presented at the 82nd Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Zettel, L.A., & Rook, K.S. (2001, November). *Substitution and compensation in the social networks of widowed women*. Poster presented at the 54th Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.

- Ditto, P.H., Hawkins, N.A., Jacobson, J.A., & Zettel, L.A. (2001, November). Imagining the end of life: The psychology of advance medical decision making. In J. Heckhausen (Chair), *Adaptation to stressful events and transitions across the life span*. Symposium conducted at the 54th Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.
- Zettel, L.A., Ditto, P.H., Danks, J.H., & Smucker, W.D. (2000, November). *Gender differences in surrogate end-of-life decision-making*. Poster presented at the 53rd Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

ACADEMIC APPOINTMENTS

- 2005-Present Assistant Professor, Department of Psychology, *California State University, Fullerton*
- Developmental Psychology, Psychology of Aging, Psychological Aspects of Aging (graduate seminar), Advanced Psychology of Aging, Research Methods
- 2004-2005 Lecturer, Department of Psychology and Social Behavior, *University of California, Irvine*
- Gerontology, Health Psychology, Adult Development, Introduction to Human Behavior (i.e., Introductory Psychology)
- 2004 Adjunct Faculty, Department of Psychology, *Soka University of America*, Aliso Viejo, California
- Research Methods and Statistics
- 2002-2004 Teaching Assistant Consultant, *University of California, Irvine*
- Developed a discipline-specific professional development program, following pedagogical training, to train new teaching assistants in their disciplines.
- 1998-2004 Graduate Teaching Assistant, Department of Psychology and Social Behavior, *University of California, Irvine*
- Data Analysis/Statistics (graduate course), Research Methods/Research Design, Introduction to Human Behavior, Health Psychology, Gerontology, Abnormal Psychology, Beliefs, Attitudes, & Health Behaviors, Self & Identity, Natural Field Research (Junior/Senior Writing Requirement)

INVITED LECTURES

- “Social Relationships and Fibromyalgia” – lecture for North Orange County Fibromyalgia Support Group at Kaiser Permanente Hospital, Anaheim, CA, July 2010
- “Single and Strong: Adjusting to Singlehood in the Second Half of Life” – lecture for Osher Lifelong Learning Institute participants at CSUF Gerontology Center, February 2009

“Sex After 50” – two part lecture for Osher Lifelong Learning Institute participants at CSUF Gerontology Center, March 2008

“Social Support in Later Life: Challenges, Resources, and Adaptation” – Psi Chi Honor Society Colloquium, *CSUF*, March 2006

“Alzheimer’s Disease” – lecture given to AP psychology students during “Women in Science Week”, Scarsdale, NY, October 2005

“Mental Health and Aging” – lecture given in Gerontology at UCI: Spring ’01, Winter ’02, Winter ’03

“Social Support and Health” – lecture given in Beliefs, Attitudes, & Health Behaviors at UCI, Spring ’01

SERVICE

Chair, Goals and Directions Committee, Department of Psychology, *CSUF*, 2009 – Present

Psychology Department Search Committee, *CSUF*, Fall 2007

Grandparent Resource Center Planning Committee, *CSUF*, 2006 – Present

Gerontology On-line Degree Planning Committee, *CSUF*, 2006 – Present

Scholarship Committee, Gerontology Program, *CSUF*, 2006 – Present

Space and Equipment Committee, Department of Psychology, *CSUF*, 2005 – Present

Curriculum Committee, Department of Psychology, *CSUF*, 2005 – Present

Chair, Renovation Committee, Department of Psychology, *CSUF*, 2005 – 2009

Member, Gerontology Program Council, *CSUF*, 2005 – Present

Member, Board of Directors, Irvine Adult Day Health Services, Irvine, CA, 2006 – 2010

OTHER PROFESSIONAL ACTIVITIES

2009 Co-organized *CSUF*’s inaugural Grandparents Conference, a one-day conference funded by a *CSUF* Mission and Goals Initiative grant aimed at improving intergenerational relationships for grandparents

2008 Participated in Safe Space Workshops, conducted by the *CSUF* Multicultural Center, and registered as a campus LGBT Ally

2007 Participated in Webpage Development Workshop, conducted by *CSUF* Humanities & Social Sciences Tech Team

2006 Participated in Web-Research Workshop (collecting survey data via the internet), conducted by Prof. Michael Birnbaum, *CSUF* Psychology Department

2004 Participated in a series of Career Development Workshops sponsored by the UCI Career Center

2003 Created and Produced Instructional Video on Scantron exam grading, UCI

- 2002 Participated in the Changing Lives of Older Couples (CLOC) Summer Workshop and Data Release, part of the University of Michigan's 55th Annual Summer Institute in Survey Research Techniques
- 2002 Participated in "Stop the Silence" Workshop (to promote student participation in the classroom) conducted by the UCI Instructional Resources Center
- 2001 Participated in Research Workshop on Aging with Disabilities, sponsored by the Rehabilitation Research and Training Centers on Aging with a Disability and Aging with Spinal Cord Injury and UCI Geriatrics Program.
- 2000 Internship at Regents Point, a continuing-care retirement community in Irvine, California.
 - Assisted Social Services Director and Activity Director with art, music, or physical recreation activities for cognitively, visually, or physically impaired older adults; provided social support and companionship to residents dealing with stress, change, illness, and loneliness.