

SARA FLORENCE WATERS, Ph.D.

Email: sara.f.waters@wsu.edu
Office: 360-546-9272
McClaskey Bldg 226

Washington State University
14204 NE Salmon Creek Ave
Vancouver, WA 98686

EDUCATION

- Ph.D. 2011 Human Development
 College of Agricultural and Environmental Sciences
 University of California, Davis
 Chair: Ross A. Thompson
- M.S. 2008 Child Development
 College of Agricultural and Environmental Sciences
 University of California, Davis
 Chair: Thomas Anders
- B.A. 2003 Psychology; English
 College of Letters and Sciences
 University of California, Berkeley

PROFESSIONAL EXPERIENCE

- 2015 – **Assistant Professor**
 Department of Human Development
 Washington State University, Vancouver
- 2014 – 2015 **Visiting Research Scientist**
 Department of Psychiatry
 University of California, San Francisco
- 2012 – 2014 **Postdoctoral Fellow**
 Department of Psychiatry
 University of California, San Francisco
- 2011 – 2012 **Visiting Assistant Professor**
 Department of Psychology
 University of the Pacific
- 2005 – 2011 **Graduate Research Assistant**
 Departments of Psychology and Psychiatry
 University of California, Davis

RESEARCH INTERESTS

emotional and physiological regulation development; parent-child attachment relationship; early adversity and trauma; health equity; prevention and early intervention

FUNDING¹

CURRENT

2019 *The What's in Your Heart? Program: Feasibility, Development, and Pilot Study.* Frontiers of Innovation, Harvard's Center on the Developing Child. \$13,375 Co-I: **S. F. Waters** (3/2019-5/2020)

2018 *Using Native Knowledge and Intervention Science to Heal Intergenerational Trauma in a NW Tribe.* Robert Wood Johnson Foundation Interdisciplinary Leaders Program. \$350,000. P.I.: **S. F. Waters** (9/2018-9/2021)

2016 *Promoting Health Equity and Resilience in Disadvantaged Populations.* Washington State University Grand Challenges Grant. \$4,127,320 P.I. Paul Whitney, Co-I: **S. F. Waters** (8/2016-12/2021).

Developmental Origins of Health and Disease: Identifying Potential Mechanisms for Intergenerational Transmission of Risk and Resilience. Washington State University Grand Challenges Seed Grant. \$74,305 P.I.: **S. F. Waters** (7/2016-6/2019)

COMPLETED

2017 *Attachment Vitamins: A novel parenting group based on Child-Parent Psychotherapy.* Amini Foundation for the Study of Affects \$29,270. P.I.: **S. F. Waters.** (2/2017-12/2018)

Stress During Pregnancy and Mother-Infant Health. Washington State University CAHNRS Internship Fellowship. \$2,500. P.I.: **S. F. Waters** (5/2017-12/2017)

2016 *Is Stress Contagious? Biological Responses in Parents and Children.* Washington State University CAHNRS Internship Fellowship. \$2500. P.I.: **S. F. Waters** (1/2016-5/2016)

Building Caregiver Capacities Through Psychoeducation on Early Childhood Development: Attachment Vitamins. Harvard's Center on the Developing Child. \$10,000 P.I. with Alicia Lieberman, Co-I: **S. F. Waters** (6/2016-12/2017)

Assessing Children's Physiological Reactivity in the Field. Washington State University, Vancouver Mini Grant. \$8,000 P.I.: **S. F. Waters** (5/2016-5/2017)

2015 *Parent-Child Stress Contagion in Chronically Stressed Families.* Washington State University, Vancouver New Faculty Seed Grant. \$25,243. P.I.: **S. F. Waters** (5/2015-5/2017)

Biological Measurement of Parental Chronic Stress in Vulnerable Families. Washington State University, Vancouver Mini Grant. \$4,834. P.I.: **S. F. Waters** (5/2015-5/2016)

Mothers, Fathers, and their Emotion Regulation: The Impact on Stress Contagion. The Amini Foundation for the Study of Affects. \$14,000. P.I.: **S. F. Waters.** (1/2015-12/2015)

2014 *Touch as a Mechanism of Mother-Infant Affect Contagion.* The Amini Foundation for the Study of Affects. \$10,000. P.I.: **S. F. Waters.** (1/2014-12/2014)

2013 *Children's Understanding of Emotion Regulation with Adults and Peers.* The Amini Foundation for the Study of Affects. \$12,000. Co- P.I.: **S. F. Waters & R. A. Thompson.** (1/13-12/13)

TEACHING ACTIVITY AND MENTORSHIP

GRADUATE COURSES TAUGHT (WSU)

Prevention Science 513: Research Methods in Prevention Science (F2015, 2016, 2017)

GRADUATE STUDENTS SUPERVISED AS PRIMARY ADVISOR, COMMITTEE CHAIR
Suyeon Lee, Prevention Science Ph.D., in progress

UNDERGRADUATE COURSES TAUGHT (WSU)

Human Development 200: (F2018)

Human Development 300: Child Maltreatment (Sp2015, Su2015, Su2017)

Human Development 302: Parent-Child Relationships (Sp2016-2019)

Human Development 310: Research Approaches in Human Development (F2015; Sp2016-2018)

UNDERGRADUATE COURSES TAUGHT (University of the Pacific)

Psychology 029: Child Development

Psychology 105: Experimental Psychology

Psychology 129: Development Psychology

Psychology 133: Adulthood and Aging

UNDERGRADUATE COURSES TAUGHT (University of California, Davis)

Psychology 140: Developmental Psychology

Psychology 141/Human Development 101: Cognitive Development

Psychology 142/Human Development 102: Social and Personality Development

ADDITIONAL TEACHING ACTIVITY

Psychology 868: Social Processes and Health. *Assessing Autonomic Nervous System Responses.*
Guest Lecture, University of North Carolina, Chapel Hill.

PROFESSIONAL PUBLICATIONS, PRESENTATIONS, AND ACTIVITY²

PROFESSIONAL ARTICLES, MANUSCRIPTS PUBLISHED AND IN PRESS, REFEREED

Waters, S. F., Hulette, A., Davis, M., Bernstein, R., & Lieberman, A. (2018). Evidence for Attachment Vitamins: A trauma-informed universal prevention program for parents of young children. *Early Child Development and Care.* doi:10.1080/03004430.2018.1516650

Karnilowicz, H. R.⁺, **Waters, S. F.**, & Mendes, W. B. (2018). Not in front of the kids: Effects of parental suppression on socialization behaviors during parent-child interaction. *Emotion*. doi:10.1037/emo0000527

+Graduate student mentee

***Waters, S. F.**, West, T. V., Karnilowicz, H. R., & Mendes, W. B. (2017). Affect contagion between mothers and infants: Exploring the role of valence and touch. *Journal of Experimental Psychology: General*, *146*, 1043-1051.

*Particularly Exciting Experiment in Psychology, American Psychological Association

Waters, S. F. & Mendes, W. B. (2016). Associations among cardiac vagal tone, cardiac vagal reactivity, attachment security, and coordination during mother-infant interactions. *Adaptive Human Behavior & Physiology*, *2*, 298-310.

Waters, S. F. & Thompson, R. A. (2016). Children's perceptions of emotion regulation strategy effectiveness: Links with attachment security. *Attachment & Human Development*, *18*, 354-372.

Waters, S. F., Boyce, T., Eskenazi, B., & Alkon, A. (2016). The impacts of maternal depression and overcrowded housing on associations between physiological reactivity and behavior problems in impoverished Latino children. *Psychophysiology*, *53*, 97-104.

Alkon, A. **Waters, S. F.**, Boyce, T., & Eskenazi, B. (2016). Latino children's autonomic nervous system reactivity moderates the relations between cumulative socioeconomic adversity in the first five years and externalizing behavior problems at seven years. *Advances in Pediatric Research*, *3*, 1-16.

Waters, S. F., Hagan, M. J., Rivera, L., & Lieberman, A. (2015). Improvements in the child-rearing attitudes of Latina mothers exposed to interpersonal trauma predict greater maternal sensitivity toward their 6-month-old infants. *Journal of Traumatic Stress*, *28*, 426-433.

Waters, S. F., West, T. V., & Mendes, W. B. (2014). Stress contagion: Physiological covariation in mothers and babies. *Psychological Science*, *25*, 934-942.

Waters, S. F. & Thompson, R. A. (2014). Children's perceptions of the effectiveness of strategies for regulating anger and sadness. *International Journal of Behavioral Development*, *38*, 139-141.

Meyer, S. C., Raikes, H. A., Virmani, E. A., **Waters, S. F.**, & Thompson, R. A. (2014). Parent emotion representations and the socialization of emotion regulation in the family. *International Journal of Behavioral Development*, *38*, 164-173.

Waters, S. F., Virmani, E. A., Thompson, R. A., Meyer, S. C., Raikes, H. A., & Jochem, R. (2010). Emotion regulation and attachment: Unpacking two constructs and their association. *Psychopathology and Behavioral Assessment*, 32, 37-47.

Goodlin-Jones, B., **Waters, S. F.**, & Anders, T. F. (2009). Objective sleep measure in typically and atypically developing children with ADHD-like profiles. *Child Psychiatry and Human Development* 40, 257-268.

BOOKS AND BOOK CHAPTERS

Thompson, R. A. & **Waters, S. F.** (2018). Development of emotion dysregulation in developing relationships. In T. Beauchaine (Ed.), *Oxford handbook of emotion dysregulation*. Oxford, UK: Elsevier.

Goodman-Wilson, M., **Waters, S. F.**, & Thompson, R. A. (2012). Parent-child conflict. In V. S. Ramachandran (Ed.), *Encyclopedia of human behavior* (2nd Ed.). Oxford, UK: Elsevier.

Thompson, R. A., Virmani, E., **Waters, S. F.**, Raikes, A., & Meyer, S. (2012). The development of emotional self-regulation: The whole and the sum of the parts. In K. Barrett (Ed.), *Handbook of self-regulatory processes in development: New directions and international perspectives*. New York, NY: Taylor & Francis.

Thompson, R. A. & **Waters, S. F.** (2010). The development of emotion regulation: Parent and peer influences. In R. Sanchez-Aragon (Ed.) *Emotion regulation: A crossing from culture to the development of personal relationships*. Mexico: National Autonomous University of Mexico.

INVITED PRESENTATIONS AT PROFESSIONAL CONFERENCES, REFEREED

Waters, S. F. (2018). Building resilience in family systems with the Attachment Vitamins intervention. Paper presented at the American Psychosomatic Society, Louisville

Waters, S. F. (2017). Not in front of the kids? Children's reactions to parental emotion suppression. Paper presented at the Society for Personality and Social Psychology, San Antonio.

Waters, S. F. (2016). Emotion contagion 180. Paper presented at Techonomy 16, Half Moon Bay, CA.

Waters, S. F. (2015). Physiological stress contagion in mothers and babies. Paper presented at the Society for Affective Science, San Francisco.

Waters, S. F., West, T. V., & Mendes, W. B. (2014). Physiological affect contagion in mother-infant dyads. Symposium chaired and paper presented at the Association for Psychological Science, San Francisco.

PAPER PRESENTATIONS AT PROFESSIONAL CONFERENCES, REFEREED

Wilsie, E. K., Connolly, C. P., Osborn, Z. W., Gartstein, M., & **Waters, S. F.** (2019). Joint influence of physical activity and quality of sleep on pregnancy-related anxiety. Poster presented at Northwest Chapter of American College of Sports Medicine, Orlando.

Waters, S. F. Karnilowicz, H. R.⁺, West, T. V., & Mendes, W. B. (2019). Maternal emotion suppression increases physiological synchrony with children. Paper accepted at the International Conference for Psychological Science, Paris.

Waters, S. F. Karnilowicz, H. R.⁺, West, T. V., & Mendes, W. B. (2018). Gender and emotion suppression moderate parent-child physiological influence during interaction. Paper presented at the Society for Personality and Social Psychology, Atlanta.

Waters, S. F. Karnilowicz, H. R.⁺, & Mendes, W. B. (2017). Does emotion suppression influence parent-child physiological coordination? An examination of mother- and father-child dyads. Paper presented at the Society for Research on Child Development, Austin.

Waters, S. F. & Higgins, K.⁺ (2017). The impact of maternal early adversity on mother-infant physiological covariation. Paper presented at the Society for Research on Child Development, Austin.

Higgins, K.⁺ & **Waters, S. F.** (2017). Associations among mothers' negative childhood experiences, cardiac vagal tone, and interaction quality with their infants. Poster accepted at the Society for Research on Child Development, Austin.

Waters, S. F., West, T. V., Karnilowicz, H. R.⁺, & Mendes, W. B. (2016). Affect contagion via physiological covariation: Mediators and moderators of stress transmission. Paper presented at the Society for Experimental Social Psychology, Santa Monica.

Waters, S. F., West, T. V., Karnilowicz, H. R.⁺, & Mendes, W. B. (2016). Infants catch their mothers' negative and positive affect physiology. Paper presented at the International Society for Infant Studies, New Orleans.

Waters, S. F., West, T. V., Karnilowicz, H. R.⁺, & Mendes, W. B. (2016). The influence of parental suppression on parent-child interaction, emotion, and physiological reactivity. Presented at the Society for Personality and Social Psychology, San Diego.

****Waters, S. F.**, Hagan, M. J., Rivera, L., & Lieberman, A. (2015). Improvements in the child-rearing attitudes of Latina mothers exposed to interpersonal trauma predict greater maternal sensitivity toward their 6-month-old infants. Paper presented at the National Council on Family Relations, Vancouver, B.C.

****Received award for best research paper by a new professional, Family Therapy section**

Karnilowicz, H. R.⁺, **Waters, S. F.**, & Mendes, W. B. (2015). The role of infant cardiac vagal tone and maternal depression in mother-infant interactions. Poster presented at the Society for Child Development, Philadelphia.

Waters, S. F., West, T. V., & Mendes, W. B. (2014). Physiological stress contagion in mother-infant dyads. Paper presented at the International Society for Psychoneuroendocrinology, Montreal.

Waters, S., F. & Mendes, W. B. (2014). Mother-infant affect contagion: The role of physical touch. Poster presented at the Society for Affective Science inaugural meeting, Bethesda.

Karnilowicz, H. R.⁺, **Waters, S. F.,** & Mendes, W. B. (2014). Reunited and it feels so good: Attachment security moderates contextual effects on maternal physiology. Poster presented at the Association for Psychological Science, San Francisco.

Waters, S. F. & Mendes, W. B. (2013). Links between maternal physiological stress reactivity and infants' social responses. Symposium chaired and paper presented at the Society for Research on Child Development, Seattle.

Waters, S. F. & Thompson, R. A. (2013). Children's perceptions of emotion regulation strategy effectiveness: Emotional context, age, and gender differences. Poster presented at the Society for Research on Child Development, Seattle.

Nishina, A., & **Waters, S. F.** (2012). Peer victimization and adjustment in the context of help. Paper presented at the International Society for the Study of Behavioral Development, Edmonton.

Waters, S. F. & Thompson, R. (2011). Associations between parent-child relationship, child emotion, and child friendship across middle childhood. Poster presented at the Society for Research on Child Development, Montreal.

Thompson, R. A., **Waters, S. F.,** Raikes, H. A., Virmani, E. A., & Meyer S. C. Emotion regulation problem solving in four-year-olds. Presented at the Society for Research on Child Development, Montreal.

Waters, S. F., Raikes, H. A., Virmani, E. A., Meyer, S. C., Jochen, R. A., & Thompson, R. A. (2010). What do children know about emotion regulation? Poster presented at the Conference on Human Development, New York City.

Waters, S. F., Meyer, S. C., Jochem, R. A., Virmani, E. A., Raikes, H. A., & Thompson, R. A. (2009). Maternal perceptions of children's emotions: Individual differences and their correlates. Poster presented at the Society for Research on Child Development, Denver.

INVITED PRESENTATIONS, NON-REFEREED

Waters, S. F. (2018). Stress and trauma in early relationships. Stand Up Science, Portland OR.

Waters, S. F. (2018). How does that make you feel? The science of human emotion. Science on Tap, Vancouver WA.

Waters, S. F. (2017). Physiological linkage in parent-child dyads: The impact of emotion suppression and parent gender. Presented at the Department of Psychology, Social Cognition & Intergroup Processes Laboratory, Northwestern University

Waters, S. F. (2017). Love, trauma, and bonding: How early experiences shape who we become. Science on Tap, Portland OR.

Waters, S. F. (2017). Getting under the skin: When childhood changes biology and what it means for you. Distinguished Speaker in Human Development series, WSU Spokane

Waters, S. F. (2016). What doesn't kill you...How early experiences influence you, your health, and your kids. Science on Tap, Portland OR. (second engagement due to popularity)

Waters, S. F. (2016). What doesn't kill you...How early experiences influence you, your health, and your kids. Science on Tap, Vancouver WA.

Waters, S. F. (2014). I feel what you feel: Physiological covariation in mothers and infants. Presented at the Department of Psychology, Biological Psychology Research Colloquium, University of California, Davis.

Waters, S. F. (2013). Catching emotions and knowing what to do with them: Influences of the parent-child relationship. Presented at the Department of Psychology Research Colloquium, University of California, Merced.

PRESS RELEASES AND POPULAR MEDIA

2018 The Times London
96fm radio Cork, Ireland
KXL Radio Portland
TalkRadio 630 KHOW Denver
Here We Are podcast

2017 KGW 8 Portland Today
Psychology Today

2014 ABC U.S. World News
Science Daily
National Public Radio
Huffington Post

AWARDS AND HONORS

2018 **Early Career Excellence Award** (finalist)
College of Agriculture, Human, and Natural Resource Sciences, Washington State University

2015 **NCFR Best Research Paper by a New Professional, Family Therapy Section**
NCFR conference in Vancouver, BC

- 2013 **SRCD Early Career Travel Award**
SRCD conference in Seattle, WA
- 2011 **SRCD Student Travel Award**
SRCD conference in Montreal, Quebec
- 2010 **Jastro Research Scholarship Award**
College Competition for Graduate Research
University of California, Davis
- 2009 **Jastro Research Scholarship Award**
College Competition for Graduate Research
University of California, Davis
- 2008 **Jastro Shields Research Scholarship Award**
College Competition for Graduate Research
University of California, Davis

SERVICE

University Service

- 2019 – present Membership on Native American Faculty Working Group,
Washington State University Vancouver
- 2018 – 2019 Membership on Strategic Plan Update Committee, Washington
State University Vancouver
- 2017 – present Membership on Coordinating Council for Strategic Plan,
Washington State University Vancouver
- 2017 – present Membership on Council for Faculty Representatives, Washington
State University
- 2017 Membership on Open Educational Resources grant review
committee
- 2016 – 2017 Membership on faculty search committee for Health Equity
Collaborative position, Washington State University
- 2015 – present Membership on Research Showcase Committee, Washington State
University
- 2007 – 2008 Student representative to Graduate Student Association Assembly,
University of California, Davis

Departmental Service

- 2018 Membership on faculty search committee for clinical professor
position
- 2018 – 2019 Membership on 3-manuscript Review Committee
- 2016 – present Membership on Award Committee
- 2015 – present Representative on Exploratory Committee for Master's Degree in
Mental Health and Human Services
- 2015 – present Research Laboratory Development Committee, Washington State
University, Vancouver

2005 – 2010	Student representative to Executive, Communication, Colloquium, and Curriculum Committees, University of California, Davis
Professional Service	
2019	Reviewer of conference submissions for Interdisciplinary Association for Population Health Science
2016	Reviewer of conference submissions for Society for Research in Child Development
2018 – present	Ad hoc Reviewer, <i>Journal of Clinical Child and Adolescent Psychology</i>
2018 – present	Ad hoc Reviewer, <i>Psychoneuroendocrinology</i>
2017 – present	Ad hoc Reviewer, <i>Emotion</i>
2017 – present	Ad hoc Reviewer, <i>Developmental Psychobiology</i>
2016 – present	Ad hoc Reviewer, <i>Science Advances</i>
2016 – present	Ad hoc Reviewer, <i>Culture and Brain</i>
2016 – present	Ad hoc Reviewer, <i>British Journal of Developmental Psychology</i>
2016 – present	Ad hoc Reviewer, <i>Social Psychological and Personality Science</i>
2015 – present	Ad hoc Reviewer, <i>Attachment & Human Development</i>
2015 – present	Ad hoc Reviewer, <i>Psychophysiology</i>
2014 – present	Ad hoc Reviewer, <i>Child Development</i>
2014 – present	Ad hoc Reviewer, <i>Developmental Psychology</i>
2014 – present	Ad hoc Reviewer, <i>Early Human Development</i>
2014 – present	Ad hoc Reviewer, <i>International Journal of Behavioral Development</i>
2014 – present	Ad hoc Reviewer, <i>PLoS One</i>
2014 – present	Ad hoc Reviewer, <i>Self and Identity</i>

PROFESSIONAL MEMBERSHIPS

2016 – present	International Society for Infant Studies
2014 – present	Society for Affective Science
2013 – present	Society for Personality and Social Psychology
2012 – present	Association for Psychological Science
2007 – present	Society for Research in Child Development

COMMUNITY EXPERIENCE

2017 – 2018	Consultant, Portland Education, Art, and Recreation (p:ear)
2013 – 2014	Counselor, San Francisco Child Abuse Prevention Center

PROFESSIONAL DEVELOPMENT

Aug-Dec 2016	Grant Writing Course WSU Office of Research and Advancement Partnerships
Aug-Nov 2016	Student Writing Brown Bag WSU Writing Program
May 2015	Teaching Institute Association for Psychological Science conference

June 2013

Dyadic Data Analysis Workshop
Data Analysis Training Institute of Connecticut

May 2013

Emotional Availability Scales Training
University of Colorado, Denver