
BIOGRAPHICAL SKETCH

NAME: Julie Marie Maslowsky

eRA COMMONS USER NAME: jmaslow

POSITION TITLE: Assistant Professor of Health Behavior and Health Education

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	Completion Date MM/YYYY	FIELD OF STUDY
Northwestern University, Evanston, IL	BS	06/2004	Human Development
University of Michigan, Ann Arbor, MI	MSW	12/2005	Social Work
University of Michigan, Ann Arbor, MI	MA	08/2008	Developmental Psychology
University of Michigan, Ann Arbor, MI	PhD	08/2012	Developmental Psychology
University of Michigan, Ann Arbor, MI	Postdoc		Population Health

A. Personal Statement

I am a developmental psychologist and population health scientist with expertise in adolescent health and development. My research focuses on the epidemiology and etiology of adolescent health risk behaviors and on developing interventions to promote health in adolescence. I examine adolescent health risk behaviors at multiple levels, from individual-level mechanisms to population-level trends in adolescent health and health behaviors. I then translate my research findings into health promoting intervention programs. I focus on three interrelated adolescent health risk behaviors: substance use, sleep, and reproductive health. My research falls into two of the PRC's primary research areas, Population Health and Reproductive Health. My most recent research, which is on reproductive health, has included investigating mechanisms linking early puberty to early childbirth in teens and developing and testing a postpartum intervention to improve perinatal outcomes among mothers and infants. I recently submitted a K01 application to NICHD to investigate repeat teen pregnancy and contraceptive strategies for preventing it. In the next five years, I will continue the line of research I have established with regards to adolescent substance use and sleep while building my skill set and research portfolio in adolescent reproductive health. Next steps in substance use and sleep include detailing the mechanisms by which the two are related. I am building my newer reproductive health work through analyses of population datasets to document national trends in repeat teen pregnancy and analyses of clinical datasets to examine predictors of contraceptive use to inform interventions.

The PRC has been a wonderful resource for me. I participate in the Health working group regularly and find it an invaluable space for generating ideas and getting feedback on manuscripts and grants. I have also benefitted immeasurably from participation in the PRC's Proposal Boot Camp and from a PRC proposal seed funds grant, the two of which enabled me to pursue a new line of research (reproductive health) and to submit a K01 proposal to NICHD. PRC senior faculty members are generous with their time and expertise on everything from methodology to proposal writing to career development. The administrative staff make proposal submission easy, and the computing staff provide world-class support for managing large and sensitive data files. As a new junior faculty member, having this infrastructure enabled me to settle in to UT quickly and to start producing papers and funding proposals right away. I intend to stay closely involved with the PRC in the next five years and hope to take on more leadership roles within the Center. I also imagine the center will play a key role in my transition from mentored scientist to Principal Investigator as I develop and submit larger, independent funding applications.

B. Positions and Honors**Positions and Employment**

2006-2008	Pre-Doctoral Fellow, Institutional NRSA (NIAAA), Multidisciplinary Alcoholism Research Training Program, University of Michigan, Ann Arbor
2010-2012	Pre-Doctoral Fellow, Individual NRSA (NIDA), University of Michigan, Ann Arbor
2012-2014	Robert Wood Johnson Foundation Health & Society Scholar, University of Wisconsin, Madison

- 2014-present Assistant Professor of Health Behavior and Health Education, Department of Kinesiology and Health Education, University of Texas at Austin
- 2014-present Faculty Research Associate, Population Research Center, University of Texas at Austin

Other Experience and Professional Memberships

- 2006-present Member, Society for Research on Adolescence
- 2006-present Member, Society for Research on Child Development
- 2008-present Member, Society for Prevention Research
- 2010-present Member, American Public Health Association
- 2008-2012 Trainee, International Max Planck Research School on the Life Course
- 2014-present Member, Society for Public Health Education
- 2016-present Member, Society for Family Planning

Honors

- 2000-2004 National Merit Scholarship- Northwestern University
- 2003-2004 Northwestern University Upton Memorial Merit Scholarship
- 2003-2004 Northwestern University J.G. Nolan Memorial Merit Scholarship
- 2004-2005 University of Michigan School of Social Work Merit Scholarship
- 2008 Compassion in Action Award, presented by His Holiness the Dalai Lama
- 2009-2010 Scholars Award, P.E.O. International
- 2009 Barbara Perry Roberson Research Support Award
- 2009 Margaret Ayers Host Research Support Award
- 2010 Community of Scholars Award, UM Institute for Research on Women and Gender
- 2011 Fellow, NIMH Family Research Consortium Summer Institute
- 2012 Best Dissertation Award, University of Michigan Department of Psychology
- 2013 NIH Loan Repayment Award- NIMHD, Health Disparities Track
- 2015 NIH Loan Repayment Renewal- NIMHD, Health Disparities Track

C. Contributions to Science

1. **Reproductive Health:** My most recent work focuses on reproductive health in teen and young mothers. A recent study examined the mechanisms linking early puberty and early childbearing among a national sample of US teens (a). I developed and demonstrated the efficacy of a mobile-phone based postpartum intervention to facilitate education and follow-up care and improve health outcomes among new mothers in low-resource settings in Ecuador (b,c). In a randomized trial, this intervention resulted in improved rates of breastfeeding, reduced infant morbidity, and improved contraceptive use among new mothers (c). I have also described how developmentally-grounded neurocognitive characteristics such as heightened sensation seeking and attention to benefits of risky behaviors translate into adolescents' engagement in risky behaviors such as unprotected sex (d).

(a) Hendrick, C. E., Cance, J. D., & **Maslowsky, J.** (2016). Peer and individual risk factors in adolescence explaining the relationship between girls' pubertal timing and teenage childbearing. *Journal of Youth and Adolescence*, 45(5), 916–927. PMC4826788

(b) **Maslowsky, J.**, Valsangkar, B., Chung, J., Knoester, J., Trujillo, F., Ochoa, M., Chiriboga, M., Astudillo, F., Heisler, M., & Merajver, S. (2012). Engaging patients via mobile phone technology to assist follow-up after hospitalization in Quito, Ecuador. *Telemedicine and E-health*, 18, 273-280. PMID In Process.

(c) **Maslowsky, J.**, Frost, S., Hendrick, C. E., Trujillo, F., & Merajver, S. (2016). Effects of postpartum mobile phone-based education on maternal and infant health in Ecuador. *International Journal of Gynecology and Obstetrics*. doi: 10.1016/j.ijgo.2015.12.008 PMID In Process.

(d) **Maslowsky, J.**, Buvinger, E., Keating, D., Steinberg, L., & Cauffman, E. (2011). Cost-benefit analysis mediation of the relationship between sensation seeking and risk behavior. *Personality and Individual Differences*, 51, 802-806. PMC3171808.

2. **Population studies of adolescent risk behavior:** I combine developmental psychology and population health to investigate the phenomenology of adolescent risk behavior at the national population level. This work has demonstrated developmental patterning of sleep duration at the population level (e), with adolescents

sleeping less than emerging and early adults and that adolescent sleep duration has decreased historically over the past two decades (f). I have also identified the adolescents in the national population who are at highest risk for substance use based on their age and mental health profiles (g,h) and published on the factors linking sleep to substance use in the national adolescent population (i).

(e) **Maslowsky, J., & Ozer, E.** (2014). Developmental trends in normative sleep duration in adolescence and young adulthood: Evidence from a national US sample. *Journal of Adolescent Health*, 54, 691-697. PMC4401462.

(f) Keyes, K. M., **Maslowsky, J.**, & Hamilton, A., & Schulenberg, J. (2015). The great sleep recession: Changes in sleep duration among US adolescents, 1991-2012. *Pediatrics*, 135, 460-468. PMC4338325.

(g) **Maslowsky, J.**, Schulenberg, J., O'Malley, P., & Kloska, D. (2014). Depressive symptoms, conduct problems, and risk for polysubstance use among adolescents: Results from US national surveys. *Mental Health and Substance Use*, 7, 157-169. PMC3932991.

(h) **Maslowsky, J.**, Schulenberg, J., & Zucker, R.A. (2014). Influence of conduct problems and depressive symptomatology on adolescent substance use: Developmentally proximal versus distal effects. *Developmental Psychology*, 50, 1179-1189. PMC3981903.

3. **Developmental mechanisms underlying adolescent risk behavior:** My research has identified several mechanisms that relate to the development of adolescent health risk behaviors. I identified the role of parental support and mental health in the development of substance use among both a high-risk and national sample of African American adolescents (j). Several studies have demonstrated the interactive role of internalizing and externalizing symptoms in predictive adolescent substance use in the national population (k). I also published the first empirical evidence on previously hypothesized but not empirically observed neurocognitively-based subtypes of adolescent risk takers (l).

(j) **Maslowsky, J.**, Schulenberg, J., Chiodo, L., Hannigan, J., Greenwald, M., Janisse, J., Sokol, R., & Delaney-Black, V. (2015). Parental support, mental health, and alcohol and marijuana use in African American adolescents. *Substance Abuse Research and Treatment*, 9(S1), 11-20. PMC4736548

(k) **Maslowsky, J.**, & Schulenberg, J. (2013). Interaction matters: Quantifying conduct problem by depressive symptoms interaction and its association with adolescent alcohol, cigarette, and marijuana use in a national sample. *Development and Psychopathology*, 25, 1029-1043. PMC3831176.

(l) **Maslowsky, J.**, Keating, D., Monk, C.S., & Schulenberg, J. (2011). Planned versus unplanned risks: Neurocognitive predictors of subtypes of adolescents' risk behavior. *International Journal of Behavioral Development*, 35, 152-160. PMC3367561.

4. **Quantitative Methodology:** In addition to engaging rigorous quantitative research, I have applied my advanced quantitative methodology skills to produce peer-reviewed tutorials for fellow researchers on the application of latent variable interaction models (m) and the use of secondary data analysis in developmental psychology (n).

(m) **Maslowsky, J.**, Jager, J., & Hemken, D. (2015). Estimating and interpreting latent variable interactions: A tutorial for applying the latent moderated structural equations method. *International Journal of Behavioral Development*, 39, 87-96. PMCID: PMC4606468.

(n) Davis-Kean, P., Jager, J., **Maslowsky, J.** (2015). Answering developmental questions using secondary data. *Child Development Perspectives*, 9(4), 256-261. PMCID: PMC4724430

Link to all publications in MyBibliography:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/julie.maslowsky.1/bibliography/40982369/public/?sort=date&direction=descending>

D. Research Support

Ongoing Research Support

R01HD075806 (D. Keating, PI)

06/01/14-05/31/2019

National Institute of Child Health and Human Development

Neurodevelopmental pathways in adolescent health risk behavior

The primary aim of this research is to understand the behavioral, cognitive, and neural bases of risk taking, through integrated analyses of age differences, developmental trajectories, and individual differences in psychosocial, neurocognitive and neural imaging assessments.

Role: Co-Investigator

Responsibilities: Study design, data analysis, report results in manuscripts.

Implementation Grant (R. Brown, PI)

07/01/14-06/30/17

University of Wisconsin

Preventing substance use and abuse in Wisconsin high school students: Universal school-based implementation of Screening, Brief Intervention, and Referral to Treatment (SBIRT)

The primary aim of this project is to test the feasibility and impact of universal implementation of SBIRT interventions in public high schools.

Role: Co-Investigator.

Responsibilities: Study design, data analysis, report results in manuscripts.

R34DA035349 (E. Ozer and A. Harvey, PIs)

09/15/13-07/31/17

National Institute on Drug Abuse

Promoting sleep to prevent substance use in adolescence

The primary aim of this project is to develop and pilot test a school-based sleep health intervention with the aim of improving adolescent's sleep and preventing or reducing substance use.

Role: Consultant

Responsibilities: Consult on intervention methods and analysis and reporting of results.

Completed Research Support

Seed grant (J. Maslowsky, PI)

09/01/13-08/31/14

RWJF Health & Society Scholars

The role of sleep in the emergence of substance use disparities in early adulthood.

Role: Principal investigator

Responsibilities: Study design, data analysis, project management, report results in manuscripts.

Seed grant (J. Maslowsky, PI)

09/01/12-08/31/13

RWJF Health & Society Scholars Maslowsky (PI)

The role of sleep in adolescent and young adult mental health and substance use.

Role: Principal investigator

Responsibilities: Study design, data analysis, project management, report results in manuscripts.