

Olivia Silke

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Research Interests

Maternal-child health; cellular aging; developmental origins of disease; health disparities; mindfulness; neuroendocrine-immune network; stress; preventative medicine

Education

- 2024 (expected) **Ph.D. in Psychological Science**
University of California, Irvine (UCI)
Major: Health Psychology
Minor: Quantitative Methods
- 2021 **M.A. in Social Ecology**
University of California, Irvine (UCI)
- 2019 **M.A. in Psychological Research (MAPR)**
California State University, Long Beach (CSULB)
- 2015 **B.A. in Psychology**
Chapman University, Orange, CA

Peer-reviewed Publications

- Riis, J. L., Dent, A. L., **Silke, O.**, Granger, D. A. (2023). Salivary uric acid across child development and associations with weight, height, and body mass index. *Frontiers in Pediatrics, section Children and Health, 11*. <http://doi.org/10.3389/fped.2023.1235143>
- Silke, O.**, Yim, I. S., Shaikh, K., Lalani, S., Ghani, F., Wanyonyi, S., ... & Maternal-infant Global Health Team (MiGHT) Collaborators in Research. (2023). Is HbA1c associated with birth weight? A multivariable analysis of Pakistani pregnant women. *J Obstet Gynaecol Res, 49*(8), 2048–2055. <http://doi.org/10.1111/jog.15706>
- Riis, J. L., Ahmadi, H., **Silke, O.**, Granger, S. M., Bryce, C. I., Granger, D. A. (2020). Correspondence between cytomegalovirus immunoglobulin-g levels measured in saliva and serum. *Frontiers in Immunology, 11*, 2095. doi:10.3389/fimmu.2020.02095
- Lam, C. N., **Silke, O.**, Itamura, J., Salem, G., & Black, D. S. (2020). Mindfulness training by telephone before and after orthopedic surgery: A feasibility study [Research letter]. *Journal of Alternative and Complementary Medicine, 26*(3), 249-251. doi:10.1089/acm.2019.0364

Manuscripts Under Review

Silke, O., Simon, S., Sosnowski, D., Johnson, S., Granger, D. A., Riis, J. L. (2023). *Patterns of stress-related change in salivary alpha-amylase and cortisol among young children: Associations with maternal psychosocial risk factors*. Manuscript submitted for publication.

Silke, O., Yim, I. S., Wanyonyi, S., Samia, P., Merali, M., Omuse, G., ... & the Maternal-infant Global Health Team (MiGHT) Collaborators in Research. (2023). *Correlates of prenatal HbA1c and birth weight from a pilot study of women in Kenya*. Manuscript submitted for publication.

Silke, O. (2024). *Salivary Bioscience and Psychological Research: Considerations for Junior Scientists*. Manuscript submitted for consideration for Eye on Psi Chi (an online magazine for Psi Chi, the international honors society in psychology).

Manuscripts in Preparation

*Denotes undergraduate mentee

Goldy, S., Davis, N., Corona, R., **Silke, O.,** Riis, J. L., & Piff, P. (2023). *A tale of two forests: Distinct positive emotions and biomesaures in Sequoia and Angeles National Forests*. Manuscript in preparation.

*Janssen, A., **Silke, O.,** Pantsachiv, S., Yim, I. S., Riis, J. L. (2023). The five domains of mindful parenting and parenting stress in mothers. Manuscript in preparation.

Silke, O., Yim, I. S., Pantsachiv, S., Riis, J. L. (2024). Validation of the Interpersonal Mindfulness in Parenting Scale among mothers and fathers of toddlers. Manuscript in preparation.

Research Grants & Fellowships

2023-2024 Graduate Assistance in Areas of National Need (GAANN) Fellowship.

2023 UCI Elliot Family Graduate Student Endowment Fellowship.

2023 UCI Waffarn Family Maternal Child Health Endowment Fellowship.

2022-2023 Graduate Assistance in Areas of National Need (GAANN) Fellowship.

2022-2023 Psi Chi Spring Graduate Research Grant.

2019-2024 National Science Foundation's (NSF) Graduate Research Fellowship.

2019-2024 UCI Nevin Fellowship.

2019-2024 UCI Provost Fellowship.

2019-2024 UCI Graduate Dean's Recruitment Fellowship.

2018-2019 CSULB Graduate Research Fellowship.

2018-2019 CSULB J. Robert Newman Scholar.

2018-2019 Sally Casanova Pre-doctoral Scholar.

2018 American Psychological Association Graduate Student/ Psi Chi Junior Scientist Fellowship.

Travel Grants

2023-2024	GAANN Research and Travel Grant.
2022-2023	GAANN Research and Travel Grant.
2022	Associate Graduate Student Conference Grant.
2022	International Society for Developmental Psychobiology Travel Award.
2019-2022	UCI Dept. of Psychological Science Research and Travel Grant.
2019	CSULB HOGAR Travel Fellowship.
2019	Psi Chi Summer Unrestricted Travel Grant.
2018	CSULB HOGAR Travel Fellowship.
2018	Student Life & Development Academic Travel Grant.
2018	Mind & Life International Symposium for Contemplative Research Student Conference Scholarship.
2018	Psi Chi Western Psychological Association Regional Travel Grant.
2018	CSULB Associated Student Inc., Student Travel Fund Award.
2016	Hershey Family Foundation Student Scholarship Award.
2015	Chapman University Student Government Conference Travel Grant.
2015	Psi Chi Western Regional Travel Grant.

Awards, Honors, & Scholarships

2023	Nominee: UCI Chancellor's Award for Excellence in Undergraduate Research Mentorship.
2022	UCI Social Ecology 2021-2022 Mentoring Award.
2020	Student Abstract Award for the 2020 Virtual Meeting- 53rd Annual Meeting of the International Society for Developmental Psychobiology.
2019	CSULB College of Liberal Arts Graduate Dean's List (awarded to the top 1% of graduate students).
2019	CSULB Department of Psychology Graduate Dean's List (awarded to one graduate student in the MAPR program).
2019	CSULB Distinguished Master Student in the MAPR program.
2019	Nominee: CSULB Psychology Department Best Thesis Award.
2019	CSULB Gilbert J. Padilla Memorial Award (granted to the MAPR program's top ranked graduate student).
2019	Western Psychological Foundation Student Scholarship Award.
2019	CSULB Outstanding Research, Scholarly, and Creative Activity Award.
2018	Dr. Steven Ungerleider Graduate Research Award.

2013-2015 Chapman University Chancellor's List.

2012-2013 Orange Coast College President's List.

Paper Presentations

*Denotes published abstract

Silke, O., Simon, S., Sosnowski, D., Johnson, S., Granger, D. A., Riis, J. L. (2022, November). *Identifying Group-based Patterns of Acute Stress Reactivity in Salivary Alpha Amylase and Cortisol in Young Children: Associations with Maternal Psychosocial Risk Factors*. Presented at the 55th Annual Meeting of the International Society for Developmental Psychobiology, San Diego, CA.

***Silke, O.**, & Urizar, G. (2019, March). *Maternal mindful disposition, alpha amylase, cortisol, and perceived stress: A longitudinal analysis on maternal and infant stress response*. Paper presented at the Annual Meeting of the American Psychosomatic Society, Vancouver, Canada. *Psychosomatic Medicine*, 81(4), A144.

Silke, O., & Urizar, G. (2018, May). *The effects of maternal mindful disposition on maternal-infant biological and psychological stress responses*. Paper presented at the Annual Social Science Research Conference, Long Beach, CA.

Silke, O., & Urizar, G. (2018, February). *The effects of maternal mindful disposition on maternal and infant cortisol and alpha amylase levels*. Paper presented at California State University, Long Beach's Student Research Competition, Long Beach, CA.

***Lam, C. N.**, **Silke, O.**, & Black, D. S. (2017, November). *Mindfulness, pain, distress and sleep quality: a mediation model of individuals with orthopedic problems*. Paper presented at the American Public Health Association Annual Meeting & Expo, Atlanta, GA.

Poster Presentations

*Denotes published abstract

Silke, O., Yim, I. S., Shaikh, K., Lalani, S., Premji, S. S., Wanyonyi, S., Samia, P., Merali, M., Ghani, Omuse, G., Okoko, C., Forcheh, N., & the Maternal Infant Global Health Team Collaborators in Research (2021, September). *Differential associations between prenatal glucose regulation and birth weight among women in Pakistan and Kenya*. Poster presented at the 2022 Society for Research in Child Development Special Topic Meeting.

Silke, O., Ahmadi, H., Johnson, S., Granger, D. A., Riis, J. L. (2021, April). *Stress-related neuroendocrine-immune function and asthma in young children*. Virtual poster presented at the 2021 Society for Research in Child Development Biennial Meeting.

***Silke, O.**, Shaikh, K., Lalani, S., Ghani, F., Forcheh, N., Premji, S. S., Yim, I. S., & the Maternal Infant Global Health Team (MiGHT) Collaborators in Research. (2020, November). The effect of HbA1c on birthweight varies by infant sex in early but not late pregnancy for women in Pakistan. *Dev. Psychobiology*, 0(0), 1-68.
<https://doi.org/10.1002/dev.22051>

***Silke, O.**, Granger, D. A., Bryce, C. A., Ahmadi, H., Granger, S. W., Riis, J. L. (2020, March). *Measuring cytomegalovirus IgG titers in saliva: Relation to measures of oral inflammation, blood contamination, and saliva flow rate, and correspondence with serum titers and status*. Poster presentation to be given at the Annual Meeting of the American

- Psychosomatic Society, Long Beach, CA (conference canceled; virtual poster session). *Psychosomatic Medicine*, 82(6), A115-A115.
- Silke, O.**, Urizar, G. (2019, April). *A mixed method study of mindful disposition, perceived stress, and daily stressors of low-income mothers*. Poster presented at the 2019 Western Psychological Association Conference, Pasadena, CA.
- ***Silke, O.**, & Urizar, G. (2019, March). *Breastfeeding as a protective factor for dysregulated postpartum biological stress outcomes in low-income mothers and their infants*. Poster presented at the Annual Meeting of the American Psychosomatic Society, Vancouver, Canada. *Psychosomatic Medicine*, 81(4), A72-A73.
- Silke, O.**, & Urizar, G. (2018, November). *Mindful disposition during pregnancy predicts greater benefit finding at postpartum*. Poster presented at the Annual Meeting of the International Symposium of Contemplative Research, Phoenix, AZ.
- Silke, O.**, & Urizar, G. (2018, April). *The effects of cognitive behavioral stress management on alpha amylase and perceived stress reactivity*. Poster presented at the Annual Meeting of the Western Psychological Association, Portland, OR.
- Silke, O.**, & Urizar, G. (2017, November). *The effects of mindfulness during pregnancy on infant cortisol and alpha amylase levels*. Poster presented at California State University, Long Beach's Graduate Student Research Conference, Long Beach, CA.
- Lam, C. N., **Silke, O.**, & Black, D. S. (2017, April). *Mindfulness, pain, distress, and sleep quality: A meditation model of individuals with orthopedic problems*. Poster presented at the University of Southern California's annual Jacquelin Perry Research Day, Los Angeles, CA.
- Silke, O.**, Knight, A., Lam, C. N., & Black, D. S. (2017, April). *The relationship between mindful disposition and distress, perceived stress, and disability in adult orthopedic patients*. Poster presented at the University of Southern California's 19th annual Undergraduate Symposium for Creative and Scholarly Work, Los Angeles, CA.
- Silke, O.**, Shull, I., Doyle, C., Lam, C. N., McNeil, B., Matsumoto, T., Itamura, J., Salem, G., & Black, D. S. (2016, May). *Telephonic mindfulness meditation training for pain following orthopedic surgery: A pilot study*. Poster presented at the University of Southern California's annual Jacquelin Perry Research Day, Los Angeles, CA.
- Shull, I. C., Rohani, B., **Silke, O.**, Doyle, C., & Black, D. S. (2015, December). *Physical rehabilitation of older adults with mindfulness*. Poster presented at the University of Southern California's Health Care Studies Research Seminar, Los Angeles, CA.
- Silke, O.** (2015, May). *Mindfulness meditation therapy versus cognitive behavioral therapy for the treatment of major depressive disorder*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.
- *Nouri, R., Okabe-Miyamoto, K., **Silke, O.**, Waln, B., Wen, J., & Boehm, J. K. (2015, May). *Does happiness predict healthy eating habits?* Poster presented at Chapman University's Student Research Day, Orange, CA.

Silke, O. (2015, May). *Is mindfulness an efficacious alternative to cognitive behavioral therapy for depression?* Poster presented at Chapman University's Student Research Day, Orange, CA.

Macias, A., Nouri, R., Okabe-Miyamoto, K., **Silke, O.**, Waln, B., Wen, J., & Boehm, J. K. (2014, December). *Do happy and optimistic people eat healthier?* Poster presented at Chapman University's Student Research Day, Orange, CA.

Mentee Poster Presentations

Janssen, A., Pantsachiv, S., Yim, I. S., Riis, J. L., **Silke, O.** (2024, April). *The five domains of mindful parenting and parenting stress in mothers.* Poster to be presented at the 2024 Annual Western Psychological Association Convention, San Francisco, CA.

Pantsachiv, S., Janssen, A., Yim, I., **Silke, O.** (2024, April). *Perceived Stress and life satisfaction: The moderating role of hope among low-income mothers.* Poster to be presented at the Western Psychological Association Convention, 2024, San Francisco, CA.

Janssen, A., Pantsachiv, S., Le, M., Yim, I. S., Riis, J. L., **Silke, O.** (2023, May). *Are maternal coping strategies associated with mindful parenting? A correlation analysis.* Poster presented at the University of California, Irvine's 30th Annual Undergraduate Research Symposium, Irvine, CA.

Le, M., Janssen, A., Pantsachiv, S., Yim, I. S., Riis, J. L., **Silke, O.** (2023, May). *Associations between mindful parenting and perceived health outcomes among mothers of toddlers.* Poster presented at the University of California, Irvine's 30th Annual Undergraduate Research Symposium, Irvine, CA.

Pantsachiv, S., Le, M., Janssen, A., Yim, I. S., Riis, J. L., **Silke, O.** (2023, May). *The role of mindful parenting in the psychological well-being of mothers of toddlers.* Poster presented at the University of California, Irvine's 30th annual Undergraduate Research Symposium, Irvine, CA.

Round Table Sessions

Silke, O. (2018, November). *Prenatal Mindfulness-Based Childbirth Parenting intervention on maternal and infant biomarkers and cellular aging: A pilot trial.* Presented at California State University, Long Beach's Graduate Research Conference, Long Beach, CA.

Research Experience

2019-present **Riis Lab at UCI**
Lab Director: Jenna L. Riis, Ph.D.
Research: stress physiology, maternal-child health, health disparities, translational and applied research, and salivary bioscience.

2019-present **Mind-body Pathways to Well-being and Resilience Laboratory at UCI**
Lab Director: Ilona S. Yim, Ph.D.

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- Research:* biopsychosocial underpinnings of stress and health, perinatal health, health disparities, and maternal health in low- and middle-income countries.
- 2017-2019 **Partners in Research and Outreach for Health Laboratory at CSULB**
Lab Director: Guido Urizar, Ph.D.
Research: Biopsychosocial stress; factors linked with maternal-infant health among low-income, ethnic minority, and medically underserved populations.
- 2015-2017 **Biobehavioral Research in Mind-Body Medicine Laboratory at USC**
Lab Director: David Black, Ph.D., M.P.H.
Research: Mind-body therapeutic strategies in prevention, treatment, and management of disease, health and well-being, and stress psychophysiology.
- 2014-2015 **Health and Well-Being Laboratory at Chapman University**
Lab Director: Julia Boehm, Ph.D., M.A.
Research: Psychological well-being, health, and health behaviors.

University Work

- Fall 2023 ***Invited Guest Lecturer (UCI): “Don’t Sleep on Sleep”***
Undergraduate course: Sleeping For Success
Invited Guest Lecturer (UCI): “Sleep and Academic Performance”
Social Ecology Colloquia Series in Pedagogy
Post-Baccalaureate Graduate Assistant (UCI)
Teaching and mentoring students in the graduate school application process
- Fall 2022 ***Guest Lecturer (UCI): Sleep, Student Well-Being, and Academic Success***
Graduate course: Psychology of Pedagogy
Post-Baccalaureate Graduate Assistant (UCI)
Teaching and mentoring students in the graduate school application process
- Winter 2021 ***Invited Guest Lecturer (UCI): “Global Health Themes & Considerations”***
Undergraduate course: Health Psychology
- Spring 2019 ***Instructional Graduate Assistant (CSULB)***
Graduate course: Research Methods in Psychology
- Spring 2018 ***Instructional Graduate Assistant (CSULB)***
Undergraduate course: Research Methods in Psychology

Additional Training

- 2023-2024 **Research Justice Workshops & Certificate in Community-based Research**
University of California, Irvine
- Nine module workshop series to gain exposure and training in Community-based Research methods.
- 2021 **Approaching Inclusive Teaching through the "Hidden Curriculum**
University of California, Irvine
- Workshop in promoting diversity, equity, and inclusion in the classroom.

- 2021 **Inclusive Excellence Certificate Program**
University of California, Irvine
- 20-week training course in recognizing and honoring diversity, equity, inclusion, and free speech; enhancing cultural competence; and learning ways to advance the success of diverse campus constituencies.
- 2020 **Mentoring Excellence Certificate Program**
University of California, Irvine
- 6-module workshop in building a mentoring relationship through enhanced communication, conflict resolution, and mentoring across differences.
- 2020 **Trauma-Informed Pedagogy: When a Student Discloses Trauma**
University of California, Irvine
- Workshop on evidence-based practices for responding to students in crisis.
- 2020 **Creating Healthy Environments: Supporting Survivors of Violence**
University of California, Irvine
- Webinar on integrating trauma-informed praxis into the classroom and campus culture to support students, faculty, and staff who have experience sexual harassment, sexual violence, interpersonal violence, and/or stalking.
- 2020 **Online Teaching Practices Buffet: Tools, Strategies, and Materials for a More Inclusive Online Class**
University of Southern California (USC)
- Webinar on effective practices for more inclusive online courses.
- 2017 **Immunoassay Workshop**
CSULB
- Two-day workshop at CSULB on best practices for saliva collection and salivary immunoassays techniques.

Consulting

- 2023-current **Statistical Consultant in Salivary Bioscience**
Salimetrics LLC.
- 2021 **Program Evaluation Plan**
Family Services Network: Developmental Screening Program (ages 1-5)

Service and Mentorship

- 2023 Ad hoc publication reviewer (with Dr. Riis): *Brain, Behavior, and Immunity*
- 2023 Psi Chi, the national honors society, Mentoring Program
- 2023 UCI, Dept. Psychological Science Graduate Admissions Committee Volunteer
- 2020; 2022 UCI, School of Social Ecology's Fellowship Internal Review Committee
- 2020-2022 UCI, Dept. Psychological Science Peer Mentoring Program (3 mentees)
- 2021-2022 UCI, Dept. Psychological Science Social Committee
- 2021 Invited Participant, Social Work, Health, and Clinical Research Career Panel

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2021	Invited Participant, UCI Campus-wide Honors Collegium Psychology Panel
2020-2022	Invited Participant, UCI Social Ecology Honors Program Discussion Panel
2020	UCI, Dept. Psychological Science Graduate NSF Workshop Guest Lecturer
2020-2021	UCI, Dept. Psychological Science Graduate Admissions Committee Volunteer
2020	UCI, Dept. Psychological Science Stats N' Snacks Workshop Guest Lecturer
2019	Ad hoc conference abstract reviewer: <i>American Psychosomatic Association</i>
2019	Invited participant, CSULB's College of Liberal Arts Discussion Panel

Professional and Academic Affiliations

2021	UCI Maternal and Child Health Journal Club
2020	UCI End Racism Initiative working group member
2020	Society of Research in Child Development
2020	International Society for Developmental Psychobiology
2019	UCI Community Health Research Exchange
2018	American Psychological Association, Graduate Student Division
2014	Psi Chi, the International Honor Society in Psychology