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EDUCATION

2024 **Ph.D. Human Environmental Sciences**, University of Missouri
Emphasis in Human Development and Family Science
Graduate Certificate in Quantitative Research

2021 **M.S. Human Development and Family Science**, University of Missouri

2014 **B.A. Psychology**, Beloit College
Magna cum laude, Honor graduate, Spanish minor, Semester abroad in Spain

PROFESSIONAL EXPERIENCE

2024– **Postdoctoral Fellow**, Center for Family Policy and Research, University of Missouri

RESEARCH FUNDING

Awarded

Adult family relationships and cognitive health across the urban-rural continuum. (7/01/25-04/30/26). Pilot grant awarded by the Interdisciplinary Network on Rural Population Health and Aging (\$32,730). **Role: PI.**

Care networks in single- and multi-child families living with dementia (11/01/25-10/30/28). Research Fellowship grant awarded by the Alzheimer's Association (\$199,598). **Role: PI.**

Pending

Alzheimer's and dementia care network dynamics: Impact on health and well-being of adult child caregivers in single- and multi-child families. K99/R00 grant submitted to the National Institute on Aging (\$250,590). **Role: PI.**

For better or for worse: Examining the longitudinal interplay between insomnia symptoms and cognitive function in older couples—a pathway to understanding Alzheimer's disease progression. R01 grant submitted to the National Institute on Aging (PI: Eunjin Tracy; \$1,960,254). **Role: Co-I.**

Partners in acceptance and commitment therapy for diabetes: PACT-D. R01 grant submitted to the National Institute of Diabetes and Digestive and Kidney Diseases (mPIs: Idethia Shevon Harvey and Megan Gilligan; \$981,129). **Role: Co-I.**

Mechanisms of action, efficacy, and feasibility of a web-based cognitive behavioral therapy for insomnia intervention in spousal ADRD caregivers. Grant submitted to the Establishing Mechanisms of Benefit to Reinforce the Alzheimer's Care Experience AD/ADRD Roybal Center (PI: Eunjin Tracy; \$400,000). **Role: Co-I.**

Unfunded

Linking geographic profiles with cognitive health: Risk and resilience across the urban-rural continuum. Pilot grant submitted to the Gateway Exposome Coordinating Center (\$59,185). **Role: PI.**

VIBE (Virtual Intergenerational Behavioral and Educational) mentorship program. Letter of intent submitted to the Retirement Research Foundation (PI: Megan Gilligan). **Role: Co-I.**

Intergenerational learning and behavioral support program to promote resilience across the lifespan. Grant submitted to the University of Missouri Research Council (PI: Aaron Campbell; \$15,000). **Role: Co-I.**

PUBLICATIONS

Huo, M., Hu, R. X., & **Skoblow, H. F.** (2025). Aging and perceiving aging together: Couple synchrony in self-perceptions of aging and health. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences.* Advance online publication.
<https://doi.org/10.1093/geronb/gbaf199>
*Editor's Choice Article

Skoblow, H. F. & Gilligan, M. (2025). Stressors and resources among adult child caregivers in the presence or absence of siblings. *The Gerontologist, 65*(3), gnaf006.
<https://doi.org/10.1093/geront/gnaf006>

Skoblow, H. F. & Proulx, C. M. (2025). Self-perceptions of aging and health behaviors: Associations among middle-aged and older couples. *The Gerontologist, 65*(3), gnaf007.
<https://doi.org/10.1093/geront/gnaf007>

Skoblow, H. F., Proulx, C. M, Akpolat, R., & Palermo, F. (2024). Early-life socioeconomic position and later-life cognitive functioning: A meta-analysis. *Social Science & Medicine, 359*, 117267. <https://doi.org/10.1016/j.socscimed.2024.117267>

Bonifay, W., Winter, S., **Skoblow, H. F.**, & Watts, A. (2025). Good fit is weak evidence of replication: Increasing rigor through prior predictive similarity checking. *Assessment*, 32(2), 170-189. <https://doi.org/10.1177/10731911241234118>

Skoblow, H. F., Proulx, C. M., & Palermo, F. (2024). Childhood socioeconomic positioning and late-life cognitive functioning in the U.S.: A critical review. *Developmental Review*, 71, 101104. <https://doi.org/10.1016/j.dr.2023.101104>

Skoblow, H. F., Drewelies, J., & Proulx, C. M. (2023). Sexual activity and satisfaction in older dyads: The role of perceptions of aging. *The Gerontologist*, 63(2), 251–260. <https://doi.org/10.1093/geront/gnac099>

Skoblow, H. F., & Proulx, C. M. (2022). Subjective aging, C-reactive protein, and incident cardiovascular disease: A mediation model. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 77(9), 1654–1658. <https://doi.org/10.1093/geronb/gbac051>

Book Reviews

Skoblow, H. F., & Proulx, C. M. (2021). Review of the book *Living Apart Together: Legal Protections for a New Form of Family*, by Cynthia Grant Bowman. *Journal of Family Theory and Review*, 13, 566-572. <https://doi.org/10.1111/jftr.12430>

Under Review

Skoblow, H. F., Tracy, E. L., & Gilligan, M. (revise & resubmit). Bidirectional links between sleep and marital quality: Findings from an eight-year longitudinal study of older couples.

Skoblow, H. F., Nyang'au, G., Gilligan, M., Huo, M., & Lee, J. (under review). Aging side by side: Couples' views of aging and health over time.

Lee, J., Gilligan, M., **Skoblow, H. F.**, Huo, M., Ogle, D. M., & Killoren, S. E. (under review). Hair cortisol concentration among siblings caring for a parent with dementia: A dyadic approach to sibling relationship quality and perceived caregiving distress.

Gilligan, M., **Skoblow, H. F.**, Lee, J., & Ogle, D. (revise & resubmit). Sharing in caring: Perceptions of (in)equality among siblings caring for a parent with dementia.

PRESENTATIONS (* denotes mentored student collaborator; † denotes shared first authorship)

Skoblow, H. F., Gilligan, M., Lin, I-F. (accepted). *Family networks and cognitive functioning across rural and urban communities*. Poster accepted to the annual meeting of the Population Association of America, St. Louis, MO.

Skoblow, H. F. & Gilligan, M. (submitted). *Care network interactions and adult child caregiver outcomes: Variation by parental dementia status*. Paper submitted to the annual Alzheimer's Association International Conference, London, UK.

Huo, M., Hu, R. X., & **Skoblow, H. F.** (submitted). *Aging and perceiving aging together: Couple synchrony in self-perceptions of aging and health*. Paper submitted to the annual meeting of the International Association of Geriatrics and Gerontology, Amsterdam, The Netherlands.

Gilligan, M., **Skoblow, H. F.**, Ogle, D., & Suitor, J. J. (accepted). *Opting in and out: Sibling caregiving networks of older parents with dementia*. Paper submitted to the annual meeting of the International Association of Gerontology and Geriatrics, Amsterdam, The Netherlands.

Skoblow, H. F., Tracy, E. L., & Gilligan, M. (2025, November). *Bidirectional links between sleep and marital quality: Findings from an eight-year longitudinal study of older couples*. Late-breaking poster presented at the annual meeting of the Gerontological Society of America, Boston, MA.

Skoblow, H. F., Gilligan, M., Ogle, D., & *Deyoung, A. (2025, November). (Dis)agreement in siblings' perceptions of parents' dementia symptoms: Impact on caregiver burden. In H. Skoblow & M. Gilligan (Chairs), *The impact of dementia care on well-being: Dyadic and relational considerations*. Paper symposium presented at the annual meeting of the Gerontological Society of America, Boston, MA.

Suitor, J. J., Gilligan, M., Frase, R. T., He, R., Ogle, D., Wang, D., **Skoblow, H. F.**, & Verbanac, V. (2025, November). *The role of mothers' cognitive health in sibling support, strain and psychological well-being during caregiving*. Paper presented at the annual scientific meeting of the Gerontological Society of America, Boston, MA.

Gilligan, M., **Skoblow, H. F.**, Lee, J., & Ogle, D. (2025, July). *Perceptions of equity, loneliness, and depressive symptoms among siblings who care for an older parent with dementia*. Poster presented virtually at the annual Alzheimer's Association International Conference.

†**Skoblow, H. F.**, †Tracy, L. E., Kim, E., Meinertz, N. R., Nyang'au, G. K., & Gilligan, M. (2024, November). *Social jet lag: Sociodemographic determinants and health implications in middle-aged and older adults*. Paper presented at the annual meeting of the Gerontological Society of America, Seattle, WA.

Proulx, C. M., **Skoblow, H. F.**, & Rauer, A. (2024, July). Loneliness among spousal and non-spousal caregivers. In A. Rauer & K. Fiori (Chairs), *Social isolation and loneliness in later life*. Paper symposium presented at the annual meeting of the International Association for Relationship Research, Boston, MA.

Bonifay, W., Winter, S. D., & **Skoblow, H. F.** (2024, April). *Comprehensive statistical model evaluation: Traditional, Bayesian, and information theoretic methods and user-friendly software*. Pre-conference workshop presented at the annual meeting of the National Council on Measurement in Education, Philadelphia, PA.

Skoblow, H. F., Palermo, F., & Proulx, C. M. (2023, November). *Early-life socioeconomic position and later-life cognitive functioning: A meta-analysis*. Paper presented at the annual meeting of the Gerontological Society of America, Tampa, FL.

Proulx, C. M., **Skoblow, H. F.**, & Rauer, A. (2023, November). Sleep and sexuality among caregivers and their partners. In J. B. Yorgason & S. J. Wilson (Chairs), *Contextual factors that shape experiences of sexual intimacy among later life couples*. Paper symposium presented at the annual meeting of the Gerontological Society of America, Tampa, FL.

Bonifay, W., Winter, S. D., & **Skoblow, H. F.** (2023, April). Comprehensive statistical model evaluation in the education sciences. In W. Bonifay (Chair), *Better decisions through comprehensive statistical model evaluation*. Paper symposium presented at the annual meeting of the National Council on Measurement in Education, Chicago, IL.

Skoblow, H. F., Drewelies, J., & Proulx, C. M. (2022, November). *Sexual health in older dyads: The role of perceptions of aging*. Paper presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

Skoblow, H. F., Azer, L., Llaneza, D. H., Flores, E. S., & D'Antonio, P. (2022, November). The intersections of aging beliefs and policy. In P. D'Antonio, (Chair), *Public health policy: Experience of 2022 GSA summer policy interns*. Paper symposium presented at the Gerontological Society of America, Indianapolis, IN.

Azer, L., **Skoblow, H. F.**, Flores, E., Llaneza, D. H., Zhang, W., & D'Antonio, P. (2022, November). Chronic pain's painful impact on cognitive functioning. In P. D'Antonio, (Chair), *Public health policy: Experience of 2022 GSA summer policy interns*. Paper symposium presented at the Gerontological Society of America, Indianapolis, IN.

Skoblow, H. F., & Proulx, C. M. (2022, November). *Childhood socioeconomic positioning and late-life cognitive functioning: A critical review*. Poster presented at the annual meeting of the Gerontological Society of America, Indianapolis, IN.

Skoblow, H. F., & Proulx, C. M. (2021, November). *C-reactive protein mediates the association between subjective aging and incident heart disease*. Poster presented virtually at the annual meeting of the Gerontological Society of America.

Skoblow, H. F., & Proulx, C. M. (2020, November). *Social relationships and self-perceptions of aging in older adults*. Poster presented virtually at the annual meeting of the Gerontological Society of America.

Proulx, C. M., **Skoblow, H. F.**, & Han, S. H. (2020, November). Marital quality and mental health in caregiving dyads. In S. Wang & K. Kim (Chairs), *Does the sharing of resources impact health among married couples? New findings from dyadic models*. Paper symposium presented virtually at the annual meeting of the Gerontological Society of America.

Proulx, C. M., **Skoblow, H. F.**, & Rauer, A. J. (2020, November). Sexual activity and relationship satisfaction among spousal and non-spousal caregivers. In J. B. Yorgason (Chair), *Cognitive, physical, and relationship transitions: Exploring common experiences in later life that influence changes in sexual intimacy*. Paper symposium presented virtually at the annual meeting of the National Council on Family Relations.

INVITED PRESENTATIONS

Skoblow, H. F. (2024, October). *Evidence-based strategies to reduce caregiver stress and promote resilience*. Invited speaker for the Community Caregiver Conference hosted by the Alzheimer's Association and AARP Missouri, Columbia, MO.

Skoblow, H. F. (2024, June). *Reflections from a P.E.O. Scholar Award recipient*. Invited speaker for the annual Missouri P.E.O. Convention, Columbia, MO.

Skoblow, H. F. (2023, January). *How and why to apply for GSA's summer policy internship: A conversation with 2022's policy interns*. Invited panelist for webinar presented virtually through the Gerontological Society of America.

Skoblow, H. F. (2022, November). *GSA's summer policy internship*. Invited panelist for an Informal Chat presented at the annual meeting of the Gerontological Society of America, Indianapolis, IN.

Skoblow, H. F. (2020, October). *Social relationships and self-perceptions of aging*. Presented virtually through Relevate.

PRESENTATIONS (INTERNAL)

Skoblow, H.F., Palermo, F., & Proulx, C. M. (2023, April). *Socioeconomic position in childhood and cognitive functioning in older adulthood: A meta-analysis*. Poster presented at the HDFS Student Research Symposium, University of Missouri.
****Earned 1st place for best presentation.**

Skoblow, H. F., Drewelies, J., & Proulx, C. M. (2022, April). *Sexual health in older dyads: The role of perceptions of aging*. Poster presented at the HDFS Student Research Symposium, University of Missouri.

****Earned 1st place for best presentation.**

Skoblow, H. F., Drewelies, J., & Proulx, C. M. (2022, April). *Associations between perceptions of aging and sexual health in older dyads*. Paper presented at the Graduate Professional Council Research and Creative Activities Forum, University of Missouri.

****Earned 1st place for best presentation in Quantitative Social Sciences category.**

HONORS & AWARDS

2025	Mizzou Scholar of Distinction , University of Missouri
2023–2024	P.E.O. Scholar Award , P.E.O. International (Nominated by Chapter AZ)
2023–2024	Elizabeth Vemer Memorial Scholarship , University of Missouri
2023–2024	Marilyn Coleman Outstanding Human Development and Family Science Graduate Student Scholarship , University of Missouri
2023	Graduate Student Leader of the Year Award , University of Missouri
2022	Behavioral and Social Sciences Student Travel Award , Gerontological Society of America
2022	Carol A. Schultz Travel Award , Gerontological Society of America
2022–2023	Lawrence Ganong Graduate Student Fellowship , University of Missouri
2022	Graduate Professional Council Conference Presentation Travel Award , University of Missouri
2021	Marilyn Coleman Outstanding Human Development and Family Science Graduate Student Scholarship , University of Missouri
2021	Behavioral and Social Sciences Student Travel Award , Gerontological Society of America
2020	Behavioral and Social Sciences Student Travel Award , Gerontological Society of America
2014	Departmental Honors in Psychology , Beloit College
2014	Honors Thesis in Psychology , Beloit College
2014	Walter Van Dyke Bingham Fellowship in Psychology , Beloit College
2013	Delta Gamma / Kathryn C. Goodwin Memorial Prize , Beloit College
2012	Guy Allen Tawney Prize in Psychology , Beloit College
2010–2014	Presidential Scholarship , Beloit College

RESEARCH EXPERIENCE

2022–2024	University of Missouri , <i>CoSME Lab in Statistics, Measurement, and Evaluation in Education Program</i> Graduate Research Assistant PI: Dr. Wes Bonifay <ul style="list-style-type: none">▪ Co-authored manuscripts related to developments in quantitative methods, namely statistical model evaluation, psychometrics, and philosophy of science.
2019–2024	University of Vermont (2022–2024) and University of Missouri (2019–2022) <i>Department of Human Development and Family Science</i> Graduate Research Assistant PI: Dr. Christine M. Proulx

- Conducted longitudinal analyses of large secondary datasets and co-authored manuscripts on the physical, cognitive, and sexual health of adults ages 50+.

2015 **Southern Illinois University-Edwardsville, Department of Psychology**
Research Assistant | *PI: Dr. Elizabeth Meinz*

- Managed meta-analysis comprehensive database searches on *need for cognition*, per inclusion/exclusion criteria.

2013–2014 **Beloit College, Department of Psychology**
Undergraduate Honors Thesis | *Supervisor: Dr. Gregory Buchanan*

- Analyzed prevalence and perceptions of use and misuse of prescription stimulants on college campuses; Designed survey; Recruited participants.

POLICY EXPERIENCE

2022 **Gerontological Society of America**
Summer Policy Intern

- Researched and analyzed legislation that impacts older adults; Crafted *Public Policy & Aging Report* issue briefs for Congressional staff; Represented GSA in meetings with national coalitions, regulatory agencies, and stakeholders.

TEACHING EXPERIENCE

2023 **Graduate Instructor, University of Missouri**
HDFS 4620: Family Interaction

- Online summer term (12 junior and senior undergraduates).
- Designed intensive 8-week curriculum, presented video lectures, created and assessed assignments robust to generative AI completion.

2020–2022 **Teaching Assistant Coordinator, University of Missouri**
HDFS 2400W: Principles of Human Development Writing Intensive

- Coordinated 8–10 Graduate TAs and development of weekly lab instruction.
- Supervised lab organization and assessment for ~200 undergraduate students.

2019–2020 **Graduate Teaching Assistant, University of Missouri**
HDFS 2400W: Principles of Human Development Writing Intensive

- Face-to-face (24 sophomore and junior undergraduates).
- Assessed 20+ pages (6600+ words) per student.
- Course evaluations range: 4.73–4.93/5.

INVITED GUEST LECTURES

The University of Missouri – Human Development & Family Science (Columbia, Missouri)

2024 HDFS 8220: Family Theories (“Life Course Developmental Theories”).

2022	HDFS 3440: Adulthood and Aging (“Death, Dying, and Grief”).
2022	HDFS 3440: Adulthood and Aging (“Ageism and Perceptions of Aging”).
2022, 2025	HDFS 4700: Children and Families in Poverty (“Poverty, Aging, and Health”).
2021	HDFS 2400W: Principles of Human Development (“Socioemotional Development in Late Adulthood”).
2021–2024	HDFS 2450: Human Sexuality Across the Life Span (“Sexual Activity and Intimacy in Older Adulthood”).
2020	HDFS 2400W: Principles of Human Development (“Busting Myths About Late Adulthood”).

Columbia College – Psychology (Columbia, Missouri)

2020	PSYC 175: Introduction to Theory-Based Research and Writing (“Graduate School Life, Writing, and Research”).
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SERVICE

Professional

2023–2024	Task Force Member, <i>Emerging Scholar and Professional Organization Writing Group, Gerontological Society of America</i>
2022–2023	Co-Chair, <i>Issues in Aging Focus Group, National Council on Family Relations</i>
2022	Member, <i>Emerging Scholar and Professional Organization Awards Review Panel, Gerontological Society of America</i>
2022–2023	Conference Proposal Reviewer, <i>National Council on Family Relations</i>
2021–2024	Conference Proposal Reviewer, <i>Gerontological Society of America</i>
2021	Podcast Co-host & Development Volunteer, <i>GSA Science and Storytelling: A GSA 75th Anniversary Podcast on Aging</i>
2020	Manuscript Reviewer, <i>Students and New Professionals Writing Group, National Council on Family Relations</i>

University & Departmental

2024	Member, <i>HDFS Graduate Research Methods Curriculum Committee</i>
2023	Panelist, <i>Taking Advantage of Summer Opportunities, HDFS Graduate Student Association</i>
2022–2024	Member, <i>HDFS Coleman-Ganong Endowed Professor Search Committee</i>
2022–2023	Faculty Liaison, <i>HDFS Graduate Student Association</i>
2022–2023	Member, <i>HDFS Graduate Committee</i>
2022	Panelist, <i>Navigating the Master’s Thesis, HDFS Graduate Student Association</i>
2021–2024	Member, <i>HDFS Millsap Endowed Professor Search Committee</i>
2021–2023	Founder and Facilitator, <i>HDFS Graduate Student Brown Bag Research Seminars</i>
2021–2022	Abstract Evaluator, <i>MU Undergraduate Research & Creative Achievements Forum</i>
2020–2021	Secretary, <i>HDFS Graduate Student Association</i>
2020–2021	Secretary, <i>MU Council on Family Relations</i>

2020–2021 Peer Mentor, *HDFS Grad2Grad Program*

Ad hoc Reviewer

The Journals of Gerontology, Series B: Psychological and Social Sciences, The Gerontologist, Archives of Gerontology and Geriatrics, Journal of Social and Personal Relationships, Family Relations, Journal of Health and Aging, Journal of Alzheimer's Disease, European Journal of Ageing, BMC Geriatrics, American Journal of Preventive Medicine

PROFESSIONAL AFFILIATIONS

2024–2025 International Association for Relationship Research
2020–Present Gerontological Society of America (GSA)
2020–2024 National Council on Family Relations (NCFR)

WORKSHOPS & ADVANCED TRAINING (* denotes competitive selection)

Nov. 2025 **Coordinated Data Analysis: Innovating Horizons of Replicability in Gerontological Sciences** (4-hour workshop)
Nov. 2025 **Population Data for Studying Formal and Informal Caregiving** (4-hour workshop)
Apr. 2025 **Principal Investigator Leadership Program** (1-day workshop)
Nov. 2024 **New Medicaid Home and Community-Based Data in the Health and Retirement Study: HRS-TAF Linked Files** (4-hour workshop)
Sept. 2024 **Social Network Analysis** (2-day workshop on complete networks)
July 2024 ***Meta-analysis Training Institute** (1-week workshop on advanced meta-analyses in R, systematic reviews, project management, and grant writing)
July 2024 ***Advancing Workforce Analysis and Research for Dementia (AWARD) Network Summer Training Institute** (1-week training on research methods, grant writing, public policy, and leadership development)
Apr. 2024 **Data Cleaning for Data Sharing Using R** (4-hour workshop)

COMMUNITY ENGAGEMENT

2026–Present **Volunteer**, Alzheimer's Association of Greater Missouri
2023 **Volunteer**, Missouri State Senior Games
2022 **Caring Calls Volunteer** (later-life social connection program), DOROT

ADDITIONAL SKILLS

Spanish Language: Full professional proficiency in reading, writing, and speaking

Software: R, Mplus, SPSS, Comprehensive Meta-Analysis Software (CMA), Qualtrics