

LAURA ZETTEL-WATSON, Ph.D.
Associate Professor
Department of Psychology
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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

2011-2012

- Outstanding Senior Honors Project Mentor, University Honors Program, CSUF
- Junior Faculty Research Award, Auxiliary Services Corporation, CSUF
- Faculty-Student Research and Creative Activities Grant, Faculty Development Center (FDC) - \$1000 to support research with undergraduates Kyle Jasper and Justin Ludwig

2010-2011

- Junior Faculty Research Award, Auxiliary Services Corporation, CSUF
- 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

EXTERNAL GRANT SUBMISSIONS

Jones, C. J., Cherry, B. J., Zettel-Watson, L., Aquino, J., & Rutledge, D. N. "Effects of Milnacipran Alone, and with a Lifestyle Physical Activity, on Functionality in Adult Women with Fibromyalgia" Forest Laboratories. \$207,562. Submitted September 2010, not funded.

RESEARCH INTERESTS

Technology and Aging
Social Relationships & Health

Psychosocial Aspects of Fibromyalgia
Marital Status Differences in Later Life

PUBLICATIONS

Rakovski, C. C., Zettel-Watson, L., & Rutledge, D. N. (2012). Association of employment and working conditions with physical and mental health for people with Fibromyalgia. *Disability & Rehabilitation*, 34, 1277-1283. doi: 10.3109/09638288.2011.641658

- Cherry, B. J., Zettel-Watson, L., Shimizu, R., Chang, J., Rutledge, D. N., & Jones, C. J. (2012). Positive associations between physical and cognitive performance measures in Fibromyalgia. *Archives of Physical Medicine and Rehabilitation*, *93*, 62-71. doi:10.1016/j.apmr.2011.08.006
- Zettel-Watson, L., Rutledge, D. N., Aquino, J. K., Cantero, P., Espinoza, A., Leal, F., & Jones, C. J. (2011). Typology of chronic pain among overweight Mexican Americans. *Journal of Health Care for the Poor and Underserved*, *22*, 1030-1047. doi:10.1353/hpu.2011.0092
- Zettel-Watson, L., Rakovski, C. C., Levine, B. Rutledge, D. N., & Jones, C. J. (2011). Impact of employment and caregiving roles on the well-being of people with Fibromyalgia Syndrome. *Journal of Musculoskeletal Pain*, *19*, 8-17. doi:10.3109/10582452.2010.538824
- 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. doi:10.1080/07481180701881230
- 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.
- 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. doi: 10.1037/0882-7974.19.3.433
- 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., Sorkin, D., & Zettel, L. (2002). Loneliness in late life. *Aging Today*, *23* (2).

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

Follick, B., Cherry, B. J., Zettel-Watson, L., Grandfield, E., Rutledge, D., & Jones, C. J. (2012, November). *Patterns of performance within Fibromyalgia: Identifying subgroups*. Poster presented at the 64th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Horn Mallery, M., Zettel-Watson, L., & Elmi, C. (2012, November). *Temporal patterning of alcohol consumption among older adults*. Poster presented at the 64th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Zettel-Watson, L., & Chang, E. (2012, November). *Exploring online health management tool adoption among older adults*. Poster presented at the 64th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Jasper, K., Ludwig, J., & Zettel-Watson, L. (2012, April). *Obesity and chronic pain among Hispanics: Impact of social support*. Poster presented at the 92nd Annual Scientific Meeting of the Western Psychological Association, Burlingame, CA.

Lutz, J., & Zettel-Watson, L. (2012, April). *Gender and social roles impact older adults' suicidal ideation*. Poster presented at the 92nd Annual Scientific Meeting of the Western Psychological Association, Burlingame, CA.

Follick, B., Katschke, J., Grandfield, E., Zettel-Watson, L. & Cherry, B. J. (2012, April). *Health and cognition: Executive function and processing speed in older adults both with and without chronic pain*. Poster presented at the Biennial Cognitive Aging Conference, Atlanta, GA.

Horn Mallery, M., Zettel-Watson, L., & Neupert, S. (2011, November). *Daily alcohol usage, stress, and health: Findings from the National Study of Daily Experiences*. Poster presented at the 63rd Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Zettel-Watson, L., Chang, J., Shimizu, R., Rutledge, D. N., Jones, C. J., & Cherry, B. J. (2011, November). *Physical activity predicts cognitive function in Fibromyalgia*. Poster presented at the 63rd Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

- Levine, B., Cherry, B., Zettel-Watson, L., & Rutledge, D. (2011, April). *Fibromyalgia status and self-reported experiences with anxiety, headaches, and concentration*. Poster presented at the 91st Annual Scientific Meeting of the Western Psychological Association, Los Angeles, CA.
- Moreno, W. A., Bateham, A. L., & Zettel-Watson, L. (2011, April). *Fibromyalgia and aging: The role of time-of-day in cognitive and physical performance*. Poster presented at the 91st Annual Scientific Meeting of the Western Psychological Association, Los Angeles, CA.
- Grandfield, E. M., Follick, B., Levine, B., Aquino, J. K., Cherry, B. C., & Zettel-Watson, L. (2011, February). *The role of executive function in episodic memory performance in individuals with and without Fibromyalgia*. Poster presented at the Dallas Aging and Cognition Conference, Dallas, TX.
- 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

- 2012- Associate Professor, Department of Psychology, *California State University, Fullerton*
- 2005-2012 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)

PARTICIPATING FACULTY MEMBER

Cultivating Aging through Technology Laboratory (CATLab), *CSUF*, 2010 – Present
Gerontology Program Council, *CSUF*, 2005 – Present
Institute of Gerontology, *CSUF*, 2012 – Present
Fibromyalgia Research and Education Center, *CSUF*, 2008 – Present
Health Promotion Research Institute, *CSUF*, 2009 – Present

INVITED LECTURES

“Expanding Social Connections and Enhancing Social Ties” – lecture for Osher Lifelong Learning Institute participants at University of California, Irvine, October 2012

“Spousal Relationship in Later Life” – guest lecture in Prof. Ying-Chiao Tsao’s COMM 345 course (Communication and Aging), March 2012

“Expanding Social Connections” – lecture given at Retirement Boot Camp, sponsored by CSUF Osher Lifelong Learning Institute, September 2011

“Social Relationships and Fibromyalgia” – lecture for North Orange County Fibromyalgia Support Group at Kaiser Permanente Hospital, Anaheim, CA, July 2010

“Social Wellness: Are You Signed Up for the “Friends and Family” Plan?” – lecture at Spring Potluck, CSUF Center for Successful Aging, May 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

Associate Coordinator, Gerontology Program, 2011 – Present

Curriculum Committee, Gerontology Program, 2010 – Present

Chair, Goals and Directions Committee, Department of Psychology, *CSUF*, 2009 – 2012

Psychology Department Search Committee, *CSUF*, Fall 2007

Grandparent Resource Center Planning Committee, *CSUF*, 2006 – 2010

Gerontology On-line Degree Planning Committee, *CSUF*, 2006 – 2010

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

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

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

Curriculum Committee, Department of Psychology, *CSUF*, 2005 – 2012

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

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

OTHER PROFESSIONAL ACTIVITIES

- 2012 Co-organized Gerontology Program Orientation and Information sessions for incoming and continuing MSG students.
- 2011 Co-organized CSUF Assistive Technology Summit, a summit co-sponsored by CSUF Gerontology Alumni Association, Institute of Gerontology, and Colleges of Engineering and Computer Science and Humanities and Social Sciences to introduce community industry professionals and service providers to AT events at CSUF.
- Conducted a series of educational support groups for friends and family of Fibromyalgia sufferers for Fibromyalgia Awareness Day, co-sponsored by the North Orange County Fibromyalgia Support Group and the CSUF Fibromyalgia Research and Education Center
- Presented workshop, "How can I support my partner/spouse/relative/friend with Fibromyalgia?" at Healthy Aging with and without Fibromyalgia Conference, sponsored by CSUF Fibromyalgia Research and Education Center
- Lead investigator on Beverly Miller University Assistive Technology User Research Project, a challenge grant funded by Dr. Arnold Miller
- 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

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.