# Dr. Kelly Cichy

Assistant Professor LDES kcichy@kent.edu

## **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 Unpublished Doctoral Dissertation, The Pennsylvania State University.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*. 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., **Cichy, K. E**., Zarit, S., & Birditt, K. S. (2013t). Help with "strings attached": Young adults' perceptions that parental support is conflicted...*Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. doi:10.1093/geronb/gbt032

2013

Publication: Journal Articles, Refereed

Stawski, R. S., <b>Cichy, K. E.</b> , Piazz, J., & Almeida, D. M. (in press). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences <i>Psychoneuroendocrinology</i> . <i>Psychoneuroendocrinology</i> . http://dx.doi.org/10.1016/j.psyneuen.2013.06.023	2013
Publication: Journal Articles, Refereed	
Hahn, E. A., <b>Cichy, K. E.</b> , Small, B. J., & Almeida, D. M. (2013). Daily emotional and physical reactivity to stressors among widowed and married older adults <i>Journals of Gerontology Series B: Psychological Sciences and Social Sciences</i> .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 <i>Journal of Marriage and Family</i> , 74, 572-586.	2012
Publication: Journal Articles, Refereed	
<b>Cichy, K. E.</b> , 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). <u>Closing the generation gap: Using discussion groups to benefit older adults and college students.</u> In P. E. Hartman-Stein and A. LaRue (Eds.),	2011
Enhancing Cognitive Fitness in Adults: A Handbook for the Development of Community-based Programs, Springer.  Publication: Book Chapters	
Toepfer, S M., <b>Cichy, K. E.</b> , & Peters, P. (2011). Letters of gratitude: Further evidence of author benefits. <i>Journal of Happiness Studies, 13</i> (1), 187-201. doi:10.1007/s10902-011-9257-7. Publication: <i>Journal Articles, Refereed</i>	2011
Birditt, K.S., <b>Cichy, K. E.</b> , & Almeida, D. M. (2011). Age differences in exposure and reactivity to interpersonal tensions among Black and White Americans. <i>Race and Social Problems</i> , 3, 3, 225-239.	2011
Publication: Journal Articles, Refereed	
Hahn, E. A., <b>Cichy, K. E.</b> , Almeida, D. M., & Haley, W. W. (2011). <u>Time use and well-being in widowhood: Adaptation and resilience</u> . <i>Journal of Women &amp; Aging</i> , 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:	2010
Springer. Publication: Book Chapters	
- donoadon. Book onaptoro	
Cichy, K. E., Lefkowitz, E. S., & Fingerman, K. L. (2007). <u>Generational differences in gender attitudes between parents and grown offspring</u> <i>Sex Roles, 57</i> , 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

2007 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. Publication: Journal Articles, Refereed 2006 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. Publication: Journal Articles, Refereed **Presentations** Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2013, November). Drowning others' sorrows: Do 2013 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 to be presented at the meeting of the Gerontological Society of America, New Orleans, LA. Type: National Refereed Smith, G.C., Cichy, K. E., & Montoro-Rodriguez, J. (2013, November). How coping resources 2013 impact the psychological well-being of custodial grandmothers and grandchildren in Black and White families Paper to be presented at the meeting of the Gerontological Society of America, New Orleans, LA. Type: National Refereed Vargo, B., & Cichy, K. E. (2013, April). Grandparents as caregivers of their grandchildren. Paper 2013 presented at the annual meeting of the Ohio Association for Gerontology Education (OAGE), Ashland University. Type: State Refereed Cichy, K.E., Stawski, R. S., & Almeida, D. M. (2012, November). Making a bad situation worse: 2012 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. Type: National Refereed Fingerman, K. L., Chen, Y., Cichy, K. E., Birditt, K. S., & Zarit, S. (2012, November). When 2012 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. Type: National Refereed Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2011, November). A double-edged sword: Race, 2011

daily social support exchanges, and daily well-being. In K. E. Cichy and R. S. Stawski (Chairs), Stress, Health, and Well-being: Indistress, 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.

Type: National Refereed

Hahn, E., <b>Cichy, K. E.</b> , & 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., <b>Cichy, K. E.</b> , & 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., <b>Cichy, K. E.</b> , Peters, P. (2010,). <i>Letters of gratitude: Further evidence of author benefits</i> . 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 paily 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., <b>Cichy, K. E.</b> , 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., <b>Cichy, K. E.</b> , 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., <b>Cichy, K. E.</b> , & 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	2010
R. S. Stawski (Chairs) <i>Daily Life Can Wear You Out: Individual and Relational Perspectives on Daily Stress, Health, &amp; Well-Being</i> Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA.  Type: <i>National Refereed</i>	
Daily Stress, Health, & Well-Being Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA.	
Daily Stress, Health, & Well-Being Symposium presented at the meeting of the Gerontological Society of America, New Orleans, LA.	2010

Cichy, K. E., Stawski, R. S., Mroczek, D. K., Spiro III, A. & Almeida, D. M. (2009, November). 2009 Husbands as naturally occurring stressors: Daily stressors and well-being in older couples. In K. E. Cichy and R. S. Stawski (Chairs) sociations between Daily and Chronic Stressors, Family Relationships, and Well-Being Symposium presented at the meeting of the Gerontological Society of America, Atlanta, GA. Type: National Refereed 2009 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. Type: National Refereed 2009 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. Type: National Refereed Cichy, K. E., Stawski, R. S., Almeida, D. M, & Seeman, T. (2008, November). Is there a 2008 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. Type: National Refereed Stawski, R. S., Cichy, K. E., & Almeida, D. M. (2008, November). Inter-event variability in daily 2008 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. Type: National Refereed Hahn, E., Cichy, K. E., & Almeida, D. M. (2008, November). Daily time use in widowhood and 2008 well-being. Poster presented at the meeting of the Gerontological Society of America, National Harbor, MD. Type: National Refereed Cichy, K. E., Stawski, R. S., & Almeida, D. M. (2007, November). Getting under the skin: 2007 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. Type: National Refereed 2007 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. Type: National Refereed Cichy, K. E., Lefkowitz, E. S., Haupt, S. E., Thieman, C. S., & Fingerman, K. L. (2006, July). 2006 Who's in charge? Generational differences in dominance behavior during parent-adult offspring interactionsPoster presented at the Conference on Personal Relationships (IARR), Rethymnon,

Crete

Type: International

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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	

Type: National

## **Grants**

# 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

2011 - 2012

**Living in Nursing Homes** 

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

Awarded: \$3,500.00 (0 0)

Kent State University Research Council - Applied 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