

# Julia S. Nakamura

*Curriculum Vitae*

## CONTACT INFORMATION

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Department of Psychology  
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## EDUCATION

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In Progress **University of British Columbia** (expected August 2026)  
Ph.D. Health Psychology

2020 - 2022 **University of British Columbia**  
M.A. Health Psychology

2016 - 2020 **University of California, Los Angeles**  
B.S. Psychobiology, *summa cum laude*  
Minor: Gerontology  
Psychology Departmental Honors, UCLA College Honors

## OTHER ACADEMIC APPOINTMENTS / AFFILIATIONS

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2022-Present **Canadian Alliance for Social Connection and Health (CASCH)**  
Research Affiliate

## HONORS AND AWARDS

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2022-2025 **Vanier Canada Graduate Scholarship**

- \$150,000 CAD scholarship (\$50,000 CAD for three years), and Canada's most prestigious doctoral award, for world-class students who demonstrate a high standard of academic excellence, research potential, and leadership skills – Canadian Institutes of Health Research (CIHR); up to 166 scholarships awarded each year across the nation (~55 for CIHR).

2022-2026 **Four-Year Doctoral Fellowship**

- \$72,800 CAD award (\$18,200 per year plus tuition for up to four years) to attract and support outstanding doctoral students (only accepted for one year due to Vanier eligibility).

2022-2024 **Killam Doctoral Scholarship**

- \$64,000 CAD award (\$30,000 CAD per year, \$2,000 allowance for research-related travel, and tuition; accepted in title only due to Vanier eligibility) for top doctoral students likely to “contribute to the advancement of learning or to win distinction in a profession.”
- 2023 **Faculty of Arts Graduate Award**
- \$2,500 CAD award to recognize the significant contributions of PhD students to university research activities, awarded by the University of British Columbia.
- 2023 **President's Academic Excellence Initiative PhD Award**
- \$950 CAD award to recognize the significant contributions of PhD students to university research activities, awarded by the University of British Columbia.
- 2023 **International Tuition Award**
- \$3,200 CAD tuition scholarship for non-Canadian, full-time graduate students.
- 2022 **President's Academic Excellence Initiative PhD Award**
- \$1,555 CAD award to recognize the significant contributions of PhD students to university research activities, awarded by the University of British Columbia.
- 2022 **Excellence in Health Psychology Research Award – Master’s Level**
- \$500 CAD award for an MA student in the Health Psychology Area who displays superb potential as a research scientist, awarded annually by the UBC Department of Psychology.
- 2022 **Mather Institute Innovative Research on Aging Award**
- \$1,000 USD Silver Award for excellent applied research that offers important implications for the aging services industry and inspires next practices, awarded by the Mather Institute.
- 2022 **Graduate Student Travel and Research Dissemination Award**
- \$650 CAD award for a graduate student sharing the results of their research with professional audiences for career advancement, awarded by the University of British Columbia.
- 2022 **International Tuition Award**
- \$3,200 CAD tuition scholarship for non-Canadian, full-time graduate students.
- 2021 **Elizabeth Young Lacey Scholarship in Psychology**
- \$15,000 CAD scholarship for an outstanding graduate student in psychology, selection based on rankings from the UBC Psychology Fellowship Committee - one of only two recipients in 2021.
- 2021 **Gerontological Society of America (GSA): Behavioral and Social Sciences Student Research Award – Pre-Dissertation Level**
- \$500 USD award for the top research paper submitted for presentation at the GSA 2021 Conference, one award given annually.
- 2021 **Gerontological Society of America (GSA) Behavioral and Social Sciences Section- Student Registration Award**
- Student registration award for GSA 2021 Conference
- 2021 **President’s Travel Scholarship in Psychology**

- \$650 CAD in support for conference travel to present student research papers, awarded by the UBC Department of Psychology in consultation with the Faculty of Graduate and Postdoctoral Studies.
- 2021 **Health Psychology Professional Development Award**
- \$200 CAD award for a graduate student disseminating key research findings which directly address health and well-being during the COVID-19 pandemic at online conferences, awarded by the University of British Columbia.
- 2021 **International Tuition Award**
- \$3,200 CAD tuition scholarship for non-Canadian, full-time graduate students.
- 2020 **University of British Columbia Faculty of Arts Graduate Award**
- \$22,596 CAD scholarship for top incoming graduate students, based on application for graduate studies, including academic transcripts, letters of recommendation, and research productivity; nominated by research supervisor, awarded by Graduate Admissions Committee.
- 2020 **R. Howard Webster Foundation Fellowship**
- \$2,500 CAD fellowship awarded to graduate student with outstanding application for membership to Green College (an interdisciplinary graduate residential college at the University of British Columbia), endowed by the R. Howard Webster Foundation and the Province of British Columbia.
- 2020 **Nissim and Arlyne Levy Endowed Award**
- \$1,000 USD award for one student receiving Highest Honors for an outstanding Psychology Department Honors Thesis project.
- 2020 **Dean's Prize for Research Excellence**
- Outstanding pre-recorded research presentation at the UCLA 2020 Undergraduate Research Showcase.
- 2020 **Joan Palevsky Endowed Honors and Undergraduate Research Scholarship**
- \$4,000 USD scholarship for a high achieving student in the UCLA College Honors Program, selected based on high academic achievement and an essay submission.
- 2020 **Peer Learning Facilitator Recognition Award**
- Recognized by UCLA's Academic Advancement Program for distinguished facilitation and mentoring provided to AAP students in their efforts to achieve academic excellence at UCLA.
- 2020 **International Tuition Award**
- \$3,200 CAD tuition scholarship for non-Canadian, full-time graduate students.
- 2019 **Undergraduate Research Center Student Spotlight**
- Recognized by UCLA's Undergraduate Research Center for the Humanities, Arts, and Social Sciences for excellence in research.
- 2019 **Rose Gilbert in Memory of Maggie Gilbert Scholarship**
- \$5,000 USD scholarship for a student in the UCLA College Honors Program, selected based on outstanding academic record and essay submission.

- 2018      **Rose Gilbert in Memory of Maggie Gilbert Scholarship**
- \$5,000 USD scholarship for a student in the UCLA College Honors Program, selected based on outstanding academic record and essay submission.
- 2018      **3<sup>rd</sup> place Undergraduate Poster Presentation- UCLA Neurology Science Day**
- 10<sup>th</sup> Annual Neurology Science Day co-presentation with another undergraduate student.
- 2018      **DiSH Laboratory Excellence in Research Award**
- Awarded to DiSH (Dieting, Stress, and Health) Laboratory member displaying excellence in work as a research assistant.
- 2017      **Alpha Lambda Delta National Honor Society**
- Membership awarded to college freshmen who display outstanding academic performance.
- 2017      **Phi Eta Sigma National Honor Society**
- Membership awarded to college freshmen who display outstanding academic performance.
- 2016-2020      **Dean's Honors List, UCLA College of Letters and Sciences**
- Quarterly award for high scholastic achievement, received quarterly.

## **GRANTS AWARDED**

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- 2023-2024      **Grant Title:** Public Scholars Initiative  
**Funding Agency:** University of British Columbia  
**Funding Mechanism:** Volunteering with the Canadian Red Cross: Recruiting, Training, Engaging, and Promoting Health and Well-Being of Canadian Volunteers.  
**Role on Project:** Principal Applicant  
**Total Amount:** \$7,000 CAD
- 2023      **Grant Title:** Province-Wide Research Opportunity: Strengthening BC's Community Social Services Sector  
**Funding Agency:** Social Planning and Research Council of British Columbia (SPARC BC)  
**Funding Mechanism:** Characterizing Volunteerism in Canada: Motivators, Barriers, and Guidelines for Increased Accessibility.  
**Role on Project:** Principal Applicant  
**Total Amount:** \$42,491 CAD
- 2022-2023      **Grant Title:** Convening & Collaborating (C2) Program  
**Funding Agency:** Michael Smith Health Research British Columbia  
**Funding Mechanism:** Grant for co-developed research that directly impacts patients and a diverse range of stakeholders.  
**Role on Project:** Co-Applicant (Graduate Student Researcher)  
**Total Amount:** \$15,000 CAD
- 2022      **Grant Title:** Prosocial Behavior and Longevity in Older Adults: Underlying

Mediators and Key Moderators

**Funding Agency:** University of British Columbia Faculty of Arts

**Funding Mechanism:** Social Sciences and Humanities Research Council (SSHRC) - Faculty of Arts Graduate Research Assistant (RA) Support Grant.

**Role on Project:** Co-Applicant (Graduate Student Researcher)

**Total Amount:** \$6,000 CAD

2021-2022 **Grant Title:** Consortium on Analytics for Data-Driven Decision-Making (CAnD3) Fellowship  
**Funding Agency:** McGill University  
**Funding Mechanism:** Fellowship for participation in the CAnD3 Training Program on Population Analytics in an Aging Society - training and experiential learning for academic and applied population researchers to support data-driven decision-making in aging societies.  
**Role on Project:** Principal Applicant (Graduate Student Researcher)  
**Total Amount:** \$5,000 CAD

2021-2022 **Project Title:** Identifying Pathways to Increased Volunteering in Older Adults: A Lagged-Exposure-Wide Approach  
**Funding Agency:** University of British Columbia Faculty of Arts  
**Funding Mechanism:** Social Sciences and Humanities Research Council (SSHRC) Arts Graduate Student Research Award.  
**Role on Project:** Principal Applicant (Graduate Research Assistant)  
**Total Amount:** \$4,000 CAD

2021 **Grant Title:** Advanced Methods Training Grant  
**Funding Agency:** University of British Columbia Department of Psychology  
**Funding Mechanism:** Training in specialized methods and advanced analysis techniques – used to attend the University of Michigan’s 2021 Summer Institute in Survey Research Techniques - Health and Retirement Study Workshop.  
**Role on Project:** Principal Applicant (Graduate Student)  
**Total Amount:** \$500 CAD

2019-2020 **Grant Title:** Undergraduate Research Scholars Program Scholar  
**Funding Agency:** University of California, Los Angeles  
**Funding Mechanism:** Research program for an undergraduate student completing a departmental honors thesis. Award entailed enrollment in a departmental research course for three quarters and research presentations throughout the year.  
**Role on Project:** Principal Applicant (Undergraduate Honors Student)  
**Total Amount:** \$6,000 USD

2018-2019 **Grant Title:** Undergraduate Research Fellows Program Scholar (accepted in title only)  
**Funding Agency:** University of California, Los Angeles Undergraduate Research Center

**Funding Mechanism:** Research program and stipend for an undergraduate student conducting original research under the supervision of an approved faculty mentor. Award entailed enrollment in an Honors Collegium Student Research Forum Course, an independent research course for academic credit, and a poster presentation at Undergraduate Research Poster Day.

**Role on Project:** Principal Applicant (Undergraduate Student)

**Total Amount:** \$3,000 USD

2018

**Grant Title:** Undergraduate Research Center Travel Grant

**Funding Agency:** University of California, Los Angeles Undergraduate Research Center

**Funding Mechanism:** Travel grant for a poster presentation at the Association for Psychological Sciences Convention in San Francisco.

**Role on Project:** Principal Applicant (Undergraduate Student)

**Total Amount:** \$300 USD

**PEER-REVIEWED JOURNAL ARTICLES (out of 17 Peer-Reviewed Journal Articles: 9 are First Author - [Google Scholar Page](#)).**

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\*indicates a mentored student author

Hong, J.H., **Nakamura, J.S.**, \*Sahakari, S.S., Chopik, W.J., Shiba, K., VanderWeele, T.J., & Kim, E.S. (accepted). The silent epidemic of loneliness: Identifying the antecedents of loneliness using a lagged exposure-wide approach. *Psychological Medicine*.

Hong, J.H., **Nakamura, J.S.**, Berkman, L., Chen, F., Shiba, K., Chen, Y., Kim, E.S., & VanderWeele, T.J. (2023). Are loneliness and social isolation equal threats to health and well-being? An outcome-wide longitudinal approach. *Social Science & Medicine – Population Health*. <https://doi.org/10.1016/j.ssmph.2023.101459>

**Nakamura, J.S.**, Shiba, K., Jensen, S.M., VanderWeele, T.J., & Kim, E.S. (2023). Who benefits from helping? Moderators of the association between informal helping and mortality. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaad042>

**Nakamura, J.S.**, Lee, M.T., VanderWeele, T.J., & Kim, E.S. (2023). Informal helping and subsequent health and well-being in older U.S. adults. *International Journal of Behavioral Medicine*. <https://doi.org/10.1007/s12529-023-10187-w>

Kim, E.S., **Nakamura, J.S.**, Strecher, V.J., & Cole, S.W. (2023). Reduced epigenetic age in older adults with high sense of purpose in life. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. <https://doi.org/10.1093/gerona/glad092>

Wilkinson, R., **Nakamura, J.S.**, VanderWeele, T.J., & Kim, E.S. (2023). Social support and social strain from children and subsequent health and well-being among older U.S. adults. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075231164900>

Cowden, R.G., **Nakamura, J.S.**, de la Rosa, P.A., Chen, Y., Fulks, J., Plake, J.F., & VanderWeele, T.J. (2023). The road to post-pandemic recovery in the United States: A repeated cross-sectional survey of multidimensional well-being over two years. *Public Health*. <https://doi.org/10.1016/j.puhe.2023.02.006>

**Nakamura, J.S.**, \*Kwok, C., \*Huang, A., Strecher, V.J., Kim, E.S., & Cole, S.W. (2022). Reduced epigenetic age in older adults who volunteer. *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2022.106000>

Selected as a *Psychoneuroendocrinology* [Editor's Choice Article](#) (January 2023)

Cowden, R.G., **Nakamura, J.S.**, Chen, Z.J., Case, B., Kim, E.S., & VanderWeele, T.J. (2022). Identifying pathways to religious service attendance among older adults: A lagged exposure-wide analysis. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0278178>

**Nakamura, J.S.**, \*Oh, J., VanderWeele, T.J., & Kim, E.S. (2022). Pathways to reduced overnight hospitalizations in older adults: Evaluating 62 physical, behavioral, and psychosocial factors. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0277222>

**Nakamura, J.S.**, Chen, Y., VanderWeele, T.J., & Kim, E.S. (2022). What makes life purposeful? Identifying the antecedents of a sense of purpose in life using a lagged exposure-wide approach. *Social Science & Medicine – Population Health*. <https://doi.org/10.1016/j.ssmph.2022.101235>

**Nakamura, J.S.**, Lee, M.T., Chen, F.S., Archer Lee, Y., Fried, L.P., VanderWeele, T.J., & Kim, E.S. (2022). Identifying pathways to increased volunteering in older US adults. *Scientific Reports*. <https://doi.org/10.1038/s41598-022-16912-x>

**Nakamura, J.S.**, Hong, J.H., Smith, J., Chopik, W.J., Chen, Y., VanderWeele, T.J., & Kim, E.S. (2022). Associations between satisfaction with aging and health and well-being outcomes among older US adults. *JAMA Network Open*. [doi:10.1001/jamanetworkopen.2021.47797](https://doi.org/10.1001/jamanetworkopen.2021.47797)

**Nakamura, J.S.**, Delaney, S.W., Diener, E., VanderWeele, T.J., & Kim, E.S. (2021). Are all domains of life satisfaction equal? Differential associations with health and well-being in older adults. *Quality of Life Research*. <https://doi.org/10.1007/s11136-021-02977-0>

Kim, E.S., Chen, Y., **Nakamura, J.S.**, Ryff, C.D., & VanderWeele, T.J. (2021). Sense of purpose in life and subsequent physical, behavioral, and psychosocial health: An outcome-wide approach. *American Journal of Health Promotion*. <https://doi.org/10.1177/08901171211038545>

Hong, J.H., Lachman, M.E., Charles, S.T., Chen, Y., Wilson, C.L., **Nakamura, J.S.**, VanderWeele, T.J., & Kim, E.S. (2021). The positive influence of sense of control on physical behavioral, and psychosocial health in older adults: An outcome-wide approach. *Preventive Medicine*. <https://doi.org/10.1016/j.ypmed.2021.106612>

**Nakamura, J.S.**, Kim, E.S., Rentscher, K.E., Bower, J.E., & Kuhlman, K.R. (2021). Early-life stress, depressive symptoms, and inflammation: The role of social factors. *Aging & Mental Health*. <https://doi.org/10.1080/13607863.2021.1876636>

## OTHER WRITING

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\*indicates a mentored student author

\*Jensen, S., **Nakamura, J.S.**, \*Lin, M., \*Nelson, M., Archer Lee, Y., Chen, F.S., Card, K.G. (2023). Evidence brief – What are the benefits of prosocial behaviour? Canadian Alliance for Social Connection and Health. [https://casch.org/s/CSCG\\_Evidence-Brief\\_Prosocial-Behaviour.pdf](https://casch.org/s/CSCG_Evidence-Brief_Prosocial-Behaviour.pdf)

\*Nelson, M., **Nakamura, J.S.**, \*Jensen, S., \*Li, J., Chen, F.S., Bombaci, P., Card, K.G. (2023). Evidence brief – Does volunteering support social health? Canadian Alliance for Social Connection and Health. [https://casch.org/s/CSCG\\_Evidence-Brief\\_Volunteering.pdf](https://casch.org/s/CSCG_Evidence-Brief_Volunteering.pdf)

**Nakamura, J.S.**, \*Nelson, M., \*Lin, M., & Chen, F.S. (2022). Helping others: A path to social connectedness, health, and well-being for older Canadians. GenWell Project. <https://genwellproject.org/helping-others-a-path-to-social-connectedness-health-and-well-being-for-older-canadians/>

## REVISE AND RESUBMIT

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\*indicates a mentored student author

## RESEARCH SUBMITTED AND UNDER REVIEW

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\*indicates a mentored student author

+indicates co-first authorship

+Archer Lee, Y., +**Nakamura, J.S.**, VanderWeele, T.J., Kim, E.S., & Chen, F.S. (under review). The road to increased neighborhood social cohesion in older adults.

Chen, Y., **Nakamura, J.S.**, Kim, E.S., Kubzansky, L.D., VanderWeele, T.J. (under review). Changes in optimism and subsequent health and wellbeing outcomes in older adults: An outcome-wide analysis.

## INVITED TALKS

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+indicates co-first authorship

**Nakamura, J.S.**<sup>+</sup> & Archer Lee, Y.<sup>+</sup> (2023). In helping others, do we help ourselves? BC Brain Wellness Program, Intergenerational Storytelling/Conversations Project, Intergenerational Conversations Project Community Celebration, University of British Columbia: Vancouver, BC.

**Nakamura, J.S.** (2023). In helping others, do we help ourselves? Associations between prosocial behaviours and improved health and well-being, Science One Program, Invited Guest Lecture, University of British Columbia: Vancouver, BC.



**Nakamura, J.S.**<sup>+</sup> & Archer Lee, Y.<sup>+</sup> (2023). In helping others, do we help ourselves? Biodiversity Research Center, The Botany and Zoology Wellness Initiative, Wellness Symposium, University of British Columbia: Vancouver, BC.

**Nakamura, J.S.** (2022). The underappreciated force of informal help in people's lives. Green College, Resident Member Series, University of British Columbia: Vancouver, BC.

**Nakamura, J.S.**, Bower, J.E., & Kuhlman, K.R. (2020). Early-life stress, depressive symptoms, and inflammation. Undergraduate Research Scholars Program Colloquium: Los Angeles, CA.

**Nakamura, J.S.**, Bower, J.E., & Kuhlman, K.R. (2020). Early-life stress, depressive symptoms, and inflammation. University of California, Los Angeles Undergraduate Research Week Oral Presentation: Luskin Undergraduate Program Nomination [Cancelled due to COVID-19].

## CONFERENCE TALKS

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\*indicates a mentored student author

Archer Lee, Y., Li, G., **Nakamura, J.S.**, & Chen, F.S. (2024). A prosociality-focused intervention to reduce daily loneliness and increase social contact. Society for Personality and Social Psychology: San Diego, CA.

**Nakamura, J.S.**, Archer Lee, Y., \*Nelson, M., \*Lin, M., Mikami, A.Y., & Chen, F.S. (2023). Acts of kindness in a sociometric network of Science One students. Society for Personality & Social Psychology: Atlanta, GA.

**Nakamura, J.S.** (2022). The underappreciated force of informal help in people's lives. University of British Columbia Psychfest: Vancouver, BC.

\*Yang, K., **Nakamura, J.S.**, & Kim, E.S. (2022). Identifying pathways to increased informal helping in older US adults: A lagged exposure-wide approach. University of British Columbia Multidisciplinary Undergraduate Research Conference: Vancouver, BC.

\*Jensen, S.M., **Nakamura, J.S.**, & Kim, E.S. (2022). What makes life purposeful? Identifying the antecedents of a sense of purpose in life using a lagged exposure-wide approach. University of British Columbia Multidisciplinary Undergraduate Research Conference: Vancouver, BC.

\*Kwok, C., \*Huang, A., **Nakamura, J.S.**, & Kim, E.S. (2022). Reduced epigenetic age in older adults who volunteer. University of British Columbia Multidisciplinary Undergraduate Research Conference: Vancouver, BC.

\*Leong, R.S., **Nakamura, J.S.**, & Kim, E.S. (2022). How is volunteering associated with reduced mortality? Exploring underlying pathways in a longitudinal cohort study of older US adults. University of British Columbia Multidisciplinary Undergraduate Research Conference: Vancouver, BC.

**Nakamura, J.S.**, Delaney, S.W., Diener, E., VanderWeele, T.J., & Kim, E.S. (2021). Are all domains of life satisfaction equal? Differential associations with health and well-being in older adults. Gerontological Society of America: Phoenix, AZ [Virtual Meeting].

**Nakamura, J.S.**, Cobb, M., & Kim, E.S. (2021). Identifying pathways to increased volunteering in older adults. International Volunteer Cooperation Organisations (IVCO) Annual Meeting: Inclusive Volunteering for Global Equality: Thessaloniki, Greece [Virtual Meeting].

## **CONFERENCE POSTERS**

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\*indicates a mentored student author

\*Li, J.H., **Nakamura, J.S.**, \*Nelson, M., Card, K.G., Chen, F.S. (2023). Volunteering in Canadians with disabilities: Variation of frequency and type of volunteering by disability status. University of British Columbia Psychology Undergraduate Research Conference: Vancouver, BC.

\*Jensen, S.M., **Nakamura, J.S.**, & Kim, E.S. (2022). What makes life purposeful? Identifying the antecedents of a sense of purpose in life using a lagged exposure-wide approach. University of British Columbia Psychology Undergraduate Research Conference: Vancouver, BC.

\*Kwok, C., Huang, A., **Nakamura, J.S.**, & Kim, E.S. (2022). Reduced epigenetic age in older adults who volunteer. University of British Columbia Psychology Undergraduate Research Conference: Vancouver, BC.

\*Leong, R.S., **Nakamura, J.S.**, & Kim, E.S. (2022). How is volunteering associated with reduced mortality? Exploring underlying pathways in a longitudinal cohort study of older US adults. University of British Columbia Psychology Undergraduate Research Conference: Vancouver, BC.

\*Oh, J., **Nakamura, J.S.**, & Kim, E.S. (2021). Pathways to reduced overnight hospitalizations: Evaluating 62 physical, behavioral, and psychosocial factors. Gerontological Society of America: Phoenix, AZ [Virtual Poster Presentation].

\*Henriksson, T.I., **Nakamura, J.S.**, & Kim, E.S. (2021). Are loneliness and social isolation equal threats to health and well-being? An outcome-wide longitudinal approach. Gerontological Society of America: Phoenix, AZ [Virtual Poster Presentation].

**Nakamura, J.S.**, Kim, E.S., Rentscher, K.E., & Kuhlman, K.R. (2020). Early-life stress, depressive symptoms, and inflammation: The role of social factors. Gerontological Society of America: Philadelphia, PA [Virtual Poster Presentation].

**Nakamura, J.S.**, Kuhlman, K.R., Kim, E.S., Rentscher, K.E., & Bower, J.E. (2020). Early-life stress, depressive symptoms, and inflammation in older adults: Perceived support and social contact as protective factors. UCLA Undergraduate Research Showcase: Los Angeles, CA.

**Nakamura, J.S.**, Kim, E.S., Rentscher, K.E., & Kuhlman, K.R. (2020). Early-life stress, depressive symptoms, and inflammation in older adults: Perceived support and social contact as protective factors. Association for Psychological Science: Chicago, IL [Virtual Poster Showcase].

**Nakamura, J.**, Koos, E., Zhuo, K., Sara, A., Shin, J., Kainth, P., & Kuhlman, K.R. (2018). A meta-analytic review of the literature on early life stress and inflammatory biomarkers. Association for Psychological Science: San Francisco, CA.

**Nakamura, J.**, Koos, E., Zhuo, K., Sara, A., Shin, J., Kainth, P., & Kuhlman, K.R. (2018). A meta-analytic review of the literature on early life stress and inflammatory biomarkers. UCLA Undergraduate Research Poster Day: Los Angeles, CA.

Zhuo, K., Koos, E., **Nakamura, J.**, Sara, A., Shin, J., Kainth, P., & Kuhlman, K.R. (2018). Low childhood SES and physiological responses to stress across the lifespan: A meta-analytic review. Association for Psychological Science: San Francisco, CA.

Williams, R.C., **Nakamura, J.**, Palaparty, S., Lev, T., Tseng, P., Conovaloff, J.L., Hayden, E.Y., & Teplow, D.B. (2018). Thioflavin T as a structural probe of pure amyloid  $\beta$ -protein A $\beta$ 42 oligomers. UCLA Research Conference on Aging: Los Angeles, CA.

Williams, R.C., **Nakamura, J.**, Palaparty, S., Lev, T., Tseng, P., Conovaloff, J.L., Hayden, E.Y., Teplow, D.B. (2018). Thioflavin T as a structural probe of pure amyloid  $\beta$ -protein A $\beta$ 42 oligomers. Neurology Science Day: Los Angeles, CA.

Shin, J., Koos, E., Sara, A., Kainth, P., **Nakamura, J.**, Zhuo, K., & Kuhlman, K.R. (2018). Difference between caregiver and victim reported early life stressors on physiological responses: A meta-analytic review. International Society for Psychoneuroendocrinology: Newport Beach, CA.

Keyheyhan, C., Koos, E., Kainth, P., Zhuo, K., **Nakamura, J.**, Sara, A., Shin, J., & Kuhlman, K.R. (2018). The influence of bullying and victimization on the HPA axis and inflammation: A systematic review. International Society for Psychoneuroendocrinology: Newport Beach, CA.

Sara, A., Koos, E., Kainth, P., Shin, J., **Nakamura, J.**, Zhuo, K., & Kuhlman, K.R. (2018). Peer victimization and the inflammatory biomarker C-reactive protein: A meta-analytic review. International Society for Psychoneuroendocrinology: Newport Beach, CA.

Kainth, P., Zhuo, K., Koos, E., **Nakamura, J.**, Sara, A., Shin, J., & Kuhlman, K.R. (2018). Inflammatory biomarkers in individuals exposed to early life stress: A systematic review and meta-analysis. International Society for Psychoneuroendocrinology: Newport Beach, CA.

## **OTHER CONFERENCE PRESENTATIONS**

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\*indicates a mentored student author

Sahakari, S.S., Nakamura, J.S., Götz, F., Chen, F. (2024). Prosociality and well-being: The influence of regional prosocial behaviours on immigrant well-being [Roundtable Unconference]. Society for Personality & Social Psychology: San Diego, CA.

## **MAJOR COMMITTEE ASSIGNMENTS & CONSULTING ENGAGEMENTS**

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Sep. 2022-Present **Fellows Representative for CAnD3 Substantive Committee**  
Representative of the 2021-2022 Fellows Cohort on the Consortium on Analytics for Data-Driven Decision-Making (CAnD3) Substantive Committee, which serves to execute the planning and general oversight of program substantive lectures, including providing recommendations for speaker of the Lunch & Learn series and the annual review and update of CAnD3 Substantive Bibliography, Reading and Resource List.

Sep. 2021-Aug. 2022 **Fellows Representative for CAnD3 Skills Committee**  
Representative of the 2021-2022 Fellows Cohort on the Consortium on Analytics for Data-Driven Decision-Making (CAnD3) Skills Committee, which serves to improve the teaching component of the CAnD3 program (including the annual review and update of program entry requirements and upskilling options, and the planning and general oversight of program skills modules, including the constant improvement of skills module delivery and format).

June 2020-Aug. 2020 **IDEO Project Consultant**  
Ad hoc subject-matter specialist (psychological well-being and loneliness)

## **RESEARCH EXPERIENCE**

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May 2022-Present **Graduate Research Assistant**  
**The Social Health Lab - University of British Columbia**  
**Advisor:** Frances S. Chen, Ph.D.

Sep. 2020-April 2022 **Graduate Research Assistant**  
**The Psychosocial Flourishing & Health Lab - University of British Columbia**  
**Advisor:** Eric S. Kim, Ph.D.

Sep. 2019-June 2020 **Psychology Departmental Honors Program**  
**Advisors:** Kate. R. Kuhlman, Ph.D., Julienne E. Bower, Ph.D, Matthew Lieberman, Ph.D.  
**Responsibilities:** Completed an original research project under the guidance of a faculty mentor over the course of three quarters: obtained IRB approval, conducted data analyses, and completed a culminating thesis paper/poster presentation; program also entailed weekly seminar in professionalization, preparation for graduate school, and academic

presentation training.

- Sep. 2017-June 2020 **Research Assistant: Mind-Body Laboratory**  
**Project Investigator:** Kate R. Kuhlman, Ph.D.  
**Responsibilities:** Collected blood and saliva specimens, facilitated clinical research protocol, and administered stress tests to adolescents at risk for depression as lead research assistant on the Teen Resilience Project; extracted data for a systematic review on the effects of childhood adversity on the Hypothalamic-pituitary-adrenal axis and inflammatory systems.
- Sep. 2018-Aug. 2019 **Research Assistant: Anxiety and Depression Research Center, UCLA**  
**Project Investigator:** Michelle G. Craske, Ph.D.  
**Responsibilities:** Conducted behavioral sessions for the Brain, Motivation, and Personality Development Study (BrainMAPD), including collecting physiological data (i.e., electromyography, electrocardiography, galvanic skin response), organizing and consolidating longitudinal data sets, and extracting key information from diagnostic, clinical interviews.
- Feb. 2018-Aug. 2018 **Undergraduate Researcher: Teplow Laboratory, UCLA**  
**Project Investigator:** David B. Teplow, Ph.D.  
**Responsibilities:** Performed various experiments examining the underlying structure and properties of isolated A $\beta$ 42 oligomers that underly neurodegenerative decline in Alzheimer's Disease.
- Sep. 2017-Mar. 2018 **Research Assistant: Dieting, Stress, and Health (DiSH) Laboratory, UCLA**  
**Project Investigator:** A. Janet Tomiyama, Ph.D.  
**Responsibilities:** Administered the Trier Social Stress Test (TSST) to adults in target populations for a project testing the effect of comfort eating on stress.

## **TEACHING EXPERIENCE**

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- August 2023 **Introduction to Population & Public Health**  
**School of Population & Public Health, University of British Columbia**  
Invited guest lecture: Aging and Health
- March 2021 **Introduction to Health Psychology**  
**Department of Psychology, University of British Columbia**  
Invited guest lecture: Antecedents and Processes of Volunteering
- Jan. 2021-April 2021 **Graduate Teaching Assistant**  
**Department of Psychology, University of British Columbia**

**Responsibilities:** Graduate Teaching Assistant for Psychology 314 – Introduction to Health Psychology – for 3<sup>rd</sup> and 4<sup>th</sup> year undergraduate students with Dr. Eric Kim.

- Sep. 2019-June 2020 **Peer Learning Facilitator for Academic Advancement Program Academic Advancement Program, UCLA**  
**Responsibilities:** Engaged students underrepresented in higher education in course materials by providing them with intellectual challenge, encouragement, and personal support to supplement instruction in an upper division psychology class (paid position).
- Sep. 2018-June 2019 **Learning Assistant Program: University of California, Los Angeles**  
**Supervisors:** Courtney Clark, Ph.D., Shanna Shaked, Ph.D.  
**Responsibilities:** Assisted students in an introductory psychology course as an undergraduate teaching assistant, applied evidence-based teaching strategies from a pedagogy seminar, and reflected on progress and responded to feedback from peers based on performance (volunteer position).
- Jan. 2018-Mar. 2018 **California Teach Program: New West Charter Middle School**  
**Supervisors:** Arlene A. Russell, Ph.D.  
**Responsibilities:** Conducted lectures; attended California Teaching Standards Seminar; and applied seminar concepts to curricular planning, classroom management, and learning assessment in a 7<sup>th</sup> grade life science class (volunteer position).

## **PROFESSIONAL AND ACADEMIC SERVICE**

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- September 6, 2023 **Alumni Panelist**  
**Consortium on Analytics for Data-Driven Decision Making (CAnD3)**  
**Topic:** CAnD3 experience and research findings
- October 13, 2022 **Graduate Student Speaker Series Panelist**  
**University of British Columbia Parkinson's and Alzheimer's Targeted Hope and Support (UBC PATHS)**  
**Topic:** Research and journey to graduate school
- May 27, 2021 **UCLA Alumni Leader**  
**UCLA – Undergraduate Research Week Networking Corner**  
**Topic:** Research and graduate school
- October 27, 2020 **Graduate Student Panelist**  
**University of British Columbia – Psychology Students' Association**  
**Topic:** Graduate school in psychology
- October 6, 2020 **Graduate Student Panelist**

**University of British Columbia - Psychology Honors Program**  
**Topic:** Graduate school in psychology

October 2, 2020 **Graduate Student Panelist**  
**Yale University – The Crockett Lab**  
**Topic:** Applying to graduate school

## **SERVICE TO THE DEPARTMENT**

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Sep. 2023-Aug. 2024 **Co-President – Department of Psychology**  
**University of British Columbia**  
**Responsibilities:** Elect and supervise the UBC Psychology Graduate Student Council, represent graduate students at faculty meetings, and organize departmental events throughout the academic year.

Aug. 2023-Aug. 2024 **Committee Member – EDI Mentorship Working Group**  
**UBC Psychology EDI Committee, University of British Columbia**  
**Responsibilities:** This working group runs the Diversity Mentorship Program, which aims to prepare and mentor undergraduate and post-baccalaureate students from diverse, under-resourced, traditionally underrepresented, and/or marginalized backgrounds for graduate admissions in psychology. This working group helps to design, implement, and evaluate the effectiveness of this program each year (committee summary from: <https://psych.ubc.ca/edi/our-committee/>). In collaboration with another graduate student, I also coordinated and facilitated a training workshop for graduate students on mentoring undergraduates from diverse backgrounds.

Sep. 2023-April 2024 **Health Psychology Area Workshop Coordinator – Department of Psychology**  
**University of British Columbia**  
**Responsibilities:** Run and coordinate biweekly Health Psychology Area Meetings including organizing guest speaker events, scheduling graduate student talks, and moderating panels.

Dec. 2022-April 2023 **Psychfest Committee Member – Department of Psychology**  
**University of British Columbia**  
**Responsibilities:** Organize UBC's 2023 Psychfest – an annual conference where second-year psychology MA and new PhD students present their research to the entire psychology community.

Sep. 2022 **Coming Home to Psychology Health Psychology Research Showcase Representative – Department of Psychology**  
**University of British Columbia**  
**Responsibilities:** Showcase the research of the Health Psychology Area to UBC psychology alumni and the public.

Sep. 2020-May 2021 **MA Year 1 Representative – Department of Psychology  
University of British Columbia**  
**Responsibilities:** Representative and point of contact for all first-year  
Master’s students in the Department of Psychology

## **EDITORIAL SERVICE**

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### **Ad hoc Reviewer:**

American Journal of Epidemiology  
American Journal of Preventive Medicine  
European Journal of Public Health  
Health & Place  
JAMA Network Open  
Journal of Personality  
Journal of Psychosomatic Research  
Psychological Science  
Preventive Medicine Reports  
Social Science & Medicine – Population Health

## **SERVICE TO THE PUBLIC**

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Aug. 2023-Aug.2024 **President – InterVarsity Christian Fellowship (IVCF) Graduate  
Students & Faculty**  
**IVCF Graduate Students & Faculty, University of British Columbia**  
**Responsibilities:** Oversee all event planning for weekly gatherings  
(Bible studies, guest speakers, social events) and leadership team  
meetings; manage social media and communication with other campus  
organizations.

Aug. 2022-Apr. 2023 **Bible Study Leader – InterVarsity Christian Fellowship (IVCF)  
Graduate Students & Faculty**  
**IVCF Graduate Students & Faculty, University of British Columbia**  
**Responsibilities:** Lead regular group Bible studies amongst graduate  
students.

May 2023-Aug. 2023 **Chair – Green Lantern Selection Committee**  
**Green College, University of British Columbia**  
**Responsibilities:** Promote and gather nominations for prospective Green  
Lanterns (graduate peer supports), organize selection committee,  
interview candidates, and make recommendations to the Assistant  
Principal.

May 2022-Aug. 2022 **Chair – Green Lantern Selection Committee**  
**Green College, University of British Columbia**  
**Responsibilities:** Promote and gather nominations for prospective Green



Lanterns (graduate peer supports), organize selection committee, interview candidates, and make recommendations to the Assistant Principal.

June 2021-Aug. 2023 **Graduate Student Mentor**

**Diversity Mentorship Program, University of British Columbia**

**Responsibilities:** Facilitate group mentoring (e.g., conducting interview practice sessions, personal statement workshops, constructing individualized application timelines) to prospective graduate students in psychology from diverse/underrepresented backgrounds; participate in panels for Diversity in Academia (with audiences of ~60 prospective graduate students).

Sep. 2021-Apr. 2022 **Communications Coordinator – InterVarsity Christian Fellowship (IVCF) Graduate Students & Faculty**

**IVCF Graduate Students & Faculty, University of British Columbia**  
**Responsibilities:** Organize weekly newsletter and manage social media.

Nov. 2020-Present **United Way Worldwide Volunteer**

**Volunteer & Employee Engagement - United Way Worldwide**

**Responsibilities:** Work on projects in collaboration with Mei Cobb, Senior Director of Volunteer & Employee Engagement at United Way Worldwide. United Way is a non-profit organization with 1,800+ United Way branches across 41 countries. The following list describes previous and current projects I have worked on with United Way Worldwide:

**1) Supporting Older Adults During COVID** – developed 3 end-to-end playbooks on how to successfully plan, implement, and market meal delivery and care package donation programs, and serve older adults during COVID-19 by consulting 18 United Way branches. The findings were used to implement programs that support vulnerable populations during COVID-19 and we presented the findings to a global United Way audience via a webinar.

**2) Grant Review - Older Adult's Day of Action** – reviewed 35+ grant applications from 7 countries using a standardized rubric, in collaboration with a team, to provide a total of \$50,000 in funding to the most promising proposals that would support older adults during the 2021 Day of Action for Older Adult's Month (May).

**3) America's Mask Challenge** – created a report for internal United Way Worldwide use and external reporting to key stakeholders and donors by synthesizing key outcomes from America's Mask Challenge (i.e., a program that provided 25 million masks to children of low socioeconomic status).

**4) Vaccination Resources for Older Adults** – collected vaccination resources (e.g., organizations providing transportation for older adults to receive their vaccines) by researching various organizations to maximize

United Ways' ability to support communities during the pandemic. This resource was distributed on United Way Online (United Way Staff's internal platform).

**5) *Equity Challenge*** – curated an end-to-end playbook on how to successfully plan, implement, and publicize an Equity Challenge (i.e., a program which seeks to educate individuals on topics of equity, diversity, and inclusion) to be used by United Way branches across North America by analyzing previous Equity Challenges to increase public understanding of how inequity and injustice affect marginalized individuals and improve community relations.

**6) *Skills-Based Volunteering Resource Compilation*** – consolidated resources on skills-based volunteering for workplace employees in collaboration with United Way Worldwide and large partner corporations (e.g., Kellogg's Company).

**7) *United Way Biggest Questions*** – informed future research and translational science initiatives of United Way Worldwide by centralizing goals, support programs, and questions of 7 United Ways across North America to assist United Way Worldwide's mission in improving lives.

**8) *Court-Ordered Volunteering*** – visualized how United Ways can support individuals in meeting their court-ordered volunteering obligations by researching 13 United Ways in North America which support juveniles and adults in the justice system and how they support United Ways wanting to provide these resources to their community.

**9) *Food Insecurity and BIPOC*** – uncovered and worked towards mitigating the root cause of food insecurity among marginalized communities by conducting thorough background research to increase the efficacy of United Way Worldwide team's efforts in supporting food insecure individuals.

**10) *Retiree Retention*** – identified 14 older adult volunteering programs (e.g., Always United, Retired Senior Volunteer Program (RSVP), Trailblazers, Give 5, etc.) from 50+ United Way branches by engaging in extensive research on United Ways to visualize the scope of sustained volunteerism in United Way available for our rapidly aging population.

**11) *Virtual Escape Room Prototype*** – developed a 30-question "virtual escape room" prototype focused on the strengths of older adults to be leveraged by United Way chapters across North America by investigating the unique strengths and issues faced by older adults in society to improve public perceptions of aging, and decrease ageism. This prototype will be engaged by communities and people outside of the United Way organization.

**12) *Volunteer Story Collection for the High-Level Political Forum*** – crafted a business case on volunteers to be presented at the United Nations High-Level Political Forum (i.e., the United Nations' main platform on sustainable development) by gathering 50+ stories from volunteers in 46 countries to highlight the importance of volunteers in achieving the United Nations sustainable development goals to high-level officials and

governments worldwide. View collected stories here:

[http://volunteergroupsalliance.org/?page\\_id=1188](http://volunteergroupsalliance.org/?page_id=1188)

**13) Purpose and Meaning in the Volunteer/Workplace Space** – created a report on effectively interweaving purpose and meaning into volunteering experiences by conducting a literature review on building a sense of meaning and purpose in a volunteer space/workplace.

**14) Volunteering to Bridge Community Divides** - informed a leader in volunteer engagement on how volunteering programs can contribute to decreasing stereotypes and bridging intergenerational, social, and cultural divides. The information was collected from 25 different sources and compiled into a 15-page resource that was used in the Service and Bridging Convening, a national U.S dialogue hosted by the Consensus Building Institute on challenging public issues.

Sep. 2021-Present

**Green Lantern – Graduate Peer Support  
Green College, University of British Columbia**

**Responsibilities:** Providing problem solving assistance and personal support (e.g., directing students to resources, facilitating conversations, navigating sensitive interpersonal situations) as a volunteer Resident Member at Green College (graduate student residence), nominated by a Selection Committee of other Green Lanterns and Resident Members.

Sep. 2020-Sep. 2021

**Chair - Wellness Committee  
Green College, University of British Columbia**

**Responsibilities:** Lead Green College Wellness Committee in mission to engage Green College members in health and wellness-oriented activities (e.g., group fitness activities, group walks, yoga).

Sep. 2019-Dec. 2019

**Social Isolation Impact Project - The Daily Call Sheet  
Motion Picture Television Fund (MPTF)**

**Responsibilities:** Combated chronic loneliness by making weekly calls to older adults (previously involved in the entertainment industry) who were at risk of social isolation, engaging them in conversation intended to foster feelings of social connectedness.

Sep. 2018-Aug. 2019

**Resilience Peer Network  
Depression Grand Challenge, UCLA**

**Responsibilities:** Reinforced evidence-based treatment (internet-based Cognitive Behavioral Therapy) for students with mild depression or anxiety who were enrolled in the Depression Grand Challenge Research Study, received training in active listening, empathic responding, boundaries, ethics, positive psychology, resilience skills, motivational interviewing, and mindfulness.

Spring 2017

**Physical Therapy Assistant Volunteer**

**Ronald Reagan UCLA Medical Center, Outpatient Rehabilitation Services**

**Responsibilities:** Conducted independent cleaning maintenance and bedding changes, assisted aides with specific patient-related tasks, and conversed with an age-diverse group of patients during therapy.

Winter 2017

**Service Learning Assistant in Intergenerational Programming  
ONEgeneration Adult Day Care Center**

**Responsibilities:** Guided interactive activities for older adults (with dementia, Parkinson's disease, and other chronic diseases) that required daytime supervision.

**REFERENCES**

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