

Kristen L. Rudd, PhD

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Academic Positions

2022 – Present Assistant Professor
Department of Psychology
University of Colorado, Colorado Springs

2019 – 2022 Postdoctoral Fellow
Center for Health and Community
Department of Psychiatry and Behavioral Sciences
University of California, San Francisco

Education

PhD 2019 University of California, Riverside
Developmental Psychology
Minor Concentration in Quantitative Methods
Dissertation: *A Latent Change Score Approach to Understanding Autonomic Coordination*

MA 2016 University of California, Riverside
Developmental Psychology
Thesis: *Intrusive Parenting and Later Child Behavior Problems: Differential Moderation by Cardiac Reactivity versus Recovery*

BA 2013 Arizona State University
Psychology
Magna Cum Laude

Research Interests

Biological Embedding of Early Stress	Risk and Resilience
Developmental Psychopathology	Biological Stress Response Systems
Social Determinants of Health	Quantitative Methods

Publications

Rudd, K.L., *Cheng, S., *Cordeiro, A., Coccia, M., Karr, C.J., LeWinn, K.Z., Mason, A., Trasande, L., Nguyen, R.N.H., Sathyanarayana, S., Swan, S., Barrett, E.S., & Bush, N.R. (2022). Associations Between Maternal Stressful Life Events and Perceived Distress during Pregnancy and Child Mental Health at Age 4. *Research on Child and Adolescent Psychopathology*. <https://doi.org/10.1007/s10802-022-00911-7>

Rudd, K.L., Caron, Z., Jones-Mason, K., Coccia, M., Conradt, E., Alkon, A., & Bush, N.R. (2022). The Prism of Reactivity: Concordance Between Biobehavioral Domains of Infant Stress Reactivity. *Infant Behavior and Development*. <https://doi.org/10.1016/j.infbeh.2022.101704>

*Denotes student author/mentee

- Rudd, K.L.,** Roubinov, D.S., Jones-Mason, K., Alkon, A., & Bush, N.R. (2021). Developmental consequences of early life stress on risk for psychopathology: Longitudinal associations with children's multisystem physiological regulation and executive functioning. *Development and Psychopathology*, 1-15. <https://doi.org/10.1017/S0954579421000730>
- Ahmad, S.I., **Rudd, K.L.,** LeWinn, K.Z., Mason, W.A., Murphy, L., Juarez, P.D., Karr, C.J., Sathyanarayana, S., Tylavsky, F.A., & Bush, N.R. (2021). Maternal Childhood Trauma and Prenatal Stressors are Associated with Child Behavioral Health. *Journal of Developmental Origins of Health and Disease*, 1–11. <https://doi.org/10.1017/S2040174421000581>
- Rudd, K.L.,** Bush, N.R., Alkon, A., & Roubinov, D.S. (2021). Identifying Profiles of Multisystem Physiological Activity across Early Childhood: Examining Developmental Shifts and Associations with Stress and Internalizing Problems. *Psychoneuroendocrinology*, 128:105196. <https://doi.org/10.1016/j.psyneuen.2021.105196>
- Rudd, K.L.,** Alkon, A., Abrams, B., & Bush, N.R. (2020). Infant Weight-for-Length Gain Associated with Autonomic Nervous System Reactivity. *Pediatric Research*. <https://doi.org/10.1038/s41390-020-01246-z>
- Rudd, K.L.,** & Yates, T.M. (2020). A Latent Change Score Approach to Understanding Dynamic Autonomic Coordination. *Psychophysiology*, 57(11): e13648. <https://doi.org/10.1111/psyp.13648>
- Rudd, K.L.,** & Yates, T.M. (2020). The Health Implications of Resilience. In K. Sweeny, M.L. Robbins, & L.M. Cohen (Eds.), *The Wiley Encyclopedia of Health Psychology: The Social Bases of Health*, (Vol. 2, pp. 269-277). <https://doi.org/10.1002/9781119057840.ch76>
- Rudd, K.L.,** Doan S.N., & Yates T.M. (2019). The Physical Health Costs of Positive Adaptation to Childhood Adversity. *Journal of Health Psychology*, 26(9): 1324-1338. <https://doi.org/10.1177/1359105319873961>
- Coulombe, B.R., **Rudd, K.L.,** & Yates, T.M. (2019). Children's Physiological Reactivity in Emotion Contexts and Prosocial Behavior. *Brain and Behavior*, 9(10). <https://doi.org/10.1002/brb3.1380>
- Rudd, K.L.,** & Yates, T.M. (2018). The Implications of Sympathetic and Parasympathetic Regulatory Coordination for Understanding Child Adjustment. *Developmental Psychobiology*, 60(8): 1023-1036. <https://doi.org/10.1002/dev.21784>
- Rudd, K.L.,** Alkon, A., & Yates, T.M. (2017). Prospective Relations between Intrusive Parenting and Child Behavior Problems: Differential Moderation by Parasympathetic Nervous System Regulation and Child Sex. *Physiology and Behavior*, 180, 120-130. <https://doi.org/10.1016/j.physbeh.2017.08.014>

Manuscripts Under Review

- Bush, N.R., Noroña-Zhou, A., Coccia, M., **Rudd, K.L.,** Ahmad, S.I., Barrett, E., Karr, C.J., Loftus, C., Mason, A., Nguyen, R.N.H., Sathyanarayana, S., Swan, S., Tylavsky, F., & LeWinn, K.Z. (under review). Maternal Childhood and Prenatal Stress Associations with Offspring Neurodevelopmental Outcomes in 3-cohorts. *Social Psychiatry and Psychiatric Epidemiology*.

Linde-Krieger, L., **Rudd, K.L.**, *Aringer A., & Yates, T.M. (under review). Attachment Security and Post-Traumatic Stress Symptoms during COVID-19: A Physiological Differential Susceptibility Model. *Physiology and Behavior*.

Rudd, K.L., Zhao, Q., Lisha, N., Graff, C., Noroña-Zhou, A., Roubinov, D.S., Barrett, E.S., Juarez, P.D., Cole, K.N., Karr, C.J., Sathyanarayana, S., Mason, W.A., LeWinn, K.Z., & Bush, N.R. (under review). The Role of Prenatal Violence Exposure in the Development of Disparities in Young Children's Adiposity from Birth to Middle Childhood. *JAMA Pediatrics*.

Manuscripts in Preparation

[only those with finalized analyses included]

Ahmad, S.I., **Rudd, K.L.**, Roubinov, D.S., Mason, A., LeWinn, K.Z., & Bush, N.R. (in preparation). A Longitudinal Path Model Examining the Transactional Nature of Parenting and Child Behavior Problems. *Development and Psychopathology*.

Rudd, K.L., Roubinov, D.S., Noroña-Zhou, A., Ferguson, K., Karr, C.J., Mason, A., & Bush, N.R. (in preparation). The Intertwined Nature of Physical and Mental Health: Evaluating Paths between Prenatal Stressors, Cognitive Regulation, and Obesity.

Rudd, K.L., Ji, N., Barrett, E., O'Connor, T., Loftus, C.T., Sathyanarayana, S., McNeal, R., Swan, S., LeWinn, K.Z., Karr, C.J., Mason, A., Loftus, C.T., & Bush, N.R., (in preparation). Maternal Exposure to Adverse Childhood Experiences and Psychosocial Stress in Relation to Postnatal Growth Trajectories in a large U.S. sample.

*Li, T., **Rudd, K.L.**, Berzenski, S., & Yates, T.M. (in preparation). Indirect Effects of Autonomic Regulation and Coping Strategies on School Performance: The Importance of Recovery Responses.

*Denotes student author/mentee

Fellowships, Awards & Grants

UCSF Psychiatry and Behavioral Sciences Trainee Research Award	2021 – 2022
Weill Institute Women in Neurosciences Award, UCSF (\$1,000)	May 2021
Berkelhammer Postdoctoral Award, UCSF (\$250)	Spring 2020
Graduate Research Mentorship Program Fellowship, UCR (\$5,400)	Fall 2018
Society for Psychophysiological Research Travel Award (\$1,000)	Summer 2017
Graduate Research Mentorship Program Fellowship, UCR (\$5,100)	Winter 2017
Chancellor's Distinguished Fellowship, UCR (\$25,000)	2014 – 2015
Regent High Honors Endorsement, ASU (\$27,996)	2009 – 2013

Conference Paper Presentations

Bush, N.R., Noroña-Zhou, A., Coccia, M., **Rudd, K.L.**, Ahmad, S.I., Barrett, E., Karr, C.J., Loftus, C., Mason, A., Nguyen, R.N.H., Sathyanarayana, S., Swan, S., Tylavsky, F., & LeWinn, K.Z. (August 2022). *Intergenerational Transmission of Stress: Multi-domain Stressors from Maternal Childhood and Pregnancy Predict Children's Mental Health in a Racially and Socioeconomically Diverse Multi Cohort*. International Society for Developmental Origin of Health and Disease, Vancouver, Canada.

Rudd, K.L., Lisha, N., Roubinov, D.S., Noroña-Zhou, A., Zhao, Q., Barrett, E., LeWinn, K.Z., Karr, C.J., Mason, A., Sathyanarayana, S., Juarez, P.D., Graff, C., Cole, K.N., & Bush, N.R. (June, 2022). *Prenatal Programming of Disparities in Young Children's Adiposity: The Protective Effects of Parenting Relationships*. Society for Prevention Research, Seattle, WA.

Rudd, K.L., Bush, N.R., Alkon, A., & Roubinov, D.S. (April, 2021). *A Multisystem Approach for Understanding the Development of Physiological Regulation*. Biennial Meeting of the Society for Research in Child Development, Virtual Meeting.

Ahmad, S.I., **Rudd, K.L.**, Quesnel-Vallee, A., Tylavsky, F., LeWinn, K.Z., Murphy, L., Bush, N.R., (April, 2021). *Maternal Prenatal Stress across Multiple Levels and Domains Predicts Offspring Socioemotional Wellbeing at Age One*. Biennial Meeting of the Society for Research in Child Development, Virtual Meeting.

Rudd, K.L., Alkon, A., & Yates, T.M. (September, 2019). *Assessing Competing Approaches for Understanding Parasympathetic and Sympathetic Regulatory Coordination*. Society for Psychophysiological Research, Washington D.C.

Rudd, K.L., Doan, S.N., & Yates, T.M. (August, 2018). *The Contextual Consequences of Competence: Physical Abuse, Ego Resilience, and Child Illness in Racially Diverse Children*. Annual Meeting of the American Psychological Association, San Francisco, California.

Coulombe, B.R., **Rudd, K.L.**, & Yates, T.M. (August, 2018). *The Role of Physiological Regulation in Prosocial Development*. Annual Meeting of the American Psychological Association, San Francisco, California.

Rudd, K.L., Alkon, A., & Yates, T.M. (April, 2017). *Understanding Parenting Effects in the Context of Children's Autonomic Reactivity and Recovery Processes*. Biennial Meeting of the Society for Research in Child Development, Austin, Texas.

Conference Poster Presentations

*Aringer A., Linde-Krieger, L., **Rudd, K.L.**, & Yates, T.M. (April, 2021). *Attachment Security and Post-Traumatic Stress Symptoms during COVID-19: The Moderating Effect of High Resting RSA*. Society for Research in Child Development, Virtual Meeting.

Rudd, K.L., Alkon, A., Epel, E., & Bush, N.R. (March, 2020). *Increased Infant Weight for Length Gain in the First 6-months and Early Life Stress predict differences in Infant Autonomic Nervous System Reactivity*. American Psychosomatic Society, Long Beach, California.

*Rosales, S., **Rudd, K.L.**, Trang, D., Marcelo, A.K., & Yates, T.M. (March, 2019). *Family Ethnic Socialization Explains Relations between Mother's Ethnic Identity and Children's Perceptions of their Social Acceptance*. Society for Research in Child Development, Baltimore, Maryland.

*Patel, K., **Rudd, K.L.**, & Yates, T.M. (October, 2018). *The Effects of Parental Instructional Quality and Physiological Recovery on Children's Academic Achievement*. International Society for Developmental Psychobiology, San Diego, California.

** Rated as one of the highest peer reviewed submissions and selected for an invited presentation

Rudd, K.L., *Contreras, K., & Yates, T.M. (October, 2017). *The Coherence of Autonomic Reactivity and Recovery for Understanding Child Adjustment*. Society for Psychophysiological Research, Vienna, Austria.

Rudd, K.L., Berzenski, S., & Yates, T.M. (March, 2015). *Respiratory-Sinus-Arrhythmia Moderates the Association Between Child Reported Neglect and Adjustment*. Society for Research in Child Development, Philadelphia, Pennsylvania.

*Angleman, M., **Rudd, K.L.,** Sladek M., & Doane, L.D. (May, 2014). *Negative Affect and Salivary Alpha Amylase: The Role of Social Support Over the Transition to College*. Association for Psychological Science, San Francisco, California.

Rudd, K.L., & Doane, L.D. (March, 2014). *Associations Among Subjective and Objective Indicators of Sleep and Depressive Symptomatology Over the Transition to College*. Society for Research on Adolescents, Austin, Texas.

*Denotes undergraduate student mentee

Conference Organizing

Rudd, K.L., & Bush, N.R. (April, 2021). A Multisystem Perspective for Understanding the Role of Physiological Regulation in Child Development. *Symposium Chair, Society for Research in Child Development*, Virtual Meeting.

Rudd, K.L. (September, 2019). Methodological and Statistical Considerations for Assessing and Interpreting Children's Stress Physiology. *Symposium Chair, Society for Psychophysiological Research*, Washington, D.C.

Rudd, K.L., & Doan, S.N. (August, 2018). Conceptualizing Trauma across Contexts: Intergenerational Transmission, Resilience, and Allostatic Load. *Symposium Chair, American Psychological Association*, San Francisco, California.

Rudd, K.L., & Yates, T.M. (April, 2017). Beyond Rest and Reaction: Examining the Significance of Physiological Recovery and Congruence in Development. *Symposium Chair, Society for Research in Child Development*, Austin, Texas.

Invited Talks

Rudd, K.L. (April, 2022). Applying an RDoC Perspective to the Developmental Consequences of Early Life Stress on Risk for Psychopathology. *Department of Psychiatry Grand Rounds Presentation*, San Francisco, California.

Rudd, K.L., & Yates, T.M. (May, 2019). Assessing regulatory coordination: Existing metrics and a latent change score approach. *University of California, Riverside, Quantitative Colloquium Series*, Riverside, California.

Rudd, K.L. (November, 2018). Adverse Childhood Experiences and Promoting Resilience. *Voices for Children Inc.* Palm Desert, California.

Rudd, K.L., & Yates, T.M. (May, 2018). Conceptual and Statistical Approaches for Understanding Parasympathetic and Sympathetic Regulatory Coherence. *University of California, Riverside, Quantitative Colloquium Series*, Riverside, California.

Rudd, K.L. (March, 2017). Promoting Resilience in Foster Youth. *Voices for Children Inc.* Riverside, California.

Rudd, K.L. (January, 2016). The Impacts of Trauma in Child Development. *Voices for Children Inc.* Riverside, California.

Rudd, K.L., & Yates T. M. (March, 2016). Intrusive Parenting and later Child Behavior Problems: Differential Moderation by Cardiac Reactivity versus Recovery. *University of California, Riverside Developmental Colloquium Series*, Riverside, California.

Professional and Departmental Service

Ad Hoc Reviewer

Psychosomatic Medicine

Health Psychology

Developmental Psychology

Development and Psychopathology

Psychoneuroendocrinology

Child Development

Psychophysiology

Developmental Science

Comprehensive Psychoneuroendocrinology

Emotion

Journal of Sports and Health Sciences

Journal of the American Heart Association

International Journal of Environmental Research and Public Health

International Journal of Qualitative Studies in Health & Well-being.

Conference Reviewer

International Society for Traumatic Stress Studies

UCSF Department of Psychiatry and Behavioral Sciences Diversity Committee

Recruitment and Retention Subcommittee

2020 – 2022

Teaching Experience

Graduate Instructor of Record, University of California, Riverside

Health Psychology

Fall 2018

Psychological Methods: Statistical Procedures

Summer 2017

Teaching Assistant, University of California, Riverside

Psychological Methods: Research Procedures

Spring 2019

Fall 2015

Introductory Psychology (online format in 2019)

Winter 2019

Winter 2016

Summer 2015

Health Psychology

Summer 2018

Health and Behavior Change

Spring 2018

Psychological Methods: Statistical Procedures

Winter 2018

Summer 2016

Clinical Psychology

Spring 2017

Spring 2016

Abnormal Psychology Fall 2016

Teaching Assistant, Arizona State University

First Year Success Seminar Fall 2012

Sensation and Perception Spring 2012

Professional Development

Quantitative Workshops

Latent Variable Modeling in R March 2022

Latent State-Trait Modeling with MPLUS March 2021

Curran and Bauer Structural Equation Modeling in R May 2020

Introduction to Programming in R August 2020

Teaching Workshops

Curricular Materials for DEI May 2021

Art of Effective Feedback May 2021

Relationship-Building with Learners May 2021

Equitable Assessment February 2021

Microaggressions in the Learning Environment August 2020

Teaching for Diversity, Equity, and Inclusion (DEI) January 2020

Community Partnerships and Service

Voices for Children, Inc., Riverside, California 2015 – 2019

Continuing Education Instructor

Court Appointed Special Advocate Volunteer

- Advocated for children in the welfare system to foster positive development.
- Conduct training for service providers and volunteers regarding the impact of adversity on development, and avenues to promote resilience.

Specializing in the Education of Exceptional Kids (S.E.E.K.), Phoenix, Arizona 2013 - 2014

Habilitation Provider

- Utilized Applied Behavior Analysis to teach communication, cognitive, motor, social and adaptive skills to children with developmental disabilities.

Professional Affiliations

American Psychological Association Div 5 2021 - Present

American Psychological Association Div 7 2021 - Present

American Psychosomatic Society 2019 - Present

Society for Psychophysiological Research 2014 - Present

Society for Research in Child Development 2012 - Present

American Psychological Association 2012 – Present

International Society of Developmental Psychobiology 2018 - 2020

Society for Research on Adolescence 2012 - 2018

Association of Psychological Science 2012 – 2014

References

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Abbey Alkon, RN, PhD, FAAN
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