College of Education, Health, & Human Services

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Dr. Kelly Cichy

Assistant Professor

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Education

Ph.D., Human Development and Family Studies

The Pennsylvania State University

Cichy, K. E. (2006). Within and between family associations in attitudes, behaviors, and perceptions in the parent-adult offspring relationship. Unpublished Doctoral Dissertation, The Pennsylvania State University.

M.S., Human Development and Family Studies

The Pennsylvania State University

Publications

Cichy, K. E., Lefkowitz, E. S., Davis, E. M., & Fingerman, K. L. (2013). "You are such a disappointment!": Negative emotions and parents' perceptions of adult children's lack of success*Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 68,* 893-901. doi: 10.1093/geronb/gbt053 2013

Publication: *Journal Articles, Refereed*

Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2013). A double-edged sword: Race, daily social support exchanges, and daily well-being.*Journal of Family Issues.* doi: 10.1177/0192513X13479595 2013

Publication: *Journal Articles, Refereed*

Smith, G. C., **Cichy, K. E.*, &*** Montoro-Rodriguez, J. (under review). *Impact of coping resources on the well-being of custodial grandmothers and grandchildren.* 2013

Publication: *Journal Articles, Refereed*

Fingerman, K. L., Cheng, Y. P., **Cichy, K. E**., Birditt, K. S., & Zarit, S. (2013). Help with "strings attached": Offspring perceptions that middle-aged parents offer conflicted support. *Journals of Gerontology Series B: Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 68*,902-911. doi :10.1093/geronb/gbt032 2013

Publication: *Journal Articles, Refereed*

Stawski, R. S., **Cichy, K. E.,** Piazza, J. P., & Almeida, D. M. (2013). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences.*Psychoneuroendocrinology, 38, 11,* 2654-2665. http://dx.doi.org/10.1016/j.psyneuen.2013.06.023 2013

Publication: *Journal Articles, Refereed*

Hahn, E. A., **Cichy, K. E.**, Small, B. J., & Almeida, D. M. (2013). Daily emotional and physical reactivity to stressors among widowed and married older adults.*Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 69,*19-28. doi: 10.1093/geronb/gbt035 2013

Publication: *Journal Articles, Refereed*

Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2012). Racial differences in exposure and reactivity to daily family stressors.*Journal of Marriage and Family*, *74*, 572-586. 2012

Publication: *Journal Articles, Refereed*

Cichy, K. E., Lefkowitz, E. S., & Fingerman, K. L. (2012). Conflict escalation and conflict disengagement during interactions between adults and their parents. Journals of Gerontology: Psychological Sciences, 68, 31-40. DOI: 10.1093/geronb/gbs046 2012

Publication: *Journal Articles, Refereed*

Cichy, K. E., & Smith, G. C. (2011). Closing the generation gap: Using discussion groups to benefit older adults and college students. In P. E. Hartman-Stein and A. LaRue (Eds.), Enhancing Cognitive Fitness in Adults: A Handbook for the Development of Community-based Programs, Springer. 2011

Publication: *Book Chapters*

Toepfer, S M., **Cichy, K. E.**, & Peters, P. (2011). Letters of gratitude: Further evidence of author benefits. *Journal of Happiness Studies, 13*(1), 187-201. doi:10.1007/s10902-011-9257-7. 2011

Publication: *Journal Articles, Refereed*

Birditt, K.S., **Cichy, K. E.**, & Almeida, D. M. (2011). Age differences in exposure and reactivity to interpersonal tensions among Black and White Americans.*Race and Social Problems, 3,* 3, 225-239. 2011

Publication: *Journal Articles, Refereed*

Hahn, E. A., **Cichy, K. E.**, Almeida, D. M., & Haley, W. W. (2011). Time use and well-being in widowhood: Adaptation and resilience. *Journal of Women & Aging, 23*, 2, 149-159. 2011

Publication: *Journal Articles, Refereed*

Almeida, D. M., Stawksi, R. S., & **Cichy, K. E**. (2010). Combining checklist and interview approaches for assessing daily stressors: The daily inventory of stressful events. In R. J. Contrada and A. Baum (Eds.), *Handbook of Stress Science: Biology, Psychology, & Health*: Springer. 2010

Publication: *Book Chapters*

Cichy, K. E., Lefkowitz, E. S., & Fingerman, K. L. (2007). Generational differences in gender attitudes between parents and grown offspring. *Sex Roles, 57*, 825-836. 2007

Publication: *Journal Articles, Refereed*

Cichy, K. E., Fingerman, K. L., & Lefkowitz, E. S. (2007). Age differences in types of interpersonal tensions. *International Journal of Aging and Human Development, 64*, 171-193. 2007

Publication: *Journal Articles, Refereed*

Fingerman, K. L., Hay, E. L., Kamp Dush, C. M., **Cichy, K. E**., & Hosterman, S. (2007). Role revisions: Parents' and offspring's perceptions of change and continuity when parents grow old. *Advances in Life Course Research, 12*, 275-306. 2007

Publication: *Journal Articles, Refereed*

Fingerman, K. L., Chen, P. C, Hay, E, **Cichy, K. E**., & Lefkowitz, E. S. (2006). Ambivalent reactions in the parent and offspring relationship. *Journals of Gerontology: Psychological Sciences, 61*, P152-P160. 2006

Publication: *Journal Articles, Refereed*

Presentations

Vargo, B., & Cichy, K. E. (2014, March). Intergenerational relationships: Exploring solidarity, conflict and ambivalence. Poster to be presented at the annual meeting of the Ohio Association for Gerontology Education (OAGE, Sinclair Community College. 2014

Type: *State Refereed*

Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2013, November). Drowning others' sorrows: Do poor health behaviors moderate the negative effects of daily family support demands among African American and European American adults? In L. Ryan (Chair), *Happy and Healthy in Midlife: The Importance of Social Networks and Support*. Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2013

Type: *National Refereed*

Smith, G.C., **Cichy, K. E**., & Montoro-Rodriguez, J. (2013, November). *How coping resources impact the psychological well-being of custodial grandmothers and grandchildren in Black and White families* Paper presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2013

Type: *National Refereed*

Stawski, R. S., **Cichy, K. E.,** Piazza, J. P., & Almeida, D. M. (2013, July). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences. In A. D. Evans and J. P. Piazza (Chairs), *Trauma, Stress, and Cortisol across the Life Span*. Invited symposium presented at the meeting of the American Psychological Association, Honolulu, HI. 2013

Type: *National Invited*

Vargo, B., & **Cichy**, K. E. (2013, April). Grandparents as caregivers of their grandchildren. Paper presented at the annual meeting of the Ohio Association for Gerontology Education (OAGE), Ashland University. 2013

Type: *State Refereed*

Cichy, K.E., Stawski, R. S., & Almeida, D. M. (2012, November). Making a bad situation worse: Race, negative health behaviors, and reactivity to the daily hassles of family life. In K.E. Cichy and R. S. Stawski (Chairs), *The Complex Nature of Social Relationships: Implications for Stress, Health, and Well-being*. Symposium presented at the meeting of the Gerontological Society of America, San Diego, CA. 2012

Type: *National Refereed*

Fingerman, K. L., Chen, Y., **Cichy, K. E**., Birditt, K. S., & Zarit, S. (2012, November). When family support isn't supportive: Perceptions that parental support is conflicted. Paper presented at the meeting of the Gerontological Society of American, San Diego, CA. 2012

Type: *National Refereed*

Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2011, November). A double-edged sword: Race, daily social support exchanges, and daily well-being. In K. E. Cichy and R. S. Stawski (Chairs),*Stress, Health, and Well-being: Indi Stress, Health, and Well-being: Individual and Relational Perspectives on Risk and Resilience* Symposium presented at the meeting of the Gerontological Society of America, Boston, MA. 2011

Type: *National Refereed*

Hahn, E., **Cichy, K. E**., & Almeida, D. M. (2011, November). Daily stressors and well-being in widowed and married older adults. Poster presented at the meeting of the Gerontological Society of America, Boston, MA. 2011

Type: *National Refereed*

Stawski, R. S., **Cichy, K. E.**, & Almeida, D. M. (2011, November). Experienced negative affect and daily stressors throughout adulthood and old age: Findings from the National Study of Daily Experiences. Paper presented at the meeting of the Gerontological Society of America, Boston, MA. 2011

Type: *National Refereed*

Toepfer, S., **Cichy, K. E**., Peters, P. (2010,). *Letters of gratitude: Further evidence of author benefits*. Paper presented at the 5th European Conference on Positive Psychology, Copenhagen, Denmark. 2010

Type: *International Refereed*

Cichy, K.E.,Stawski, R. S., & Almeida, D. M. (2010, November). Racial similarities and differences in exposure & reactivity to family stressors. In K. E. Cichy and R. S. Stawski (Chairs),*Daily Life Can Wear You Out: Individual and Relational Perspectives on Daily Stress, Health, & Well-Being* Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2010

Type: *National Refereed*

Lee, J. L., **Cichy, K. E.**, Lefkowitz, E. S., Zarit, S. H., & Fingerman, K. L. (2010, November). Disclosure of worries in the parent and adult offspring dyad. Poster presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2010

Type: *National Refereed*

Birditt, K. S., **Cichy, K. E.**, Wardjiman, E., & Almeida, D. (2010, November). Thorn in my side: Age and race differences in daily interpersonal tensions. Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2010

Type: *National Refereed*

Almeida, D. M., Stawski, R., Piazza, J., & **Cichy, K. E**. (2010, November). Daily stressors and diurnal cortisol: Taking a more dynamic view of allostatic load. Paper presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2010

Type: *National Refereed*

Stawski, R. S., **Cichy, K. E.**, & Almeida, D. M. (2010, November). Don't worry, be happy (Or at least less stressed): Findings from the National Study of Daily Experiences. In K. E. Cichy and R. S. Stawski (Chairs), *Daily Life Can Wear You Out: Individual and Relational Perspectives on Daily Stress, Health, & Well-Being*. Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2010

Type: *National Refereed*

Cichy, K.E.,& Smith, G. (2010, November). Bridging the generation gap: Bringing together undergraduate students and older adults to benefit both generations. In K.E. Cichy and G.C. Smith (Chairs), *Innovative Approaches to Gerontological Education: Lessons Learned Inside and Outside of the Classroom* Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA. 2010

Type: *National Refereed*

Cichy, K. E., Stawski, R. S., Mroczek, D. K., Spiro III, A. & Almeida, D. M. (2009, November). Husbands as naturally occurring stressors: Daily stressors and well-being in older couples. In K. E. Cichy and R. S. Stawski (Chairs), *Associations between Daily and Chronic Stressors, Family Relationships, and Well-Being*. Symposium presented at the meeting of the Gerontological Society of America, Atlanta, GA. 2009

Type: *National Refereed*

Stawski, R. S., **Cichy, K. E**., & Almeida, D. M. (2009, November). Linking daily stressors to negative affect: The importance of subjective appraisals and event type. In A. Brose (Chair), *The Dynamic Nature of Stress and Well-being: Short-term Variability from a Lifespan Perspective*. Symposium presented at the meeting of the Gerontological Society of America, Atlanta, GA. 2009

Type: *National Refereed*

Stawski, R. S., **Cichy, K. E**., & Sliwiniski, M. J. (2009, November). Perceived social support and reactivity to daily stressors among older adults. In K. E. Cichy and R. S. Stawski (Chairs), *Associations between Daily and Chronic Associations between Daily and Chronic Stressors, Family Relationships, and Well-Being*. Symposium presented at the meeting of the Gerontological Society of America, Atlanta, GA. 2009

Type: *National Refereed*

Cichy, K. E., Stawski, R. S., Almeida, D. M, & Seeman, T. (2008, November). Is there a physiological "cost to caring"? Associations between exchanges of support and indicators of allostatic load. In K. E. Cichy and R. S. Stawski (Chairs), *Two Sides of the Same Coin: How Social Relationships Both Benefit and Compromise Health*. Symposium presented at the meeting of the Gerontological Society of America, National Harbor, MD. 2008

Type: *National Refereed*

Stawski, R. S., Cichy, K. E., & Almeida, D. M. (2008, November). Inter-event variability in daily stressors. In R. S. Stawski and K. E. Cichy (Chairs), Stress Processes Adulthood and Old Age: Considerations among Healthy Adults, Injury Sufferers, and Caregivers. Symposium presented at the meeting of the Gerontological Society of America, National Harbor, MD. 2008

Type: *National Refereed*

Hahn, E., Cichy, K. E., & Almeida, D. M. (2008, November). Daily time use in widowhood and well-being. Poster presented at the meeting of the Gerontological Society of America, National Harbor, MD. 2008

Type: *National Refereed*

Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2007, November). Getting under the skin: Examining associations between daily stressful experiences and the diurnal rhythm of cortisol. In K. E. Cichy and D. M. Almeida (Chairs), Advantages of Daily Diary Approaches for Examining Variability in Stressful Experiences in Adulthood. Symposium presented at the meeting of the Gerontological Society of America, San Francisco, CA. 2007

Type: *National Refereed*

Cichy, K. E., Lefkowitz, E. S., & Fingerman, K. L. (2007, November). Do parents see their offspring through rose-colored glasses? Examining parents' and grown offspring's perceptions of success. In V. Bedford (Chair), Discrepancies Between Family Informant Reports and Their Implications. Symposium presented at the meeting of the Gerontological Society of America, San Francisco, CA. 2007

Type: *National Refereed*

Cichy, K. E., Lefkowitz, E. S., Haupt, S. E., Thieman, C. S., & Fingerman, K. L. (2006, July). Who's in charge? Generational differences in dominance behavior during parent-adult offspring interactionsPoster presented at the Conference on Personal Relationships (IARR), Rethymnon, Crete 2006

Type: *International Refereed*

Service

Coordinator, Human Development and Family Studies **2013 - present**

Type: *Department*

Member, Curriculum Committee **2012 - present**

Type: *College*

Member, School LDES Curriculum Committeee **2012 - present**

Type: *College*

Editorial Board, Journal of Marriage and Family **2012 - present**

Type: *Profession*

Reviewer, Journals of Gerontology: Psychological Sciences **2012 - present**

Type: *Profession*

Member, EHHS Research Council **2010 - 2011**

Type: *College*

Representative, LDES Library Representative **2010 - 2011**

Type: *Department*

Reviewer, Developmental Psychology **2009 - present**

Type: *Profession*

Advisory Board, Ohio Association of Gerontology and Education **2008 - 2011**

Type: *State*

Reviewer, Journals of Family Issues **2008 - present**

Type: *Profession*

Reviewer, Psychology of Aging **2008 - present**

Type: *Profession*

Member, International Association for Relationship Research (IARR) **2003 - 2009**

Type: *International*

Member, Gerontological Society of America **2001 - 2010**

Type: *National*

Grants

PI, Modeling Childhood and Adult Adversity to Inform Chronic Disease Prevention **2014 - 2016**

Submitted: $400,000.00 Status: Pending

National Institute on Aging - Basic Research

Co PI, Exploring the Training Needs of Older Workers in the Hospitality Industry **2013 - 2014**

***Co-investigator**, "Exploring the Training Needs of Older Workers in the Hospitality Industry", University Research Council, Kent State University. Period: (06/2013-06/2014). Total: $2500.*

Collaboration with: Ravichandran, Swathi

Submitted: $2,500.00 Status: Awarded

Awarded: $2,500.00 (0 0)

University Research Council - Basic Research

Co PI, Living Painting: Network Technology to Improve the Quality of Life for Older Adults Living in Nursing Homes **2011 - 2012**

Collaboration with: Mary Dellmann-Jenkins, Kelly E. Cichy

Awarded: $3,500.00 (0 0)

Kent State University Research Council - Basic Research

PI, Daily Family Stressors and Health **2009 - 2011**

In this proposal, I sought support to analyze data from a national diary study to investigate how ethnic differences in exposure and reactivity to family stressors contribute to health disparities between African Americans and European Americans.

Collaboration with: Kelly Cichy

Awarded: $59,860.00 (0 0)

National Institute on Aging - Basic Research

KENT STATE UNIVERSITY

EXCELLENCE *in Action*