**Neha John-Henderson**

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Department of Psychology, University of Pittsburgh

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**Academic Positions**

2016 (Fall)-present Assistant Professor of Psychology

**Montana State University**

2014- 2016Postdoctoral Fellow

T32 in Cardiovascular Behavioral Medicine

Advisors: Dr. Anna Marsland and Dr. Thomas Kamarck

***University of Pittsburgh***

**Education**

2014 Ph.D., Psychology (Social-Personality/Behavioral Neuroscience)

***University of California, Berkeley***

completed May 14, 2014

Dissertation: Social Support as a Shaper of our Physiological Responses to Stressors: Implications for the Relationship between Socioeconomic Status and Health.

**\*Awarded APA Dissertation Research Award**

Dissertation Committee: Darlene Francis, Rodolfo Mendoza-Denton, and Iris Mauss

2004-2006Post Baccalaureate course work in Biology and Chemistry

***University of Southern California***

2003 B.A., Sociology,

***University of California, Berkeley***

**Research Interests**

Early life family environments; Early life socioeconomic status; Social disparities in health; Psychoneuroimmunology; Socioeconomic Status and Health; Social support; Implicit biases; Subjective social status; Emotion regulation.

**Peer-Reviewed Publications**

Marsland, A. L., Walsh, C., Lockwood, K., **John-Henderson, N. A.** (In press). The effects of acute psychological stress on circulating and stimulated inflammatory markers: A systematic review and meta-analysis.*Brain Behavior and Immunity.*

Rheinschmidt-Same, M., **John-Henderson, N.A.,** Mendoza-Denton, R. (in press). Ethnically-based theme house residency and expected discrimination predict downstream markers of inflammation among college students. Social Psychological and Personality Science.

Bajaj, A., **John-Henderson, N.A.,** Cundiff, J. M., Marsland, A.L., Manuck, S.B., Kamarck. T.W. (2016). Daily social interactions, close relationships, and systemic inflammation in two samples: Healthy middle-aged and older adults. *Brain Behavior and Immunity*, 58, 152-164.

**John-Henderson, N.A.,** Kamarck, T.W., Muldoon, M.F., Manuck, S.B. (2016). Early life family conflict, social interactions and carotid artery intima-media thickness in adulthood. *Psychosomatic Medicine, 78,* 319-326.

**John-Henderson, N.A.,** Marsland, A.L., Kamarck, T.W., Manuck, S.B. (2016). Childhood SES and the occurrence of recent negative life events as predictors of circulating and stimulated levels of IL-6 in adulthood. *Psychosomatic Medicine, 78,* 91-101.

**John-Henderson, N.A.** Stellar, J. E., Mendoza-Denton, R., & Francis, D.D. (2015). Socioeconomic Status and Social Support: Social support reduces inflammatory reactivity for individuals whose early life socioeconomic status was low. *Psychological Science*, Advance online publication. doi:10.1177/0956797615595962

**John-Henderson, N.A.** (2015).Implicit cognition: implications for global health disparities. *Child and Adolescent Psychiatric Clinics of North America, 24,* 751-763.

**John-Henderson, N. A.,** Stellar, J.E., Mendoza-Denton, R. & Francis, D.D. (2015). The role of interpersonal processes in shaping inflammatory responses to social-evaluation. *Biological Psychology, 110,* 134-137.

Stellar, J.E., **John-Henderson, N.A.,** Anderson, C., Gordon, A., McNeil, G. & Keltner, D. (2015). Positive Affect and Inflammation: Discrete positive emotions predict lower levels of pro-inflammatory cytokines. *Emotion, 15*, 129-133.

**John-Henderson, N.A.,** Rheinschmidt, M.L., & Mendoza-Denton, R. (2014). Cytokine responses and math performance: the role of stereotype disconfirmation and stress reappraisals. *Journal of Experimental Social Psychology, 56,* 203-206.

**John-Henderson, N**.**A.,** Rheinschmidt, M. L., Mendoza-Denton, R., & Francis D.D. (2014). Performance and inflammation outcomes are predicted by different aspects of SES in stereotype threat. *Social Psychological and Personality Science, 5,* 301-309. doi: 10.1177/1948550613494226

**John-Henderson, N.,** Jacobs, E.G, Mendoza-Denton, R., Francis D. (2012) Wealth, Health, and the moderating role of Implicit Social Class Bias, *Annals of Behavioral Medicine,* 45, 173–179. doi:10.1007/s12160-012-9443-9

Saxton, K., **John-Henderson, N.,** Reid, M., Francis, D. (2011) The social environment and inflammatory processes in rats and humans: Interaction between early life experience and adult social status. *Brain Behavior and Immunity,* 25, 1617–1625. doi:10.1016/j.bbi. 2011.05.010

**Submitted Manuscripts**

**John-Henderson, N. A.,** Kamarck, T. W. Marsland, A. L., Muldoon, M. F. Childhood SES and age as moderators of changes in inflammatory markers over time (under review).

Lockwood, K., **John-Henderson, N.A.,** Marsland, A.L. Early life socioeconomic status and inflammatory reactivity to an acute stressor (Under Review).

**John-Henderson, N.A.,** Mashash, M., & Francis, D.D. Acculturation and acculturative stress interact to predict inflammatory responses to social evaluation for immigrant college students. (Revise and Resubmit: Cultural Diversity and Ethnic Minority Psychology).

**Manuscripts in preparation**

**John-Henderson, N.A**., Marsland, A. L., Ewing, L. Childhood emotional abuse as a predictor of sleep quality and psychological distress for mothers coping with a chronic stressor.

**John-Henderson, N.A.,** Kamarck, T. W., Manuck, S. B. Parental Warmth in childhood as a predictor of global sleep quality in adulthood: mediating roles of daily emotional expression and affect.

**John-Henderson, N.A.,** Ginty, A. Childhood Trauma as a predictor of sleep quality for new college students.

**Teaching Interests**

Health Psychology; Biological Psychology; Introductory Psychology; Research Methods and Design; Psychoneuroimmunology; Biological Embedding of Social Experience.

**Teaching Experience**

**Fall 2011:**

**Principal Instructor, Psychology Department, University of California, Berkeley**

Course:

**Introduction to Psychology** (3 credits, 250 students)

*Introduction to the principal areas, problems, and concepts of Psychology.*

**Fall 2008-Spring 2013**

**Graduate Student Instructor, Psychology Department, University of California, Berkeley**

Taught three classes of 25 students each. Emphasized discussion, group-activities and learning exercises. Held weekly office hours, graded all exams and papers.

**Courses:**

**Introduction to Psychology:** *Introduction to the principal areas, problems, and concepts of Psychology.*

**Social Psychology:** *Survey of social psychology including interaction processes, small groups, attitude and attitude change, and social problems.*

**Biological Psychology:** *Survey of relations between behavioral and biological processes. Topics include sensory and perceptual processes, neural maturation, natural bases of motivation, and learning.*

**Human Happiness:** *An interdisciplinary approach to the understanding of happiness. Discussion of treatment of happiness in the behavioral sciences, evolutionary scholarship and neuroscience.*

**Stigma and Prejudice:** *Provides broad understanding of classic and current issues in this field. The course is divided into three sections: bias (i.e. the perpetrator’s perspective), stigma (i.e. the target’s perspective), and intergroup relations.*

**Buddhist Psychology:** *Based on tradition of direct observation of ordinary mind in everyday life situations. Provides contrasting perspective to present theories of cognition, perception, motivation, emotion, social interaction and neurosis.*

**Teaching Evaluations**

Overall effectiveness as an instructor:

Average overall effectiveness as an instructor: 6.3/7

**Invited Presentations**

**John-Henderson, N.A.** (2016-September). Invited talk at Diversity Symposium at the Annual Society for Psychophysiological Research Conference.

**John-Henderson, N.A.** (2015- October). Early life environments: resilience and vulnerabilities. Psychiatry and Behavioral Medicine Grand Rounds, George Washington University School of Medicine.

**John-Henderson, N.A.** (2014-December). Childhood SES and life stress predict markers of inflammation. Department of Psychiatry, University of Pittsburgh.

**John-Henderson, N.** (2012- February).The Biology of Motivation. Department of Psychology, UC Berkeley.

**John-Henderson, N.A.** (2012- April).Stress, Anxiety, and Depression.Department of Psychology, UC Berkeley.

**John-Henderson, N.**A. (2011, November) The Neurobiology of Stress. Department of Psychology, UC Berkeley.

**Symposium Participation**

**John-Henderson, N.A.,** Marsland, A.L., Muldoon, M., Kamarck, T. W. (2016). Childhood Socioeconomic Status as a moderator of age-related increases in markers of inflammation. Talk given at the Annual Meeting of American Psychosomatic Medicine, Denver, Colorado.

**John-Henderson, N**.**A**, Rheinschmidt, M.L., Mendoza-Denton, R., & Francis, D.D. (2013). SES-based stereotype threat and implications for immune system function. Talk given at the Annual Meeting of The Society of Personality and Social Psychology, New Orleans, Louisiana.

Rheinschmidt, M.L., Mendoza-Denton, R., & **John-Henderson, N**.**A** (2012). Culturally-based theme houses and university adjustment among Latino Students. Talk given at the Annual Meeting of the Society of Personality and Social Psychology, San Diego, California.

**Poster Presentations**

Lockwood, K.G., Walsh, C.P., **John-Henderson, N.A.,** Marsland, A.L. (2016). Systematic review of studies examining the effects of acute psychological stress on circulating inflammatory markers. Poster presented at Annual meeting of Psychoneuroimmunology Research Society, Brighton, United Kingdom.

**John-Henderson, N.A.,** Marsland, A.L., Walsh, C.P, Cleary, J.L., Vaisleb, A.D., Howe, C., Ewing, L. (2016). The impact of early life abuse on psychological distress and global sleep quality for mothers of children diagnosed with cancer. Citation poster at Annual meeting of American Psychosomatic Medicine, Denver, Colorado.

**John-Henderson, N.A.,** Marsland, A.L., Kamarck, T.W., Muldoon, M.F., & Manuck, S.B. (2015). Childhood SES and recent negative life events predict circulating and stimulated levels of Interleukin-6 in mid-life healthy adults. Citation poster at Annual Meeting of American Psychosomatic Medicine, Savannah, Georgia.

**John-Henderson, N.A.,** Stellar, J.E., Mendoza-Denton, R. & Francis, D.D. (2015). When perceptions matter more: Perceived social status of evaluator predicts changes in marker of inflammation following social evaluation. Poster will be presented at annual meeting of the Society of Personality and Social Psychology, Long Beach, California.

**John-Henderson, N.A.,** Stellar, J.E., Mendoza-Denton, R., & Francis, D.D. (2014). Social support and socioeconomic status interact to predict responses to social-evaluation. Poster presented at the annual meeting of the Society of Personality and Social Psychology, Austin, Texas.

**John Henderson, N.A.,** Rheinschmidt, M.L., Mendoza-Denton, R., Francis, D.D. (2012) Class-Based rejection sensitivity and subjective social status interact to predict marker of inflammation. Poster presented at the Annual meeting of the Society of Personality and Social Psychology, San Diego, California.

**John-Henderson, N.A,** Jacobs, E., Mendoza-Denton, R., Francis, D.D (2011, January) The relationship between feeling poor, implicit social class bias and health outcomes. Poster presented at the Annual meeting of the Society of Personality and Social Psychology, San Antonio, Texas.

**John-Henderson, N.A,** Jacobs, E., Mendoza-Denton, R., Francis, D.D (2010, January) The nature of implicit and explicit attitudes about social status. Poster presented at the annual meeting of the Society of Personality and Social Psychology, Las Vegas, Nevada.

**Professional Activities**

Ad Hoc Journal Reviewing:

Psychological Science, Biological Psychology, Social Science and Medicine, Brain Behavior and Immunity, Health Psychology.

Psychoneuroimmunology Journal Club

Department of Psychology, University of Pittsburgh

Cardiovascular Behavioral Medicine Journal Club

Department of Psychiatry, University of Pittsburgh

Affiliations

Society for Personality and Social Psychology, American Psychosomatic Society

Greater Good Science Center Online Contributor

2010-2012

**Awards and Honors**

APA Dissertation Research Award Recipient, 2013

Graduate Division Summer Research Fellowship, 2013

Departmental Research Fellowship, 2012

Summer Research Fellowship, 2012

Parent Grant, 2012

Hornaday Graduate Fellowship, Greater Good Science Center, 2010-2011

Summer Research Fellowship, 2011

Summer Research Fellowship, 2010

Summer Research Fellowship, 2009

Diebold Graduate Fellowship, 2008

**References**

Anna Marsland, Ph.D.

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Thomas Kamarck, Ph.D.

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Darlene Francis, Ph.D.

Associate Professor

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University of California, Berkeley

[darlenefrancis@berkeley.edu](mailto:darlenefrancis@berkeley.edu)

Rodolfo Mendoza-Denton, Ph.D.

Associate Professor

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