

SARAH COLLIER VILLAUME

(she/her/hers)

Curriculum Vitae

Northwestern University
2120 Campus Drive
Evanston, IL 60208
sarahcollier@northwestern.edu

Academic appointments

2022 – Postdoctoral research fellow
Center for Education Efficacy, Excellence, and Equity (E4)
Northwestern University School of Education and Social Policy

Education

2016 – 2022 Ph.D. in Human Development and Social Policy
Northwestern University School of Education and Social Policy
Dissertation: The Role of “Stress Shocks” in Young People’s Educational and Health Outcomes: How Structural Forces, Policy, and Intervention Can Matter for Individual Functioning
Dissertation committee: Emma K. Adam (chair), Diane Whitmore Schanzenbach, Hannes Schwandt, Gregory E. Miller

2012 – 2013 M.A. in Applied Developmental and Educational Psychology
Boston College Lynch School of Education
Advisor: Rebekah Levine Coley

2008 – 2012 B.S. in Psychology, concentration in Neuroscience
Boston College Morrissey College of Arts and Sciences
Advisor: Elizabeth Kensinger

Publications

Peer-reviewed publications

7. **Collier Villaume, S.**, Stephens, J. E., Craske, M. G., Zinbarg, R. E., Adam, E. K. (2024). Sleep and daily affect in late adolescence and risk for major depression: Day-to-day and prospective associations. *Journal of Adolescent Health*, 74(2), 388-391.
<https://doi.org/10.1016/j.jadohealth.2023.08.042>
6. **Collier Villaume, S.**, Chen, S., & Adam, E. K. (2023). Age disparities in the prevalence of anxiety and depression among US adults across the COVID-19 pandemic. *JAMA Network Open*, 6 (11):e2345073.
<https://doi.org/10.1001/jamanetworkopen.2023.45073>
Coverage includes: [press release](#); [SESP News](#) article

5. McMahon, T., **Collier Villaume, S.**, & Adam, E. K. (2023). Daily Experiences and Adolescent Affective Wellbeing During the COVID-19 pandemic: the CHESS Model. *Current Opinion in Psychology*, 101654. <https://doi.org/10.1016/j.copsyc.2023.101654>
4. Adam, E. K., **Collier Villaume, S.**, Thomas, S. E., Doane, L. D., & Grant, K. (2023). Stress and Hypothalamic-Pituitary-Adrenal Axis Activity in Adolescence and Young Adulthood. In L. Crockett, G. Carlo, and J. Schulenberg (Eds.) *APA Handbook of Adolescent and Young Adult Development*. American Psychological Association.
3. **Collier Villaume, S.**, Stephens, J. E., Nwafor, E. E., Umaña-Taylor, A. J., & Adam, E. K. (2021). High Parental Education Protects Against Changes in Adolescent Stress and Mood Early in the COVID-19 Pandemic. *Journal of Adolescent Health*, 69(4), 549-556. <https://doi.org/10.1016/j.jadohealth.2021.06.012>
2. Adam, E. K., Hittner, E. F., Thomas, S. E., **Collier Villaume, S.**, & Nwafor, E. E. (2020). Racial discrimination and ethnic racial identity in adolescence as modulators of HPA axis activity. *Development and psychopathology*, 32(5), 1669-1684. <https://doi.org/10.1017/S095457942000111X>
1. Adam, E. K., **Collier Villaume, S.**, & Hittner, E. F. (2020). Reducing Stress Disparities: Shining New Light on Pathways to Equity through the Study of Stress Biology. In Tach, L., Dunifon, R., & Miller, D.L. (Eds.), *Confronting Inequality: How Policies and Practices Shape Children's Opportunities*. American Psychological Association.

Under Review

Collier Villaume, S., Ouss, A., Guryan, J., Adam, E.K. (Under review). A Meditation on Multidisciplinary, in the Context of a School-based Meditation Intervention

Works in Progress

Collier Villaume, S., Sladek, M. R., Jones, S.M., Nwafor, E.E., Umaña Taylor, A. J., & Adam, E. K. (In preparation). An out-of-school replication of the Identity Project: Randomized trial implementation and impacts on adolescent ethnic and racial identity development.

Collier Villaume, S. (In preparation). Expanding public health insurance improves hypertension treatment: Evidence from ACA Medicaid expansion, 2007-2019.

Pre-Registered Studies

Collier Villaume, S., & Auletto, A. (2024, January). Here Comes the Sun: Sleep and Academic Performance across the transition to Daylight Savings Time. Retrieved from osf.io/ka4yw

Collier Villaume, S., & Adam, E.K. (2023, May). From “hands up” to “pencils down”: An investigation of student academic performance in the wake of a fatal police shooting.” <https://doi.org/10.17605/osf.io/v3f96>

Sladek, M. R., Umaña-Taylor, A. J., **Collier Villaume, S.**, & Adam, E. K. (2022, March). Biology, Identity, and Opportunity (BIO) Study. “Examining Ethnic-Racial Identity Intervention as a Buffer of Ethnic-Racial-Based Stress on Sleep.” <https://doi.org/10.17605/OSF.IO/7KQRS>

Invited reports, white papers, and published abstracts

- Collier Villaume, S.** (2023). Back to School Learning Trends. Evanston, IL: Center for Education Efficacy, Excellence, and Equity, Northwestern University.
<https://e4.northwestern.edu/>
- Collier Villaume, S.** (2023). Contexts of youth stress exposure: Implications for biological processes and internalizing problems in adolescence and early adulthood. *Psychoneuroendocrinology*, *153*, 106138.
- Collier Villaume, S.**, Stephens, J. E., Chen, S., Adam, E. K. (2023). Hyper- and hypocortisolism: Latent profiles of diurnal cortisol underlying depressive symptoms in adolescents. *Psychoneuroendocrinology*, *153*, 106254.
- Collier Villaume, S.**, Guryan, J., Ouss, A., & Adam, E. K. (2020). Quiet Time, Quiet Biology: Experimental impacts of a school-based meditation intervention on adolescent blood pressure. *Psychosomatic Medicine*, *82*, 6, A23-A24.
- Adam, E. K., Hittner, E. F., Thomas, S. E., Nwafor, E. E., Stephens, J. E., & **Collier Villaume, S.** (2019). Supporting ethnic-racial identity: Implications for diurnal cortisol activity. *Psychoneuroendocrinology*, *107*, 56.
- Collier Villaume, S.**, Stephens, J. E., & Adam, E. K. (2019). More stressed or less calm? Adolescent affective experiences and their implications for sleep and depression. *Psychoneuroendocrinology*, *107*, 32.
- Collier Villaume, S.**, & Adam, E. K. (2019). Social contexts and race-related stress: School racial composition and diurnal cortisol. *Psychoneuroendocrinology*, *100*, S45.
- Berry, A., **Collier Villaume, S.**, & Smith, T. (2018). Project Lead the Way and ETHS Students' Intent to Major in Engineering in College. White paper prepared for Evanston Township High School.

Presentations

*undergraduate or BA-level collaborator; graduate student or MA-level collaborator

Invited presentations

- Collier Villaume, S. & Wells, T. (2023, November). Teacher data literacy training: E4 research preview and feedback. Presentation for District Partner meetings.
* Presented to representatives from Chicago Public Schools and from Oakland Unified School District
- Adam, E. K. & **Collier Villaume, S.** (2019, October). Adolescent Stress: Causes, Consequences, and Interventions. Presentation for the Fay Lomax Cook Colloquium Series, Institute for Policy Research, Evanston, IL.
- Berry, A., **Collier Villaume, S.**, & Smith, T. Project Lead the Way and ETHS Students' Intent to Major in Engineering in College. (2018, May). Presentation to Evanston Township High School administrators and faculty, Evanston, IL.

Paper presentations at professional conferences

- Leneman, K. B., McCambly, H. N., **Collier Villaume, S.**, Lawrence, R. A., Russak-Pribble, A., Umaña-Taylor, A. J., & Adam, E. K. (2024, April). School as a moderator of racially diverse youth's critical racial awareness outcomes following a high school ethnic-racial identity intervention. Paper accepted for presentation at the Society for Research in Adolescence, Chicago, IL.

- Sladek, M. R., Umaña-Taylor, A. J., **Collier Villaume, S.**, & Adam, E. K. (2024, April). Ethnic-Racial Identity Intervention as a Buffer of the Impacts of Ethnic-Racial Discrimination on Adolescents' Sleep. Paper accepted for presentation at the Society for Research in Adolescence, Chicago, IL.
- Adam, E. K., Yang, B., Stephens, J. E., *Russak-Pribble, A., **Collier Villaume, S.**, Ellison, R. L., Nwafor, E. E., Qu, Y., & Umaña-Taylor, A. J. (2023, April). A New Measure of Perceived Stereotype Threat: Associations with Executive Functioning. Paper presented at the Society for Research in Adolescence, San Diego, CA.
- *Russak-Pribble, A., Chen, S., McMahon, T., **Collier Villaume, S.**, Altman, L., *Sandozi, H. H. K., Ruiz, A. Y., & Adam, E. K. (2023, April). Coping with Stress in a Time of Upheaval: Adolescent Coping and Depressive Symptoms in Summer 2020. Paper presented in *Impact of the Covid-19 Pandemic on Adolescent and Research* symposium at the Society for Research in Adolescence, San Diego, CA.
- Collier Villaume, S.**, Stephens, J. E., Chen, S., & Adam, E. K. (2022, September). Hyper- and hypocortisolism: Latent profiles of diurnal cortisol underlying depressive symptoms in adolescents. Paper presented at the 52nd Annual Conference of the International Society of Psychoneuroendocrinology, Chicago, IL.
- Nwafor, E. E., **Collier Villaume, S.**, Stephens, J. E., Ellison, R., Ehrhardt, A., & Adam, E. K. (2022, May). Racial Discrimination and Adolescent Executive Functioning: The potential mediating role of sleep. Paper presented at the Construction of the 'Other': Development, Consequences, and Applied Implications of Prejudice and Discrimination meeting of the Society for Research in Child Development, Rio Grande, Puerto Rico.
- Collier Villaume, S.**, Stephens, J. E., Nwafor, E. E., & Adam, E. K. (2021, April). Socioeconomic disparities in the impact of COVID-19 on adolescent stress and mood. Paper presented at the Society for Research in Child Development, virtual conference.
- Nwafor, E. E., **Collier Villaume, S.**, Stephens, J. E., Ellison, R. L., Ehrhardt, A. D., & Adam, E. K. (2020, December). Is Discrimination Keeping Me Awake?: Sleep as a Potential Mediating Factor Between Racial Discrimination and Executive Functioning. Paper accepted for presentation at SRCD Special Topics Meeting, San Juan, PR. Conference cancelled due to Covid-19.
- Collier Villaume, S.**, Stephens, J. E., Adam, E. K. (2020, March). Daily and prospective associations between adolescent sleep, daily affect, and risk for major depression. Paper accepted for presentation at the Society for Research in Adolescence, San Diego, CA. Conference cancelled due to Covid-19.
- Adam, E. K., Hittner, E. F., Thomas, S. E., Nwafor, E. E., Stephens, J. E., & **Collier Villaume, S.** (2019, August). Supporting Ethnic-Racial Identity: Implications for Diurnal Cortisol Activity. Paper presented at the 50th Annual Conference of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Collier Villaume, S.**, Adam, E. K., & Nwafor, E. E. (2019, March). Losing Sleep Over It: Family, Friend and Academic Stress and Sleep Disruption in Older Adolescents. Paper presented at the Society for Research in Child Development Biennial Meeting, Baltimore, MD.
- Collier Villaume, S.** & Adam, E. K. (2018, September). Social Contexts and Race-related Stress: School Racial Composition and Diurnal Cortisol. Paper presented at the 49th Annual Conference of the International Society of Psychoneuroendocrinology, Long Beach, CA.

Poster Presentations

- Collier Villaume, S.,** Ouss, A., Guryan, J., Adam, E. K. (2020, March). Quiet Time, Quiet Biology: Experimental impacts of a school-based meditation intervention on adolescent Blood Pressure. Poster accepted for presentation at the Society for Research in Adolescence, San Diego, CA. Conference cancelled due to Covid-19.
- Collier Villaume, S.,** Ouss, A., Guryan, J., Adam, E. K. (2020, March). Quiet Time, Quiet Biology: Experimental impacts of a school-based meditation intervention on adolescent Blood Pressure. Poster accepted for presentation at the American Psychosomatic Society, Long Beach, CA. Conference cancelled due to Covid-19.
- Collier Villaume, S.,** Stephens, J. E., & Adam, E. K. (2019, August). More stressed or less calm? Adolescent affective experiences and their implications for sleep and depression. Poster presented at the 50th Annual Conference of the International Society of Psychoneuroendocrinology, Milan, Italy.
- Collier Villaume, S.** & Adam, E. K. (2019, March). Middle and High School Racial Composition are associated with Perceived Racial Discrimination for Black Males. Poster presented at the Society for Research in Child Development Biennial Meeting, Baltimore, MD.
- Collier, S. E.****, & Coley, R. L. (2013). Instability and parenting in low-income families: Links to behavior in early childhood. Master’s thesis presented at Boston College Applied Developmental and Educational Psychology doctoral research colloquium, Chestnut Hill, MA.
- Collier, S. E. **** & Kensinger, E. A. (2012). Cognition, Framing and Messaging about Cigarette Smoking. Poster presented at Boston College Psychology Undergraduate Research Conference.
- Collier, S. E. **** & Kensinger, E. A. (2011). The Effects of Emotion Regulation on Free Recall for Emotional Images. Poster presented at Boston College Psychology Undergraduate Research Conference.

** Sarah E. Collier prior to 2017

Sponsored research – submitted

Principal investigator. “Can state policy bring more shut-eye? A pilot study examining the implementation of school start time legislation in California” Sleep Research Society Foundation Small Research Grant Program. 2023; \$4,950.

Consultant. “Institute for Data Education, Analysis, and Leadership (IDEAL): Co-creating teachers’ learning opportunities in data literacy and usage” Spencer Foundation Research-Practice Partnerships Grants. PI: Ofer Malamud. 2023; \$400,000.

Postdoctoral research fellow. “Teachers’ Application of Digital Platforms as an Opportunity for Learning Enrichment (TADPOLE).” Institute of Education Sciences (IES): National Center for Education Research (NCER) Education Research Network Grants. PI: Ofer Malamud. 2023; \$1,000,000.

Sponsored research – completed

Graduate student (with Emma K. Adam and Jonathan Guryan, Co-PIs). “Quiet Time, Quiet Biology: Does a School-Based Meditation Intervention Impact Stress Biomarkers?” Russell Sage Foundation, #96-18-06, 4/1/2018-3/31/2020, \$135,830.”

*** While PhD students cannot be named on Russell Sage grants, my role on this project was comparable to that of a co-Investigator, with contributions to study design and grant preparation and oversight of all on-the-ground data collection activities.*

Funding and Awards

2022 – present	Postdoctoral Research fellowship Center for Education Efficacy, Excellence, and Equity (E4), funded by the Bill & Melinda Gates Foundation Northwestern University <i>Total funding: \$123,000</i>
2021 – 2022	Dissertation fellowship Northwestern University <i>Total funding: \$25,632</i>
2020 – 2021	Institute for Policy Research (Research assistantship) Northwestern University <i>Total funding: \$16,752</i>
2018 – 2020	Multidisciplinary Program in Education Sciences (IES predoctoral fellowship) Northwestern University <i>Total funding: \$56,709</i>
2019	Graduate Student Travel Award Society for Research in Child Development <i>Award: \$300 travel support</i>
2018	Excellence in Salivary Bioscience Travel Award International Society for Psychoneuroendocrinology <i>Award: \$500 travel support, given to 10 students with top-rated abstracts</i>
2017 – 2018	Society, Biology, and Health graduate fellowship Northwestern University <i>Total funding: \$15,858 stipend plus research expenses</i>

Teaching and Leadership

Guest lecturer

Stress in 2020 (& Beyond), Winter 2022

Teaching Assistant

Economics of Social Policy (Fall 2017, Fall 2018, Fall 2019)

Undergraduate course at Northwestern University; all ratings above 5.0/6.0

Economics of Inequality (Winter 2018)

Undergraduate course at Northwestern University; all ratings above 5.0/6.0

Workshop leader

Summer Institute on Biological Approaches in the Social Sciences (summer 2019).

Prepared and presented 45-minute workshop and demonstration on Actigraphy use in sleep research. Workshop delivered 3x to institute participants (primarily postdoctoral fellows and junior faculty) in small groups, with hands-on demonstration and discussion.

Service

Research leadership at E4 Center

2023 – present Organize weekly office hours as a forum for both new & returning team members to receive training or feedback on study design, data and code, and other aspects of the research process

2022 – present Serve as member of Center’s Advisory Committee and Research Advisory Board, attending 6+ meetings per year

Ad hoc reviewer

- *Journal of Adolescent Health*
- *Journal of Adolescence*

Northwestern University

Curriculum review committee (AY 2021/22)

Department of Human Development and Social Policy

Colloquium committee (AY 2017/18 & 2018/19)

Department of Human Development and Social Policy

Organizes and hosts 6+ visiting speakers each year

Interview day committee (AY 2016/17 & 2017/18)

Department of Human Development and Social Policy

Coordinates schedule, activities, and graduate student participation for annual interviews of prospective graduate students

Employment

2015 – 2016 Institutional Researcher, **San Diego City College**

2013 – 2015 Data Systems Analyst, **San Diego Workforce Partnership**

- Provided data and evaluation support for a **Health Professions Opportunity Grant**, funded by HHS Association for Children and Families
- Lead author of successful \$6m **Workforce Innovation Fund** grant, funded by the Department of Labor

Other Professional Experience/Awards

Consultant; Back on My Feet; Philadelphia, PA	2010 – 2013
Co-Coordinator; Peer Health Exchange; Boston, MA	2009 – 2011
Health Educator; Peer Health Exchange; Boston, MA	2008 – 2012