

Christina Mu

University of South Florida, School of Aging Studies
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Education

- 2019–Present **Ph.D. in Aging Studies**
University of South Florida; Tampa, FL
Advisor: Soomi Lee, Ph.D.
- 2017–2019 **B.A. in Psychology; Minor in Aging Studies** | *Summa cum Laude*
California State University, Fullerton; Fullerton, CA
Advisor: Laura Zettel-Watson, Ph.D.
- 2015–2017 **A.A. in Psychology and Social & Behavioral Sciences** | with honors
and *Summa cum Laude*
Pasadena City College; Pasadena, CA
Advisors: Robert Randall, Ph.D. & Jennifer Noble, Ph.D.

Research Interests

Pain, Sleep, Cognitive Aging

Research Experience

- 2019–Present **Sleep, Stress, and Health (STEALTH) Lab**, Tampa, FL
Lab Manager
Director: Dr. Soomi Lee, School of Aging Studies
- Assist in data management and analyses of complex data using SAS 9.4 (i.e., ecological momentary assessment and actigraphy)
 - Lead participant recruitment meetings, shipped and handled actigraphy devices, contributed to study protocols and IRB
 - Supervised and oversaw undergraduate research assistants
 - Mentor undergraduate researchers in independent research, professional development, and graduate school applications
- 2017–2019 **Ronald E. McNair Achievement Program**, Fullerton, CA
Director: Dr. Patricia Literte, Department of Sociology
Advisor: Dr. Laura Zettel-Watson, Department of Psychology
Title: “The impact of pain intensity and social support on cognitive functioning and quality of life in older adults with fibromyalgia”
- Practiced grant writing for NSF GRFP and Ford Fellowship
 - Completed thesis and presented findings at a regional and national conferences
- 2017–2019 **Fibromyalgia and Chronic Pain Center**, Fullerton, CA
Research Assistant
Director: Jordan Aquino, MPH, Department of Public Health
- Administered and scored cognitive assessments given to older adults with and without fibromyalgia

- Recruited and screened participants
- Updated participants' information using FileMaker Pro

2018–2019

Fresh Air Advocates (FAA), Fullerton, CA

Research Assistant

Director: Pearl Bolter, MPA, Environmental Health and Safety

- Promoted a smoke, vape, and tobacco-free campus
- Supervised and mentored undergraduate interns
- Collected observational data, coded data, and analyzed data in SPSS
- Organized campus-wide events
- Presented at the 2019 California Youth Advocacy Network

Summer 2018

University of Arizona, Tucson, AZ

Undergraduate Research Opportunities Consortium-Summer

Research Institute (UROC-SRI), Research Assistant

Advisor: Dr. Lee Ryan, Department of Psychology

- Assisted in the Cognition and Neuroimaging Laboratory
- Realigned fMRI images
- Scored and entered neurological battery responses into SPSS
- Called and screened participants for MRI study
- Analyzing data and completed research paper titled, "Predicting executive functions from physical, social, and mental activities in older adults over 50"
- Presented findings at regional and national conferences

Spring 2018

Center for Research on Educational Access and Leadership,
Fullerton, CA

Research Assistant

Director: Dr. Dawn Person, Department of Education

- Lead the National Resource Center of Asian Languages (NRCAL) Vietnamese dual-language immersion program evaluations
- Wrote and edited reports for multiple projects (e.g., Allied Health Academy, GEAR UP, Early Assessment Program)
- Data collection (e.g., organized data collection with local school sites, administered surveys, interviews, and focus groups)
- Transcribed interviews
- Submitted IRB proposals
- Recruited, interviewed, and lead orientations for Vietnamese translators
- Presented a professional development workshop to staff and Ed.D. students

Publications

Lee, S., **Mu, C.**, Gonzalez, B. D., Vinci, C. E., & Small, B. J. (*In press*). Sleep health is associated with next-day mindful attention in healthcare workers. *Sleep Health*.

Mu, C., Jester, D., Cawthon, P., Stone, K., & Lee, S. (*Forthcoming*) Social ladders matter: Subjective social status moderates the link between back pain and mental health in older men.

Conference Presentations

(Poster sessions, Oral presentations & Symposia)

*undergraduate researcher in training

Veal, B., **Mu, C.** & Lee, S. (2020, Nov.). Better night's sleep and subjective cognition: The role of day and night work shifts. Poster session at *Gerontological Society of America*, Virtual Conference.

*Deason, K., **Mu, C.** & Lee, S. (2020, Nov.). Personality and sleep health: Do lifestyle habits play a role? Poster session at *Gerontological Society of America*, Virtual Conference.

*LaRocque, B., **Mu, C.** & Lee, S. (2020, Nov.). Poor sleep health and next day work impairment: the mediating role of fatigue. Poster session at *Gerontological Society of America*, Virtual Conference.

Mu, C., Jester, D., Cawthon, P., Stone, K., & Lee, S. (2020, Nov.). The effects of severe and frequent back pain on mental health: Does perceived socioeconomic status matter? Poster session at *Gerontological Society of America*, Virtual Conference.

Mu, C., Lee, S., Risal, P.G., Vigoureux, T.F.D., Bugos, J., & Meng, H. (2020, August). *Preliminary effects of a music intervention on actigraphy-measured sleep among persons with dementia*. Poster session at *Sleep 2020*, Virtual Conference. Abstract retrieved from https://static.primary.prod.gcms.the-infra.com/static/site/sleep/document/34th_Annual_Meeting_of_the_Associated_Professional_Sleep_Societies_Abstract_Book_-_2020.pdf?node=d18790448146350dbf75&version=93515:0b9069288515d12c2452

Mu, C. & Lee, S. (2020, August). Trait mindfulness moderates the relationship between sleep and pain in nurses. Poster session at *Sleep 2020*, Virtual Conference. Abstract retrieved from https://static.primary.prod.gcms.the-infra.com/static/site/sleep/document/34th_Annual_Meeting_of_the_Associated_Professional_Sleep_Societies_Abstract_Book_-_2020.pdf?node=d18790448146350dbf75&version=93515:0b9069288515d12c2452

Lee, S., **Mu, C.**, Gonzalez, B. D., Vinci, C. E., & Small, B. J. (2020, August). Sleep health is associated with next-day mindful attention in healthcare workers. Poster session at *Sleep 2020*, Virtual Conference. Abstract retrieved from https://static.primary.prod.gcms.the-infra.com/static/site/sleep/document/34th_Annual_Meeting_of_the_Associated_Professional_Sleep_Societies_Abstract_Book_-_2020.pdf?node=d18790448146350dbf75&version=93515:0b9069288515d12c2452

Mu, C., Jester, D. J., & Lee, S. (2020, May: *Conference Cancelled*). Social ladders matter: Socioeconomic status exacerbates the link between back pain severity and mental health in older men. Poster session at Annual Scientific Meeting of the American Geriatrics Society (AGS), Long Beach, CA

*Deason, K., **Mu, C.**, & Lee, S. (2020, Feb.). Personality and sleep health: Do lifestyle habits play role? Poster session at *We Love Research* at the University of South Florida, Tampa, FL.

Mu, C., Carrada Zuñiga, N., Le, T., Gamboa, M., & Cherry, B. (2019, April). Investigating the impact of sleep disturbances on pain severity among older adults with fibromyalgia. Poster session at *California Council on Gerontology & Geriatrics*, La Verne, CA.

Hops, E., Taneja, P., Santa Cruz, S., & **Mu, C.** (2018, Jan.). Talking to Tobacco-Users. Oral presentation and workshop at California Youth Advocacy Network, Los Angeles, CA.

Mu, C., & Zettel-Watson, L. (2019, April). The impact of pain intensity and social support on cognitive functioning and quality of life in older adults with fibromyalgia. P Poster session at *Western Psychological Association Psi Chi Session*, Pasadena, CA

- Mu, C., & Ryan, L.** (2019, Jan.). Predicting executive functions from physical, social, and mental activities in older adults over 50. Poster session at *Dallas Aging and Cognition Conference*, Dallas, TX.
- Person, D., **Mu, C.**, Bruno, M., & Carrada-Zuniga, N. (2018, April). The effects of a Vietnamese dual-language immersion program on students. Poster session at *CSUF Student Creative Activities and Research Symposium*, Fullerton, CA.
- Mu, C., & Zettel-Watson, L.** (2018, April). Social support buffers impact of pain catastrophizing on life satisfaction in older adults with fibromyalgia. Poster session at *Western Psychological Association Psi Chi Session*, Portland, OR.

Teaching Experiences

- 2020 **Guest Lecture**
 GEY 4612: Psychology of Aging, USF Behavioral & Community Sciences
 Lecture on Chronic Pain in Later Life presented on November 16, 2020
- 2020 **Graduate Teaching Assistant**
School of Aging Studies, University of South Florida
Courses and Terms
 GEY 3625: Sociological Aspects of Aging
 Duties: Graded assignments and papers, held office hours
- 2019 **Guest Lecture**
 GEY 3601: Physiological Changes of Aging, USF Behavioral & Community Sciences
 Lecture on Pain in Older Adults presented on November 18, 2019
- 2018 **Undergraduate Teaching Assistant**
Department of Psychology, California State University, Fullerton
Courses and Terms
 PSYC 362: Psychology of Aging (Spring 2018)
 PSYC 306: Biopsychology (Spring 2019)
 Duties: Graded assignments, papers, exams; held office hours
- 2016–2017 **Instructional Aide**
Department of Psychology, Pasadena City College
Courses and Terms
 PSYC 025: Human Sexuality (Spring 2017)
 PSYC 001: Introduction to Psychology (Summer 2016)
 Duties: Graded assignments, papers, exams; held office hours

Mentored Peer Review

- Reviewed a publication for *Nature and Science of Sleep* (Journal Impact Factor: 4.375)

Professional Skills

- Cognitive Assessments Tester (i.e., MMSE, CERAD, Stroop, Digit Span, Trails A-B, Animals Verbal Fluency, Digit Symbol Substitution)
- SPSS, SAS
- Sleep Actigraphy Scoring

Grants, Fellowships, & Awards

2020	National Science Foundation Graduate Research Fellowship Program Honorable Mention
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2019–Present	Graduate Student Success Fellowship, University of South Florida
2017–2019	Ronald E. McNair Post-Baccalaureate Program
2018–2019	Sally Casanova California Pre-Doctoral Program
Spring 2018	Mary Lois Ayres Scholarship
Fall 2017	Department of Psychology Travel Scholarship
Spring 2017	Academic Senate Dean’s Honors Scholarship
Spring 2017	Opal Jones Trust Scholarship in Psychology
Spring 2017	Honors Extraordinary in Social Sciences
Spring 2017	Honors for Superior Achievement in Psychology
Fall 2016	Robert and Adrienne Westerbeck Scholarship
Fall 2016	George and Ruri Sugimoto Scholarship

Professional Affiliations

2018–Present	The Gerontological Society of America
2017–Present	Sigma Phi Omega: Gerontology Honor Society
2018–2019	Western Psychological Association
2017–2019	Psi Chi: International Honor Society in Psychology

Outreach

2019–Present	<p>Sigma Phi Omega: Gerontology Honor Society (President: 2020-2021)</p> <ul style="list-style-type: none"> • Led general meetings, coordinate events (e.g., card writing for those in assisted living facilities) <p>Student Association for Aging Studies (Treasurer: 2019-2020)</p>
2019–Present	<ul style="list-style-type: none"> • Participated in service events (e.g., Walk to End Alzheimer’s) • Completed annual budget <p>Technology Assistance Group</p>
2020–Present	<ul style="list-style-type: none"> • Helped older adults living in an assisted living facility with their devices (e.g., cellphone)
2020–Present	<p>Meals on Wheels (Member: 2020-Present)</p> <ul style="list-style-type: none"> • Delivered meals to older adults aging at home