

Alana J. Anderson, PhD

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EDUCATION

- PhD, 2022 Washington State University, Pullman, WA
Prevention Science
- Dissertation Chair: Sammy Perone
 Dissertation: *Boredom in Early Childhood: Links to Self-Regulation, Insights into Coping, and Exploration of Parental Factors*
- M.S., 2019 Washington State University, Pullman, WA
Prevention Science
- Thesis Chair: Sammy Perone
 Thesis: *The Influence of Context on Infant Electroencephalography: An Examination of Brain Activity at Rest and Play*
- B.A., 2012 St. Olaf College, Northfield, MN
Psychology and Music

ACADEMIC EXPERIENCE

Washington University in Saint Louis

2022 -present *Postdoctoral Research Associate*, Laboratory for Child Brain Development,
Department of Psychiatry

Washington State University

2016-2022 *Research Assistant*, Lab for the Developing Mind, Department of Human
Development

Teaching Assistant, Department of Human Development

2019-2020 *Research Assistant*, IMPact Lab and Washington State Division of Behavioral
Health and Recovery, Health Care Authority

2017-2018 *First Years Away from Home Study Transition Support Specialist*, Department of
Human Development

University of Minnesota

2015-2016 *Research Project Manager*, DCSN Lab, Institute of Child Development

PUBLICATIONS**Refereed Journal Articles**

2022

Anderson, A.J., McMeen, C.E., Perone, S. & Weybright, E.H. (2022). Sound and Silence: The Effects of Environmental Conditions on State Boredom in an Online Study during the COVID-19 Pandemic. *Behavioral Sciences*, 12, 282. <https://doi.org/10.3390/bs12080282>

Anderson, A.J., Perone, S. & Gartstein, M.A. (2022). Context Matters: Cortical rhythms in infants across baseline and play. *Infant Behavior and Development*, 66:101665. <https://doi.org/10.1016/j.infbeh.2021.101665>

2021

Perone, S., **Anderson, A.J.** & Zelazo, P.D. (2021). The influence of parental guidance on video game performance, exploration, and cortical activity in 5-year-old children. *Cognitive Development*. <https://doi.org/10.1016/j.cogdev.2021.101126>

Anderson, A.J., Perone, S., Campagna, A., & Gartstein, M.A. (2021). Play with mom: Insights into regulatory processes at work during baseline and parent-infant play. *Developmental Neuropsychology*. <https://doi.org/10.1080/87565641.2021.1981904>

Jackson, A., **Anderson, A.**, Weybright, E., & Lanigan, J. (2021). Differing experiences of boredom during the pandemic and associations with dietary behaviors. *Journal of Nutrition Education and Behavior*, 53(8), 706–711. <https://doi.org/10.1016/j.jneb.2021.04.005>

Weaver, R.H., Jackson, A., Lanigan, J., Power, T. G., **Anderson, A.**, Cox, A. E., Eddy, L., Parker, L., Sano, Y., & Weybright, E. (2021) Health behaviors at the onset of the COVID-19 pandemic. *American Journal of Health Behavior*, 45(1), 44-61. doi.org/10.5993/AJHB.45.1.4

Perone, S., **Anderson, A.J.** & Weybright, E.H. (2021). It's all relative: Contextual influences on boredom and neural correlates of regulatory processes. *Psychophysiology*. doi.org/10.1111/psyp.13746

2020

Perone, S., Gartstein, M. A., & **Anderson, A. J.** (2020). Dynamics of frontal alpha asymmetry in mother-infant dyads: Infants from Still Face Paradigm. *Infant Behavior and Development*, 61, 101500 [Special Issue: Methodological Advances in the Characterization and Understanding of Caregiver-Infant Interactions]

Perone, S., **Anderson, A.J.**, Youatt, E. (2020). Don't forget your lunch: Age and individual differences in how children perform everyday tasks. *Cognitive Development*, 54:100879. doi.org/10.1016/j.cogdev.2020.100879

2019

Perone, S., Weybright, E.H., & **Anderson, A.J.** (2019). Over and over again: Changes in frontal EEG asymmetry across a boring task. *Psychophysiology*, 56(10):e13427.
doi.org/10.1111/psyp.13427

2018

Anderson, A.J. & Perone, S. (2018). Developmental change in resting state electroencephalogram: Insights into cognition and the brain. *Brain and Cognition*, 126, 40-52.
doi.org/10.1016/j.bandc.2018.08.001

Manuscripts invited for resubmission

Anderson, A.J. & Perone, S. Predicting Individual Differences in Behavioral Activation and Behavioral Inhibition from Functional Networks in the Resting EEG. *Biological Psychology*

Manuscripts under review

Manuscripts in preparation

*All manuscripts in preparation to be submitted within 6 months

Perone, S., Weybright, E.H., & **Anderson, A.J.** Relations between trait boredom and dynamics of neural correlates of coping during adolescence.

Technical Reports

Cooper, B., Vandagriff, J., **Anderson, A.J.**, & Kuzara, S. (2019). DBHR Excellence in Prevention Programs: Review Criteria, Process, & Recommendations. Prepared for Washington State Division of Behavioral Health and Recovery, Health Care Authority.

Cooper, B., Shrestha, G., **Anderson, A.J.**, Vandagriff, J., & Murphy, K., Harrison, E. (2020). Evidence-Based Program (EBP) Project. Prepared for Washington State Division of Behavioral Health and Recovery, Health Care Authority.

FUNDING

Not funded

Boredom, Brains and Booze. Alcohol and Drug Abuse Program, Washington State University.
\$9,269. PI: **Anderson**. Co-PIs: Perone & Weybright.

The Brain and Behavioral Basis of School-Readiness. National Science Foundation Graduate Research Fellowship Program. PI: **Anderson**. Co-PI: Perone.

PRESENTATIONS

Refereed Conference Symposia

Anderson, A.J., Furtado, E., Schneider, C., Iroh, U., Thiem, S., Reis, D., Pérez-Edgar, K., Perlman, S.B. (2022, November). *Now and then: The role of neural and cognitive efficiency during behavioral control and in socially inhibited children*. Talk presented at the 2022 meeting of the International Society for Developmental Psychobiology, San Diego, CA.

Anderson, A.J. & Perone, S. (2022, June). *Mom, I'm bored! A mixed methods exploration into boredom in early childhood and links to self-regulation.* In **Anderson, A.J.** (Chair), Forever Bored: Boredom as a Risk Factor Across the Lifespan. Talk presented at the 2022 Annual Meeting of the Society for Prevention Research, Seattle, WA.

Anderson, A.J. & Perone, S. (2022, July). *Mom, I'm bored!: A mixed methods exploration into boredom in early childhood and links to self-regulation.* Talk presented at 2022 meeting of International Society for Research on Emotion, Las Angeles, CA.

Murphy, K., Bruzios, K., **Anderson, A.J.** & Weybright, E.H. (2021, June). *College Student Risk During the COVID-19 Transition to Online Learning: A Person-Centered Approach.* In Lanigan, J. (Chair), Application of Prevention Science across the Life Span to Understand Differential Health Behavior Outcomes Due to Physical Distancing Measures. Talk presented at the 2021 Annual Meeting of the Society for Prevention Research.

Anderson, A.J., Perone, S., & Gartstein, M.A. (2021, April). *Frontal Alpha Asymmetry During Emotion Regulation in Mother-Infant Dyads: A hyperscanning study.* In **Anderson, A.J.** (Chair), A Multimethod Symposium on Emotion Regulation from Infancy to Middle Childhood. Talk presented at 2021 Annual Meeting of the Society for Research in Child (Virtual).

Perone, S., Gartstein, M. A., & **Anderson, A. J.** (2019, October). *Multiple time scales of brain-to-brain synchronization.* Talk presented at the 52nd Annual Conference for the International Society for Developmental Psychobiology, Chicago, IL.

Perone, S., **Anderson, A.J.**, & Zelazo, P.D. (2017, April). *Becoming a Rock Star: Learning and Executive Function.* In Perone, S. (Chair), Breaking New Ground: Innovations in the Study of Executive Function Development. Talk presented at the 73rd Biennial Meeting of the Society for Research in Child Development, Austin, TX.

Refereed Conference Posters

Anderson, A.J. & Perone, S. (2022, November). *Boredom in early childhood: Links to self-regulation and strategy use.* Poster presented at the 2022 meeting of the International Society for Developmental Psychobiology, San Diego, CA.

Anderson, A.J. & Perone, S. (2022, April). *Mom, I'm bored!: A mixed methods exploration into boredom in early childhood and links to self-regulation.* Poster to be presented at 2022 meeting of Cognitive Development Society, Madison, WI.

Anderson, A. J. & Perone, S. (2021, November). *Connectome-Based Predictive Modeling of Behavioral Inhibition and Behavioral Activation.* Poster Presented at 2021 Annual Conference for the International Society for Developmental Psychobiology, Chicago, IL.

Anderson, A.J., McMeen, C., Perone, S., Weybright, E.H. (2021, April). *Trait Boredom in early childhood: Links to self-regulatory processes, strategies, and possible parental factors.*

Poster presented at 2021 Washington State University Prevention Science Graduate Student Poster Session (Virtual due to Covid-19).

Jackson, A, **Anderson, A.J.**, Weybright, E.H., & Lanigan, J., (2020, December). *Hungry or bored? The impact of COVID-19 on boredom and dietary behaviors*. Poster presented at 2020 American Psychosomatic Society Meeting (Virtual due to Covid-19).

Anderson, A.J., Perone, S., Weybright, E.H. (2020, October). *More bored than before: Contextual influences on neurophysiological correlates of boredom regulation during easy and optimal conditions*. Poster presented at 2020 Meeting of International Society for Developmental Psychobiology Research Meeting (Virtual due to Covid-19).

Anderson, A.J., Perone, S., Weybright, E.H. (2020, May). *Neural correlates of risk taking in adolescents and emerging adults and association with boredom and substance use*. Poster presented at 2020 Biennial Meeting of Society for Prevention Science Research Meeting (Virtual due to Covid-19).

Anderson, A.J., Perone, S., Weybright, E.H. (2020, March). *Boredom and risky choices in adolescents and emerging adults: An event-related potential study*. Poster accepted for 2020 Biennial Meeting of Society for Research in Adolescence Meeting. Conference cancelled due to Covid-19.

Anderson, A.J., Perone, S., Weybright, E.H. (2019, October). *Trait boredom and risky choices in adolescents and emerging adults: An event-related potential study*. Poster presented at 2019 meeting of the International Society of Developmental Psychobiology.

Anderson, A.J., Campagna, A., Perone, S., Gartstein, M.A., Underwood, J., Potter, L. (2019, October). *Frontal Asymmetry in Parent-Infant Play: Links to object exploration and parent report*. Poster presented at 2019 meeting of the International Society of Developmental Psychobiology.

Anderson, A.J., Weybright, E.H., Perone, S., (2019, May). *Boredom Regulation and Brain Waves: Neurophysiological Correlates of Emotion Regulation during a Boring Task*. Poster presented at 2019 meeting of Society for Prevention Research, San Francisco, CA.

Anderson, A.J., Perone, S., Gartstein, M.A., Youatt, E. (2019, March). *Infant Brain Rhythms in Parent-Infant Play*. Poster presented at the 2019 Washington State University Academic Showcase and GPSA Research Expo.

Perone, S., Gartstein, M.A., **Anderson, A.J.**, Vaughan, A.M., Weaver, R.A. (2019, March). *Simultaneous EEG of Parent-Infant Dyads During Play and Emotion Regulation*. Poster presented at 2019 NW Social Cognitive Development Conference, San Juan Island, WA.

Anderson, A.J., Perone, S., Gartstein, M., Youatt, E. (2019, March). *Infant Brain Rhythms in Parent-Infant Play*. Poster presented at the 2019 meeting of the Society for Research in Child Development Conference, Baltimore, MD.

Youatt, E., **Anderson, A.J.** & Perone, S. (2017, October). *Do not forget your lunch: Executive functions in everyday tasks*. Poster co-presented at the Cognitive Development Society Conference, Portland, OR.

Anderson, A.J., Perone, S., & Zelazo, P.D. (2017, April). *Using Parent-Child Conversation to Promote Self-Regulated Learning*. Poster presented at the Society for Research in Child Development Conference, Austin, TX

Anderson, A.J., Perone, S., & Zelazo, P.D. (2015, October). *Children Learn to Play Rock Band: Probing Relations Between Executive Function and Learning*. Poster presented at the Cognitive Development Society Conference, Columbus, OH.

Invited Talks

Anderson, A.J. (2020, October). *Self-regulation across the lifespan: Insights from boredom, babies, and brains*. Presented in Graduate Seminar at the University of Idaho, Moscow, ID.

Anderson, A.J. (2020, March). *Self-regulation across the lifespan: Insights from boredom, babies, and brains*. Presented in Washington State University Prevention Science Colloquium, Pullman, WA

Perone, S., **Anderson, A.J.**, & Zelazo, P.D. (2016, March). *Toward self-regulated learning during early childhood*. Talk presented at the Vroom Summit, Austin, TX.

Department Presentations

Anderson, A.J., Perone, S., & Weybright, E.H. (2019, December). *Boredom Coping*. Presented in Washington State University Prevention Science Data Blitz Pullman, WA.

Anderson, A.J., Perone, S., & Gartstein, M.A. (2018, December). *The influence context and task changes on infant EEG*. Presented in Washington State University Prevention Science Data Blitz Pullman, WA.

Anderson, A.J., Perone, S., & Zelazo, P.D. (2017, December). *Parent-Guided Learning, and Brain Development*. Presented in Washington State University Prevention Science Data Blitz Pullman, WA.

TEACHING

HD220 Human Development Theories, Instructor, Washington State University.
Spring 2022 Section 1 Enrollment: 25. Instructor median rating 4/5

HD101 Human Development Across the Lifespan, Instructor, Washington State University.
Fall 2021 Section 1 Enrollment: 58. Instructor median rating 4/5

HD101 Human Development Across the Lifespan, Instructor, Washington State University.
Fall 2020 Section 1 Enrollment: 100 Instructor median rating 4/5- Online Instruction
Fall 2020 Section 2 Enrollment: 100 Instructor median rating 4/5- Online Instruction

HD101 Human Development Across the Lifespan, Instructor, Washington State University.
Fall 2019 Enrollment: 104 Instructor median rating 4/5

HD306 Child Development, Teaching Assistant, Washington State University
Fall 2018 Enrollment: 117, Spring 2019 Enrollment: 99

GUEST LECTURES

- Spring 2020 HD200 Introduction to the Field of Human Development -Graduate Student Panel
- Fall 2019 PrevSci 535 Prevention Strategies I – *Evidence Based Programs Review for Washington State*
- Fall 2019 HD200 Introduction to the Field of Human Development -Graduate Student Panel
- Fall 2018 HD200 Introduction to the Field of Human Development -Graduate Student Panel

HONORS & AWARDS

- 2022 Society for Prevention Research Early Career Travel Award
- 2021 International Society for Developmental Psychobiology Student/Postdoc Travel and Abstract Award
- 2021 Washington State University Graduate and Professional Student Registration Award for talk presented at Society for Research in Child Development meeting
- 2021 Learn Inspire Foster Transform (L.I.F.T.) Fellow, Washington State University
- 2020 Anne and Russ Fuller Fellowship for Interdisciplinary Research, Washington State University Graduate School
- 2019 Washington State University Graduate and Professional Student Travel Award for posters presented at International Society for Developmental Psychobiology Meeting
- 2019 International Society for Developmental Psychobiology Student/Postdoc Travel Award
- 2019 Washington State University Graduate and Professional Student Travel Award for poster presented at Society for Prevention Research meeting
- 2019 Society for Prevention Research Early Career Travel Award
- 2019 Washington State University Graduate and Professional Student Travel Award for poster presented at Society for Research in Child Development meeting
- 2018 Washington State University Graduate and Professional Student Travel Award for poster presented at Cognitive Development Society
- 2017-2018 Edward E Graff Award, Washington State University
- 2017-2018 College of Agricultural, Human and Natural Resource Sciences (CAHNRS) Honors Award, Washington State University
- 2017 Washington State University Graduate and Professional Student Travel Award for poster presented at Society for Research in Child Development meeting

STUDENT MENTORSHIP

Fall 2016-Present Mentored Washington State University Undergraduate Research Assistants, Postbaccalaureate Research Assistants, and Graduate Students

SERVICE

University

2019 Judge at Washington State University Bruya-Wood Undergraduate Research Conference

Departmental

2020-2021 Vice President of Prevention Science Graduate Student Organization at Washington State University
2019-2020 President of Prevention Science Graduate Student Organization at Washington State University
2018-2019 Vice President of Prevention Science Graduate Student Organization at Washington State University
2015 Volunteer, Institute of Child Development Participant Pool recruitment at Minnesota State Fair.

Professional

2021 Expert Interview, Child Self-Regulation and Boredom, Philips Sonicare for Kids
2020 Invited Reviewer for Regional Supplemental Nutrition Assistance Program Education (SNAP-Ed) Grant Program

Ad Hoc Journal Reviewer 2018-Present

PLOS ONE
Journal of Experimental Child Psychology
Brain and Cognition
Developmental Psychobiology
Social Cognitive and Affective Neuroscience
Child Development
Developmental Science

Community

2019 Project Reviewer, Franklin Elementary Science Fair, Pullman Washington
2018 Project Reviewer, Franklin Elementary Science Fair, Pullman Washington

PROFESSIONAL DEVELOPMENT

2021 Teaching from a Distance: Community Building and Connection; WSU Academic & Outreach Innovation

- 2021 Teaching from a Distance: Strategies and Best Practices; WSU Academic & Outreach Innovation
- 2021 How to Write Proposals that Get Funded and Papers that Get Cited: Story and story structure (the strategy of communication); WSU ADVANCE
- 2021 Building Coalitions Across Great Divides; Community and Equity Certificate Program at WSU
- 2021 LGBTQ+ Ally Training; Community and Equity Certificate Program at WSU
- 2021 Community & Equity 102: Who are You? Fostering Critical Self Awareness to Engage Across Difference, Community and Equity Certificate Program at WSU
- 2021 Community & Equity 101: Defining and Cultivating Inclusive Excellence at WSU, Community and Equity Certificate Program at WSU
- 2021 Introduction to Structural Equation Modeling, CenterStat by Curran-Bauer Analytics – Three Day Webinar
- 2021 Learn Inspire Foster Transform (L.I.F.T.) WSU Transformational Change Initiative
- 2020 Liberating Structures: Fostering Innovation & Active Participation Among Team Members Across Distances Webinar
- 2017 Motivational Interview Training, University of Washington Social Development Research Group
- 2017 The Neurocognitive and Psychosocial Impacts of Violence and Trauma: A Workshop. The National Academies of Sciences Engineering and Medicine

PROFESSIONAL MEMBERSHIPS

Student member of International Society of Research on Emotion (2021-present).
 Student member of International Society of Developmental Psychobiology (2019-present).
 Student member Society for Research in Child Development (2018-present).
 Student member of Society of Prevention Research (2019-present).
 Student member of Cognitive Development Society (2017-present).

MEDIA

Ask Dr. Universe (2022, June). *Why does time fly when we are having fun?* Retrieved at: <https://askdruniverse.wsu.edu/2022/06/01/time-fly-fun/>

Kamasz, G. (2022, March). Research suggests boredom has a ‘loud’ cause behind it. [Press release]. The Daily Evergreen, retrieved at: <https://dailyevergreen.com/131077/research-research-2/research-suggests-boredom-has-a-loud-cause-behind-it/>

Weybright, S. (2019, July). *Looking at how the brain reacts to boredom could help people cope* [Press release]. WSU CAHNRS, retrieved at: <https://news.wsu.edu/2019/07/08/boring-looking-brain-reactsboredom-help-people-cope/>

Welzbacher, H. (2019, March). Researchers present work at annual showcase. [Press release]. The Daily Evergreen, retrieved at: <https://dailyevergreen.com/53248/news/researchers-present-work-at-annual-showcase/>