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WELCOME TO THE FIRST C-FAHR NEWSLETTER

Hello C-FAHR members,

As the world has been flipped upside down (several times) over the past months, we have not been able to get together as often as we might like to exchange ideas, meet new colleagues, and to continue hearing about the research happening around campus in the area of families and health. Thus, a newsletter. We do not know how often it will be issued, but we encourage you to reach out to us if you have an announcement, a question, an update, or any reason for all of us to celebrate. Please email c-fahr_info@utah.edu for future newsletter topics.

We wish all of you a happy and meaningful holiday season. Stay safe, stay healthy, and take care.

Becky & Cindy

FREE STATS CONSULTATION FOR C-FAHR MEMBERS

The C-FAHR statistical consulting program is intended for members of C-FAHR to assist with grant applications,

papers, pilot research and activities that will contribute to the interdisciplinary goals of C-FAHR. Limited assistance will be provided for master's theses, dissertations, and graduate student projects. Consultation cannot be used for class work or statistical tutoring.



The C-FAHR consultants are faculty members who have experience and exposure to a wide variety of statistical methodology, including the expertise areas noted below.

Please do not hesitate to make inquiries regarding any statistical or data analytic method or topic.

[Pascal Deboeck](#): familiarity and interest in a wide range of methodologies for the analysis of repeated observations on individuals/groups.



[Daniel Adkins](#): structural equation modeling, psychometrics, longitudinal modeling, big data, parallel computing, bioinformatics and statistical genomics.



To schedule a consultation, please email cfahr-consulting@utah.edu with:

1. A brief description of the consultation request
2. Whether the consultation is in service of a grant, paper, pilot research, or something else (please identify)
3. Whether the request is coming from a faculty member, postdoc, or graduate student, plus their home department

Consultants will usually respond within 3 days to schedule an appointment or to request

further information.

C-FAHR RESEARCH FUND

In Winter 2021, C-FAHR will announce the next round of funding available from the Research Fund. Stay tuned for more details.

In the past, we have funded:

- pilot awards for interdisciplinary teams (around \$10,000)
- conference travel and research expenses for graduate students
- small exploratory awards for new research ideas and teams
- innovation awards for scholars forming teams to pursue large program-project and infrastructure grants, and
- various educational and training initiatives such as tuition to attend intensive summer statistical training or to participate in a year-long interdisciplinary graduate student training

In Spring 2020, a team led by [Elisabeth Conradt](#) and [Sheila Crowell](#) were selected for the C-FAHR Innovations Award to begin the process of developing a center for the long-term prevention of psychopathology. They use a multigenerational family design to: (1) identify pregnant women whose children we expect are at risk for emotion-related disorders (2) conduct deep, family-level virtual phenotyping to identify postnatal risk markers and buffers of risk for psychopathology in the child, and (3) identify neurological markers of risk for psychopathology using infant MRI. The short-term goal is to develop algorithms using data from Utah Population Database, parenting, and neuroimaging to prospectively identify children at risk for emotion-related disorders and emotion dysregulation. In the long-term we hope these algorithms can be used in pediatric clinics and for public health surveillance. These ideas will become the foundation of a program-project grant proposal to National Institute on Mental Health in the coming year.

C-FAHR EVENTS

Summer 2020

C-FAHR members offered intensive statistical training as part of the [ICSPR Summer Program in Quantitative Methods](#).

- [Jonathan Butner](#) and [Brian Baucom](#) hosted a 4-day workshop in July called "Dynamical Systems Analysis." This was the third year for this class. Nine students participated in the flipped format workshop, which will be available to C-FAHR members next summer through Canvas.
- [Pascal R. Deboeck](#) hosted his course called "Level, Change, and Acceleration: Modeling Correlated Change in Longitudinal Data and Intensive Repeated Measures Design" for the second year. Eighteen people joined the live-streamed course.

September 2020

A number of C-FAHR members participated in the Center on Aging 2020 retreat called, Caring

for the Family Caregiver: Moving our Policy, Practice, Training, and Research Beyond the Patient. The event featured [Dr. Richard Schulz](#) who reviewed 40 years of family caregiving research, and [Michael Wittke, MPA](#) who spoke about how to build a support infrastructure for family caregivers through policy and community partnerships. For more information and recordings of the session: <https://aging.utah.edu/2020retreat.php>

November 2020

Thank you to [Megan Reynolds](#), [Mardie Clayton](#), [Gail Towsley](#), and [David Curtis](#) for presenting the results of their C-FAHR pilot studies on 11/9. Their talks highlighted how policy, end-of-life planning, hospice discharge, and parks affect the health and well-being of patients and families. A recording of their talk can be found [here](#)

Winter 2021

We are planning to host a session where we can talk about COVID-19 and the family. Please reach out to rebecca.utz@utah.edu if you are doing COVID-related research or if you have had to alter your current research on account of COVID-19.

COVID & THE FAMILY

COVID-19 has affected families and health in more ways than we could have imagined. COVID-19 has affected our work as researchers, teachers, and clinicians in ways that will likely last beyond the control of this pandemic. Here is how some C-FAHR members have been using their role as scholars and experts during this challenging time in history.

- [Linda Edelman](#), [Kathie Supiano](#), and [Tim Farrell](#) wrote a commentary for the Salt Lake Tribune called "[Family Values are Needed More Than Ever in the Time of COVID-19](#)"
- [Lee Ellington](#), [Debbie Scammon](#), and [Becky Utz](#) wrote a commentary for the Salt Lake Tribune called "[Family Caregivers are the Invisible Health Care Workers](#)"
- A team of scholars, including [Melody Mickens](#), [Kara Dassel](#), [Gail Towsley](#), [Alex Terrill](#), [Lee Ellington](#), [Debbie Scammon](#), [Becky Utz](#), Amber Thompson, and Aaron Mata, conducted a survey and in-depth interviews with about 100 family members caring for someone with chronic illness or disability. The project focused on how COVID-19 affected the families' access to resources and support during the pandemic, the social isolation felt by caregivers, regression of patient's symptoms and well-being during the pandemic, and whether the family engaged in end-of-life planning as a result of the pandemic. Undergraduate Student, Aaron Mata, presented a late-breaker poster about this project at the Gerontological Society of America virtual meeting in November 2020.
- [Daniel Carlson](#) was funded by the American Sociological Association Fund for the Advancement of the Discipline to study how parents' divisions of labor have changed since the beginning of the pandemic. He conducted an initial survey in April of over 1,200 US parents, and is currently conducting a follow-up survey with these same parents. Household labor between mothers and fathers became more equal during the pandemic, while women were more likely to leave or reduce paid employment. A copy of results can be found [here](#). The New York Times also highlighted this work in an article "[Nearly Half of Men Say They Do Most of the Home Schooling. 3 Percent of Women Agree.](#)"

KUDOS

Congratulations to [Lee Ellington](#) on her K07 award from the National Institute on Aging.

Research Collaborative for Family Caregivers

With the number of U.S. family caregivers shrinking and the demands on their health and wellbeing increasing, we are facing a family caregiver public health crisis. By connecting new and established interdisciplinary researchers, we can spark new and innovative solutions for the benefit of family caregivers and their care recipients. This K07 Academic Leadership Career Award proposes to formalize connections and promote collaborations across disciplines and academic entities at the University of Utah and Utah Health Sciences to provide the necessary infrastructure, mentoring, content and methodologic expertise to improve the support of family caregivers.



Congratulations to [David Curtis](#) on his R21 award from the National Institute on Minority Health and Health Disparities.

The Racial Social Structure and Unequal Risk of Adverse Birth Outcomes among Black Infants

Relative to Whites, Black mothers have higher odds of preterm birth (PTB) and small-for-gestational-age birth (SGA), leading to racial differences in infant mortality. Compelling evidence exists for racial discrimination and residential segregation as determinants of such adverse birth outcomes. The project will provide novel and rigorous tests of the racial social structure and racial societal stressors as predictors of unequal risk of PTB and SGA for Black mothers. By examining mediating paths and barriers to healthcare access, the project can inform health prevention efforts to improve Black birth outcomes.

NEW READS

These two recently published papers were developed during the C-FAHR Fellows program. Congratulations to these student/trainee-authors and thanks to the faculty mentors who guided them through the process of team-science and publishing.

Alley, J., Owen, R.Y., Wawrzynski, S.E. Lasrich, L., Ahmmad, Z., Utz, R.L., Adkins, D. Illness, Social Disadvantage, and Sexual Risk Behavior in Adolescence and the Transition to Adulthood. *Arch Sex Behav* (2020). <https://doi.org/10.1007/s10508-020-01747-2>

Tracy EL, Utz RL. For Better or for Worse: Health and Marital Quality during Midlife. *Journal of Aging and Health*. August 2020 (online first). doi:[10.1177/0898264320948305](https://doi.org/10.1177/0898264320948305)

Tell Us About You

C-FAHR members, we want to know about your recent publications and awards. Please let us know so we can highlight you in future issues of our newsletter.

C-fahr_info@utah.edu

ANNOUNCEMENTS FOR STUDENTS

- The infant and early childhood mental health certificate website is live! Interested students can go to this site to apply for the certificate: <https://imh.utah.edu/>
The application deadline is **March 1st, 2021**
- In Winter 2021, C-FAHR will host an event featuring the research projects being done by University of Utah students and trainees. Stay tuned for more details, and to nominate your students to be showcased in this event.